

# THE STRENGTH SERIES

POWERED BY NOFFS



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The Strength Series helps you develop the strength you need to perform at your best. Each training phase in this series also helps to reduce your risk for injury, improve your cardiovascular fitness, and increase your work capacity—that is, your ability to get more done in your workout and other activities.

The series will progress you through 3 phases of training. Each phase builds on the work you completed in the previous phase and prepares you for what's to come.

### PHASE 1: BUILD MUSCLE

This phase of training is focused on building lean muscle mass and improving your body's capacity to handle greater physical demands. To help achieve these goals, the workouts in this phase will challenge you with higher volumes of work and a progressive increase in intensity.

### PHASE 2: GET STRONG

This phase of training is focused on building strength. Compared to Phase 1, you'll do fewer repetitions and dial up the intensity. Use weights that are challenging, but allow you to complete all your repetitions with solid form. A good rule of thumb: If the last 1-2 reps aren't hard, it's too light. You can also expect challenging timed sets that continue to develop your work capacity.

### PHASE 3: GET POWERFUL

In this phase of training, you'll harness your newfound strength and move explosively to perform with greater power. The way in which movements or drills are paired in this phase will elicit explosive strength gains, training your muscles to be fast and forceful. The movements in this phase also help protect you from injury.

## HOW TO SET UP YOUR SCHEDULE


- Each phase in this series has 2 training days, Workout A and Workout B.
- Complete 3 to 4 training sessions per week, alternating between Workout A and Workout B.
- Aim for no more than 2 consecutive training days each week. For example, if you do Workout A on Monday and Workout B Tuesday, Wednesday should be a recovery day.
- Add a recovery day to break up more than 2 consecutive training days and give your body the rest it needs to perform more efficiently. Recovery days can include a combination of light activity, stretching, low-intensity cardio, and massage. Refer to the sections in your workouts labeled Pillar Prep, Movement Prep, and Regeneration for examples of movements to do on your recovery days.

## SAMPLE 3-WEEK SCHEDULE


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout A	Workout B	Recovery	Workout A	Workout B	Rest or light activity	Rest or light activity
Workout A	Rest or light activity	Workout B	Rest or light activity	Workout A	—	Rest or light activity
Workout B	Rest or light activity	Workout A	Workout B	Recovery	Rest or light activity	Workout A

### WORKOUT DURATION:

Each workout has three duration options. A small icon represents each duration, as shown below. Simply perform the movements with the corresponding icon that represents the workout time option that fits your schedule best.

 **Short** = 45 minutes

 **Medium** = 60 minutes

 **Long** = 75 minutes

If the movements in these workouts are new to you, it may take you longer than the duration specified to complete your workouts. As you become familiar with the movements, you'll be able to complete them in the allotted time.

Within each Strength workout, there are multiple circuits. You should perform each circuit by completing each exercise in succession with little to no rest between exercises or sets. Once you've completed all the sets in a circuit, rest 1 to 2 minutes before starting the next circuit.

### HOW STAGES WORK:

Each phase in the Strength Series has 3 progressive stages across Pillar Prep, Movement Prep, and Strength. As you advance through the stages, you'll notice that the repetitions, time, or number of circuits you perform may change. Advance to the next stage of training after every 4 workouts—this means after you've completed Workout A and Workout B twice (ABAB). Once you complete the final stage in the phase, progress to the next phase of training.

### TRAINING EQUIPMENT:

The equipment used in this series includes:      Barbells                      Dumbbells                      Weight bench

### CARDIOVASCULAR TRAINING TIPS:

The cardio workouts included in the Strength Series are interval-based, meaning you'll vary your effort within a single workout to improve various aspects of your cardio fitness. Training zones are the building blocks of these cardio workouts. Each workout consists of one or more training zones; each zone represents a level of effort (easy, medium, and hard). But how do you know you're exercising at the right effort? You can perform these interval workouts by measuring your effort in one of two ways: (i) heart rate training, or (ii) rate of perceived exertion.

#### Heart Rate Training

One way to calculate your training zones is based on your maximum heart rate (Max HR). If you have a heart rate monitor, you can measure your heart rate as you train to stay in each zone. If you don't know your Max HR, you can estimate it by using the following formula:  $\text{Max HR} = 220 - \text{your age}$ .

Once you've calculated your approximate Max HR, use the percentages below to determine your heart rate training zone for each interval.

#### Rate of Perceived Exertion

Your rate of perceived exertion (RPE) is a simple and effective way to determine your training intensity when performing intervals. RPE uses a scale of 1-10 to rate your effort. A rating of 1 is equivalent to standing still, while a rating of 10 represents the most strenuous level of activity you can sustain. Use these general guidelines to put forth the right effort for each interval.

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

#### HEART RATE

	Target	Description	Target	My Heart Rates
<b>MAX</b>	10/10	Maximum effort. Give it all you got!	100% Max HR	_____
<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.	90% Max HR	_____
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!	80% Max HR	_____
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.	65% Max HR	_____

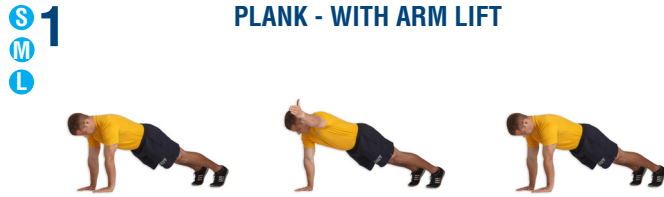
# THE STRENGTH SERIES

## PHASE 1: BUILD MUSCLE – WORKOUT A

Short Medium Long

### PILLAR PREPARATION

#### 1 PLANK - WITH ARM LIFT



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### 2 HIP EXTERNAL ROTATION - SIDELYING



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### 3 HIP ABDUCTION - SIDELYING



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### 4 SHOULDER EXTERNAL ROTATION - SIDELYING DUMBBELL



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

### MOVEMENT PREPARATION

#### 1 MINI BAND - EXTERNAL ROTATION



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### 2 REVERSE LUNGE - WITH REACH



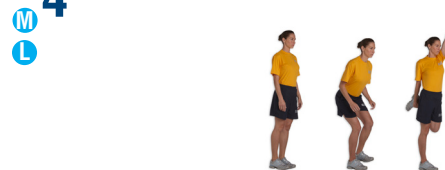
STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 3 KNEE HUG - IN PLACE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 4 HEEL TO GLUTE - WITH ARM REACH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 5 HANDWALK



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### 6 2 INCH RUNS



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

# THE STRENGTH SERIES

## PHASE 1: BUILD MUSCLE – WORKOUT A

↻ Alternate Movement



### PILLAR PREPARATION

#### 1 PLANK - WITH ARM LIFT

- Assume pillar position with feet wider than shoulder width apart
- Engage torso & alternate reaching up & out with arms – hold 2 sec each
- Keep shoulders & hips square to ground with arm reach

#### 2 HIP EXTERNAL ROTATION - SIDELYING

- Lie on your side with hips and knees bent so heels are in line with torso, and hips
- Rotate top knee toward the sky while heels stay in contact
- Lower knee to the starting position
- Complete the set on one side before repeating on other

#### 3 HIP ABDUCTION - SIDELYING

- Lie on your side with your legs straight, top leg slightly behind bottom leg
- Lift your top leg up in the air and slightly back
- Lower your leg to the floor
- Complete the set on one leg before repeating with other

#### 4 SHOULDER EXTERNAL ROTATION - SIDELYING DUMBBELL

- Lie on your side with bottom hand underneath head
- Hold a light dumbbell with the top hand, palm facing down, elbow bent 90 degrees and pressed against your torso
- Keeping torso and elbow still, rotate hand up and slowly return it to starting position
- Complete set on one side before repeating on other

↻ Ws - BENT OVER

### MOVEMENT PREPARATION

#### 1 MINI BAND - EXTERNAL ROTATION

- Stand in quarter-squat position with feet hip width & band just above knees
- Let one knee drop in & return to starting position
- Complete reps, repeat on opposite side

↻ SQUAT - BODY WEIGHT

#### 2 REVERSE LUNGE - WITH REACH

- Contract your back glute at the bottom of the lunge
- Extend one hand overhead while reaching other hand towards the ground
- Keep chest up; don't let your back knee touch the ground
- Alternate sides each rep

#### 3 KNEE HUG - IN PLACE

- Lift one leg off the ground & squat back & down on the opposite leg
- Take hold just below your knee & pull towards your chest as you stand tall on the opposite leg
- Keep your weight in the middle of your foot, chest up & contract the glute of your stance leg
- Move with control & alternate sides each rep

#### 4 HEEL TO GLUTE - WITH ARM REACH

- Stand tall, lift one foot up and hold it with the same-side hand
- Bring your heel to your glute as you reach overhead with the opposite arm
- Lower your leg to starting position and repeat with opposite leg to complete 1 rep

#### 5 HANDWALK

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands forward
- Walk your feet back up to your hands to complete 1 rep

#### 6 2 INCH RUNS

- Start in athletic stance with knees bent, hips back, and arms bent
- Run in place, moving your feet two inches off the ground as quickly as possible
- Allow your arms to move slow and rhythmically
- Continue for the prescribed time

# THE STRENGTH SERIES

## PHASE 1: BUILD MUSCLE – WORKOUT A

🕒 Short 🕒 Medium 🕒 Long

### STRENGTH

#### CIRCUIT 1 🕒 🕒 🕒

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

#### 1 BENCH PRESS - DUMBBELL



STAGE	A	B	C
	X15 REPS	X12 REPS	X10 REPS

#### CIRCUIT 2 🕒

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

#### 1 PLANK - ROLLING



STAGE	A	B	C
	X8 REPS	X8 REPS	X6 REPS

#### CIRCUIT 3 🕒 🕒

STAGE	A	B	C
	X3 SETS	X2 SETS	X3 SETS

#### 1 OVERHEAD PRESS - HIGH SPLIT ALTERNATING DUMBBELL



STAGE	A	B	C
	X15 REPS	X12 REPS	X10 REPS

#### 2 CHEST FLY - ALTERNATING DUMBBELL



STAGE	A	B	C
	X10 REPS	X10 REPS	X10 REPS

#### 2 THORACIC ROTATION - WITH HEEL SIT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 2 SQUAT - 1 ARM DUMBBELL



STAGE	A	B	C
	X15 REPS EA	X12 REPS EA	X10 REPS EA

#### 3 DEADLIFT - BARBELL



STAGE	A	B	C
	X15 REPS	X12 REPS	X10 REPS

#### 3 PLANKS - WALKING



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

#### 4 GLUTE BRIDGE - 1 LEG (WITH LEG LOCK)



STAGE	A	B	C
	X10 REPS EA	X10 REPS EA	X10 REPS EA

#### 4 GLUTE BRIDGE - MARCHING HIP FLEXION



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

# THE STRENGTH SERIES

## PHASE 1: BUILD MUSCLE – WORKOUT A

↻ Alternate Movement

### STRENGTH

#### 1 BENCH PRESS - DUMBBELL

- Lie face up on a bench, dumbbells over shoulders, your palms facing your thighs
- Lower dumbbells until arms just break parallel with ground, then push back up
- Keep torso engaged & back flat during the movement

#### 1 PLANK - ROLLING

- Start in a push-up position with feet shoulder-width apart
- Lift one arm towards the sky as you rotate torso and hips to face sideways and your body resembles the letter T
- Reverse the pattern back to the starting position
- Repeat in the opposite direction to complete 1 rep

#### 1 OVERHEAD PRESS - HIGH SPLIT ALTERNATING DUMBBELL

- Stand tall holding a pair of dumbbells straight above your shoulders, palms facing forward
- Lower one weight to your shoulder and press it back up
- Repeat with opposite arm to complete 1 rep

↻ LATERAL DYNAMIC PILLAR BRIDGE

#### 2 CHEST FLY - ALTERNATING DUMBBELL

- Lie faceup on a bench holding dumbbells straight above your shoulders
- Lower a weight out to one side
- Lift the weight back to the starting position and repeat with opposite arm
- Continue alternating to complete the set

#### 2 THORACIC ROTATION - WITH HEEL SIT

- Kneel with one hand behind head, the other in front of you, sitting back on heels
- Inhale as you lift bent arm toward the ceiling by rotating chest and shoulders
- Exhale, hold for 2 seconds, and return to starting position
- Complete set on one side before repeating on the other

#### 2 SQUAT - 1 ARM DUMBBELL

- Stand with a tall posture, feet shoulder width apart & arms at your sides with a dumbbell in one hand
- Squat your hips down & back keeping your torso engaged & back flat & return to standing
- Ensure hips & shoulders remain forward facing & parallel during the movement
- Complete reps, repeat on opposite side

#### 3 DEADLIFT - BARBELL

- Bend hips and knees to grab a barbell on the ground in front of you
- Stand up, pulling the bar up along your thighs
- Lower the bar to the floor
- Keep the bar close to your legs and shoulder blades back and down

#### 3 PLANKS - WALKING

- Start in a push-up position with feet close together
- Keeping torso stable, walk feet backwards with small steps as arms extend overhead
- Hold for 1 to 2 seconds at bottom of movement and then walk your feet back up

↻ SQUAT - DUMBBELL

#### 4 GLUTE BRIDGE - 1 LEG (WITH LEG LOCK)

- Lie faceup with knees bent and heels on the ground
- Grab one knee with both hands and pull it toward your chest
- Lift your hips toward the sky
- Hold for 1 to 2 seconds and lower your hips back down
- Complete the set on one leg before repeating on other

↻ INVERTED HAMSTRING

#### 4 GLUTE BRIDGE - MARCHING HIP FLEXION

- Lift hips to create a line through knees, hips & shoulders
- Lift one knee towards your chest, hold 2 sec. Alternate legs for prescribed reps with each leg
- Keep back flat and torso engaged throughout the movement

# THE STRENGTH SERIES

PHASE 1: BUILD MUSCLE – WORKOUT A

## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

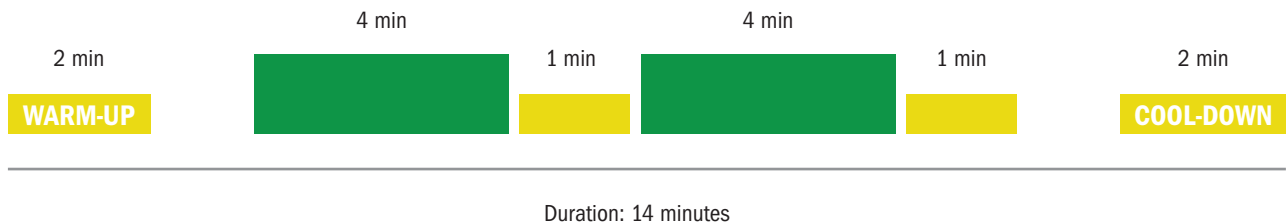
	Target	Description
<b>MAX</b>	10/10	Maximum effort. Give it all you got!
<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### MEDIUM INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.



# THE STRENGTH SERIES

## PHASE 1: BUILD MUSCLE – WORKOUT B

Short Medium Long

### PILLAR PREPARATION

#### S1 M L LEG CRADLE - SUPINE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### S2 M L SINGLE LEG BALANCE - ALPHABET



STAGE	A	B	C
	X15 SECS EA	X20 SECS EA	X30 SECS EA

#### S3 M L DYNAMIC LATERAL PILLAR BRIDGE



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### 4 L Ys - BENT OVER



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

### MOVEMENT PREPARATION

#### S1 M L MINI BAND - LATERAL WALK BENT LEG (KNEES)



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

#### S2 M L REVERSE LUNGE, ELBOW TO INSTEP - WITH ROTATION



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### S3 M L SUMO SQUAT



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### 4 M L DROP LUNGE - ALTERNATING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 5 L LATERAL SQUAT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 6 L BASE POGO



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

# THE STRENGTH SERIES

## PHASE 1: BUILD MUSCLE – WORKOUT B

↻ Alternate Movement

### PILLAR PREPARATION

#### 1 LEG CRADLE - SUPINE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

↻ HIP STRETCH - SUPINE

#### 2 SINGLE LEG BALANCE - ALPHABET

- Sit your hips down & back into a quarter squat
- With “floating foot”, spell the alphabet in small letters for the prescribed amount of time
- Keep your torso & hip engaged throughout the movement
- Alternate legs every 5 sec until working time elapsed

#### 3 DYNAMIC LATERAL PILLAR BRIDGE

- Lie on your side with your forearm on the ground under your shoulder - feet stacked together
- Push your hips off the ground, creating a straight line from ear to ankle, hold for 1 -2 sec & return to starting position
- Repeat for reps & repeat on opposite side

#### 4 Ys - BENT OVER

- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down, and raise your arms over your head to form a Y
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Lower arms back to start & repeat for reps

### MOVEMENT PREPARATION

#### 1 MINI BAND - LATERAL WALK BENT LEG (KNEES)

- Stand in quarter-squat position with feet hip width & band just above knees
- Take small side steps, lead elbows drive back with each step
- Push with back leg, don't reach with front leg. Keep mild tension on band at all times

↻ INVERTED HAMSTRING

#### 2 REVERSE LUNGE, ELBOW TO INSTEP - WITH ROTATION

- Standing tall, step forward with left foot
- Place right hand on ground and left elbow inside of left foot Hold for 2 sec
- Next, rotate right arm and chest to the sky as far as you can Hold for 2 sec and return
- Place left hand outside foot and push hips to the sky
- Complete reps, then repeat on opposite side

#### 3 SUMO SQUAT

- Stand with feet wider than shoulder-width, knees and toes angled out
- Squat back and down, keeping knees and toes in line
- Stand by pushing through your hips

#### 4 DROP LUNGE - ALTERNATING

- Reach one foot behind, square hips forward & sit back & down into a squat
- Maintain weight primarily on front leg, keep your chest up, torso engaged, & sit hips back
- You should feel a stretch in the outsides of both hips
- Alternate sides each rep

#### 5 LATERAL SQUAT

- Stand with feet wider than shoulder width apart, shift hips to the side & down
- Push through your hip to return to start position
- Keep your opposite leg straight, back flat & your chest up
- Alternate sides each rep

#### 6 BASE POGO

- Start in athletic stance with knees bent, hips back, and arms bent
- Jump rapidly up and down, about two inches on each jump
- Land on the balls of your feet and repeat without pausing
- Continue for the remainder of the set

# THE STRENGTH SERIES

## PHASE 1: BUILD MUSCLE – WORKOUT B

Short Medium Long

### STRENGTH

#### CIRCUIT 1 S M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

#### 1 SPLIT SQUAT - DUMBBELL



STAGE	A	B	C
	X15 REPS EA	X12 REPS EA	X10 REPS EA

#### CIRCUIT 2 L

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

#### 1 ROTATIONAL SQUAT TO PRESS - DUMBBELL



STAGE	A	B	C
	X8 REPS EA	X8 REPS EA	X6 REPS EA

#### CIRCUIT 3 M L

STAGE	A	B	C
	X3 SETS	X2 SETS	X3 SETS

#### 1 REVERSE LUNGE - ALTERNATING DUMBBELL



STAGE	A	B	C
	X15 REPS EA	X12 REPS EA	X10 REPS EA

#### 2 LATERAL SQUAT - ALTERNATING DUMBBELL



STAGE	A	B	C
	X10 REPS EA	X10 REPS EA	X10 REPS EA

#### 2 QUADRUPED OBLIQUE CRUNCH (2 POINT)



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 2 BENT OVER ROW - HIGH ALTERNATING DUMBBELL



STAGE	A	B	C
	X15 REPS EA	X12 REPS EA	X10 REPS EA

#### 3 BENT OVER ROW - 1 ARM 1 LEG DUMBBELL



STAGE	A	B	C
	X15 REPS EA	X12 REPS EA	X10 REPS EA

#### 3 REVERSE CRUNCH



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

#### 4 BENT OVER FLY - DUMBBELL



STAGE	A	B	C
	X10 REPS	X10 REPS	X10 REPS

#### 4 CURL - HALF KNEELING DUMBBELL



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

# THE STRENGTH SERIES

## PHASE 1: BUILD MUSCLE – WORKOUT B

↻ Alternate Movement

### STRENGTH

#### 1 SPLIT SQUAT - DUMBBELL

- Stand tall in a split stance while holding a pair of dumbbells with feet shoulder-width apart
- Lower your hips toward the ground
- Push through your front leg to return to stand up
- Complete set on one side before repeating on other

↻ SINGLE LEG SQUAT - DUMBBELL

#### 2 LATERAL SQUAT - ALTERNATING DUMBBELL

- Start with feet wider than shoulder width, shift hips to the side & down
- Push through your hip to return to start position
- Keep your opposite leg straight, your back flat & your chest up
- Alternate sides each rep

#### 3 BENT OVER ROW - 1 ARM 1 LEG DUMBBELL

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- Slide shoulder blade toward the spine, lift weight to body by driving elbow to ceiling
- Keep your back level, stance leg slightly unlocked & shoulders parallel to the ground
- Complete reps, repeat on opposite side

#### 4 BENT OVER FLY - DUMBBELL

- Bend at the waist with a dumbbell in each hand, arms hanging down
- Raise your arms out to your sides
- With control, lower your arms back to the starting position

#### 1 ROTATIONAL SQUAT TO PRESS - DUMBBELL

- Stand holding a pair of dumbbells at your shoulders
- Rotate shoulders and hips to one side as you squat back and down
- Stand and rotate to face forward as you press the dumbbells overhead
- Repeat in the opposite direction to complete 1 rep

#### 2 QUADRUPED OBLIQUE CRUNCH (2 POINT)

- Start on hands and knees and straighten one leg behind and place opposite hand behind head
- Rotate torso to bring elbow under your body
- Rotate back through the starting position and as high as possible
- Complete set on one side before repeating on other

#### 1 REVERSE LUNGE - ALTERNATING DUMBBELL

- Stand holding a dumbbell in each hand
- Keeping chest up, step backward into a lunge
- Push through the front hip to return to starting position
- Repeat with opposite leg to complete 1 rep

#### 2 BENT OVER ROW - HIGH ALTERNATING DUMBBELL

- Bend at the waist with a dumbbell in each hand at your chest
- Lower one dumbbell until your arm is straight and lift it back up
- Repeat the movement with your opposite arm
- Continue alternating for the remainder of the set

#### 3 REVERSE CRUNCH

- Lie faceup on the ground with hips bent 90 degrees, legs relaxed
- Pull knees toward chest by tilting pelvis until tailbone lifts off the floor
- Lower back down without allowing feet to touch floor

↻ CRUNCHES

#### 4 CURL - HALF KNEELING DUMBBELL

- Start in half kneeling position, holding dumbbells with arms at your sides
- Keep elbows at your hips, lift dumbbells to shoulders as you rotate your palms to the ceiling
- Keep your stomach & the glute muscles of your rear leg tight throughout the movement
- Switch forward leg half way through the set

↻ CURL TO OVERHEAD PRESS

# THE STRENGTH SERIES

PHASE 1: BUILD MUSCLE – WORKOUT B



## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

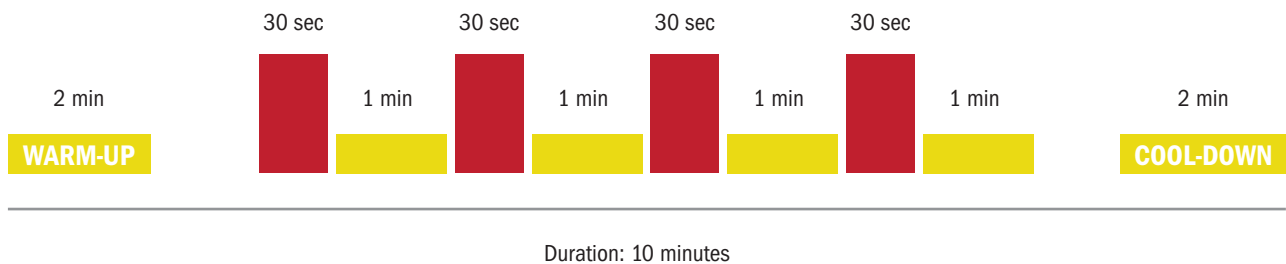
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<b>HARD</b>	9/10 Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10 Rapid breathing. Can't talk now!
<b>EASY</b>	5/10 Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### HIGH INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE STRENGTH SERIES

## PHASE 2: GET STRONG – WORKOUT A

Short Medium Long

### PILLAR PREPARATION

#### 1 90/90 - WITH ARM SWEEP



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 2 LATERAL PILLAR BRIDGE (TIME)



STAGE	A	B	C
	X20 SECS EA	X30 SECS EA	X40 SECS EA

#### 3 LAT STRETCH - ON BENCH



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### 4 Ws - BENT OVER



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

### MOVEMENT PREPARATION

#### 1 MINI BAND - EXTERNAL ROTATION



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### 2 KNEE HUG TO REVERSE LUNGE WITH ROTATION



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 3 HANDWALK



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### 4 2 INCH RUNS - IN AND OUT



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

# THE STRENGTH SERIES

## PHASE 2: GET STRONG – WORKOUT A

↻ Alternate Movement



### PILLAR PREPARATION

#### 1 90/90 - WITH ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee on the ground
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down  
Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side

#### 2 LATERAL PILLAR BRIDGE (TIME)

- Lie on your side with your forearm on the ground under your shoulder - feet stacked together
- Keep body in a straight line from your ear to your ankles
- Hold for 30 seconds
- Complete for time, repeat on opposite side

#### 3 LAT STRETCH - ON BENCH

- Kneel with elbows on a bench, arms pointed diagonally, and palms facing up
- Drop chest and sit hips back and down on your heels
- Hold for 1 to 2 seconds, relax, and return to the starting position

↻ TRICEPS STRETCH

#### 4 Ws - BENT OVER

- Bend over at the waist with back flat, arms down, and elbows in toward ribs
- Keeping elbows at your sides, rotate arms toward ceiling to form a “W”
- Reverse directions to return to starting position

### MOVEMENT PREPARATION

#### 1 MINI BAND - EXTERNAL ROTATION

- Stand in quarter-squat position with feet hip width & band just above knees
- Let one knee drop in & return to starting position
- Complete reps, then repeat on opposite side

↻ SUMO SQUAT

#### 2 KNEE HUG TO REVERSE LUNGE WITH ROTATION

- Stand and lift one foot off the ground, squatting slightly with other leg
- Grab opposite knee and pull toward chest while straightening other leg
- Release knee and step back into lunge with same leg without pausing
- Place opposite arm outside of knee and reach other arm behind you
- Reverse the twist, stand up and repeat with opposite leg to complete 1 rep

#### 3 HANDWALK

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands forward
- Walk your feet back up to your hands to complete 1 rep

#### 4 2 INCH RUNS - IN AND OUT

- Start in athletic stance with knees bent, hips back, and arms bent
- Run in place, moving your feet two inches off the ground as quickly as possible
- Contact ground in the same spot with one foot as the other moves left and right
- Complete the set on one side and repeat on the other

# THE STRENGTH SERIES

## PHASE 2: GET STRONG – WORKOUT A

Short Medium Long

### STRENGTH

#### CIRCUIT 1 S M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

#### 1 BENCH PRESS - ALTERNATING DUMBBELL



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### 2 QUADRUPED OBLIQUE CRUNCH (2 POINT)



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 3 BENT OVER ROW - 1 ARM



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### 4 SHOULDER STRETCH - SIDELYING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### CIRCUIT 2 M L

STAGE	A	B	C
	X3 SETS	X2 SETS	X2 SETS

#### 1 CURL TO OVERHEAD PRESS - HIGH SPLIT DUMBBELL



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 2 PULL OVER TO EXTENSION - DUMBBELL



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 3 PILLAR BRIDGE - WITH LEG LIFT



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 4 CHEST FLY - ALTERNATING DUMBBELL



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 5 BENT OVER FLY - ALTERNATING DUMBBELL



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 6 SCAPULAR PUSH-UP - TRIPOD



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS



# THE STRENGTH SERIES

## PHASE 2: GET STRONG – WORKOUT A

↻ Alternate Movement

### STRENGTH

#### 1 BENCH PRESS - ALTERNATING DUMBBELL

- Keeping one arm straight, lower the other dumbbell until your arm just breaks parallel with the ground, then push it back up
- Keep your nonworking arm straight with feet flat on the ground
- Keep hips & shoulders on the bench during the movement
- Alternate sides each rep

↻ BENCH PRESS - 1 ARM (HIPS OFF BENCH, HIP FLEXION)

#### 2 QUADRUPED OBLIQUE CRUNCH (2 POINT)

- Start on hands and knees and straighten one leg behind and place opposite hand behind head
- Rotate torso to bring elbow under your body
- Rotate back through the starting position and as high as possible
- Complete set on one side before repeating on other

↻ QUADRUPED OBLIQUE CRUNCH (2 POINT)

#### 3 BENT OVER ROW - 1 ARM

- Stand hinged over at the waist, knees slightly bent, holding a dumbbell in one hand
- Slide shoulder blade toward your spine, lift weight to body by driving elbow to ceiling
- Keep your back level – your shoulders should stay parallel to the ground during the entire movement
- Complete reps, repeat on opposite side

#### 4 SHOULDER STRETCH - SIDELYING

- Lie on your side with bottom arm perpendicular to your torso and bent 90 degrees
- Rotate hand toward the ground as far as possible, then gently use your other hand to rotate farther
- Hold for 2 seconds, relax, and return to starting position
- Complete set on one side before repeating on other

#### 1 CURL TO OVERHEAD PRESS - HIGH SPLIT DUMBBELL

- Stand in a split stance holding dumbbells at your shoulders
- Lower weights down and then curl them back up
- Press weights overhead, rotating palms to face forward
- Lower weights to starting position and continue the set

#### 2 PULL OVER TO EXTENSION - DUMBBELL

- Lie faceup on a bench, holding dumbbells straight above shoulders, palms facing in
- Bend elbows to 90 degrees as you lower the weights behind head toward the floor
- In one motion, straighten your arms and return to starting position

#### 3 PILLAR BRIDGE - WITH LEG LIFT

- Start facedown with feet shoulder-width, supporting weight on your forearms and feet
- Maintain a straight line from ankles to head
- Lift one leg, hold for 2 seconds, and lower it back down
- Repeat with opposite leg to complete 1 rep

#### 4 CHEST FLY - ALTERNATING DUMBBELL

- Lie faceup on a bench holding dumbbells straight above your shoulders
- Lower a weight out to one side
- Lift the weight back to the starting position and repeat with opposite arm
- Continue alternating to complete the set

↻ PUSH-UP

#### 5 BENT OVER FLY - ALTERNATING DUMBBELL

- Bend at the waist with a dumbbell in each hand, arms hanging down
- Raise one arm out to your side
- Lower your arm back and repeat with the opposite arm
- Continue alternating to complete the set

#### 6 SCAPULAR PUSH-UP - TRIPOD

- Start on hands and knees with one arm behind your back
- Push into the floor to press chest away from the ground
- Lower back to the starting position
- Complete the set on one side before repeating on opposite arm

# THE STRENGTH SERIES

PHASE 2: GET STRONG – WORKOUT A



## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

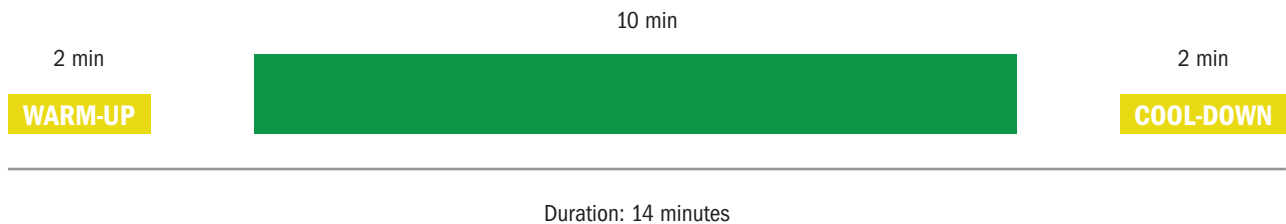
	Target	Description
<b>MAX</b>	10/10	Maximum effort. Give it all you got!
<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### MEDIUM INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE STRENGTH SERIES

## PHASE 2: GET STRONG – WORKOUT B

Short Medium Long

### PILLAR PREPARATION

S  
M  
L

#### 1 PLANK - ROLLING



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

S  
M  
L

#### 2 ADDUCTOR STRETCH - HALF KNEELING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S  
M  
L

#### 3 HIP EXTENSION - QUADRUPED (STRAIGHT LEG)



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

L

#### 4 GLUTE BRIDGE - 1 LEG (REPS)



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

### MOVEMENT PREPARATION

S  
M  
L

#### 1 MINI BAND - LATERAL WALK STRAIGHT LEG (ANKLES)



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

S  
M  
L

#### 2 LATERAL LUNGE TO DROP LUNGE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

M  
L

#### 3 INVERTED HAMSTRING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

L

#### 4 BASE ROTATIONS



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

# THE STRENGTH SERIES

## PHASE 2: GET STRONG – WORKOUT B

↻ Alternate Movement

### PILLAR PREPARATION

#### 1 PLANK - ROLLING

- Start in a push-up position with feet shoulder-width apart
- Lift one arm toward the sky as you rotate torso and hips to face sideways and your body resembles the letter T
- Reverse the pattern back to the starting position
- Repeat in the opposite direction to complete 1 rep

↻ DYNAMIC LATERAL PILLAR BRIDGE

#### 2 ADDUCTOR STRETCH - HALF KNEELING

- Start in half-kneeling position with one knee up and one knee down
- Rotate down leg in so your foot is outside opposite hip
- Lean forward, tighten your stomach, and contract the glute of your back leg
- Hold for 2 seconds, relax, and return to the starting position
- Complete the set on one side before repeating on the other

#### 3 HIP EXTENSION - QUADRUPED (STRAIGHT LEG)

- Start on hands and knees with stomach tight and shoulders pushed away from the floor
- Extend one leg straight back and slightly up
- Return leg to starting position
- Complete the set on one side before repeating on other

#### 4 GLUTE BRIDGE - 1 LEG (REPS)

- Lying on your back, with knees bent and toes pulled up towards shins, lift one knee to your chest
- Lift your hips off the ground until your knee, hips and shoulders are in a straight line – hold for 2 seconds
- Keep back flat and torso engaged throughout the movement
- Complete reps, repeat on opposite side

### MOVEMENT PREPARATION

#### 1 MINI BAND - LATERAL WALK STRAIGHT LEG (ANKLES)

- Stand in a tall position with your feet hip width apart, hands on hips, and a mini band just above your ankles
- Take small side steps by pushing with back leg, don't reach with front leg
- Keep mild tension on band at all times

↻ LEG CRADLE

#### 2 LATERAL LUNGE TO DROP LUNGE

- From a standing position, step to one side and squat down with the stepping leg, keeping the other straight
- Stand up and without pausing, reach the stepping foot behind and across the other foot
- Square your hips to face forward and squat down
- Stand, return to the start, and repeat in opposite direction to complete 1 rep

#### 3 INVERTED HAMSTRING

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- When you feel a stretch, return to the standing position by contracting glute & hamstring
- Keep stance leg slightly unlocked, back flat, and shoulders & hips parallel to ground
- Complete reps, repeat on opposite side

#### 4 BASE ROTATIONS

- Start in athletic stance with knees bent, hips back, and arms bent
- Jump 2 inches off the floor and rotate hips to one side as arms swing to opposite side
- Without pausing, jump in the opposite direction
- Continue for the prescribed amount of time

# THE STRENGTH SERIES

## PHASE 2: GET STRONG – WORKOUT B

Short Medium Long

### STRENGTH

#### CIRCUIT 1 S M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

#### 1 SPLIT SQUAT - REAR FOOT ELEVATED DUMBBELL



STAGE	A	B	C
	X8 REPS EA	X6 REPS EA	X6 REPS EA

#### 2 QUAD/HIP FLEXOR STRETCH - REAR FOOT ELEVATED



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 3 ROMANIAN DEADLIFT - BARBELL



STAGE	A	B	C
	X8 REPS	X6 REPS	X6 REPS

#### 4 T-HIP MOBILITY



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### CIRCUIT 2 M L

STAGE	A	B	C
	X3 SETS	X2 SETS	X2 SETS

#### 1 REVERSE LUNGE TO LATERAL LUNGE - ALTERNATING DUMBBELL



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 2 HANDWALK (HANDS PAST HEAD)



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 3 ROTATIONAL SQUAT TO PRESS - 1 ARM DUMBBELL



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 4 ROMANIAN DEADLIFT - 1 LEG ALTERNATING DUMBBELL



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 5 PLANK - MARCHING WITH HIP FLEXION



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

#### 6 DEEP SQUAT TO HAMSTRING STRETCH



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

# THE STRENGTH SERIES

## PHASE 2: GET STRONG – WORKOUT B

↻ Alternate Movement

### STRENGTH

#### 1 SPLIT SQUAT - REAR FOOT ELEVATED DUMBBELL

- Place your rear foot up onto a box or bench behind you
- Drop hips towards ground by bending your front knee without letting your back knee touch the ground
- Return to starting position by pushing up with your front hip
- Complete reps on one leg, then switch legs & repeat

#### 2 QUAD/HIP FLEXOR STRETCH – REAR FOOT ELEVATED

- Start in a half-kneeling position with one knee on soft pad and rear foot on a bench
- Lean forward, tighten stomach, and contract glute of back leg
- Hold for 2 seconds, relax, and return to starting position
- Complete set on one side before repeating on other

#### 3 ROMANIAN DEADLIFT - BARBELL

- Stand holding a barbell with hands wider than shoulder-width apart
- Maintaining a flat back, bend at the waist and lower the barbell, keeping it close to your shins
- Stand up by contracting your hamstring and glutes

↻ ROMANIAN DEADLIFT - DUMBBELL

#### 4 T-HIP MOBILITY

- Stand on one leg holding a support with same side hand
- Bend at waist and lift opposite leg to form a “T”
- Rotate hips and shoulders toward ceiling until you feel a stretch
- Hold for 1 to 2 seconds, relax and rotate hips back to “T” position

#### 1 REVERSE LUNGE TO LATERAL LUNGE - ALTERNATING DUMBBELL

- Stand tall holding dumbbells on your shoulders
- Step back into a lunge and then push through front leg to stand
- Step to the side and squat down with same leg, keeping the other straight
- Stand up and repeat the pattern with opposite leg to complete 1 rep

↻ LATERAL LUNGE - ALTERNATING

#### 2 HANDWALK (HANDS PAST HEAD)

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands past your head
- Walk your feet back up to your hands to complete 1 rep

#### 3 ROTATIONAL SQUAT TO PRESS - 1 ARM DUMBBELL

- Stand holding a dumbbell at your shoulder in one hand
- Rotate shoulders and hips toward the dumbbell side as you squat back and down
- Stand and rotate to face forward as you press the dumbbell overhead
- Complete set on one side before repeating on other

#### 4 ROMANIAN DEADLIFT - 1 LEG ALTERNATING DUMBBELL

- Stand on one foot holding a dumbbell in each hand with palms facing each other
- Keeping back flat, bend at the waist, lowering the dumbbells as the non-support leg lifts straight behind
- Stand up by contracting your hamstring and glutes
- Repeat on the opposite leg to complete 1 rep

#### 5 PLANK - MARCHING WITH HIP FLEXION

- Start in a push-up position with feet shoulder-width apart
- Keeping torso stable, draw one knee toward chest and tap foot on the ground
- Hold for 1 to 2 seconds and return to the starting position
- Repeat with opposite leg to complete 1 rep

#### 6 DEEP SQUAT TO HAMSTRING STRETCH

- Stand with feet wide and toes slightly out
- Bend at the waist to grab toes
- Drop into deep squat with straight arms, elbows inside knees and chest up
- Raise hips and straighten knees until you feel a stretch in back of legs
- Hold for 1 to 2 seconds

↻ BENT KNEE HAMSTRING STRETCH

# THE STRENGTH SERIES

PHASE 2: GET STRONG – WORKOUT B



## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

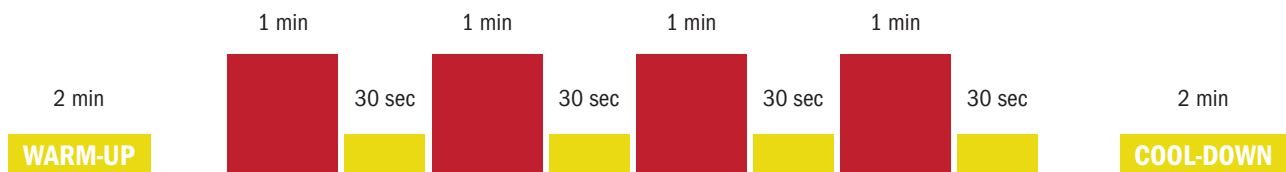
	Target	Description
<b>MAX</b>	10/10	Maximum effort. Give it all you got!
<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### HIGH INTENSITY DAY



Duration: 10 minutes

### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE STRENGTH SERIES

## PHASE 3: GET POWERFUL – WORKOUT A

Short Medium Long

### PILLAR PREPARATION

#### 1 THORACIC EXTENSION - WITH HEEL SIT

S  
M  
L



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 2 PLANK - WALKING

S  
M  
L



STAGE	A	B	C
	X6 REPS	X8 REPS	X10 REPS

#### 3 Ys - BENT OVER

S  
M  
L



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

#### 4 Ws - BENT OVER

L



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

### MOVEMENT PREPARATION

#### 1 MINI BAND - EXTERNAL ROTATION

S  
M  
L



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

#### 2 HEEL TO GLUTE - IN PLACE

S  
M  
L



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 3 DEEP SQUAT TO HAMSTRING STRETCH

M  
L



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### 4 2 INCH RUNS

L



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS



# THE STRENGTH SERIES

## PHASE 3: GET POWERFUL – WORKOUT A

↻ Alternate Movement

### PILLAR PREPARATION

#### 1 THORACIC EXTENSION - WITH HEEL SIT

- Kneel with arms straight in front of you, sitting back on heels
- Drop your head, round your upper back, and take a deep breath
- Extend, or arch your upper back, as you exhale

↻ 90/90 STRETCH - LEGS CROSSED

#### 2 PLANK - WALKING

- Start in a push-up position with feet close together
- Keeping torso stable, walk feet backwards with small steps as arms extend overhead
- Hold for 1 to 2 seconds at bottom of movement and then walk your feet back up

#### 3 Ys - BENT OVER

- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down, and raise your arms over your head to form a Y
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Lower arms back to start & repeat for reps

#### 4 Ws - BENT OVER

- Bend over at the waist with back flat, arms down, and elbows in toward ribs
- Keeping elbows at your sides, rotate arms toward ceiling to form a "W"
- Reverse directions to return to starting position

### MOVEMENT PREPARATION

#### 1 MINI BAND - EXTERNAL ROTATION

- Stand in quarter-squat position with feet hip width & band just above knees
- Let one knee drop in & return to starting position
- Complete reps, then repeat on opposite side

↻ HIP EXTERNAL ROTATION - SIDELYING

#### 2 HEEL TO GLUTE - IN PLACE

- Stand tall, lift one foot up and hold it with the same-side hand
- Bring your heel to your glute as you reach overhead with the opposite arm
- Lower your leg to starting position and repeat with opposite leg to complete 1 rep

#### 3 DEEP SQUAT TO HAMSTRING STRETCH

- Stand with feet wide and toes slightly out
- Bend at the waist to grab toes
- Drop into deep squat with straight arms, elbows inside knees and chest up
- Raise hips and straighten knees until you feel a stretch in back of legs
- Hold for 1 to 2 seconds

#### 4 2 INCH RUNS

- Start in athletic stance with knees bent, hips back, and arms bent
- Run in place, moving your feet two inches off the ground as quickly as possible
- Allow your arms to move slow and rhythmically
- Continue for the prescribed time

# THE STRENGTH SERIES

## PHASE 3: GET POWERFUL – WORKOUT A

Short Medium Long

### STRENGTH

#### CIRCUIT 1 M L

STAGE	A	B	C
	X3 SETS	X3 SETS	X3 SETS

#### 1 PUSH-PRESS - DUMBBELL



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### 2 LAT STRETCH - BENCH



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### CIRCUIT 2 S M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

#### 1 BENCH PRESS - BARBELL



STAGE	A	B	C
	X6 REPS	X5 REPS	X4 REPS

#### 2 PUSH-UP - ON BENCH (PLYOMETRIC CONTINUOUS)



STAGE	A	B	C
	X4 REPS	X4 REPS	X4 REPS

#### 3 Ts - SPLIT STANCE



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### 4 FRONT SQUAT - DUMBBELL



STAGE	A	B	C
	X6 REPS	X5 REPS	X4 REPS

#### 5 LATERAL BOUND - QUICK & STABILIZE



STAGE	A	B	C
	X4 REPS EA	X4 REPS EA	X4 REPS EA

#### 6 QUADRUPED ROCKING



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

#### CIRCUIT 3 L

STAGE	A	B	C
	X3 SETS	X3 SETS	X2 SETS

#### 1 SQUAT TO PRESS - DUMBBELL



STAGE	A	B	C
	X6 REPS	X8 REPS	X10 REPS

#### 2 SINGLE LEG SQUAT - DUMBBELL



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### 3 PUSH-UP WITH ALTERNATING MARCH



STAGE	A	B	C
	X6 REPS	X8 REPS	X10 REPS

#### 4 ROTATIONAL CRUNCH - BICYCLE



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

# THE STRENGTH SERIES

## PHASE 3: GET POWERFUL – WORKOUT A

↻ Alternate Movement

### STRENGTH

#### 1 PUSH-PRESS - DUMBBELL

- Stand tall holding a pair of dumbbells at your shoulders, palms facing forward
- Dip down and then explode up, extending your hips and pressing the weights overhead
- “Catch” the weights overhead with straight arms and hips and knees slightly bent

#### 2 LAT STRETCH - BENCH

- Kneel with elbows on a bench, arms pointed diagonally, and palms facing up
- Drop chest and sit hips back and down on your heels
- Hold for 1 to 2 seconds, relax, and return to the starting position

#### 1 BENCH PRESS - BARBELL

- Lie faceup on a bench holding a barbell straight above your chest
  - Lower the bar to your chest under control
  - Press the bar back up above your chest
  - Keep your hips, shoulders, and head on the bench
- ↻ BENCH PRESS - DUMBBELL

#### 2 PUSH-UP - ON BENCH (PLYOMETRIC CONTINUOUS)

- Start in a push-up position with your hands on a bench
- Lower your chest to the bench
- Explode up and extend arms, pushing hands as far off the bench as possible
- Upon landing, immediately begin next rep

#### 3 Ts - SPLIT STANCE

- Stand in a split stance with arms in front at shoulder height, palms facing up
- Reach arms out to your sides along an arc until you feel a gentle stretch in your chest
- Hold for 2 seconds, relax, and return to starting position

#### 4 FRONT SQUAT - DUMBBELL

- Stand holding a pair of dumbbells on your shoulders, elbows pointing out
- Squat back and down until thighs close to parallel to the floor
- Return to a standing position by pushing through your hips

#### 5 LATERAL BOUND - QUICK AND STABILIZE

- Standing with hips and knees slightly bent, bound to one side by extending hip, knee, and ankle
- Land on opposite leg and without pausing, bound in opposite direction
- Land softly and hold for 3 seconds
- Complete the set on one side before repeating on other

#### 6 QUADRUPED ROCKING

- Start on hands and knees
  - Draw belly button in toward spine while maintaining natural curve in lower back
  - Move hips back until you feel pelvis begin to rotate
  - Hold for 1 to 2 seconds, relax, and return to starting position
- ↻ KNEE HUG

#### 1 SQUAT TO PRESS - DUMBBELL

- Squat hips back & down until thighs are parallel with ground
- Return to standing by pushing through your hips
- At top of stance, press dumbbells straight overhead
- Keep weight on arches and do not let knees collapse during the movement

#### 2 SINGLE LEG SQUAT - DUMBBELL

- Stand on one leg in front of a bench holding dumbbells on shoulders
  - Squat back and down on one leg until your glute touches the bench
  - Stand using your balancing leg
  - Complete set on one leg before repeating on other
- ↻ REVERSE LUNGE - ALTERNATING DB

#### 3 PUSH-UP WITH ALTERNATING MARCH

- Start in a push-up position
- Lower your torso toward the ground
- Push back up and drive one knee toward your chest
- Return to starting position and repeat with opposite leg to complete 1 rep

#### 4 ROTATIONAL CRUNCH - BICYCLE

- Lie face up with hands behind head, one leg straight and opposite hip and knee bent 90 degrees
- Curl torso and pelvis toward each other, rotating torso toward the bent leg
- Rotate torso to the opposite side and switch leg positions

# THE STRENGTH SERIES

PHASE 3: GET POWERFUL – WORKOUT A



## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

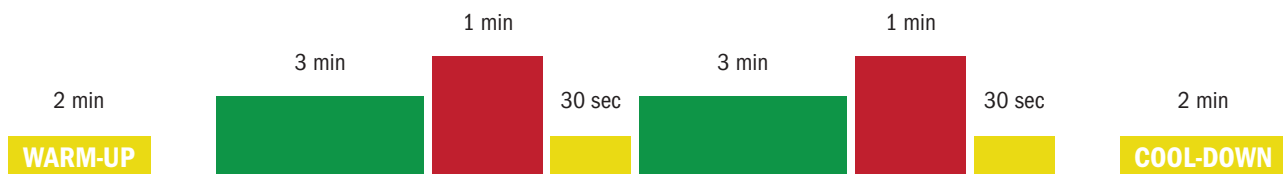
	Target	Description
<b>MAX</b>	10/10	Maximum effort. Give it all you got!
<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### MEDIUM INTENSITY DAY



Duration: 13 minutes

### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

# THE STRENGTH SERIES

## PHASE 3: GET POWERFUL – WORKOUT B

Short Medium Long

### PILLAR PREPARATION

S  
M  
L

#### PILLAR BRIDGE (TIME)



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

S  
M  
L

#### KNEE HUG - SUPINE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S  
M  
L

#### GLUTE BRIDGE - 1 LEG (TIME)



STAGE	A	B	C
	X20 SECS EA	X30 SECS EA	X40 SECS EA

4

#### SHOULDER STRETCH - SIDELYING

L



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

### MOVEMENT PREPARATION

S  
M  
L

#### SQUAT (MINI BAND)



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

S  
M  
L

#### T-HIP MOBILITY TO INVERTED HAMSTRING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

3  
M  
L

#### HANDWALK - HANDS PAST HEAD



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

4

#### BASE POGO - SIDE TO SIDE

L



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

# THE STRENGTH SERIES

## PHASE 3: GET POWERFUL – WORKOUT B

↻ Alternate Movement

### PILLAR PREPARATION

#### 1 PILLAR BRIDGE (TIME)

- Push up tall on your elbows and tuck chin so head is in line with body
- Maintain a straight line from ears to ankle
- Feet shoulder width apart
- Complete for time

↻ PILLAR BRIDGE - WITH ROCKING (TIME)

#### 2 KNEE HUG - SUPINE

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

#### 3 GLUTE BRIDGE - 1 LEG (TIME)

- Lying on your back, with knees bent and toes pulled up towards shins, lift one knee to your chest
- Lift your hips off the ground until your knee, hips and shoulders are in a straight line – hold for 2 seconds
- Keep back flat and torso engaged throughout the movement
- Complete for time, repeat on opposite leg

#### 4 SHOULDER STRETCH - SIDELYING

- Lie on your side with bottom arm perpendicular to your torso and bent 90 degrees
- Rotate hand toward the ground as far as possible, and then gently use your other hand to rotate farther
- Hold for 2 seconds, relax, and return to starting position
- Complete set on one side before repeating on other

### MOVEMENT PREPARATION

#### 1 SQUAT (MINI BAND)

- Place mini band just above knees
- Squat hips back and down until thighs are parallel with ground
- Return to standing by pushing through your hips
- Keep weight on arches and do not let knees collapse during the movement

↻ REVERSE LUNGE - WITH REACH

#### 2 T-HIP MOBILITY TO INVERTED HAMSTRING

- Stand on one leg holding a support with same side hand
- Bend at waist and lift opposite leg to form a “T”
- Rotate hips and shoulders toward ceiling until you feel a stretch
- Hold for 1 to 2 seconds, relax and rotate hips back to “T” position
- Return to the standing position by contracting glute & hamstring

#### 3 HANDWALK - HANDS PAST HEAD

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands past your head
- Walk your feet back up to your hands to complete 1 rep

#### 4 BASE POGO - SIDE TO SIDE

- Start in athletic stance with knees bent, hips back, and arms bent
- Jump rapidly 2 inches side to side as fast as possible
- Continue for the prescribed amount of time

# THE STRENGTH SERIES

## PHASE 3: GET POWERFUL – WORKOUT B

Short Medium Long

### STRENGTH

#### CIRCUIT 1 M L

STAGE	A	B	C
	X3 SETS	X3 SETS	X3 SETS

#### 1 HANG SNATCH - 1 ARM DUMBBELL



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 2 QUAD/HIP FLEXOR STRETCH - SIDELYING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### CIRCUIT 2 S M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

#### 1 PULL-UP



STAGE	A	B	C
	X6 REPS	X5 REPS	X4 REPS

#### 2 PULL OVER TO EXTENSION - DUMBBELL



STAGE	A	B	C
	X4 REPS	X4 REPS	X4 REPS

#### 3 TRICEPS STRETCH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### 4 RDL - 1 ARM 1 LEG DUMBBELL (SAME SIDE)



STAGE	A	B	C
	X6 REPS EA	X5 REPS EA	X4 REPS EA

#### 5 SPLIT SQUAT JUMP - ALTERNATING (CONTINUOUS)



STAGE	A	B	C
	X4 REPS EA	X4 REPS EA	X4 REPS EA

#### 6 BENT KNEE HAMSTRING STRETCH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

#### CIRCUIT 3 L

STAGE	A	B	C
	X3 SETS	X3 SETS	X2 SETS

#### 1 BENT OVER ROW TO ROMANIAN DEADLIFT - DUMBBELL



STAGE	A	B	C
	X6 REPS	X8 REPS	X10 REPS

#### 2 GLUTE BRIDGE - MARCHING (KNEE EXTENSION)



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### 3 PILLAR BRIDGE TO 1 ARM ROW - DUMBBELL (ON BENCH)



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

#### 4 DYNAMIC LATERAL PILLAR BRIDGE



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

# THE STRENGTH SERIES

## PHASE 3: GET POWERFUL – WORKOUT B

↻ Alternate Movement

### STRENGTH

#### 1 HANG SNATCH - 1 ARM DUMBBELL

- Hold a dumbbell straight down in front of your body
- Squat down and lower the weight just below the knees
- Explosively stand and rapidly shrug your shoulders to pull the weight straight up
- As the weight floats upward, drop your body underneath and catch it overhead
- Complete the set on one side before repeating on other

#### 2 QUAD/HIP FLEXOR STRETCH - SIDELYING

- Lie on your side with knees pulled toward chest, holding top ankle with top hand
- Contract top glute and pull leg back to feel stretch in front of thigh
- Hold for 2 seconds and return to starting position
- Complete set on one side before repeating on other

↻ DROP SQUAT - 2 TO 1

#### 1 PULL-UP

- Hang from a pull-up bar with an overhand grip (palms facing out)
- Keeping your legs still, pull your chest to the bar
- Lower yourself to the starting position, straightening your arms completely

#### 2 PULL OVER TO EXTENSION - DUMBBELL

- Lie faceup on a bench, holding dumbbells straight above shoulders, palms facing in
- Bend elbows to 90 degrees as you lower the weights behind head toward the floor
- In one motion, straighten your arms and return to starting position

↻ BENT OVER ROW - DUMBBELL

#### 3 TRICEPS STRETCH

- Lift one arm up over head & reach hand down your back, gently assist with opposite hand
- Exhale & hold for 2 seconds, then relax & repeat
- Keep your back flat & torso engaged throughout the stretch
- Complete reps, repeat on opposite side

#### 4 RDL - 1 ARM 1 LEG DUMBBELL (SAME SIDE)

- Standing on one foot, with a dumbbell in your same side hand, hinge over at the waist keeping your torso engaged & back flat
- Maintain a long straight line from your ear to your ankle of the swing leg
- Return to standing by contracting your glutes & hamstrings
- Complete reps, repeat on opposite side

#### 5 SPLIT SQUAT JUMP - ALTERNATING (CONTINUOUS)

- Start in a split stance with arms bent 90 degrees
- Drop into split squat, swing elbows back, and then jump using arms and hips
- Exchange legs in mid-air, land softly, and immediately take off into the next jump
- Continue alternating to complete set

#### 6 BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

#### 1 BENT OVER ROW TO ROMANIAN DEADLIFT - DUMBBELL

- Bend at the waist with a dumbbell in each hand, arms hanging down
- Lift the dumbbells to your chest and then lower them to your shins
- Stand up by contracting glutes and hamstrings
- Return to the starting position and repeat

#### 2 GLUTE BRIDGE - MARCHING (KNEE EXTENSION)

- Lift hips to create a line through knees, hips & shoulders
- Alternate extending knees – hold 2 sec ea
- Keep back flat & torso engaged & head on the ground throughout the movement

↻ GLUTE BRIDGE - 1 LEG (HIP FLEXION - EXTENSION)

#### 3 PILLAR BRIDGE TO 1 ARM ROW - DUMBBELL (ON BENCH)

- Start facedown supporting your weight with your feet and one forearm on the end of a bench, holding a dumbbell in opposite hand with arm extended
- Maintain a straight line from ankles to head
- Pull the dumbbell to your ribcage and then lower it back down
- Complete the set on one side and repeat on the other

#### 4 DYNAMIC LATERAL PILLAR BRIDGE

- Lie on your side with your forearm on the ground under your shoulder - feet stacked together
- Push your hips off the ground, creating a straight line from ear to ankle, hold for 1-2 sec & return to starting position
- Repeat for reps & repeat on opposite side



# THE STRENGTH SERIES

PHASE 3: GET POWERFUL – WORKOUT B



## CARDIOVASCULAR FITNESS

### TARGET YOUR TRAINING ZONES

#### RPE LEVELS

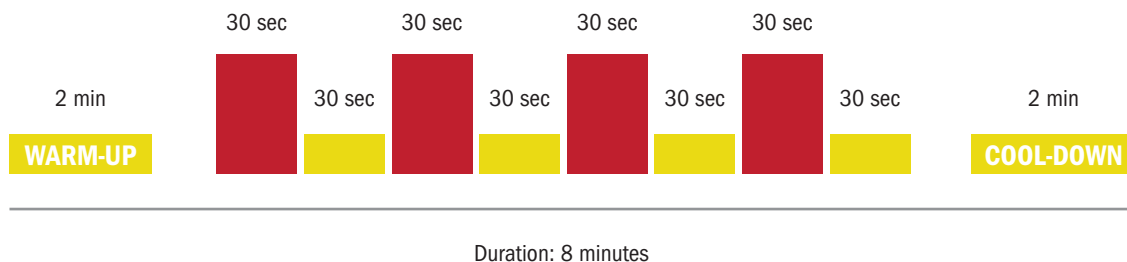
	Target	Description
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<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose, but still able to talk comfortably.

#### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____

For more information, refer to introduction on cardio training.

### HIGH INTENSITY DAY



### REGENERATION

## Work + Rest = Success

Great workout today. See the regeneration strategies section to help your body recover so you can be strong for your next workout.

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# **REGENERATION STRATEGIES**

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## TOTAL BODY • ACHES AND PAINS • FLEXIBILITY

The Regeneration sessions will help you balance the work you put into your training sessions with movements designed to help your body recover efficiently. Think of it as keeping your body ready to face the demands of your next bout of training.

Movements in these sessions focus on soft tissue self-massage utilizing a foam roll and trigger point ball, as well as flexibility routines. These strategies will help you rebalance the length and tension of your muscles, break up knots and reduce stiffness, and increase circulation to flush your system and re-energize your body.

### WORKOUT EMPHASIS AND DURATION:

There are six sample Regeneration sessions, each with a unique focus.

#### Total-Body Regeneration – 20 minutes

This session uses self-massage strategies to address the quality of your muscle tissue throughout your entire body, from head to toe. A great way to finish a tough workout, you'll want to do this after every training session once you experience the benefits of giving your muscles a massage. You'll feel better afterwards, limit post-workout soreness, and encourage your body to recover faster from training.

#### Targeted Relief of Aches and Pain - 10 minutes each

(Hip and Knee Pain, Lower Back and Hip Pain, Shoulder and Neck Pain)

These sessions use targeted self-massage strategies to relieve tension in your muscles and remove stress from problem areas that cause your aches and pain. These targeted problem areas include: (i) Hip and Knee Pain, (ii) Lower Back and Hip Pain, and (iii) Shoulder and Neck Pain. In addition to alleviating pain, these routines will help you move better and help reduce your risk for further pain or injury.

#### Flexibility Focus – 5 minutes each

These two sessions include fundamental flexibility moves. You'll need a stretch strap for one session, but no equipment for the other routine.

Both sessions help rebalance your body, prevent stiffness and tension, and restore the proper length in your muscles required to perform your best.

### HOW TO SET UP YOUR SCHEDULE:

Regeneration sessions can be incorporated almost anywhere in your schedule to provide a variety of benefits to your training.

#### Before Training

- Used prior to your scheduled workout, Regeneration sessions that focus on self-massage strategies help prime your body for activity by releasing tension, increasing circulation, and helping activate, or turn on, key stabilizing muscles used in your workout.

#### Post-Training

- Used after your workout, Regeneration helps flush your system of any lactic acid built up from your training session. It also reinforces the optimal length and tension of your muscles, helping to reduce post-workout stiffness.

#### Recovery Days

- During your scheduled recovery days, doing the Regeneration sessions is a great way to actively recover and prepare your body for your next training session.

#### Daily Routines

- Another great way to add Regeneration sessions to your schedule is to find a small window of time during your day. Spending 10 minutes for regeneration each morning when you wake up, for example, or 10 minutes before bed helps reinforce the balance your body needs to function optimally.

### TRAINING EQUIPMENT:

The equipment used in these Regeneration sessions may include:

Foam Roller

Trigger Point Ball

Stretch Strap

# REGENERATION

TOTAL BODY REGENERATION - 20 MINUTE SESSION  
(SPEND 30-60 SECONDS EACH MOVEMENT)

1 TRIGGER POINT - ARCH



7 FOAM ROLL - HAMSTRINGS



2 TRIGGER POINT - TIBIALIS ANTERIOR



8 FOAM ROLL - QUADRICEPS



3 TRIGGER POINT - VMO



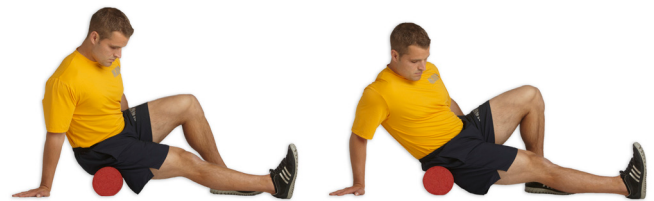
9 FOAM ROLL - ADDUCTORS



4 TRIGGER POINT - IT BAND



10 FOAM ROLL - GLUTE MAX



5 TRIGGER POINT - PIRIFORMIS



11 FOAM ROLL - LAT



6 TRIGGER POINT - THORACIC SPINE



12 FOAM ROLL - MID TO UPPER BACK



# REGENERATION

TOTAL BODY REGENERATION - 20 MINUTE SESSION  
(SPEND 30-60 SECONDS EACH MOVEMENT)



## 1 TRIGGER POINT - ARCH

- Stand with shoes off and one foot on a trigger ball (tennis ball, for example)
- Roll the ball along the arch of the foot, holding on any sore spots
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 2 TRIGGER POINT - TIBIALIS ANTERIOR

- Sit with your knees bent, pressing a trigger ball (tennis ball, for example) up against your shin with your hand
- Adjust your position until you find a sore point
- Holding pressure on this spot, rotate your ankle both clockwise and counter-clockwise, and pull and push your toes toward and away from your shin
- Re-adjust your position and repeat the movement on any sore spots you find
- Complete the set on one side before repeating on the other leg

## 3 TRIGGER POINT - VMO

- Lie facedown supported on forearms with trigger ball (tennis ball, for example) under thigh just above inside of the knee
- Adjust until you find a sore spot, hold, and slowly bend and straighten knee
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 4 TRIGGER POINT - IT BAND

- Lie on your side with a trigger ball (tennis ball, for example) under your IT Band (side of your leg)
- Adjust until you find a sore spot, hold, and slowly bend and extend knee
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 5 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 6 TRIGGER POINT - THORACIC SPINE

- Lie face up with two tennis balls taped together under your spine, just above low back, hands behind head
- Perform 3 crunches, then raise arms straight over chest
- Alternate reaching each arm overhead for 3 reps each
- Move balls up the spine 1 to 2 inches and repeat pattern until they are below base of the neck

## 7 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 8 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 9 FOAM ROLL - ADDUCTORS

- Lie facedown with foam roll under inside of one thigh, other leg out to the side
- Roll along the inside of thigh, from pelvis to knee
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 10 FOAM ROLL - GLUTE MAX

- Sit on a foam roll with weight shifted to one side, hands and feet on the floor
- Roll from top of the back of the thigh to the lower back
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 11 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

## 12 FOAM ROLL - MID TO UPPER BACK

- Lie face up with a foam roll under mid back and hands behind your head
- Support your weight with your feet and the foam roll
- Roll from the middle of your back to shoulders
- Spend more time rolling on any sore spots you find

# REGENERATION

TARGETED RELIEF OF ACHEs AND PAIN - 10 MINUTE SESSIONS  
(SPEND 30-60 SECONDS EACH MOVEMENT)

## HIP & KNEE PAIN

### 1 TRIGGER POINT - PIRIFORMIS



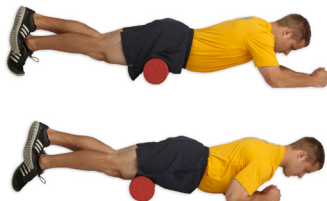
### 2 TRIGGER POINT - TFL



### 3 FOAM ROLL - IT BAND



### 4 FOAM ROLL - QUADRICEPS



### 5 FOAM ROLL - ADDUCTORS



### 6 FOAM ROLL - HAMSTRINGS



## UPPER BACK & SHOULDER PAIN

### 1 TRIGGER POINT - THORACIC SPINE



### 2 TRIGGER POINT - SIDELYING SHOULDER



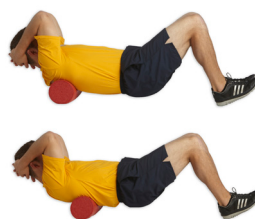
### 3 TRIGGER POINT - CHEST



### 4 FOAM ROLL - LAT



### 5 FOAM ROLL - MID TO UPPER BACK



### 6 FOAM ROLL - LOWER BACK & QL



## LOW BACK PAIN

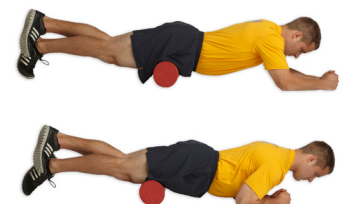
### 1 TRIGGER POINT - PIRIFORMIS



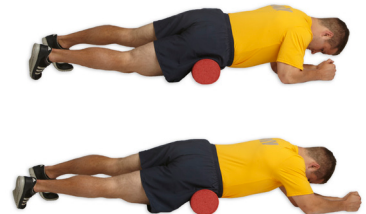
### 2 FOAM ROLL - HAMSTRINGS



### 3 FOAM ROLL - QUADRICEPS



### 4 FOAM ROLL - TFL



### 5 FOAM ROLL - LAT



### 6 FOAM ROLL - LOWER BACK & QL



# REGENERATION

TARGETED RELIEF OF ACHES AND PAIN - 10 MINUTE SESSIONS  
(SPEND 30-60 SECONDS EACH MOVEMENT)

## HIP & KNEE PAIN

### 1 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 2 TRIGGER POINT - TFL

- Lie facedown supported on forearms with trigger ball (tennis ball, for example) under one hip
- Roll along front of the hip and slightly outside upper thigh
- Hold on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 3 FOAM ROLL - IT BAND

- Lie on your side with a trigger ball (tennis ball, for example) under your IT Band (side of your leg)
- Adjust until you find a sore spot, hold, and slowly bend and extend knee
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 4 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 5 FOAM ROLL - ADDUCTORS

- Lie facedown with foam roll under inside of one thigh, other leg out to the side
- Roll along the inside of thigh, from pelvis to knee
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 6 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## UPPER BACK & SHOULDER PAIN

### 1 TRIGGER POINT - THORACIC SPINE

- Lie face up with two tennis balls taped together under your spine, just above low back, hands behind head
- Perform 3 crunches, then raise arms straight over chest
- Alternate reaching each arm overhead for 3 reps each
- Move balls up the spine 1 to 2 inches and repeat pattern until they are below base of the neck

### 2 TRIGGER POINT - SIDELYING SHOULDER

- Lie on your side with bottom arm perpendicular to torso and bent 90 degrees, a trigger ball (tennis ball, for example) under bottom shoulder
- Adjust until you find a sore spot, hold, and rotate bottom arm toward ground, assisting with opposite hand
- Relax and return to the starting position
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 3 TRIGGER POINT - CHEST

- Lie face up and press a trigger ball (tennis ball, for example) against chest above the armpit with opposite hand
- Adjust until you find a sore spot, hold, and slide free hand overhead up and down
- Re-adjust position and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 4 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

### 5 FOAM ROLL - MID TO UPPER BACK

- Lie face up with a foam roll under mid back and hands behind your head
- Support your weight with your feet and the foam roll
- Roll from the middle of your back to shoulders
- Spend more time rolling on any sore spots you find

### 6 FOAM ROLL - LOWER BACK & QL

- Lie on your side with a foam roll under the side of your lower back
- Roll along the side of your torso, from just below the rib cage to top of the pelvis
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

## LOW BACK PAIN

### 1 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 2 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 3 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 4 FOAM ROLL - TFL

- Lie facedown with a foam roll under one hip
- Support weight with forearms and foot of the opposite leg and roll along the side of the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 5 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

### 6 FOAM ROLL - LOWER BACK & QL

- Lie on your side with a foam roll under the side of your lower back
- Roll along the side of your torso, from just below the rib cage to top of the pelvis
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

## FLEXIBILITY - STRETCH STRAP

### 1 CALF STRETCH (STRAP)



### 2 STRAIGHT LEG HAMSTRING STRETCH (STRAP)



### 3 ADDUCTOR STRETCH (STRAP)



### 4 ABDUCTOR STRETCH (STRAP)



### 5 QUAD STRETCH (STRAP)



### 6 SHOULDER/TRICEPS STRETCH (STRAP)



## FLEXIBILITY - NO EQUIPMENT

### 1 BENT KNEE HAMSTRING STRETCH



### 2 KNEE HUG - SUPINE



### 3 LEG CRADLE - SUPINE



### 4 QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING



### 5 TRICEPS STRETCH



### 6 90/90 STRETCH - W/ ARM SWEEP





# REGENERATION

FLEXIBILITY FOCUS - 10 MINUTE SESSIONS  
10 REPS (2 SECOND HOLD EACH)

## FLEXIBILITY - STRETCH STRAP

### 1 CALF STRETCH (STRAP)

- Lie on back with stretch strap wrapped around right foot & leg raised 45 degrees in the air
- Actively pull your right foot to your shin & then give assistance with the rope
- Exhale during the stretch. Actively pull your foot to your shin even when assisting with the strap
- Complete reps, repeat on opposite side

### 2 STRAIGHT LEG HAMSTRING STRETCH (STRAP)

- Keep right leg straight, actively raise it, then give gentle assistance with stretch strap until you feel a stretch
- Keep opposite leg on ground by pushing heel far away from your head as possible
- Contract your glute. Pull the strap above your head
- Complete reps, repeat on opposite side

### 3 ADDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & inside of lower leg
- Actively raise leg out to the side, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

### 4 ABDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & outside of leg
- Actively raise leg across body, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

### 5 QUAD STRETCH (STRAP)

- Lie on your stomach with a stretch strap wrapped around one foot
- Actively bend knee, gently assist with stretch strap until you feel a stretch
- Contract the glute on the leg that is being stretched. Keep your back flat & torso engaged during the stretch
- Complete reps, repeat on opposite side

### 6 SHOULDER/TRICEPS STRETCH (STRAP)

- Hold the stretch strap behind head with one hand reaching over and one hand reaching under
- Actively reach top hand down back, gently assist by pulling strap with bottom hand
- Next, actively reach bottom hand up, gently assist by pulling rope with top hand
- Complete reps, repeat on opposite side

## FLEXIBILITY - NO EQUIPMENT

### 1 BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

### 2 KNEE HUG – SUPINE

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

### 3 LEG CRADLE – SUPINE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

### 4 QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

### 5 TRICEPS STRETCH

- Lift one arm up over head & reach hand down your back, gently assist with opposite hand
- Exhale & hold for 2 seconds, then relax & repeat
- Keep your back flat & torso engaged throughout the stretch
- Complete reps, repeat on opposite side

### 6 90/90 STRETCH – W/ ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the ground
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down. Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side

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# **FUELING STRATEGIES**

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## NUTRITION CONSIDERATIONS

Nutrition is your training partner throughout The Strength Series. Your body is going to need carbohydrate for energy and protein to rebuild muscles. Many sailors looking to maximize their muscle mass and strength ignore the big picture and only focus on one or two key nutrients. By ensuring your foundational and recovery needs are met, you'll give your body the blend of nutrients it needs to achieve your goals.

### TO MAXIMIZE YOUR STRENGTH AND MUSCLE MASS GAINS, YOU NEED TO:

#### FUEL.

- Use the Meal Builder to guide your nutrition, and get the energy (calories) your body needs to support your activity
- Meet your carbohydrate needs through high-fiber, minimally processed carbs, fruits, and veggies
- Focus on getting enough carbs before and during your workout to fuel your body.
- To stay fueled on the go, choose bars with least 30 g of carbohydrate, 3 g of fiber, and 10-30 g of protein.

#### BUILD.

- Meet your protein needs, but don't eat more than 1 g of protein per pound of body weight per day

#### RECOVER.

- Recover with a 3:1 carb to protein ratio within the first 30 minutes of completing your training session.

## FOUNDATIONAL NUTRITION

Optimizing your foundational nutrition will ensure you have a solid fueling base to optimize performance and recovery. Below you will find a review of the basic fueling principles. For more information on these areas, refer back to Fueling Series.



**EATING CLEAN:** This means eating whole natural foods, such as fruits, vegetables, lean proteins, and high-fiber carbohydrates, and limiting processed foods, fast food, and foods high in sugar and fat.

**EATING OFTEN:** Eating frequently helps control blood sugar and energy levels. Opt for five or six meals/snacks a day, which is equivalent to eating every 2.5 – 3 hours.

**HYDRATE:** To stay hydrated aim to drink ½ to 1 ounce per pound of body weight per day. Make water and other naturally non-caloric beverages your first drink choice.

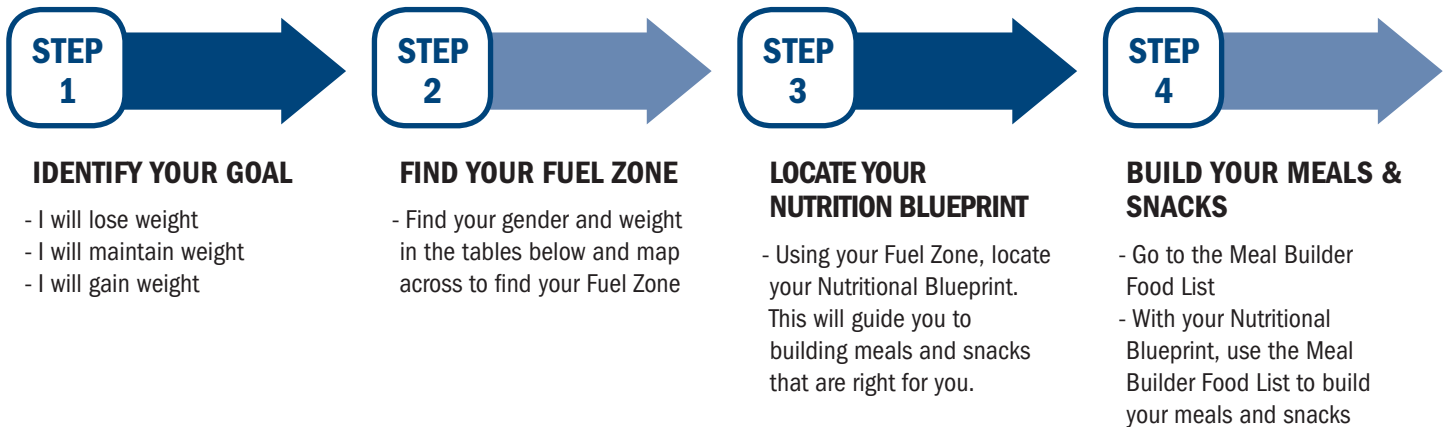
**RECOVER:** To avoid wasting your workout, eat a combination of carbs and protein within 30 minutes of completing your workout. Proper nutrition at the proper time will help you refuel, rehydrate, rebuild your body, and reach your goal quicker.

**MINDSET:** Use food to fuel your body for maximum performance. Strive to choose the foods that are best for you at least 80% of the time and enjoy other foods 20% of the time.

## MEAL BUILDER

The biggest barriers to great nutrition are poor planning and poor implementation. The nutrition blueprint and meal builder make it easy to build meals and snacks that will keep you fueled and help you reach your goals. This tool will help you stay organized and create an environment for success. Always remember the 80/20 rule as you look to sustainably upgrade your nutrition. Choose high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

### BUILD YOUR MEAL IN 4 SIMPLE STEPS



### SET YOUR GOAL, FIND YOUR FUEL ZONE

#### I WILL FUEL TO...

	LOSE WEIGHT		MAINTAIN WEIGHT		GAIN WEIGHT		
	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	
	<b>STEP 1</b>						
<b>FEMALE</b>	100 - 125	1400 - 1600	Under 105	2000 - 2200	100 - 110	2800 - 3000	
	125 - 150	1600 - 1800	105 - 130	2200 - 2400	110 - 140	3000 - 3200	
	150 - 180	1800 - 2000	130 - 160	2400 - 2600	140 - 165	3200 - 3400	
	180 - 205	2000 - 2200	160 - 185	2600 - 2800	165 - 195	3400 - 3600	
	205 - 235	2200 - 2400	185 - 210	2800 - 3000	195 - 220	3600 - 3800	
	235 - 260	2400 - 2600					
<b>MALE</b>	Under 140	1800 - 2000	Under 140	2600 - 2800	Under 140	3400 - 3600	
	140 - 155	2000 - 2200	140 - 160	2800 - 3000	145 - 165	3600 - 3800	
	155 - 175	2200 - 2400	160 - 180	3000 - 3200	165 - 185	3800 - 4000	
	175 - 190	2400 - 2600	180 - 195	3200 - 3400	185 - 205	4000 - 4200	
	190 - 210	2600 - 2800	195 - 215	3400 - 3600	205 - 220	4200 - 4400	
	210 - 230	2800 - 3000	215 - 235	3600 - 3800	220 - 240	4400 - 4600	
	230 - 250	3000 - 3200	235 - 255	3800 - 4000			
	250 - 265	3200 - 3400	255 - 275	4000 - 4200			
	265 - 285	3400 - 3600					
	285 - 305	3600 - 3800					
	<b>STEP 2</b>						

**STEP**  
**3**



**Locate Your Nutrition Blueprint - The Strength Series**

Using the Fuel Zone you identified in Steps 1 & 2, locate your personal Nutritional Blueprint to fit your caloric needs. Your blueprint has six columns across the top that represent meal times, or “fueling times”. The food groups are represented along the left hand side, and the numbers located within the zone are the recommended number of servings from each food group at each fueling time.

<b>1400 - 1600</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1	1 to 2	1	1 to 2	
Proteins	1		1		1	1
Fruits	0 to 1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	0 to 1
Calorie Range	350 - 400	175-200	280 - 320	175 - 200	280 - 320	140 - 160
*Meal Replacement Shake or Bar		1		1+ fruit		1

<b>2200 - 2400</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2 to 3	2	2 to 3	1
Proteins	1 to 2	1	1	1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	550 - 600	275 - 300	440 - 480	275 - 300	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+2 fruit		1+ fruit

<b>1600 - 1800</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1 to 2	2	1 to 2	2	
Proteins	1		1		1	1
Fruits	1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	400 - 450	200 - 225	320 - 360	200 - 225	320 - 360	160 - 180
*Meal Replacement Shake or Bar		1		1+ fruit		1

<b>2400 - 2600</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1	1
Fruits	2	1	2	1	1 to 2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1 to 2	1	1 to 2	1	1
Calorie Range	600 - 650	300 - 325	480 - 520	300 - 325	480 - 520	240 - 260
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

<b>1800 - 2000</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 to 3	1 to 2	2	1 to 2	2	
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	1 to 2	1	1 to 2	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	450 - 500	225 - 250	360 - 400	225 - 250	360 - 400	180 - 200
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1

<b>2600 - 2800</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1 to 2	1
Fruits	2	1	2	1	2	1 to 2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1 to 2	1 to 2	1 to 2	1 to 2	1	1
Calorie Range	650 - 700	325 - 350	520 - 560	325 - 350	520 - 560	260 - 280
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

<b>2000 - 2200</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2	2	2	0 to 1
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	500 - 550	250 - 275	400 - 440	250 - 275	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1+ fruit

<b>2800 - 3000</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	2	1
Fruits	2 to 3	1	2	1	1 to 2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1	1
Calorie Range	700 - 750	350 - 375	560 - 600	350 - 375	560 - 600	280 - 300
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3000 - 3200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1 to 2
Proteins	2	1	1 to 2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1 to 2	1
Calorie Range	750 - 800	375 - 400	600 - 640	375 - 400	600 - 640	300 - 320
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3200 - 3400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3 to 4	2	3	2	3	2
Proteins	2	1	2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	2	1
Calorie Range	800 - 850	400 - 425	640 - 680	400 - 425	640 - 680	320 - 340
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +1 fat		1+2 fruit +1 fat

3400 - 3600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3	2 to 3	3 to 4	2
Proteins	2	1	2	1	2	1
Fruits	3 to 4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2 to 3	1 to 2	2	1 to 2
Calorie Range	850 - 900	425 - 450	680 - 720	425 - 450	680 - 720	340 - 360
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

3600 - 3800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3 to 4	2 to 3	4	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2 to 3	1 to 2	3	1 to 2	2	1
Calorie Range	900 - 950	450 - 475	720 - 760	450 - 475	720 - 760	360 - 380
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

### COACH TIP:

Remember, the biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. To get you started, make a copy of your Nutrition Blueprint and put it somewhere you'll have easy access to when making fueling decisions, like in your wallet or on your fridge.

3800 - 4000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	1 to 2	3	1 to 2	2	1 to 2
Calorie Range	950 - 1000	475 - 500	760 - 800	475 - 500	760 - 800	380 - 400
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

4000 - 4200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2	3	2	2	1 to 2
Calorie Range	1000 - 1050	500 - 525	800 - 840	500 - 525	800 - 840	400 - 420
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4200 - 4400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1050 - 1100	525 - 550	840 - 880	525 - 550	840 - 880	420 - 440
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4400 - 4600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4 to 5	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1100 - 1150	550 - 575	880 - 920	550 - 575	880 - 920	440 - 460
*Meal Replacement Shake or Bar		1+ 2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

### \*When choosing meal replacements:

1. Make sure it fits within your calorie recommendations
2. Should have at least 3g of fiber
3. Should have 10 - 30g of protein for women
4. Should have 15 - 42g of protein for men

## MEAL BUILDER

**STEP**  
**4**

### Build Your Meals & Snacks

Using your Nutritional Blueprint, follow the directions below to start filling your day with meals and snacks designed to help you with your goals.

#### Map Your Blueprint

The food list below has foods from each of the categories found in your Nutrition Blueprint.

#### Size Up Your Servings

The number to the left of each food item equals one serving (eg, 1 slice of whole wheat bread = 1 grain serving).

#### Mix It Up

Each serving may be used interchangeably. For example, if you tire of whole wheat toast at breakfast you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (eg, 2 slices of whole wheat toast) or mix and match (eg, 1 slice of whole wheat toast and 3/4c Multi grain Cheerios). You are limited only by your creativity!

You are now prepared to build customized meals and snacks to help you meet your goals. These meals and snacks will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts. Remember, to maximize your energy and reach your body composition goals, think about both quality and quantity of your food choices.

#### GRAINS/STARCHES:

##### Pasta/Rice

- 1/3c Brown Rice (cooked)
- 1/3c Whole Wheat Cous Cous (cooked)
- 1/2c Whole Wheat Pasta (cooked)
- 1/4c Risotto, Quinoa (cooked)

##### Breads/Tortillas/Rolls

- 1slice Bread (100% Whole Wheat)
- 1/2 Pita Bread (6" diameter each)
- 1/4 Whole Wheat Bagel
- 1/2 English Muffin
- 1/2 Whole Wheat Hamburger/Hot dog Bun
- 1/2 Sub Bread (6" each)
- 1 Whole Wheat Tortilla
- 2 Corn Tortillas
- 1sm. Whole Wheat Roll (1oz each)

##### Cold Cereals

- 1/2c All Bran Cereal
- 3/4c Cheerios Cereal
- 3/4c Cheerios MultiGrain Cereal
- 1/2c Cracklin Oat Bran Cereal
- 1/2c Frosted Mini Wheats Cereal
- 1/2c Grape Nuts Cereal
- 1/2c Kashi Go Lean Cereal
- 1/2c Kashi Go Lean Crunch Cereal
- 1/2c Kashi Go Lean Honey
- 1/2c Almond Flax
- 1/2c Muesli Cereal
- 1/2c Raisin Bran Cereal
- 3/4c Smart Start Cereal
- 3/4c Special K Cereal
- 1/2c Whole Wheat Total Cereal

##### Hot Cereals

- 1/2c Cream of Wheat (cooked)
- 1 Instant Grits
- 1/2 Packet Kashi Instant Oatmeal
- 1/2 Packet Quaker Instant Oatmeal
- 1/2c Slow Cooked Oatmeal

##### Veggies, Beans, Potatoes

- 1/2c Soy Beans (cooked)
- 1/2c Split Peas (cooked)
- 1c Squash (winter, acorn, butternut)
- 1/2c Peas (cooked)
- 1/2sm Baked Potato
- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 1/2c Corn (cooked)
- 1 Ear of corn
- 1/2c Sweet Potato (cooked)
- 1/2c Yam (cooked)
- 1/2c Mashed Potatoes

##### Snacks/Crackers/Granola Bars

- 1 Kashi Granola Bar
- 2 Graham Crackers
- 5 Whole Wheat Crackers (baked)
- 4 Whole Wheat Melba Toast
- 1 Nature Valley Granola Bar
- 8 Animal Crackers
- 3c Light Popcorn (popped)

- 3/4c Pretzels
- 2 Rice Cakes (4" diameter each)
- 4 Reduced Fat Triscuits
- 1 Whole Grain Fig Newton

#### PROTEINS / DAIRY:

##### Fish/Seafood

- 3oz Fish
- 3oz Cod
- 3oz Flounder
- 3oz Haddock
- 3oz Halibut
- 3oz Salmon
- 3oz Shrimp
- 3oz Trout
- 3oz Tuna

##### Poultry

- 3oz Chicken (lunch meat)
- 3oz Chicken breast
- 3oz Ground turkey (cooked)
- 3oz Turkey (lunch meat)
- 3oz Turkey breast

##### Beef/Pork

- 3oz Beef (96% lean ground chuck)
- 1.5oz Beef jerky
- 3oz Beef tenderloin
- 3oz London broil
- 3oz Pork (grilled)
- 3oz Roast beef (lunch meat)

##### Dairy

- 8oz 1% or non-fat regular milk or chocolate milk
- 1/2c Non-fat or low fat cottage cheese
- 1/2c Non-fat frozen yogurt
- 1c Non-fat or low fat greek yogurt
- 8oz Reduced-fat soy milk
- 1 2% String cheese

##### Eggs

- 1/4c Egg Substitute
- 4 Egg Whites
- 2 Eggs
- 2 Omega-3 Eggs

##### Legumes

- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 8oz Calcium-fortified light soy milk
- 2T Hummus
- 1/2c Soy beans (cooked)
- 1/2c Split peas
- 1T Almond butter
- 1T Peanut butter (natural)
- 10-15 Raw nuts

#### MEAL REPLACEMENTS/PROTEIN POWDERS:

- 1-2 scoop Whey Protein\*
- 1 Bar
- 1 Shake

\*Make sure to choose protein powders that are certified safe and reliable. Check out [www.nfsport.com](http://www.nfsport.com) for a complete list.

#### Meal replacement considerations:

- Make sure it fits within your calorie recommendations
- Should have at least 3g of fiber
- Double check the protein level
  - Women need **10-30g**
  - Men need **15-42g**

#### VEGETABLES:

##### Green

- 1c Arugula
- 1/2c Asparagus (cooked)
- 1c Asparagus (raw)
- 1/2c Broccoli (cooked)
- 1c Broccoli (raw)
- 1c Brussel sprouts
- 1/2c Celery (cooked)
- 1c Celery (raw)
- 1c Collards (cooked)
- 1c Cucumber (raw)
- 1/2c Green beans (cooked)
- 1c Green beans (raw)
- 1c Green veggie salad
- 1c Kale (raw)
- 1c Lettuce (all)
- 1c Spinach (raw)

##### White

- 1/2c Cabbage (cooked)
- 1c Cabbage (raw)
- 1/2c Cauliflower (cooked)
- 1c Cauliflower (raw)
- 1/2c Onions (cooked)
- 1c Onions (raw)
- 1/2c Water chestnuts (cooked)
- 1c Water chestnuts (raw)

##### Red

- 1/2c Tomato, beets
- 1/2c Salsa, tomato sauce

##### Orange

- 1/2c Carrots (cooked)
- 1c Carrots (raw)

##### Mixed Colors

- 1/2c Peppers (cooked)
- 1c Peppers (raw)
- 1/2c Stir fry vegetables (cooked)
- 1c Stir fry vegetables (raw/frozen)
- 6oz Vegetable juice
- 1/2c Zucchini (cooked)
- 1c Zucchini (raw)

#### FRUITS:

##### Red

- 1sm. Apple
- 1/2c Applesauce (unsweetened)
- 12 Cherries
- 1c Raspberries
- 1 1/4c Strawberries (whole)
- 1/4c Watermelon (cubed)
- 1/2m. Grapefruit

#### Orange

- 1c Cantaloupe (cubed)
- 1m. Orange, nectarine or peach
- 1lg. Tangerine

#### Yellow

- 1/2lg. Banana(s)
- 3/4c Pineapple chunks (in own juice)

#### Blue/Purple

- 1c Blackberries or boysenberries
- 3/4c Blueberries
- 14 Grapes
- 2sm. Plums
- 3 Prunes (dried plums)
- 2T Raisins

#### Green

- 1c Honeydew melon (cubed)
- 1sm. Kiwi fruit
- 1sm. Pear

#### Mixed Colors

- 2T Dried fruit
- 1/2c Fresh fruit salad
- 1/2c Fruit cocktail (own juice)
- 6oz Fruit juice (100% juice)
- 1c Mixed berries (fresh/frozen)

#### FATS (CHOOSE OFTEN):

- 1T Nut butters: Almond, peanut, etc...
- 10-15 Nuts: Almonds, walnuts, pecans
- 1/4 Avocado
- 12lg. Black or green olives
- 1.5t Plant oils: olive, canola, flax
- 2T Flax seeds
- 2T Hummus
- 2T Seeds: Pumpkin, sesame, sunflower
- 3T Guacamole
- 2t Smart Balance, Benecol

#### FATS (CHOOSE LESS OFTEN):

- 2t Butter (stick)
- 1oz Cheese
- 1slice Cheese
- 2T Cream cheese
- 4T Half & Half
- 2t Mayonnaise
- 3T Reduced-fat cream cheese
- 4T Reduced-fat sour cream
- 2T Sour cream
- 1 2% String cheese
- 2 Turkey bacon slice
- 1 Turkey sausage link
- 1T Commercial salad dressings

1t = 1 Teaspoon  
1T = 1 Tablespoon  
1c = 1 Cup  
1oz = 1 Ounce

sm. = Small  
med. = Medium  
lg. = Large