



# Dynamic Warm-Up & Cool-Down.

Do this complete warm-up and cool-down before and after every workout.

## Dynamic Warm-Up *~Prepare & Activate~*

<b>1a</b> Leg swings	1 x 8 each
<b>1b</b> Diagonal arm swings	1 x 8/side
<b>1c</b> Bent-over thoracic rotation (elbow against knee)	1 x 5/side
<b>1c</b> Banded bridges	1 x 8
<b>1d</b> Banded prisoner squats	1 x 8
<b>1e</b> Side split squats w/ overhead reach	1 x 4/side
<b>1f</b> In-n-out squat w/ floor touch	1 x 12

**Notes:** You can begin the warm-up completely cold. If you are sore, foam roll before the warm-up. Perform the full circuit one time through.

## Cool Down *~Stretch & Recover~*

**1a** Foam roll all major muscle groups, paying extra attention to tight, achy areas.

<b>2a</b> Rope hamstrings stretch	1 x 4 deep breaths/side
<b>2b</b> "Frog" inner thigh stretch	1 x 4 deep breaths
<b>2c</b> Kneeling hip flexor & quad stretch	1 x 4 deep breaths/side
<b>2d</b> Wall "figure 4" hip stretch	1 x 4 deep breaths/side
<b>2e</b> Post or doorway chest stretch	1 x 4 deep breaths/side
<b>2f</b> Post or doorway upper back stretch	1 x 4 deep breaths

**Notes:** Always foam roll before stretching. If you are short on time, foam rolling is more important than the stretching, so be sure to roll. When stretching, use your breaths to relax your muscles and find a deeper stretch. With every exhale feel the tension release a little bit more.



## Top Priority Workouts. Make sure Workouts A & B happen every week no matter what.

### Workout A ~Strengthen~

### Week 1

### Week 2

### Week 3

### Week 4

<b>1a</b> Spiderman crawls (elevated if necessary) (reps/side)	3 sets through	3 sets through	4 sets through	4 sets through
<b>1b</b> Elevated push-ups	8, 6, 4 reps each	10, 8, 6 reps each	10, 8, 6, 4 reps each	12, 10, 8, 6 reps each
<b>1c</b> Deadlifts (heavy)				
<b>1d</b> Cross-behind lunges (light or heavy) (reps/side)				
<b>1e</b> Staggered stance single arm military press (light) (reps/side)				
<b>1f</b> Bent-over supported single arm rows (light or heavy) (reps/side)				
<b>1g</b> Lateral skater hops (reps/side)				

**Optional Metabolic Finisher Add-On:** *If you're able, perform this metabolic finisher before cooling down.*

<b>2a</b> Lateral burpees	3 sets through	3 sets through	4 sets through	4 sets through
<b>2b</b> Tall plank w/ hopping (or tapping) abduction	Work 0:20, Rest 0:10	Work 0:20, Rest 0:10	Work 0:20, Rest 0:10	Work 0:20, Rest 0:10
<b>2c</b> Lateral skater hops				
<b>2d</b> Lateral rapid response hops				

**Notes:** Perform the full circuit 3 times through, doing 8 reps of everything the first time through, then 6 reps, then 4. Take a 1:00-2:00 break after exercise 1g, before beginning the circuit again. Attempt to move very quickly from one exercise to the next while doing the circuit.

**For the metabolic finisher,** perform as many reps of each exercise as possible in 20 seconds, then rest for 10 seconds before doing the next exercise. Perform the circuit of exercises 3 times through in a row without stopping.

**\*\*Modification Options:** 1d – Reverse lunges; 1e – Staggered stance bicep curls; 2a – Tall plank w/ tapping hip abductions

*(Use these modification options if any of the regular exercises are bothering or aggravating a joint/muscle.)*



# Top Priority Workouts.

Make sure Workouts A & B happen every week no matter what.

## Workout B ~Strengthen~

	Week 1	Week 2	Week 3	Week 4
<b>1a</b> Offloaded squat (slow to go down, quick up!) (heavy)	2 x 6/side	2 x 8/side	3 x 6/side	3 x 8/side
<b>1b</b> PB single arm chest press, (light or heavy)	2 x 6/side	2 x 8/side	3 x 6/side	3 x 8/side
<b>2a</b> Offloaded split squats (heavy)	2 x 6/side	2 x 8/side	3 x 6/side	3 x 8/side
<b>2b</b> Two point rows, (light or heavy)	2 x 6/side	2 x 8/side	3 x 6/side	3 x 8/side
<b>3a</b> Elevated bridges	2 x 12	2 x 15	3 x 12	3 x 15
<b>3b</b> Squat to chopping lift (light)	2 x 6/side	2 x 8/side	3 x 6/side	3 x 8/side
<b>Optional Metabolic Finisher:</b> <i>If you're able, perform this metabolic finisher before cooling down.</i>				
<b>4a</b> Sprint strides	3 x 0:20	4 x 0:20	4 x 0:20	5 x 0:20
<b>4b</b> Burpees (modified as necessary)	3 x 0:10	4 x 0:10	4 x 0:10	5 x 0:10

**Notes:** Move back and forth between the two exercises in each “couplet” as quickly as possible until all the sets (“2” sets on week 1 and 2, “3” sets on week 3 and 4) are completed. Once finished with that “couplet”, take a break and move on to the next “couplet”. Choose appropriate weights, using either heavy (15-30#) or light (8-15#) as indicated.

**For the Metabolic Finisher,** do the sprint strides for 20 seconds, then immediately do burpees for 10 seconds. Do these two exercises back and forth 3 times through without stopping.

**\*\*Modification Options:** 2b – Bent-over supported row; 3a – Regular bridges; 3b – Goblet squats

*(Use these modification options if any of the regular exercises are bothering or aggravating a joint/muscle.)*



# Mid Priority Workouts.

Do these workouts if you'd like to train 3 or 4 total times per week.

## Workout C ~Sweat~

- 1a** In-n-out squats w/ floor touch
- 1b** Split squat (switch halfway)
- 1c** Alternating side split squats
- 1d** Prone plank
- 1e** Bridges w/ crossover reach

## Week 1

2 sets through  
0:30 work  
0:30 rest

## Week 2

2 sets through  
0:40 work  
0:20 rest

## Week 3

2 sets through  
0:45 work  
0:15 rest

## Week 4

3 sets through  
0:30 work  
0:10 rest

- 2a** Elevated pledge push-ups
- 2b** Bent-over W's
- 2c** Tall plank w/ crossunder & reach (elevated if necessary)
- 2d** Bent-over "T"s
- 2e** Side plank (switch side halfway)

2 sets through  
0:30 work  
0:30 rest

2 sets through  
0:40 work  
0:20 rest

2 sets through  
0:45 work  
0:15 rest

3 sets through  
0:30 work  
0:10 rest

**Notes:** Using an interval timer, perform each exercise for 30 seconds, resting for 30 seconds between exercises. Do the first circuit twice through, then take a 2:00 break and move on to the second circuit. Move quickly with each exercise, attempting to take very minimal rest, if any.

## Workout D ~Stretch~

- 1a** Y squats
- 1b** Toe touch into deep squats
- 1c** Frog squat into reverse lunge
- 1d** Alternating side split squats
- 1e** Wide stance thoracic rotation
- 1f** Sumo squats
- 1g** Half kneeling hip flexor stretch
- 1h** Wide knee child's pose

## Week 1

2 x 8  
2 x 8  
2 x 8 total  
2 x 8/side  
2 x 8/side  
2 x 8  
2 x 5 deep breaths/side  
2 x 5 deep breaths

## Week 2

3 x 8  
3 x 8  
3 x 8 total  
3 x 8/side  
3 x 8/side  
3 x 8  
3 x 5 deep breaths/side  
3 x 5 deep breaths

## Week 3

4 x 6  
4 x 6  
4 x 6 total  
4 x 6/side  
4 x 6/side  
4 x 6  
4 x 5 deep breaths/side  
4 x 5 deep breaths

## Week 4

4 x 6-8  
4 x 6-8  
4 x 6-8 total  
4 x 6-8/side  
4 x 6-8/side  
4 x 6-8  
4 x 5 deep breaths/side  
4 x 5 deep breaths

**Notes:** Move smoothly through this circuit of exercises, emphasizing deep ranges of motion and quality of movement. Breathe deeply and don't rush!



## Low Priority Workout. Do this workout if you'd like to train 5 total times per week.

### Workout E ~*Sprint*~ Week 1

#### Sprinting Intervals

5:00 Moderate

5 x 0:30 Fast, 0:30 Rest

2:00 Easy

5 x 0:30 Fast, 0:30 Rest

2:00 Easy

6:00 Moderate

### Week 2

6:00 Moderate

4 x 0:30 Fast, 0:20 Rest

2:00 Easy

6 x 0:30 Fast, 0:40 Rest

2:00 Easy

6:00 Moderate

### Week 3

7:00 Moderate

5 x 0:30 Fast, 0:20 Rest

2:00 Easy

7 x 0:30 Fast, 0:40 Rest

2:00 Easy

8:00 Moderate

### Week 4

8:00 Moderate

6 x 0:30 Fast, 0:20 Rest

2:00 Easy

6 x 0:30 Fast, 0:30 Rest

2:00 Easy

8:00 Moderate

**Notes:** Your speed and intensity are completely subjective. You will be listening to how hard you feel like you're working at any given moment. Use the Sprint Intensity Guide to determine your speed and resistance. This workout can be done running outside or on a treadmill, using a spinning bike, rowing machine, stair stepper or elliptical. You can play with resistance and incline to change the intensities. For example, sprinting flat at 10 mph and sprinting at 8% incline at 7 mph may both feel *Fast*.

## Sprint Intensity Guide

Rest – A passive rest. No effort required, whatsoever. If using a cardio machine (treadmill, elliptical, stairstepper, rowing machine), stop moving.

Easy – A walking pace. Very minimal effort required.

Moderate – Some effort is required. Similar to a light jog or spinning with no resistance.

Hard – Lots of effort is required. Similar to a fast run or spinning with hard resistance. Should not be able to sustain this for longer than a minute or two.

Fast – Near maximal effort is required. Similar to a full sprint or very heavy resistance.

Max – Maximal effort. This is the most effort your body is capable. Should not be able to sustain for longer than about 15 seconds.