

WEEK 5 - WORKOUT 1

3-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 - DURING WORKOUT

It is important to stay hydrated during exercise. Losing 2% or more of your body weight due to sweating can decrease your performance and put you at greater risk for heat illness. A good way to monitor how well you are hydrating is to weigh yourself before and after training.

WEEK 5 - WORKOUT 2

3-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 - POST WORKOUT

The sooner you get your post workout nutrition, the quicker you recover. Refuel with carbohydrate. Rebuild with protein. Rehydrate with fluid.

WEEK 5 - 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 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 – NUTRITION PLANNING

Proper planning is going to be crucial for ensuring you're giving your body what it needs. Low Fuel = Decreased Performance. Ensure you stay fueled throughout the day with packed snacks combining carbs, protein and fat.

WEEK 5 - WORKOUT 3

3-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	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 - 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 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 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 - 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 - DAY 6

3-Workout Week

DAY OFF

WEEK 5 - DAY 7

3-Workout Week

DAY OFF