

WEEK 5 - WORKOUT 1

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	90/90 Stretch	-----	4 reps per side	3:1:3	1	-----	
	Glute Bridge	-----	8 reps	2:1:2	1	-----	
	Pillar Bridge w/ Arm Lift	-----	4 reps per arm	2:1:2	1	-----	
	T's Bent Over	-----	8 reps	2:1:2	1	-----	
	Movement Prep						
	Inverted Hamstring	-----	4 reps per side	3:1:3	1	-----	
	Lateral Squat - Alternating	-----	4 reps per leg	2:1:2	1	-----	
	Reverse Lunge - w/ Reach	-----	4 reps per leg	-----	1	-----	
Mini Band - External Rotation	O-Ring Mini Band	8 reps per direction	-----	1	-----		
2 Inch Runs	-----	5 secs	-----	1	-----		
Primary Block							
Front Squat	Dumbbell	8 reps	3:1:3	3	2 mins		
Deadlift	Dumbbell or Barbell	12 reps	3:1:3	8	2 mins		
Secondary Block							
Split Squat - Rear Foot Elevated	Dumbbell	12 reps per leg	3:1:3	3	1 min		
Romanian Deadlift - 1 Arm, 1 Leg	Dumbbell	12 reps per leg	3:1:3	3	1 min		
Auxiliary Block							
Lateral Squat - Low Alternating	-----	12 reps per leg	2:1:2	3	1 min		
Lateral Pillar Bridge (HOLD)	-----	50 secs	-----	3	1 min		
Glute Bridge 1-leg March	-----	18 reps each leg	3:1:3	3	1 min		
ESD							
Linear Accelerations - 20 yards Moderate/ 20 yards Max	5 Cones	40 yards	30 secs	8	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	-----	20 secs per leg	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----		

NUTRITION TIP - SUSTAIN

If your training is longer than an hour, enhance your performance by consuming 30-60 g of carbohydrate hourly through sports drinks, gels, or other carbs. If you're training at high intensity, long duration, or in extreme heat or humidity, choose a sport drink with at least 110 mg of sodium per 8 ounces to maximize hydration and prevent cramping.

WEEK 5 - WORKOUT 2

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	Plank w/ Alternating Hip Flexion	-----	4 reps per leg	2:1:2	1	-----	
	Glute Bridge - Marching (Hip Flexion)	-----	4 reps per leg	2:1:2	1	-----	
	Quadruped Thoracic Rotation	-----	4 reps per side	2:1:2	1	-----	
	Y's Bent Over	-----	8 reps	2:1:2	1	-----	
	Movement Prep						
	Leg Cradle - In Place	-----	4 reps per leg	-----	1	-----	
	Lateral Lunge - Alternating	-----	4 reps per leg	3:1:3	1	-----	
	Reverse Lunge - w/ Rotation	-----	4 reps per leg	3:1:3	1	-----	
Mini Band - Lateral Walk (Bent Knees)	O-Ring Mini Band	8 reps per direction	-----	1	-----		
Base Pogo	-----	5 secs	-----	1	-----		
Primary Block							
Bench Press - Alternating	Dumbbell	8 reps per arm	2:1:2	3	1.5 mins		
Bent Over Row - High Alternating	Dumbbell	10 reps per arm	2:1:2	3	1 min		
Secondary Block							
Overhead Press - High Split Alternating	Dumbbell	12 reps per arm	2:1:2	4	1 min		
Pull-ups	-----	6 reps	2:1:2	4	1 min		
Auxiliary Block							
Squat to Overhead Press	Resistance Band or Dumbbell	18 reps	2:1:2	3	1 min		
Straight Leg Lowering - Alternating	-----	20 reps per leg	2:1:2	3	1 min		
Pillar Bridge to 1-Arm Row	Dumbbell	12 reps per arm	2:1:2	3	1 min		
Push up to Lateral Pillar Bridge	-----	8 reps per side	3:1:3	3	1 min		
ESD							
Equipment Based Cardio - Level 2 (7/10)	-----	2 mins	-----	4	1 min		
Regeneration							
Triceps Stretch	-----	20 secs per arm	-----	2	-----		
Bent Knee Hamstring Stretch	-----	4 reps per leg	3:1:3	2	-----		
Knee Hug - Supine	-----	20 secs per leg	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----		

NUTRITION TIP - SNACKS

Fuel on-the-go with nutritional bars. Choose bars with at least 30 g of carbohydrate, 3 g of fiber and 10-30 g of protein.

WEEK 5 - REGENERATION 1

4-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 (Hold)	-----	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 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 (5/10)	-----	35 mins	N/A	1	-----		
Regeneration							
90/90 Stretch - w/ Arm Sweep	-----	4 reps per side	3:1:3	2	-----		
Bent Knee Hamstring Stretch	-----	4 reps per side	3:1:3	2	-----		
Leg Cradle - Supine	-----	20 secs for leg	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----		
Triceps Stretch	-----	20 secs for arm	-----	2	-----		

NUTRITION TIP - IDEAL BREAKFAST

An ideal breakfast includes protein (e.g., eggs, egg whites, ham, beans, yogurt, low-fat milk), high fiber carbohydrate (e.g., whole wheat bread, high fiber cereal, oatmeal, or beans), and color (e.g., fruit, veggies).

WEEK 5 - WORKOUT 3

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	90/90 Stretch	-----	4 reps per side	3:1:3	1	-----	
	Glute Bridge	-----	8 reps	2:1:2	1	-----	
	Pillar Bridge w/ Arm Reach	-----	4 reps per arm	2:1:2	1	-----	
	T's Bent Over	-----	8 reps	2:1:2	1	-----	
	Movement Prep						
	Inverted Hamstring	-----	4 reps per leg	3:1:3	1	-----	
	Lateral Squat - Alternating	-----	4 reps per leg	2:1:2	1	-----	
	Reverse Lunge - w/Reach	-----	4 reps per leg	-----	1	-----	
Mini Band - External Rotation	O-Ring Mini Band	8 reps per direction	-----	1	-----		
2 Inch Runs	-----	5 secs	-----	1	-----		
Primary Block							
Drop Squat	-----	12 reps per leg	-----	3	1 min		
Squat Jump - Counter Movement to Stabilize	-----	12 reps	-----	3	1 min		
Lateral Bound - Stabilize	-----	6 reps per leg	-----	3	1 min		
Split Squat Jumps - Alternating (Continuous)	-----	12 reps per leg	-----	3	1 min		
Circuit							
Deadlift	Dumbbell or Barbell	12 reps	3:1:3	4	30 secs		
Reverse Crunch	-----	12 reps	2:1:2	4	30 secs		
Reverse Lunge - Alternating	Dumbbell	12 reps each leg	3:1:3	4	30 secs		
Dynamic Lateral Pillar Bridge	-----	12 reps each side	2:1:2	4	30 secs		
Deep Squat to Hamstring Stretch	-----	12 reps	3:1:3	4	1 min		
ESD							
Equipment Based Cardio - Level 3 (9/10)	-----	10 secs	-----	8	1 min		
Regeneration							
90/90 Stretch - w/ Arm Sweep	-----	20 secs per arm	-----	2	-----		
Bent Knee Hamstring Stretch	-----	4 reps per leg	3:1:3	2	-----		
Knee Hug- Supine	-----	20 secs per leg	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----		

NUTRITION TIP - RECOVER

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

WEEK 5 - WORKOUT 4

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	Plank w/Alternating Hip Flexion	-----	4 reps per leg	2:1:2	1	-----	
	Glute Bridge - Marching (Hip Flexion)	-----	4 reps per leg	2:1:2	1	-----	
	Quadruped Thoracic Rotation	-----	4 reps per side	2:1:2	1	-----	
	Y's Bent Over	-----	8 reps	2:1:2	1	-----	
	Movement Prep						
	Leg Cradle - In Place	-----	4 reps per leg	-----	1	-----	
	Lateral Lunge - Alternating	-----	4 reps per leg	3:1:3	1	-----	
	Reverse Lunge - w/ Rotation	-----	4 reps per leg	3:1:3	1	-----	
Handwalk	-----	4 reps	-----	1	-----		
Mini Band - Lateral Walk (Bent Knees)	O-Ring Mini Band	8 reps per direction	-----	1	-----		
Base Pogo	-----	5 secs	-----	1	-----		
Circuit							
Push Up to Lateral Plank - Alternating	-----	8 reps per side	2:1:2	5	10 secs		
Bent Over Row - 1 Arm, 1 Leg Dumbbell	Dumbbell	8 reps per arm	2:1:2	5	10 secs		
Rotational Crunch - Bicycle	-----	8 reps per side	-----	5	10 secs		
Lateral Squat - Alternating	Dumbbell	8 reps per leg	3:1:3	5	10 secs		
Curl to Overhead Press - 1/2 Kneeling	Dumbbell	8 reps	3:1:3	5	10 secs		
Bent Over Fly	Dumbbell	8 reps	2:1:2	5	10 secs		
Pillar Bridge - w/ Leg Lift	-----	8 reps per leg	2:1:2	5	10 secs		
Glute Bridge - w/ Leg Lock	-----	8 reps per leg	2:1:2	5	1 min		
ESD							
Push ups	-----	12 reps per leg	2:1:2	4	5 secs		
Plank - Running	-----	12 reps per leg	1:0:1	4	5 secs		
Reverse Lunge Alternating	-----	12 reps per leg	2:1:2	4	5 secs		
Single Leg Balance - Alphabet	-----	1 rep per leg	-----	4	5 secs		
Split Squat - Alternating 5 Second Hold	-----	12 reps per leg	-----	4	1 min		
Regeneration							
Triceps Stretch	-----	20 secs	-----	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 - EATING CLEAN

Eating clean means consuming whole natural foods, such as fruits, vegetables, lean proteins, and high-fiber carbohydrates while limiting processed foods, fast food, and foods high in sugar and fat.

WEEK 5 - REGENERATION 2

4-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 (Hold)	-----	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 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	-----	6	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 for leg	3:1:3	2	-----		
Triceps Stretch	-----	4 reps per arm	-----	2	-----		

NUTRITION TIP - 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.

WEEK 5 - DAY 7

4-Workout Week

DAY OFF