

## WEEK 4 - WORKOUT 1

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	<b>Pillar Prep</b>						
	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	-----	
	<b>Movement Prep</b>						
	Inverted Hamstring	-----	4 reps per side	3:1:3	1	-----	
	Lateral Squat - Alternating	-----	4 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	-----		
<b>Primary Block</b>							
Squat - 1 Arm	Dumbbell	4 x 10 R=1:30	3:1:3	4	1.5 mins		
Deadlift	Dumbbell or Barbell	2 x 12 R=1:00	3:1:3	2	1.5 mins		
<b>Secondary Block</b>							
Split Squat - Rear Foot Elevated	Dumbbell	12 reps per leg	2:1:2	2	1 min		
Romanian Deadlift - 1 Leg	Dumbbell	12 reps	3:1:3	2	1 min		
<b>Auxiliary Block</b>							
Lateral Squat - Low Alternating	Dumbbell	10 reps per leg	2:1:2	3	1 min		
Lateral Pillar Bridge (HOLD)	-----	45 secs per side	-----	3	30 secs		
Glute Bridge - 1 Leg	-----	15 reps per leg	3:1:3	3	1 min		
<b>ESD</b>							
Linear Accelerations - 20 yards Moderate/ 20 yards Max	5 cones	40 yards	-----	6	1 min		
<b>Regeneration</b>							
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 - ENERGY BALANCE

Both quality and quantity of food consumed is important to maximize your performance and achieve your body composition goals. Energy balance is represented by your energy in (what you eat and drink) and energy out (what you burn through daily living and physical activity). Daily balance is important, but you should not scrutinize your daily intake. Changes in body composition will be a result of consistent changes over time; therefore, aim for balance over the course of each week.

## WEEK 4 - WORKOUT 2

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	<b>Pillar Prep</b>						
	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	-----	
	<b>Movement Prep</b>						
	Leg Cradle - In Place	-----	4 reps per leg	-----	1	-----	
	Reverse Lunge - w/ Rotation	-----	4 reps each leg	3:1:3	1	-----	
	Handwalk	-----	4 reps	-----	1	-----	
Mini Band - Lateral Walk (Bent Knees)	O-Ring Mini Band	8 reps each direction	-----	1	-----		
Base Pogo	-----	5 secs	-----	1	-----		
<b>Primary Block</b>							
Bench Press	Dumbbell	10 reps	2:1:2	4	1.5 mins		
Bent Over Row	Dumbbell	10 reps	2:1:2	4	1 min		
<b>Secondary Block</b>							
Overhead Press - High Split Alternating	Dumbbell	10 reps each arm	2:1:2	4	1 min		
Pull-ups	-----	4 reps	2:1:2	4	1 min		
<b>Auxiliary Block</b>							
Push Press	Resistance Bands or Dumbbell	15 reps	2:1:2	3	1 min		
Pillar Bridge to 1-Arm Row	Dumbbell	10 reps	2:1:2	3	1 min		
Straight Leg Lowering - Alternating	-----	18 reps each leg	2:1:2	3	1 min		
Pillar Bridge - Rolling	-----	7 reps each side	3:1:3	3	1 min		
<b>ESD</b>							
Equipment Based Cardio - Level 2 (7/10)	-----	1.5 mins	-----	4	1 min		
<b>Regeneration</b>							
Triceps Stretch	-----	20 secs each arm	-----	2	-----		
Bent Knee Hamstring Stretch	-----	4 reps each leg	3:1:3	2	-----		
Knee Hug - Supine	-----	20 secs each leg	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps each leg	3:1:3	2	-----		

### NUTRITION TIP - DAILY HYDRATION NEEDS

Water should be your main source of hydration. Limit drinking soda, energy drinks, and fruit drinks. These beverages provide excess calories with little nutritional value. Limit sweetened teas and coffee drinks with added sugar and cream. Choose sports drinks before, during, and after intense exercise.

## WEEK 4 - REGENERATION 1

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	<b>Pillar Prep</b>						
	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	-----	
	<b>Movement Prep</b>						
	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	-----		
<b>ESD</b>							
Personal Choice Cardio - Level 1 (5/10)	-----	30 mins	N/A	1	-----		
<b>Regeneration</b>							
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	-----		
Triceps Stretch	-----	20 secs per arm	-----	2	-----		

### NUTRITION TIP - PRE WORKOUT

Do not go into your workout on an empty stomach. Top off your fuel tank with a small balanced snack containing carbohydrate, fluid, and a small amount of protein 1 – 2 hours before your workout. Going into a workout properly fueled will improve performance and jump start recovery.

## WEEK 4 - WORKOUT 3

4-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
<b>Pillar Prep</b>					
90/90 Stretch	-----	4 reps per side	3:1:3	1	-----
Glute Bridge	-----	8 reps	2:2	1	-----
Pillar Bridge w/ Arm Lift	-----	4 reps per side	2:2	1	-----
T's Bent Over	-----	8 reps	2:2	1	-----
<b>Movement Prep</b>					
Inverted Hamstring	-----	4 reps per side	3:1:3	1	-----
Lateral Squat - Alternating	-----	4 reps per leg	2:2	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	-----
<b>Primary Block</b>					
Drop Squat	-----	10 reps	-----	2	1 min
Squat Jump - Counter Movement to Stabilize	-----	10 reps	-----	2	1 min
<b>Circuit</b>					
Deadlift	Dumbbell or Barbell	10 reps	3:1:3	3	30 secs
Reverse Crunch	-----	10 reps	2:2	3	30 secs
Reverse Lunge - Alternating	Dumbbell	10 reps each leg	3:1:3	3	30 secs
Lateral Pillar Bridge - Dynamic	-----	10 reps each side	2:2	3	30 secs
Deep Squat to Hamstring Stretch	-----	10 reps	3:1:3	3	1 min
<b>ESD</b>					
Equipment Based Cardio - Level 3 (9/10)	-----	12 secs	-----	7	1 min
<b>Regeneration</b>					
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	-----
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 - DURING WORKOUT

It is important to stay hydrated during exercise. Losing 2% or more of your body weight due to sweat 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 4 - WORKOUT 4

4-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
<b>Pillar Prep</b>					
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	-----
<b>Movement Prep</b>					
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	-----
Hand Walk	-----	4 reps	-----	1	-----
Mini Band - Lateral Walk (Bent Knees)	O-Ring Mini Band	8 reps per direction	-----	1	-----
Base Pogo	-----	5 secs	-----	1	-----
<b>Circuit</b>					
Push Up to Lateral Plank - Alternating	-----	8 reps per side	2:1:2	4	10 secs
Bent Over Row - 1 Arm, 1 Leg	Dumbbell	8 reps per arm	2:1:2	4	10 secs
Rotational Crunch - Bicycle	-----	8 reps per side	-----	4	10 secs
Lateral Squat - Alternating	Dumbbell	8 reps per leg	3:1:3	4	10 secs
Curl to Overhead Press - 1/2 Kneeling	Dumbbell	8 reps	3:1:3	4	10 secs
Bent Over Fly	Dumbbell	8 reps	2:1:2	4	10 secs
Pillar Bridge - w/ Leg Lift	-----	8 reps per leg	2:1:2	4	10 secs
Glute Bridge - w/ Leg Lock	-----	8 reps per leg	2:1:2	4	1 min
<b>ESD</b>					
Drop Lunge	-----	10 reps per leg	2:1:2	4	5 secs
Plank - Running	-----	10 reps per leg	1:0:1	4	5 secs
Reverse Lunge Alternating	-----	10 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	-----	10 reps per leg	-----	4	1 min
<b>Regeneration</b>					
Triceps Stretch	-----	20 secs per arm	-----	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 - POST WORKOUT

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

## WEEK 4 - REGENERATION 2

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	<b>Pillar Prep</b>						
	90/90 Stretch - Legs Crossed	-----	4 reps per leg	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	-----	
	<b>Movement Prep</b>						
	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	-----		
<b>ESD</b>							
Personal Choice Cardio - Level 1-2 (5-7/10)	-----	4 mins	-----	5	1 min		
<b>Regeneration</b>							
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	-----	4 reps per 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 4 - DAY 7**

**4-Workout Week**

**DAY OFF**