







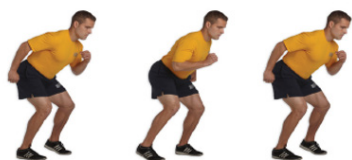


# Workout 3

Pillar Prep				Movement Prep			
1	1	SETS	90/90 Stretch	1	1	SETS	Mini Band - External Rotation
	6 per side	REPS			8 per leg	REPS	
	3:1:3	TEMPO			---	TEMPO	
	---	REST			---	REST	
	---	EQUIP			Mini Band	EQUIP	
							
2	1	SETS	Glute Bridge with Leg Lock	2	1	SETS	Inverted Hamstring
	6 per leg	REPS			6 per leg	REPS	
	2:1:2	TEMPO			3:1:3	TEMPO	
	---	REST			---	REST	
	---	EQUIP			---	EQUIP	
							
3	1	SETS	Pillar Bridge Rolling	3	1	SETS	Lateral Squat - Alternating
	4 per side	REPS			6 per leg	REPS	
	2:1:2	TEMPO			2:1:2	TEMPO	
	---	REST			---	REST	
	---	EQUIP			---	EQUIP	
							
4	1	SETS	Y's Bent Over	4	1	SETS	Reverse Lunge Elbow to Instep with Rotation
	8	REPS			4 per side	REPS	
	2:1:2	TEMPO			---	TEMPO	
	---	REST			---	REST	
	---	EQUIP			---	EQUIP	
							
<div>SB = Sandbag</div> <div>DB = Dumbbell</div> <div>BB = Barbell</div> <div>KB = Kettlebell</div> <div>MB = Medicine Ball</div>				5	2	SETS	2-Inch Runs
					3-5 sec	TIME	
					---	TEMPO	
					---	REST	
					---	EQUIP	
							

# Workout 3

Pillar Prep	Movement Prep
<p><b>1</b>      90/90 Stretch</p> <ul style="list-style-type: none"> <li>• Place a rolled towel (optional) between your knees</li> <li>• Keep arms straight at a 90° angle to your torso</li> <li>• Keep hips still while rotating chest and arm back</li> <li>• Exhale and hold for 2 seconds, return to starting position and repeat</li> <li>• Complete reps and repeat on opposite side</li> </ul>	<p><b>1</b>      Mini Band - External Rotation</p> <ul style="list-style-type: none"> <li>• Stand in quarter-squat position with feet at hip width and band just above knees</li> <li>• Let one knee drop inward and return to starting position</li> <li>• Complete reps and repeat on opposite side</li> </ul>
<p><b>2</b>      Glute Bridge with Leg Lock</p> <ul style="list-style-type: none"> <li>• Lie face up with knees bent and heels on the ground</li> <li>• Grab one knee with both hands and pull it toward your chest</li> <li>• Lift your hips toward the sky</li> <li>• Hold for 1-2 seconds and lower your hips back down</li> <li>• Complete the set on one leg before repeating on other leg</li> </ul>	<p><b>2</b>      Inverted Hamstring</p> <ul style="list-style-type: none"> <li>• Keep a straight line from ear to ankle, hinge at waist and elevate your leg behind you</li> <li>• When you feel a stretch, return to the standing position by contracting glute and hamstring</li> <li>• Keep stance leg slightly unlocked, back flat, and shoulders and hips parallel to ground</li> <li>• Complete reps and repeat on opposite side</li> </ul>
<p><b>3</b>      Pillar Bridge Rolling</p> <ul style="list-style-type: none"> <li>• Lie face down with your forearms on the deck under your chest</li> <li>• Push up off your elbows, supporting your weight on the forearms</li> <li>• Tuck your chin so that your head is in line with your body</li> <li>• Pull your toes toward your shins and hold for 1-2 seconds</li> <li>• With your torso engaged and back flat, roll into a lateral pillar bridge and hold for 1-2 seconds</li> <li>• Return to the start position and repeat on the opposite side; that's one repetition</li> </ul>	<p><b>3</b>      Lateral Squat - Alternating</p> <ul style="list-style-type: none"> <li>• Stand with feet wider than shoulder-width apart; shift hips to the side and down</li> <li>• Push through your hip to return to start position</li> <li>• Keep your opposite leg straight, back flat and your chest up</li> <li>• Alternate sides each rep</li> </ul>
<p><b>4</b>      Y's Bent Over</p> <ul style="list-style-type: none"> <li>• Hinge at waist, with back flat and chest up</li> <li>• Glide shoulder blades back and down, and raise your arms over your head to form a Y</li> <li>• Initiate movement with shoulder blades, not arms, and keep thumbs up throughout</li> <li>• Lower arms back to start and repeat for reps</li> </ul>	<p><b>4</b>      Reverse Lunge Elbow to Instep with Rotation</p> <ul style="list-style-type: none"> <li>• Contract your back glute at the bottom of the lunge</li> <li>• Rotate your torso toward the direction of your forward leg</li> <li>• Keep chest up and don't let your back knee touch the ground</li> <li>• Alternate sides each rep</li> </ul>
	<p><b>5</b>      2-Inch Runs</p> <ul style="list-style-type: none"> <li>• Start in athletic stance with knees bent, hips back, and arms bent</li> <li>• Run in place, moving your feet 2 inches off the ground as quickly as possible</li> <li>• Allow your arms to move slowly and rhythmically</li> <li>• Continue for the prescribed time</li> </ul>

# Workout 3

Circuit 1 - 3 Sets			Circuit 2 - 2 Sets		
1		Deadlift	1		Push-Up – Alternating
10	REPS		10 per side	REPS	
2:1:2	TEMPO		2:1:2	TEMPO	
---	REST		---	REST	
DB/KB/ SB/BB	EQUIP		MB/SB	EQUIP	
2		Hand Walk	2		1-Leg Glute Bridge
12	REPS		10 per leg	REPS	
---	TEMPO		3:1:3	TEMPO	
---	REST		---	REST	
---	EQUIP		---	EQUIP	
3		Overhead Press – High Split Alternating	3		Split Squat – Rear Foot Elevated
10 per arm	REPS		10 per leg	REPS	
2:1:2	TEMPO		3:1:3	TEMPO	
---	REST		---	REST	
DB/KB	EQUIP		KB/DB/SB	EQUIP	
4		Pillar Bridge to 1-Arm Row on Bench	4		Lateral Pillar Bridge Dynamic
10 per arm	REPS		10 per side	REPS	
2:1:2	TEMPO		2:0:2	TEMPO	
---	REST		---	REST	
DB/KB	EQUIP		---	EQUIP	
Rest 1 minute			Rest 1 minute		

# Workout 3

Circuit 1	Circuit 2
<p><b>1</b>                      Deadlift</p> <ul style="list-style-type: none"> <li>• Bend hips and knees to grab a barbell on the ground in front of you</li> <li>• Keep the bar close to your legs and shoulder blades back and down</li> <li>• Stand up, pulling the bar up along your thighs</li> <li>• Lower the bar to the floor</li> <li>• Repeat for prescribed reps</li> </ul>	<p><b>1</b>                      Push-Up - Alternating</p> <ul style="list-style-type: none"> <li>• Start in a push-up position with both hands on a sandbag running parallel to your body</li> <li>• Push off the sandbag laterally and lower torso toward ground</li> <li>• Push back up and laterally to return both hands to the sandbag</li> <li>• Repeat in opposite direction and continue alternating to complete the set</li> </ul>
<p><b>2</b>                      Hand Walk</p> <ul style="list-style-type: none"> <li>• Stand with your legs straight and hands on the ground in front of you</li> <li>• Keeping legs straight and stomach tight throughout movement, walk your hands forward</li> <li>• Walk your feet back up to your hands to complete 1 rep</li> </ul>	<p><b>2</b>                      1-Leg Glute Bridge</p> <ul style="list-style-type: none"> <li>• Lying on your back, with knees bent and toes pulled up toward shins, lift one knee to your chest</li> <li>• Lift your hips off the ground until your knee, hips and shoulders are in a straight line – hold for 2 seconds</li> <li>• Keep back flat and torso engaged throughout the movement</li> <li>• Complete reps and repeat on opposite side</li> </ul>
<p><b>3</b>                      Overhead Press - High Split Alternating</p> <ul style="list-style-type: none"> <li>• Stand tall holding a pair of dumbbells straight above your shoulders, palms facing forward</li> <li>• Lower one weight to your shoulder and press it back up</li> <li>• Repeat with opposite arm</li> </ul>	<p><b>3</b>                      Split Squat - Rear Foot Elevated</p> <ul style="list-style-type: none"> <li>• Place your rear foot up onto a box or bench behind you</li> <li>• Drop hips toward ground by bending your front knee without letting your back knee touch the ground</li> <li>• Return to starting position by pushing up with your front hip</li> <li>• Complete reps on one leg, then switch legs and repeat</li> </ul>
<p><b>4</b>                      Pillar Bridge to 1-Arm Row on Bench</p> <ul style="list-style-type: none"> <li>• Start facedown supporting your weight with your feet and one forearm on the end of a bench, holding a dumbbell in opposite hand with arm extended</li> <li>• Maintain a straight line from ankles to head</li> <li>• Pull the dumbbell to your ribcage and then lower it back down</li> <li>• Complete the set on one side and repeat on the other</li> </ul>	<p><b>4</b>                      Lateral Pillar Bridge Dynamic</p> <ul style="list-style-type: none"> <li>• Lie on your side with your forearm on the ground under your shoulder and feet stacked together</li> <li>• Push your hips off the ground, creating a straight line from ear to ankle; hold for 1-2 seconds and return to starting position</li> <li>• Repeat for reps and repeat on opposite side</li> </ul>

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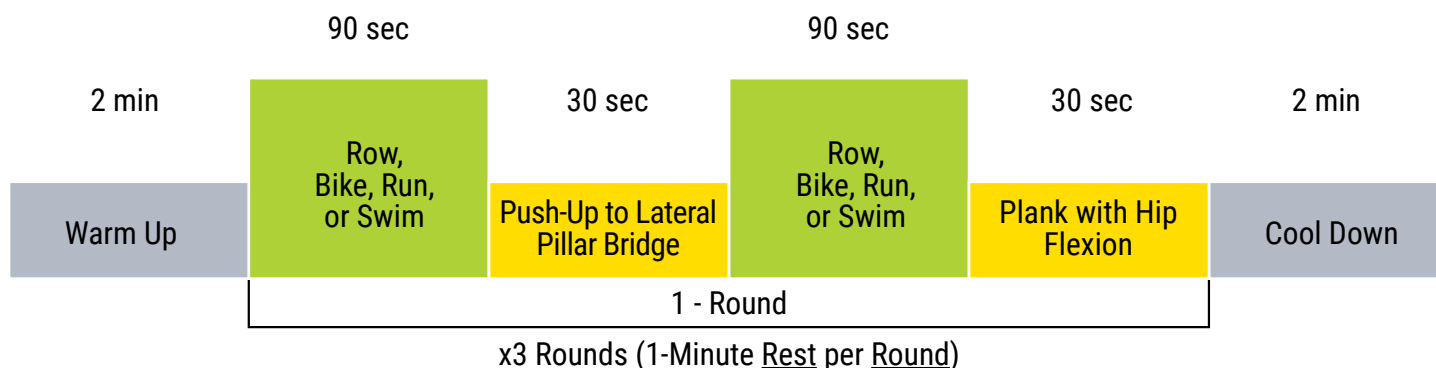
Perform each movement for the time prescribed and then immediately transition into the next movement for the duration of "work." Use the RPE or target heart rate to ensure proper intensity.

## RPE LEVELS

	Target	Description
<b>MAX</b>	10/10	Maximum effort. Give it all you got!
<b>HARD</b>	9/10	Extremely strenuous and difficult to maintain.
<b>MODERATE</b>	7/10	Rapid breathing. Can't talk now!
<b>EASY</b>	5/10	Moving with purpose but still able to talk comfortably.

## HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____



## Exercises



### Push-Up to Lateral Pillar Bridge

- Start in a push-up position
- Bend elbows and lower torso toward the ground
- As you push back up, lift one arm to the ceiling as you rotate torso in same direction
- Rotate back to starting position and repeat in opposite direction



### Plank with Hip Flexion

- Start in a push-up position with feet shoulder-width apart
- Keeping torso stable, draw one knee toward chest and tap foot on the ground
- Hold for 1-2 seconds and return to the starting position

[illegible]