

WORKOUT DAY 8



Warmup

5min Bike

+

2-3 sets

10 Hamstring March (stay light)

10 Band T, Y, W (each position)

10 Seated Dumbbell External Rotations/side

A) Pre-Fatigue x 3 sets

The intent of this section is to drive blood flow and get a pump. The weight should be moderate and can be increased in the coming weeks.

1. 20,18,16 Hip Thrust (Increase load from last week, stay light.)

rest 30sec

2. 15 Cable Fly (Squeeze each rep)

rest 60sec

B) Hip Dominant Giant Superset x 3 sets

The intent of this section is to build the deadlift position. The push and hip flexion are structural balance exercises.

3 Segmented Sumo Deadlift @3131

rest 30sec

6-8 Single Arm KB Bench Press/side @30X1

rest 30sec

12 Physioball Hamstring Curls @30X1

rest 90sec

*Focus on building the movement pattern for the Deadlift. There will be 3 pauses at each position. Increase the load when appropriate.

C) Lunge/Hamstring/Core x 3 sets

10 Racked Reverse Lunge/side (One leg at a time)

20m Single Arm Carry (R)

10 Reverse Plank Raise

20m Single Arm Carry (L) Rest 90-120sec

WORKOUT DAY 9



Warmup 3 sets
15 Tibialis Raise
10 Spiderman Rotations
15 Single Leg L-Sit Raise/side

A) EMOM 9mins
6 ATG Lunge R
6 ATG Lunge L
15-20sec Side Plank Adduction/side

B) Strength Balance x 4 sets
Every 3mins perform the prescribed reps for movements and rest the remainder of time.

6-8 RFE Split Squat/side @30X1
6-8 Bird Dog Row/side @30X1

C) Functional Pump Conditioning
30 Skier Swings/Kettelbell Swing Outside
15 Lateral Box Jumpover
10 Toe Touch/side
20 Skier Swings/Kettlebell Swing Outside
12 Lateral Box Jumpover
8 Toe Touch/side
10 Skier Swings/Kettlebell Swing Outside
9 Lateral Box Jumpover
6 Toe Touch/side

Cool Down
10 Frogger Stretch
10 Scorpion Taps/side

WORKOUT DAY 10



Warmup 3 sets (10min Cap)
5 Inchworm Burpee
10 Beast Kick Through
20 Toes Elevated Jefferson Pulse

A) Horizontal Push Absolute Strength x 3 sets

3-5 KB/DB Crusher Press @31X1
rest 30sec
9 Single Arm DB/KB Incline Press/side (switch arms every 3 reps for a total of 9/side)
rest 60-90sec

B) Hinge Dominant + Dynamic x 3 sets

8-10 Barbell Floor Hip Thrust (overload) 2sec pause
rest 30sec
10-12 Kettelbell Swing (Heavy)

rest 60-90sec

C) 5min Couplets

Perform each exercise for the prescribed reps, adding each round and continuing for the entire 5mins.

1-2-3-4-5...
High Plank Wall Walk/side
Broad Jump Hop Back

rest 2mins

2-4-6-8-10...
Dumbbell Power Clean
Anchored Situps

D) Shoulder Health x 2-3 sets

10 90/90 Pullover
10 Band Pull Apart
10 Kettelbell Arm Bar

Cool Down

1min Forward Fold
10-12 Rack Hamstring Stretch/side

WORKOUT DAY 11



Warmup 3 sets

10 Scap Pushups + Knee to Elbow/side

40sec Glute March

10 Tall Kneeling Hinge

A) KB Skill Prep x 3 sets

This section we will build KB skills each week and prep the body for the power work in the next part.

12 Single Arm Kettlebell Clean (6/side)

12 Kettlebell Figure 8

12 Reverse Plank Press

rest 60sec

B) 20min AMRAP Sustainable Power

The aim for this section is to work at a pace and intensity that will allow you to perform sustainable power throughout the entire 20mins. Knowing how to pace through each exercise is key.

20cal Bike

15 TRX Atomic Crunch

15 Kettlebell Deadlift High Pull

20 Russian Twist

15 Kettlebell Deadlift High Pull

15 TRX Atomic Crunch

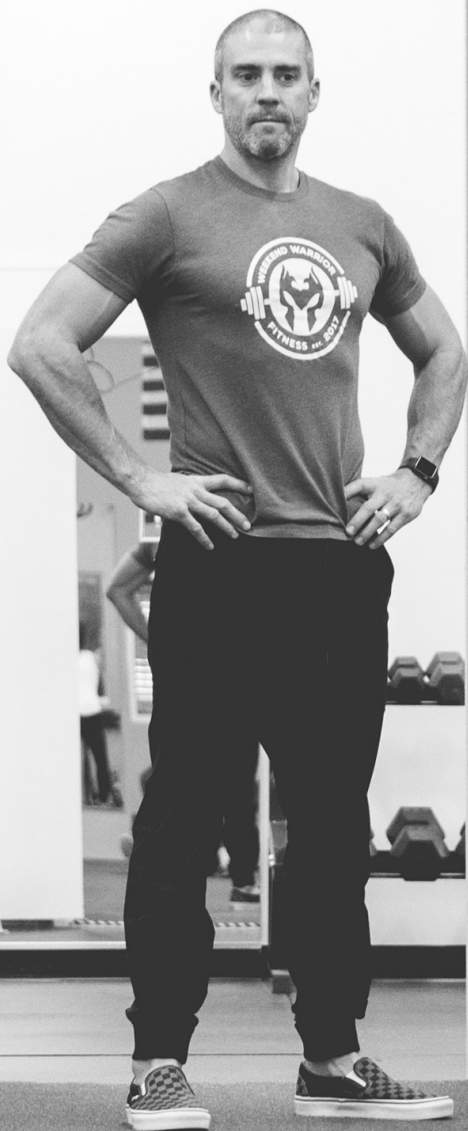
20cal Bike

Cool Down

1min Low Dragon/side

1min Thoracic Extension

WORKOUT DAY 12



Warmup EMOM 9-12mins

1. 8 Cal Bike
2. 15 Therband Lateral Walk/side
3. 15 Straight Arm Pulldown
4. 10 Reverse Plank Raise

A) Pre-Fatigue Aerobic Body Builder x 4 sets

- 2 Turkish Get Ups/side
- 150m Row

*Increasing pace each set on the row. Start slow so you can increase pace each round.

B) Absolute Strength x 4 sets

- 10-12 Goblet Cyclist Squat
- rest 45sec

-2 Max Pullups form last weeks AMRAP each set (Use Band if you can not perform a pullup)@30X1
rest 90sec

*Use a warmup set or 2 to find your working weight for all sets of the squat.

C) Rump Pump Finisher x 3 sets

- 12 High Box Step Down/side
- 14-16 Sumo Deficit Squat Pulse
- 14-16 Cable Kick Backs/side

Cool Down

- 1min Elevated Pigeon Stretch/side
- 1min Flat Thread the Needle

WORKOUT DAY 13



Warmup: Body Work

5min Foam Roll

1min Back

1min Glutes

1min Calves

1min Quads

1min Groin

A) Aerobic Recovery

On a 30min running clock. Every 3mins perform:

7cal Row

7cal Bike

***Record your ratings of perceived exertion 1-10. 1 being easy breezy and 10 death.**

Cool Down

1min Distracted Hamstring Stretch/side

1min TRX T-Stretch

WORKOUT DAY 14



Work-In

Lifestyle and Nutrition Reflection

A) Lifestyle Guidance

1. Please rate your stress levels this week on a scale of 1-10.
2. Please rate your energy levels this week on a scale of 1-10.
3. Please rate your sleep quality this week on a scale of 1-10.
4. What areas do you feel are obstacles this week in working towards your goals?

***Please make a note in the comments area, so I receive a notification that you filled this out.**

B) Nutrition Guidance

How was nutrition this past week?

How was your hydration this week?

Anything notable with digestion or any food cravings?

C) Feedback

Please feel free to add anything else here that you feel is important for me to know or for you to keep reference of. This can be used as a journal or outlet that opens up conversation into things that can be affecting you reaching your goals.