



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/leg
1b Diagonal arm swings	1 x 4/side
1c Overhead stretch into forward fold (+inchworm)	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.

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 stir-the-pot (roll clockwise & counterclockwise)	1 x 8/direction	2 x 8/direction	2 x 10/direction	2 x 12/direction
1b PB triple threat (bridge, hamstring curl, flat foot bridge)	1 x 8 each	2 x 8 each	2 x 10 each	2 x 12 each
1c In-line bird dogs (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
1d Kick throughs	1 x 3/side	2 x 3/side	2 x 4/side	2 x 5/side
2a PB alternating chest presses (heavy)	2 x 6/side	3 x 6/side	3 x 8/side	3 x 10/side
2b Rear foot elevated split squats, offloaded (heavy)	2 x 6/side	3 x 6/side	3 x 8/side	3 x 10/side
3a Cossack lunges (light, if able)	2 x 6/side	2 x 8/side	3 x 8/side	3 x 10/side
3b Two point rows (same side down, heavy)	2 x 6/side	2 x 8/side	3 x 8/side	3 x 10/side

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 10 reps of each and then back down. Take breaks as needed to ensure proper technique. ****Modify the burpees as necessary.**

****Modification Options:** 1d – Spiderman crawls; 2a – Push-ups; 2b – Goblet split squats; 3a – Side split squats

(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 Banded goblet squat (heavy)

2 sets through

3 sets through

3 sets through

3 sets through

1b Staggered single arm push press (light, switch halfway)

0:30 work, 0:30 rest

0:30 work, 0:20 rest

0:40 work, 0:20 rest

0:50 work, 0:10 rest

1c One point row (switch halfway, light or heavy)

1d Elevated single leg bridges (switch halfway)

1e Prone W to forward reach

1f Push-up position row & press (light)

1g Bridges w/ crossover reach

1h Goblet reverse lunges w/ knee drive (switch halfway, heavy)

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 – single arm military press or just staggered squats; 1c – Bent-over row; 1f – Bodyweight only or tall plank hold; 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 push-up w/ pike	AMRAP 5:00	AMRAP 5:00	AMRAP 6:00	AMRAP 7:00
1b Prisoner lunges (count reps per side)	4 reps each	5 reps each	5 reps each	4, 5, 6 reps each
1c Jumping spiderman crawls (count reps per side)				
1d Squat jumps				
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 per side)	4 reps each	5 reps each	5 reps each	4, 5, 6 reps each
2c Sit throughs (count reps total)				
2d Frog burpees				
3a Tall plank w/ alt hip extensions (count reps per side)	AMRAP 3:00	AMRAP 3:00	AMRAP 4:00	AMRAP 4:00
3b Single leg bridges (arms extended) (count reps per side)	4 reps each	5 reps each	5 reps each	4, 5, 6 reps each
3c Lunge jumps (count reps per side)				

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:** 1a – Bear crawl to pike; 1c – Spiderman crawls; 2c – Birddogs w/ elbow to knee; 3a – Regular plank w/ hip extensions; 3c – sprint strides
(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 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.