

WEEK 1 - WORKOUT 1

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	Pillar Bridge	-----	30 secs	-----	1	-----	
	Glute Bridge	-----	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 per leg	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							
Glute Bridge	-----	10 reps	2:1:2	2	-----		
Push ups	-----	10 reps	2:1:2	2	-----		
Squat w/ Mini Band	O-Ring Mini Band	10 reps	2:1:2	2	-----		
Y's Bent Over	Resistance Band	10 reps	2:1:2	2	1 min		
Circuit 2							
Lateral Squat - Low Alternating	-----	10 reps per leg	2:1:2	2	-----		
Overhead Press 1/2 Kneeling	Resistance Band, Sandbag or Dumbbell	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							
Walk	-----	5-10 mins	-----	1	-----		
90/90 Stretch w/ Arm Sweep	-----	4 per side	3:1:3	2	-----		
Bent Knee Hamstring Stretch	-----	4 per leg	3:1:3	2	-----		
Leg Cradle - Supine	-----	20 secs	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 per leg	3:1:3	2	-----		

NUTRITION TIP - COME BACK TO EARTH

Choose the least processed items from each food group such as fruits, veggies, whole grains, and high fiber carbohydrates.

WEEK 1 - WORKOUT 2

4-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
Pillar Prep					
Pillar Bridge w/ Arm Lift	-----	30 secs	2:1:2	1	-----
Glute Bridge w/ Knee Extension	-----	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 each direction	2:1:2	1	-----
Reverse Lunge Elbow to Instep	-----	6 reps per side	-----	1	-----
Lateral Lunge	-----	6 reps per leg	2:1:2	1	-----
Reverse Lunge w/ Reach	-----	6 reps per leg	2:1:2	1	-----
Inverted Hamstring	-----	6 reps per leg	3:1:3	1	-----
Circuit 1					
Squat to Overhead Press	Resistance Band, Sandbag, or Dumbbell	10 reps	2:1:2	2	-----
T's Bent Over	Resistance Band	10 reps	2:1:2	2	-----
Dynamic Lateral Pillar Bridge	-----	10 reps each side	3:1:3	2	-----
Crunches	-----	10 reps	3:1:3	2	1 min
Circuit 2					
Glute Bridge - 2 Up 1 Down	-----	10 reps per leg	2:1:2	2	-----
Push ups	-----	10 reps	2:1:2	2	-----
Split Squat	-----	10 reps per leg	2:1:2	2	-----
Bent Over Row	Resistance Band, Sandbag, Dumbbell, or Barbell	10 reps	2:1:2	2	1 min
ESD					
Equipment Based Cardio - Level 1 (5/10)	-----	2:00	-----	3	30 secs
Regeneration					
Walk	-----	5-10 mins	-----	1	-----
90/90 Stretch - w/ Arm Sweep	-----	4 per side	3:1:3	2	-----
Bent Knee Hamstring Stretch	-----	4 per leg	3:1:3	2	-----
Leg Cradle - Supine	-----	20 secs	-----	2	-----
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 per leg	3:1:3	2	-----

NUTRITION TIP - EAT A RAINBOW OFTEN

Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.

WEEK 1 - 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	-----	30 secs	-----	1	-----	
	W's Bent Over	-----	8 reps	2:1:2	1	-----	
	Movement Prep						
	Knee Hug - In Place	-----	4 per leg	-----	1	-----	
	Drop Lunge - Alternating	-----	4 per leg	3:1:3	1	-----	
	Reverse Lunge, Elbow to Instep, w/ Rotation	-----	4 per side	-----	1	-----	
Mini Band - Lateral Walk (Straight Knees)	-----	8 per leg	-----	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 per side	3:1:3	2	-----		
Bent Knee Hamstring Stretch	-----	4 per leg	3:1:3	2	-----		
Leg Cradle - Supine	-----	20 secs	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 per leg	3:1:3	2	-----		
Triceps Stretch	-----	20 secs per arm	-----	2	-----		

NUTRITION TIP - THE LESS LEGS THE BETTER

Include a lean protein source with each meal.

WEEK 1 - WORKOUT 3

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	Pillar Bridge	-----	30 secs	-----	1	-----	
	Glute Bridge	-----	30 secs	-----	1	-----	
	Y's Bent Over	-----	6 reps	2:1:2	1	-----	
	90/90 Stretch	-----	6 reps	2:1:2	1	-----	
	Movement Prep						
	Mini Band - External Rotation	O-Ring Mini Band	6 reps per leg	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 - Low Alternating	-----	10 reps	2:1:2	2	-----		
Overhead Press 1/2 Kneeling	Resistance Band	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		
Circuit 2							
Glute Bridge - 2 Up 1 Down	-----	10 reps	2:1:2	2	-----		
Push ups	-----	10 reps	2:1:2	2	-----		
Split Squat	-----	10 reps	2:1:2	2	-----		
Bent Over Row	Resistance Band, Sandbag, or Barbell	10 reps	2:1:2	2	1 min		
ESD							
Linear Accelerations - 30 yards Moderate/ 10 yards Max	5 Cones	40 yards	30 secs	4	1 min		
Regeneration							
Walk	-----	5-10 mins	-----	-----	-----		
90/90 Stretch w/ Arm Sweep	-----	4 per side	3:1:3	2	-----		
Bent Knee Hamstring Stretch	-----	4 per leg	3:1:3	2	-----		
Leg Cradle - Supine	-----	20 secs	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 per leg	3:1:3	2	-----		

NUTRITION TIP - EAT HEALTHY FATS

Include healthy fats in your diet like olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed, and flaxseed oil.

WEEK 1 - WORKOUT 4

4-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	Pillar Bridge w/ Arm Reach	-----	30 secs	2:1:2	1	-----	
	Glute Bridge - Knee Extension	-----	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 per side	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							
Glute Bridge 2- Up 1 Down	-----	10 reps	2:1:2	2	-----		
Push ups	-----	10 reps	2:1:2	2	-----		
Split Squat	-----	10 reps	2:1:2	2	-----		
Bent Over Row	Resistance Band,, Sandbag or Dumbbells	10 reps	2:1:2	2	1 min		
Circuit 2							
Squat to Overhead Press	Resistance Band,, Sandbag or Dumbbells	10 reps	2:1:2	2	-----		
T's Bent Over	Resistance Band	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		
ESD							
Equipment Based Cardio - Level 1 (5/10)	-----	2 mins	-----	3	1 min		
Regeneration							
Walk	-----	5-10 mins	-----	1	-----		
90/90 Stretch w/ Arm Sweep	-----	4 per side	3:1:3	2	-----		
Bent Knee Hamstring Stretch	-----	4 per leg	3:1:3	2	-----		
Leg Cradle - Supine	-----	20 secs	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 per leg	3:1:3	2	-----		

NUTRITION TIP - EAT BREAKFAST EVERYDAY

When you eat within 30 minutes of waking up, you jump-start your metabolism. This gives you more energy to get your day going.

WEEK 1 - 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	-----	30 secs	-----	1	-----	
	W's Bent Over	-----	8 reps	2:1:2	1	-----	
	Movement Prep						
	Knee Hug - In Place	-----	4 per leg	-----	1	-----	
	Drop Lunge - Alternating	-----	4 per leg	3:1:3	1	-----	
	Reverse Lunge, Elbow to Instep w/ Rotation	-----	4 per side	-----	1	-----	
Mini Band - Lateral Walk (Straight Knees)	O-Ring Mini Band	8 per leg	-----	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 per side	3:1:3	2	-----		
Bent Knee Hamstring Stretch	-----	4 per leg	3:1:3	2	-----		
Leg Cradle - Supine	-----	20 secs	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 per leg	3:1:3	2	-----		
Triceps Stretch	-----	20 secs per arm	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 per leg	3:1:3	2	-----		
Triceps Stretch	-----	20 secs	-----	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 1 - DAY 7

4-Workout Week

DAY OFF