










# Workout 4

Pillar Prep			Movement Prep		
1	1	SETS	90/90 Stretch		
4 per side		REPS			
3:1:3		TEMPO			
---		REST			
---		EQUIP			
1	1	SETS	Mini Band - Lateral Walk (Bent Knees)		
8 per direction		REPS			
---		TEMPO			
---		REST			
---		EQUIP			
2	1	SETS	Glute Bridge		
8		REPS			
2:1:2		TEMPO			
---		REST			
---		EQUIP			
2	1	SETS	Lateral Lunge - Alternating		
6 per leg		REPS			
2:1:2		TEMPO			
---		REST			
---		EQUIP			
3	1	SETS	Pillar Bridge with Arm Lift		
4 per arm		REPS			
2:1:2		TEMPO			
---		REST			
---		EQUIP			
3	1	SETS	Reverse Lunge with Rotation		
4 per leg		REPS			
3:1:3		TEMPO			
---		REST			
---		EQUIP			
4	1	SETS	T's Bent Over		
8		REPS			
2:1:2		TEMPO			
---		REST			
---		EQUIP			
4	1	SETS	Hand Walk		
6		REPS			
---		TEMPO			
---		REST			
---		EQUIP			
<b>SB</b> = Sandbag <b>DB</b> = Dumbbell <b>BB</b> = Barbell <b>KB</b> = Kettlebell <b>MB</b> = Medicine Ball			5	2	SETS
			3-5 sec		TIME
			---		TEMPO
			---		REST
			---		EQUIP
			Base Pogo		
					

# Workout 4

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 - Lateral Walk (Bent Knees)</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>• Take small side steps; lead elbows drive back with each step</li> <li>• Push with back leg and don't reach with front leg; keep mild tension on band at all times</li> </ul>
<p><b>2</b>      Glute Bridge</p> <ul style="list-style-type: none"> <li>• With feet shoulder-width apart, lift hips to create a line from knees, hips and shoulders</li> <li>• Keep back flat and torso engaged throughout the movement</li> <li>• Keep toes pulled up to your shins</li> <li>• Complete reps</li> </ul>	<p><b>2</b>      Lateral Lunge - Alternating</p> <ul style="list-style-type: none"> <li>• Stand with good posture with your hands at your sides and feet shoulder-width apart</li> <li>• Step to the right with your right foot, keeping your toes forward and your feet flat</li> <li>• Squat through your right hip while keeping your left leg straight</li> <li>• Squat as low as possible, holding this position for 2 seconds</li> <li>• Push back to the starting position and repeat for the prescribed number of repetitions, then repeat with the left leg</li> </ul>
<p><b>3</b>      Pillar Bridge with Arm Lift</p> <ul style="list-style-type: none"> <li>• Start in a push-up position with feet shoulder-width apart</li> <li>• Lift one arm up and away from your body, holding for 1-2 seconds</li> <li>• Return your arm to the floor underneath your shoulder and repeat with your opposite arm</li> <li>• Continue alternating to complete the set</li> </ul>	<p><b>3</b>      Reverse Lunge with Rotation</p> <ul style="list-style-type: none"> <li>• Stand with good posture with your hands at your sides and feet shoulder-width apart</li> <li>• With your feet together, step back with your right leg into a lunge, maintaining your weight primarily on the arch of your front foot</li> <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>4</b>      T'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 to your side to form a T</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>      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>5</b>      Base Pogo</p> <ul style="list-style-type: none"> <li>• Start in athletic stance with knees bent, hips back, and arms bent</li> <li>• Jump rapidly up and down, about 2 inches on each jump</li> <li>• Land on the balls of your feet and repeat without pausing</li> <li>• Continue for the remainder of the set</li> </ul>

# Workout 4

Circuit 1 - 3 Sets			Circuit 2 - 2 Sets		
1		Back Squat	1		1-Leg Push-Up
10	REPS		10 per leg	REPS	
2:1:2	TEMPO		2:1:2	TEMPO	
---	REST		---	REST	
DB/KB/ SB/BB	EQUIP		---	EQUIP	
2		Pillar Bridge with Arm Lift	2		Glute Bridge
10 per arm	REPS		10	REPS	
2:1:2	TEMPO		3:1:3	TEMPO	
---	REST		---	REST	
---	EQUIP		---	EQUIP	
3		1-Leg Romanian Deadlift	3		Reverse Lunge to Lateral Lunge - Alternating
10 per leg	REPS		8 per side	REPS	
3:1:3	TEMPO		2:1:2	TEMPO	
---	REST		---	REST	
DB/KB/SB	EQUIP		DB/KB/SB	EQUIP	
4		Bent-Over Row	4		Lateral Pillar Bridge
10	REPS		35 sec	TIME	
2:1:2	TEMPO		---	TEMPO	
---	REST		---	REST	
DB/KB/ SB/BB	EQUIP		---	EQUIP	
Rest 1 minute			Rest 1 minute		

# Workout 4

Circuit 1	Circuit 2
<p><b>1</b>      <b>Back Squat</b></p> <ul style="list-style-type: none"> <li>• Stand with a sandbag or barbell across the back of your shoulders</li> <li>• Squat back and down until your thighs are close to parallel to the floor</li> <li>• Push through your hips to return to a standing position</li> <li>• Keep your chest up and back flat throughout the movement</li> </ul>	<p><b>1</b>      <b>1-Leg Push-Up</b></p> <ul style="list-style-type: none"> <li>• Assume a push-up position with hands and feet on the deck</li> <li>• Keeping your torso engaged and hips square to the deck, slowly lift one foot 2-3 inches off the deck while keeping your leg straight</li> <li>• When you are halfway through the reps, switch legs and complete the set</li> </ul>
<p><b>2</b>      <b>Pillar Bridge with Arm Lift</b></p> <ul style="list-style-type: none"> <li>• Start in a push-up position with feet shoulder-width apart</li> <li>• Lift one arm up and away from your body, holding for 1-2 seconds</li> <li>• Return your arm to the floor underneath your shoulder and repeat with your opposite arm</li> <li>• Continue alternating to complete the set</li> </ul>	<p><b>2</b>      <b>Glute Bridge</b></p> <ul style="list-style-type: none"> <li>• With feet shoulder-width apart, lift hips to create a line from knees, hips and shoulders</li> <li>• Keep back flat and torso engaged throughout the movement</li> <li>• Keep toes pulled up to your shins</li> <li>• Complete reps</li> </ul>
<p><b>3</b>      <b>1-Leg Romanian Deadlift</b></p> <ul style="list-style-type: none"> <li>• Keep straight line from ear to ankle, hinge at waist and elevate your leg behind you</li> <li>• Return to the standing position by contracting your hamstrings and glutes</li> <li>• Keep back flat, shoulder blades back and down during movement, and keep the weight close to your shin</li> <li>• Complete reps and repeat on opposite side</li> </ul>	<p><b>3</b>      <b>Reverse Lunge to Lateral Lunge - Alternating</b></p> <ul style="list-style-type: none"> <li>• Stand tall while holding dumbbells on your shoulders</li> <li>• Step back into a lunge and then push through front leg to stand</li> <li>• Step to the side and squat down with same leg, keeping the other leg straight</li> <li>• Stand up and repeat the pattern with opposite leg</li> </ul>
<p><b>4</b>      <b>Bent-Over Row</b></p> <ul style="list-style-type: none"> <li>• Stand, hinged over at the waist, with weight in each hand</li> <li>• Slide your shoulder blades toward your spine and then lift the weight to your body by driving your elbow to the ceiling</li> <li>• Return to the starting position and repeat for the prescribed number of repetitions</li> </ul>	<p><b>4</b>      <b>Lateral Pillar Bridge</b></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>• Keep body in a straight line from your ear to your ankle</li> <li>• Complete for time and repeat on opposite side</li> </ul>

# Workout 4

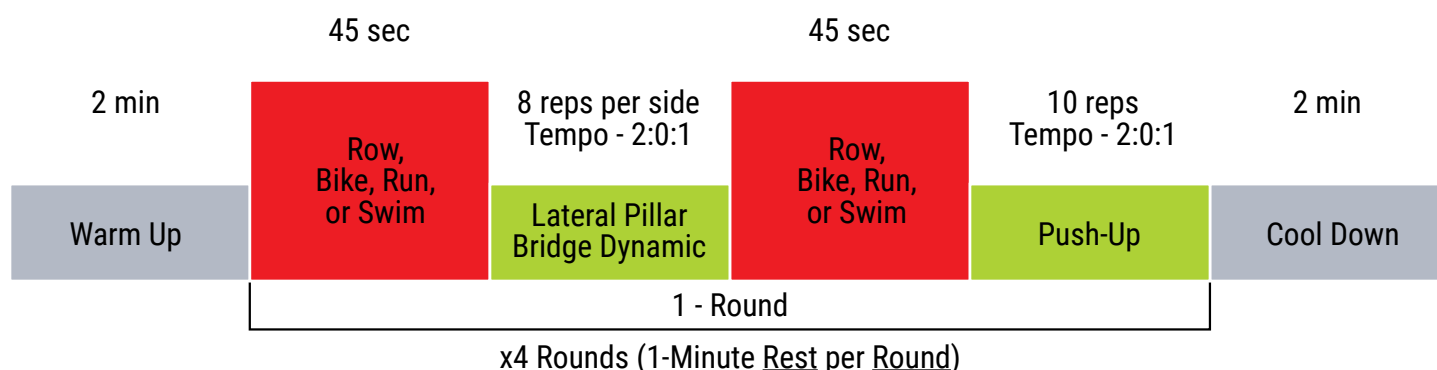
Perform each movement for the time prescribed and then immediately transition into the next movement for the duration of "work." Use the RPE or target heart rate to ensure proper intensity.

## 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



### Lateral Pillar Bridge Dynamic

- Lie on your side with your forearm on the ground under your shoulder and feet stacked together
- Push your hips off the ground, creating a straight line from ear to ankle; hold for 1-2 seconds and return to starting position
- Repeat for reps and repeat on opposite side



### Push-Up

- Assume a push-up position with your hands and feet on the deck
- Lower your body toward the deck, then reverse the movement without touching the deck
- Keep your body in a straight line

[illegible]