



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)

Bird dogs	6/side
3-point Extension-Rotation	8/side
Supine Leg Whips	6/side
Wall Hip Flexor Mobilizations	8/side
Split-Stance Broomstick Pec Mobilizations	6/side
Knee-Break Ankle Mobilizations	1x8
Reverse 1-leg SLDL Walk	5/side
Walking Spiderman w/Hip Lift & Overhead Reach	5/side



Day 1

A1) Thick Grip Neutral Grip (Weighted) Pull-ups

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

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

A2) Barbell Overhead Squats

Week	Sets	Reps	Rest	Tempo
1	3	6		30X0
2	3	6		30X0
3	3	6		30X0
4	3	6		30X0

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

B1) Barbell Forward Lunges

Week	Sets	Reps	Rest	Tempo
1	5	6/side		
2	4	6/side		
3	5	6/side		
4	3	6/side		

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

B2) One-arm DB Rows

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

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

C1) Low Incline DB Press

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

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

C2) 1-arm, 1-leg DB RDLs (barefoot)

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

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

D1) Cable Woodchops - chest height

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

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

D2) Cable External Rotation at 90 degrees - scapular plane

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) Seated 90/90 Stretch: 2x30s/side



Day 2

A1) Trap (Hex) Bar Deadlifts (if you don't have access to a trap/hex bar, you can do slightly-elevated conventional DLs)
(barefoot)

Date	Week	Sets	Reps	Rest	Tempo
	1	5	3		
	2	6	3		
	3	5	3		
	4	3	3		

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

A2) Push Press (Wks. 1,2), Close-Grip Floor Press (Wks 3,4)

Week	Sets	Reps	Rest	Tempo
1	4	3		
2	5	3		
3	4	3		
4	3	3		

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

B1) DB Bulgarian Split Squats from Deficit

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

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

B2) DB Pullovers

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

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

C1) 1-arm Cable Rotational Row

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

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

C2) Natural Glute-Ham Raise

Week	Sets	Reps	Rest	Tempo
1	1	6		Lower as
2	1	6		slowly as
3	1	6		possible on
4	1	6		each rep

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

D1) Stir the Pot

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

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

D2) Kneeling Heel to Butt Stretch

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

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