

WEEK 2 - WORKOUT 1

4-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 - 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 - WORKOUT 2

4-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 - 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 - 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 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 - 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 - WORKOUT 3

4-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							
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 - 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 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							
Deadlift	Dumbbell or Barbell	10 reps	2:1:2	2	----		
Alternating Bench Press	Dumbbell or Barbell	10 reps	2:1:2	2	----		
Split Squat Rear Foot Elevated	Resistance Band, Sandbag, or Dumbbell	10 reps	2:1:2	2	----		
Bent Over Row - 1-Leg	Resistance Band, Sandbag, or Dumbbell	10 reps	2:1:2	2	1 min		
Circuit 2							
Squat to Overhead Press	Sandbag or Dumbbell	10 reps	2:1:2	2	----		
Lunge w/ Curl	Sandbag or Dumbbell	10 reps	2:1:2	2	----		
Lateral Pillar Bridge - Dynamic	----	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							
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 - THE 80/20 RULE

Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time!

WEEK 2 - 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 per direction	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 - HEALTHY SNACKS

Eating healthy usually requires developing new dietary habits, but that doesn't have to happen overnight. Small changes over time can make a big difference. You might begin with snacking on fruits and vegetables.

WEEK 2 - DAY 7

4-Workout Week

DAY OFF