



Dynamic Warm-Up & Cool-Down.

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

Dynamic Warm-Up *~Prepare & Activate~*

1a Leg swings	1 x 8 each
1b Diagonal arm swings	1 x 8/side
1c Bent-over thoracic rotation (elbow against knee)	1 x 5/side
1c Banded bridges	1 x 8
1d Banded prisoner squats	1 x 8
1e Side split squats w/ overhead reach	1 x 4/side
1f 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.

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

1a Spiderman crawls (reps/side)

3 sets through

3 sets through

4 sets through

5 sets through

1b Push-ups “plus”

8, 6, 4 reps each

10, 8, 6 reps each

10, 8, 6, 4 reps each

12, 10, 8, 6, 4 reps each

1c Deadlifts (heavy)

1d Cross-behind lunges w/ knee drive (heavy) (reps/side)

1e Staggered stance single arm military press (light or heavy) (reps/side)

1f Staggered stance bent-over single arm rows (heavy) (reps/side)

1g Lateral skater hops w/ dumbbell to hip (light or heavy) (reps/side)

Metabolic Finisher Add-On: Perform this metabolic finisher before cooling down.

2a Lateral burpees

3 sets through

3 sets through

4 sets through

4 sets through

2b Tall plank w/ hopping 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

2c Lateral skater hops

2d 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:** 1b – Elevated push-ups “plus”; 1d – Reverse lunges; 1e – Staggered stance bicep curls; 1g – No dumbbell; 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
1a 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
1b PB single arm chest press, opp. arm extended (heavy)	2 x 6/side	2 x 8/side	3 x 6/side	3 x 8/side
2a Rear foot elevated split squats (heavy)	2 x 6/side	2 x 8/side	3 x 6/side	3 x 8/side
2b Two point rows, same side down, underhand grip (heavy)	2 x 6/side	2 x 8/side	3 x 6/side	3 x 8/side
3a Elevated single leg bridges	2 x 12/side	2 x 15/side	3 x 12/side	3 x 15/side
3b Reverse lunge to chopping lift (light or heavy)	2 x 6/side	2 x 8/side	3 x 6/side	3 x 8/side
Metabolic Finisher: Perform this metabolic finisher before cooling down.				
4a Sprint strides	3 x 0:20	4 x 0:20	4 x 0:20	5 x 0:20
4b Burpees	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 (20-30#) or light (10-15#) 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. (Please note: the video shows a rest break between the sprint strides and burpees, but do not rest.)

****Modification Options:** 1b – Elevated push-ups “plus”; 1d – Reverse lunges; 1e – Staggered stance bicep curls; 1g – No dumbbell; 2a – Tall plank w/ tapping hip abductions

(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~

	Week 1	Week 2	Week 3	Week 4
1a In-n-out staggered squats w/ floor touch	2 sets through	2 sets through	2 sets through	3 sets through
1b Alternating lunges, arms extended	0:30 work	0:40 work	0:45 work	0:30 work
1c Alternating side lunges w/ floor touch	0:30 rest	0:20 rest	0:15 rest	0:10 rest
1d Plank w/ alternating hip extensions				
1e Bridges w/ crossover reach				
2a "T" push-ups	2 sets through	2 sets through	2 sets through	3 sets through
2b Bent-over scarecrows	0:30 work	0:40 work	0:45 work	0:30 work
2c Tall plank w/ crossunder & T reach	0:30 rest	0:20 rest	0:15 rest	0:10 rest
2d Bent-over "T"s				
2e "Wild thing"				

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~

	Week 1	Week 2	Week 3	Week 4
1a Y squats	2 x 8	3 x 8	4 x 6	4 x 6-8
1b Toe touch into deep squats	2 x 8	3 x 8	4 x 6	4 x 6-8
1c Deep squat into reverse lunge w/ overhead reach	2 x 8 total	3 x 8 total	4 x 6 total	4 x 6-8 total
1d Alternating side split squats	2 x 8/side	3 x 8/side	4 x 6/side	4 x 6-8/side
1e Wide stance thoracic rotation	2 x 8/side	3 x 8/side	4 x 6/side	4 x 6-8/side
1f Sumo squats	2 x 8	3 x 8	4 x 6	4 x 6-8
1g Half kneeling quad stretch	2 x 5 deep breaths/side	3 x 5 deep breaths/side	4 x 5 deep breaths/side	4 x 5 deep breaths/side
1h Wide knee child's pose	2 x 5 deep breaths	3 x 5 deep breaths	4 x 5 deep breaths	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.