

WEEK 2 - WORKOUT 1

3-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
Pillar Prep					
Pillar Bridge (Hold)	-----	30 secs	-----	1	-----
Glute Bridge (Hold)	-----	30 secs	-----	1	-----
Y's Bent Over	-----	6 reps	2:1:2	1	-----
90/90 Stretch	-----	6 reps	3:2:3	1	-----
Movement Prep					
Mini Band - External Rotation	O-Ring Mini Band	6 reps	2:1:2	1	-----
Reverse Lunge Elbow to Instep	-----	6 reps	-----	1	-----
Lateral Lunge	-----	6 reps	2:1:2	1	-----
Knee Hug - In Place	-----	6 reps	2:1:2	1	-----
Inverted Hamstring	-----	6 reps	3:1:3	1	-----
Circuit 1					
Romanian Deadlift	Resistance Band, Sandbag, Dumbbell, or Barbell	10 reps	2:1:2	2	-----
Bench Press	Dumbbell or Barbell	10 reps	2:1:2	2	-----
Squat w/ Mini Band	O-Ring Mini Band	10 reps	2:1:2	2	-----
Bent Over Row	Resistance Band, Sandbag, Dumbbell, or Barbell	10 reps	2:1:2	2	1 min
Circuit 2					
Lateral Squat	Dumbbell or Sandbag	10 reps	2:1:2	2	-----
Glute Bridge - 1-Leg	-----	10 reps	2:1:2	2	-----
Lateral Pillar Bridge	-----	10 reps	3:1:3	2	-----
Straight Leg Lowering - Alternating	-----	10 reps	3:1:3	2	1 min
ESD					
Linear Accelerations - 30 yards Moderate/ 10 yards Max	5 cones	40 yards	30 secs	4	1 min
Regeneration					
Jog	-----	5 mins	-----	1	-----
Walk	-----	5 mins	-----	1	-----
90/90 Stretch - w/ Arm Sweep	-----	4 reps per side	3:1:3	2	-----
Bent Knee Hamstring Stretch	-----	4 reps per leg	3:1:3	2	-----
Leg Cradle - Supine	-----	20 secs per leg	-----	2	-----
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----

NUTRITION TIP - THREE FOR THREE

Eat smaller portions more often, spread evenly across the day. No excuses – you should be eating 4-6 meals/day! Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal fueling.

WEEK 2 - WORKOUT 2

3-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
Pillar Prep					
Pillar Bridge w/ Arm Reach - Alternating	-----	30 secs	2:1:2	1	-----
Glute Bridge w/ Knee Extension - Alternating	-----	30 secs	2:1:2	1	-----
T's Bent Over	-----	6 reps	2:1:2	1	-----
90/90 Stretch - Legs Crossed	-----	6 reps	3:2:3	1	-----
Movement Prep					
Mini Band - Walking	O-Ring Mini Band	6 reps	2:1:2	1	-----
Reverse Lunge Elbow to Instep	-----	6 reps	-----	1	-----
Lateral Lunge	-----	6 reps	2:1:2	1	-----
Reverse Lunge w/ Reach	-----	6 reps	2:1:2	1	-----
Inverted Hamstring	-----	6 reps	3:1:3	1	-----
Circuit 1					
Squat to Overhead Press	Resistance Band, Sandbag, or Dumbbell	10 reps	2:1:2	2	-----
Reverse Lunge	Sandbag or Dumbbell	10 reps	2:1:2	2	-----
Dynamic Lateral Pillar Bridge	-----	10 reps	3:1:3	2	-----
Crunches	-----	10 reps	3:1:3	2	1 min
Circuit 2					
Romanian Deadlift	Resistance Band, Sandbag, Dumbbell, or Barbell	10 reps	2:1:2	2	-----
Bench Press - Alternating	Dumbbell	10 reps	2:1:2	2	-----
Split Squat Rear Foot Elevated	Dumbbell	10 reps	2:1:2	2	-----
Bent Over Row - 1-Leg	Dumbbell or Sandbag	10 reps	2:1:2	2	1 min
ESD					
Equipment Based Cardio - Level 1 (5/10)	-----	2 mins	-----	3	30 secs
Regeneration					
Jog	-----	5 mins	-----	1	-----
Walk	-----	5 mins	-----	1	-----
90/90 Stretch - w/ Arm Sweep	-----	4 reps per side	3:1:3	2	-----
Bent Knee Hamstring Stretch	-----	4 reps per leg	3:1:3	2	-----
Leg Cradle - Supine	-----	20 secs per leg	-----	2	-----
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----

NUTRITION TIP - STAY HYDRATED

Dehydration = Decreased Performance. Drink at least 0.5 to 1.0 oz. of low-calorie fluids per pound of body weight.

WEEK 2 - REGENERATION 1

3-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	90/90 Stretch - Legs Crossed	-----	4 reps per side	3:1:3	1	-----	
	Glute Bridge Hold	-----	30 secs	-----	1	-----	
	Pillar Bridge	-----	30 secs	-----	1	-----	
	W's Bent Over	-----	8 reps	2:1:2	1	-----	
	Movement Prep						
	Knee Hug - In Place	-----	4 reps per leg	-----	1	-----	
	Drop Lunge - Alternating	-----	4 reps per leg	3:1:3	1	-----	
	Reverse Lunge, Elbow to Instep, w/ Rotation	-----	4 reps per leg	-----	1	-----	
Mini Band - Lateral Walk (Straight Knees)	O-Ring Mini Band	8 each direction	-----	1	-----		
Base Rotations	-----	5 secs	-----	1	-----		
ESD							
Personal Choice Cardio - Level 1 (5/10)	-----	30 mins	-----	1	-----		
Regeneration							
90/90 Stretch - w/ Arm Sweep	-----	4 reps per side	3:1:3	2	-----		
Bent Knee Hamstring Stretch	-----	4 reps per leg	3:1:3	2	-----		
Leg Cradle - Supine	-----	4 reps per leg	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----		
Triceps Stretch	-----	20 secs per arm	-----	2	-----		

NUTRITION TIP - DON 'T WASTE YOUR WORKOUT

Have a post-workout recovery meal or shake that combines both carbs and protein immediately after your training.

WEEK 2 - WORKOUT 3

3-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
Pillar Prep					
Pillar Bridge (Hold)	-----	30 secs	-----	1	-----
Glute Bridge (Hold)	-----	30 secs	-----	1	-----
Y's Bent Over	-----	6 reps	2:1:2	1	-----
90/90 Stretch	-----	6 reps	3:2:3	1	-----
Movement Prep					
Mini Band - External Rotation	O-Ring Resistance Band	6 reps	2:1:2	1	-----
Reverse Lunge Elbow to Instep	-----	6 reps	-----	1	-----
Lateral Lunge	-----	6 reps	2:1:2	1	-----
Knee Hug - In Place	-----	6 reps	2:1:2	1	-----
Inverted Hamstring	-----	6 reps	3:1:3	1	-----
Circuit 1					
Lateral Squat	Sandbag or Dumbbell	10 reps	2:1:2	2	-----
Glute Bridge - 1- Leg	-----	10 reps	2:1:2	2	-----
Lateral Pillar Bridge (Dynamic)	-----	10 reps	3:1:3	2	-----
Straight Leg Lowering - Alternating	-----	10 reps	3:1:3	2	1 min
Circuit 2					
Romanian Deadlift	Resistance Bands, Sandbag, Dumbbell or Barbell	10 reps	2:1:2	2	-----
Bench Press	Dumbbell or Barbell	10 reps	2:1:2	2	-----
Squat w/ Mini Band	O-Ring Resistance Band	10 reps	2:1:2	2	-----
Bent Over Row	Resistance Bands, Sandbag, Dumbbell, or Barbell	10 reps	2:1:2	2	1 min
ESD					
Linear Accelerations - 30 yards Moderate/ 10 yards Max	5 cones	40 yards	-----	4	1 min
Regeneration					
Jog	-----	5 mins	-----	1	-----
Walk	-----	5 mins	-----	1	-----
90/90 Stretch - w/ Arm Sweep	-----	4 reps per side	3:1:3	2	-----
Bent Knee Hamstring Stretch	-----	4 reps per leg	3:1:3	2	-----
Leg Cradle - Supine	-----	20 secs per leg	-----	2	-----
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----

NUTRITION TIP - SLEEP

Aim for 8 hours of sleep. If you cannot get 8 hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.

WEEK 2 - REGENERATION 2

3-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	90/90 Stretch - Legs Crossed	-----	4 reps per side	3:1:3	1	-----	
	Glute Bridge Hold	-----	30 secs	-----	1	-----	
	Pillar Bridge	-----	30 secs	-----	1	-----	
	W's Bent Over	-----	8	2:1:2	1	-----	
	Movement Prep						
	Knee Hug - In Place	-----	4 reps per side	-----	1	-----	
	Drop Lunge - Alternating	-----	4 reps per leg	3:1:3	1	-----	
	Reverse Lunge, Elbow to Instep, w/ Rotation	-----	4 reps per side	-----	1	-----	
Mini Band - Lateral Walk (Straight Knees)	O-Ring Mini Band	8 reps per direction	-----	1	-----		
Base Rotations	-----	5 secs	-----	1	-----		
ESD							
Personal Choice Cardio - Level 1-2 (5-7/10)	-----	4 mins	-----	4	1 min		
Regeneration							
90/90 Stretch - w/ Arm Sweep	-----	4 reps per side	3:1:3	2	-----		
Bent Knee Hamstring Stretch	-----	4 reps per leg	3:1:3	2	-----		
Leg Cradle - Supine	-----	4 reps per leg	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----		
Triceps Stretch	-----	20 secs per arm	-----	2	-----		

NUTRITION TIP - SUPPLEMENT WISELY

Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check in with your doctor or Registered Dietitian.

WEEK 2 - DAY 6

3-Workout Week

DAY OFF

WEEK 2 - DAY 7

3-Workout Week

DAY OFF