



Dynamic Warm-Up & Cool-Down.

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

Dynamic Warm-Up *~Prepare & Activate~*

Leg swings	8x each
Squats	8x
Bent-over thoracic rotation	8x per side
Inchworms	8x
Tall plank w/ hip flexion	8x per side
Bridges	8x
Jumping jacks	20x

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

Cool Down *~Stretch & Recover~*

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

1 Rope hamstrings stretch	1 x 4 deep breaths/side
2 "Frog" inner thigh stretch	1 x 4 deep breaths
3 Kneeling hip flexor & quad stretch	1 x 4 deep breaths/side
4 Wall "figure 4" hip stretch	1 x 4 deep breaths/side
5 Post or doorway chest stretch	1 x 4 deep breaths/side
6 Post or doorway upper back stretch	1 x 4 deep breaths

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



Strength Training Workouts. Perform all three workouts each week for best results.

Workout 1

Perfect Core Circuit + The Chair Routine

Begin with this core circuit:

- 1 Perfect plank
- 2 Side plank (legs straight or on your knees)
- 3 Birddogs (switch sides every 0:15)

Week 1

2 times through

- 0:20 hold
- 0:15 hold per side
- 1:00 hold total

Week 2

2 times through

- 0:25 hold
- 0:20 hold per side
- 1:00 hold total

Week 3

2-3 times through

- 0:30 hold
- 0:25 hold per side
- 1:30 hold total

Week4

2-3 times through

- 0:30-0:45 hold
- 0:30-0:45 hold per side
- 1:30 hold total

Now do this chair circuit "as many rounds as possible" (AMRAP) in the time listed:

- 1 Chair step-ups (both legs)
- 2 Bent-over rows, 8-15#
- 3 Elevated bridges
- 4 Elevated push-ups

AMRAP 10:00
8x per exercise

AMRAP 12:00
8x per exercise

AMRAP 14:00
10x per exercise

AMRAP 15:00
10x per exercise

Workout 2

Interval Strength Routine

Grab a timer and throw rep counting out the window! Work at each exercise for the work times show, and then rest between exercises for the rest times shown for the week. You may rest for up to 3:00 before starting the circuit over.

- 1 Squats
- 2 Tall plank w/ hip flexion (alternate legs)
- 3 Bent-over T's & W's
- 4 Static squat in-n-out hops
- 5 Elevated push-ups (chair)
- 6 Alternating cross-behind lunges
- 7 Spiderman crawls
- 8 Jumping jacks

Week 1

2 times through
0:30 work per exercise
0:30 rest between

Week 2

3 times through
0:30 work per exercise
0:30 rest between

Week 3

3 times through
0:35 work per exercise
0:25 rest between

Week4

3 times through
0:40 work per exercise
0:20 rest between

Workout 3

Week 1

Week 2

Week 3

Week 4

Perfect Core Circuit + Dumbbell Routine

Begin with this core circuit:

	2 times through	2 times through	2-3 times through	3 times through
1 Perfect plank	0:20 hold	0:25 hold	0:30 hold	0:30-0:45 hold
2 Side plank (legs straight or on your knees)	0:15 hold per side	0:20 hold per side	0:25 hold per side	0:30-0:45 hold per side
3 Birddogs (switch sides every 0:15)	1:00 hold total	1:00 hold total	1:30 hold total	1:30 hold total

Now do this dumbbell circuit using a pair of 8-15# weights:

	2 times through	3 times through	3 times through	4 times through
1 Front squats	8x	8x	10x	10, 9, 8, 7x (1 less rep each time)
2 Military press	8x	8x	10x	10, 9, 8, 7x (1 less rep each time)
3 Reverse lunges	8x per side	8x per side	10x per side	10, 9, 8, 7x (1 less rep each time)
4 Bent-over rows	8x	8x	10x	10, 9, 8, 7x (1 less rep each time)
5 Push-ups (hands elevated if necessary)	8x	8x	10x	10, 9, 8, 7x (1 less rep each time)