



**Performance and Health**  
ON A WHOLE NEW LEVEL

*Foam Rolling:*

- IT Band/Tensor Fasciae Latae
- Quads
- Hip Flexors
- Adductors
- Hamstrings
- Lats
- Pecs
- Rhomboids
- Thoracic Extension
- Arches of Feet (ball)
- Calves and peroneals (ball)
- Piriformis/Glutes (ball)
- Infraspinatus (ball)

*Warm-ups (preferably, barefoot)*

Side-Lying Extension-Rotation	8/side
Split-Stance Kneeling Adductor Mobilizations	8/side
1-leg Scap Push-ups	5/side
Multiplanar Hamstrings Mobilizations	5/5/5/side
Knee-Break Ankle Mobilizations	1x8
Bowler Squats	8/side
High Knee Walk to Forward Lunge	5/side
Scapular Wall Slides	1x10



**A1) Front Squats (Wks 1,2), Conventional Deadlift (Wk. 3, barefoot), Overhead Squats (Wk. 4)**

\*The sets of one only count if they are at least 90% of your max weight for the day.

Date	Week	Sets	Reps	Rest	Tempo
	1	5	4x1, 1x4		
	2	4	3x1, 1x4		
	3	8	1		
	4	3	5		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**A2) No Money Drill, Wall T-Spine Dips (pick one b/t sets)**

Week	Sets	Reps	Rest	Tempo
1	2 each	8		
2	2 each	8		
3	4 each	8		
4	1 each	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**B) Speed Deadlifts (barefoot)**

Week	Sets	Reps	Rest	Load
1	5	1	60s	65%
2	5	1	60s	68%
3	Omit		60s	
4	3	1	60s	45%

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**C1) Chin-ups**

Week	Sets	Reps	Rest	Tempo
1	4	3		
2	4	3		
3	4	3		
4	3	3		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**C2) Barbell Reverse Lunges**

Week	Sets	Reps	Rest	Tempo
1	3	6/side		
2	3	6/side		
3	4	6/side		
4	2	6/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**D1) 45-degree Incline DB Press**

Week	Sets	Reps	Rest	Tempo
1	3	8		
2	3	8		
3	3	8		
4	2	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**D2) Face Pulls w/External Rotation**

Week	Sets	Reps	Rest	Tempo
1	2	12		
2	2	12		
3	2	12		
4	2	12		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**E1) 1-arm DB Turkish Get-ups**

Week	Sets	Reps	Rest	Tempo
1	3	3/side		
2	3	3/side		
3	3	3/side		
4	3	3/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**E2) 3-way Band Hamstrings Stretch: 2x15/15/15s/side**



**Day 2**

**A1) Decline Bench Press (Wks 1,2), Close-Grip Bench Press (Wks 3,4)**

\*The sets of one only count if they are at least 90% of your max weight for the day.

Date	Week	Sets	Reps	Rest	Tempo
	1	5	4x1,1x4		
	2	4	3x1,1x4		
	3	8	1		
	4	3	3 (easy)		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**A2) Bent-Over T-Spine Rotation (6), Wall Hip Flexor Mobs (8/side) - pick one b/t sets**

Week	Sets	Reps	Rest	Tempo
1	2 each			
2	2 each			
3	4 each			
4	1 each			

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**B1) Conventional Deadlifts (barefoot)**

Week	Sets	Reps	Rest	Tempo
1	2	5		
2	2	4		
3	2	5 (easy)		
4	2	4		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**B2) Corner Pec Minor Stretch**

Week	Sets	Reps	Rest	Tempo
1	2	30s		
2	2	30s		
3	2	30s		
4	2	30s		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**C1) Chest-Supported Row - Neutral Grip**

Week	Sets	Reps	Rest	Tempo
1	4	8		
2	4	8		
3	4	8		
4	3	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**C2) 1-arm DB Bulgarian Split Squats**

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**D1) Band-Resisted Ab Wheel Rollouts**

Week	Sets	Reps	Rest	Tempo
1	2	6		
2	2	6		
3	2	8		
4	2	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**D2) Cable External Rotation - arm adducted**

Week	Sets	Reps	Rest	Tempo
1	2	10/side		
2	2	10/side		
3	2	10/side		
4	2	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**E) Lying Knee-to-Knee Stretch (females should omit this): 30s**