



Dynamic Warm-Up & Cool-Down.

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

Dynamic Warm-Up *~Prepare & Activate~*

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| 1a Leg swings | 1 x 8/leg |
| 1b Diagonal arm swings | 1 x 4/side |
| 1c Overhead stretch into forward fold (+inchworms) | 1 x 4 |
| 1d Quadruped hip circles | 1 x 8/side |
| 1e Kneeling thoracic rotations | 1 x 4/side |
| 1f Alternating deep lunge & hamstrings stretch | 1 x 4/side |
| 1g Alternating side split squats | 1 x 6/leg |
| 1h Lateral skater hops | 1 x 6/side |

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.

Cool Down *~Stretch & Recover~*

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

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| 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 first. 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 and B happen every week no matter what.

Workout A ~Strengthen~

	Week 1	Week 2	Week 3	Week 4
1a PB planks	1 x 4 deep breaths	2 x 5 deep breaths	2 x 6 deep breaths	2 x 6 deep breaths
1b PB bridges & hamstring curls	1 x 8 each	2 x 8 each	2 x 10 each	2 x 12 each
1c Birddogs (switch sides every 0:15)	1 x 1:00 total	2 x 1:00 total	2 x 1:00 total	2 x 1:00 total
2a PB single arm chest presses (light)	2 x 6/side	3 x 6/side	3 x 8/side	3 x 10/side
2b Split squats, offloaded (heavy)	2 x 6/side	3 x 6/side	3 x 8/side	3 x 10/side
3a Goblet side split squats (heavy)	2 x 6/side	2 x 8/side	3 x 8/side	3 x 10/side
3b Two point rows (light)	2 x 6/side	2 x 8/side	3 x 8/side	3 x 10/side

Optional Metabolic Finisher: *The Strength Ladder, #9 Metabolic Finisher Library*

Burpees / Crossover mountain climbers (reps/side)	2, 4, 6, 4, 2 reps each	2, 4, 6, 8, 6, 4, 2	2, 4, 6, 8, 6, 4, 2	2, 4, 6, 8, 10, 8, 6, 4, 2
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Notes for the mainset of the workout: Move quickly through the first circuit of exercises (1a-1d), doing it just once through on week one before moving on. On weeks two-four, you'll do 1a-1d twice through before moving on. Take a good break and then move on to the second circuit (2a-2b) and complete two sets before moving on to the third circuit (3a-3b). Take minimal breaks in between exercises in each circuit.

For the Metabolic Finisher Add-on: Quickly alternate between burpees and crossover mountain climbers, working your way up by 2's to 6 reps of each and then back down. Take breaks as needed to ensure proper technique. ****Modify the burpees as necessary.**

****Modification Options:** 1a – PB against wall; 2a – Elevated push-ups; 3b – Bent-over supported row

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



Top Priority Workouts.

Make sure these 2 workouts happen every week no matter what.

Workout B ~Strengthen~

	Week 1	Week 2	Week 3	Week 4
1a Goblet squat (heavy)	2 sets through	2 sets through	3 sets through	3 sets through
1b Staggered single arm press (light, switch halfway)	0:30 work, 0:30 rest	0:30 work, 0:20 rest	0:30 work, 0:20 rest	0:40 work, 0:20 rest
1c Bent-over thoracic rotations				
1d Loaded bridges (heavy)				
1e Prone W to forward reach				
1f Elevated push-up position rows (light, switch halfway)				
1g Bridges w/ crossover reach				
1h Goblet reverse lunges (switch halfway, heavy)				

Optional Metabolic Finisher: Core Finisher, #18 Metabolic Finisher Library

2a PB plank roll-outs	2 sets through	2 sets through	3 sets through	3 sets through
2b Side plank w/ hip flexion hold (R elbow down)	0:20 work, 0:10 rest	0:20 work, 0:10 rest	0:20 work, 0:10 rest	0:20 work, 0:10 rest
2c PB flat foot bridge				
2d Side plank w/ hip flexion hold (L elbow down)				

Notes for the mainset of the workout: Use a timer and do as many good repetitions of each exercise as you're able to in 30 seconds. Then rest for 30 seconds before beginning the next exercise. Take a 2:00 break when you reach the end of the circuit, and then begin again. Choose appropriate weights and take breaks as needed.

For the Metabolic Finisher Add-on: Perform the circuit of exercises **2 times through**, doing each exercise for 20 seconds, resting for 10 seconds between exercises. Move quickly, fitting in as many good quality repetitions as possible in 20 seconds

****Modification Options:** 1b –staggered squats; 1d – regular bridges; 1f – Bent-over supported single arm row; 1h – Goblet split 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 ~Bodyweight Only Sweat~

	Week 1	Week 2	Week 3	Week 4
1a Bear crawl to pike	AMRAP 5:00	AMRAP 5:00	AMRAP 6:00	AMRAP 7:00
1b Prisoner squats	4 reps each	5 reps each	5 reps each	4, 5, 6 reps each
1c Spiderman crawls (count reps per side)				
1d Total body extensions				
2a Alternating cross-behind lunges (count reps per side)	AMRAP 5:00	AMRAP 5:00	AMRAP 6:00	AMRAP 7:00
2b Bent-over T's & W's (count reps each)	4 reps each	5 reps each	5 reps each	4, 5, 6 reps each
2c Single leg bridges (count reps per side)				
2d Modified frog burpees				
3a Side plank w/ reach throughs (count reps per side)	AMRAP 3:00	AMRAP 3:00	AMRAP 4:00	AMRAP 4:00
3b Marching bridges (count reps per side)	4 reps each	5 reps each	5 reps each	4, 5, 6 reps each
3c Lateral skater hops (count reps per direction)				

Notes: For each separate circuit, put the given time on the clock and do AMRAP (as many round as possible) of the exercises as you can. When the time is up, stop where you're at, rest for 1:00-2:00, then begin the next circuit. On week 4, perform ascending reps...4 reps your first set through, then 6, then 7, then back to 4.

****Modification Options:** 1c – Elevated spiderman crawls; 2a – Alternating side split squats; 2d – Hands elevated; 3a – Modified on knees

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

Workout D ~Bodyweight Only Stretch~

	Week 1	Week 2	Week 3	Week 4
1a Shoulder glides & pelvic tilt on hands & knees	2 x 6 each	3 x 6 each	4 x 6 each	4 x 8 each
1b Bear crawl into downward dog	2 x 6	3 x 6	4 x 6	4 x 8
1c Downward dog into wide lunge w/ rotation	2 x 3/side	3 x 3/side	4 x 3/side	4 x 4/side
1d Lunging hip flexor stretch & hamstrings stretch	2 x 6/side	3 x 6/side	4 x 6/side	4 x 8/side
1e Cossack lunge w/ overhead reach	2 x 3/side	3 x 3/side	4 x 3/side	4 x 4/side
1f Wide stance forward fold	2 x 6 deep breaths	3 x 6 deep breaths	4 x 6 deep breaths	4 x 6 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

4 x 0:15 Max, 0:45 Rest

2:00 Easy

4 x 0:15 Max, 0:45 Rest

2:00 Easy

5:00 Moderate

Week 2

6:00 Moderate

5 x 0:15 Max, 0:45 Rest

2:00 Easy

5 x 0:15 Max, 0:45 Rest

2:00 Easy

6:00 Moderate

Week 3

7:00 Moderate

6 x 0:15 Max, 0:45 Rest

2:00 Easy

6 x 0:15 Max, 0:45 Rest

2:00 Easy

7:00 Moderate

Week 4

8:00 Moderate

6 x 0:15 Max, 0:30 Rest

2:00 Easy

6 x 0:15 Max, 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.