



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 (forward/back and side/side)	1 x 8/leg each direction
1b Bent-over thoracic rotation	1 x 8/side
1c Prisoner squats	1 x 8
1d Inchworms	1 x 8
1e Prisoner split squats	1 x 8/side
1f Single leg dead lift with lateral reach	1 x 8/side
1g Jumping jacks	1 x 20

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 these 2 workouts happen every week no matter what.

Workout A ~Strengthen~

- 1a** Physioball (PB) tall plank w/ hip flexion
- 1b** PB static-hip hamstring curl
- 1c** PB decline push-up (add pike if able)

~Rest 2:00~

- 2a** Alternating pistol squat & skater squat
- 2b** Staggered stance curl to overhead press (light or heavy)
- 2c** Bent-over rows, alternating arms (heavy weights)

~Rest 2:00~

- 3a** Side lunges with floor touch (light weights)
- 3b** Renegade rows (light weights)
- 3c** Squat jumps

Week 1

AMRAP 5:00
8 reps each

Week 2

Sample

Week 3

Sample

Week 4

Sample

Notes: Perform As Many Rounds As Possible (AMRAP) of each circuit during the time stated before resting and continuing on to the next circuit.

Workout B ~Strengthen~

- 1a** Goblet squats (heavy weight)
- 1b** Two point rows (light or heavy weight)
- 1c** PB single leg bridges
- 1d** "T" push-ups (no weight or light weights)
- 1e** Hang pulls (light or heavy weights)
- 1f** Kick throughs

~Rest 1:00-2:00~

Week 1

3 x 15
3 x 8/side
3 x 8/side
3 x 8 (4/side)
3 x 8
3 x 5/side

Week 2

Sample

Week 3

Sample

Week 4

Sample

Notes: Perform the full circuit through without stopping. Rest for 1:00-2:00 after each set.



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

Workout C ~Sweat~

- 1a** T rotations
- 1b** Banded lateral taps (quick!), switch sides halfway
- 1c** Decline or regular push-ups
- 1d** Rear foot elevated split squat (R leg) (lean forward slightly)
- 1e** Sit throughs
- 1f** Rear foot elevated split squats (L leg) (lean forward slightly)
- 1g** Hands extended tall plank
- 1h** Lunge jumps

Week 1

3 sets through
0:30 work, 0:30 rest
2:00 rest b/w sets

Week 2

Sample

Week 3

Sample

Week 4

Sample

Notes: Using a timer, perform each exercise for 0:30 and rest for 0:30 between the exercises. Do as many perfect repetitions as possible of each exercise during the work period. Take a full 2:00 rest when you when complete all the exercises. Do the circuit 3 x through.

Workout D ~Stretch~

- 1a** Inchworm push-ups into Y squats
- 1b** Bent-over letter progressions (T, Y, W)
- 1c** Kneeling upper back stretch
- 1d** Biped thoracic rotation
- 1e** Spiderman crawl into deep lunge
- 1f** Cossack lunges
- 1g** Frog adductor stretch

Week 1

3 x 5
3 x 5 each
3 x 5 deep breaths/side
3 x 10/side
3 x 5/side
3 x 5/side
3 x 5 deep breaths

Week 2

Sample

Week 3

Sample

Week 4

Sample

Notes: Move smoothly through this circuit of exercises, emphasizing deep ranges of motion and quality of movement. 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

Week 2

Week 3

Week 4

Sprinting Intervals

5:00 Moderate

Sample

Sample

Sample

6 x 0:20 Fast, 0:40 Rest

3:00 Easy

6 x 0:30 Fast, 0:30 Rest

5:00 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.