



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)

Rocking Ankle Mobilizations	1x8/side
Half-Kneeling Adductor Dips	1x8/side
Yoga Push-ups	1x6
Glute Wall March Iso Hold	3x5s/side
Scapular Wall Slides	1x10
Bent-Over T-Spine Rotation	1x5/side
Overhead Lunge Walk w/Hip Lift	1x5/side
Alternating Lateral Lunge Walk	1x5/side



Day 1

A1) Sumo Deadlifts (barefoot)

Date	Week	Sets	Reps	Rest	Tempo
	1	4	2x2,2x4		
	2	4	2x2,2x4		
	3	4	2x1,2x3		
	4	3	3		

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

A2) Knee-Break Ankle Mobilizations (barefoot)

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

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

B1) Low Incline Barbell Press (Wks 1-3), Alternating DB Bench Press (Wk 4)

Week	Sets	Reps	Rest	Tempo
1	4	2x2,2x4		
2	4	2x2,2x4		
3	4	2x1,2x3		
4	3	12/side		

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

B2) Barbell Reverse Lunge - Front Squat Grip

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

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

C1) Chest-Supported Row - pronated grip

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

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

C2) Landmines

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

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

D1) Supine No Money w/Band

Week	Sets	Reps	Rest	Tempo
1	2	3		10s iso hold at end-range on each rep
2	2	3		
3	2	4		
4	2	4		

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

D2) Quadruped Chin Tucks

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

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



Day 2

A) Front Box Squats (Wks. 1-3, barefoot), Barbell Overhead Squats (Wk. 4, sneakers on)

Date	Week	Sets	Reps	Rest	Load
	1	6	2	60s	55%
	2	7*	2	60s	60%
	3	8	2	60s	65%
	4	3	5		

*Last set in Week 2 should be a challenging single (one rep).

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

B1) Snatch Grip Rack Pulls (barefoot, use straps)

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

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

B2) DB Push Press

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

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

C1) Towel Pull-ups

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

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

C2) DB Forward Lunges

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) Standing 1-arm Cable Rows

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

D2) Cable External Rotation at 90 degrees

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) Yoga Plex

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

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