

## WEEK 3 - WORKOUT 1

4-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
<b>Pillar Prep</b>					
90/90 Stretch	----	4 reps	3:1:3	1	----
Glute Bridge	----	8 reps	2:1:2	1	----
Pillar Bridge w/ Arm Lift	----	4 reps each arm	2:1:2	1	----
T's Bent Over	----	8 reps	2:1:2	1	----
<b>Movement Prep</b>					
Inverted Hamstring	----	4 reps per leg	3:1:3	1	----
Lateral Squat - Alternating	----	4 reps 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 leg	----	1	----
2 Inch Runs	----	5 secs	----	1	----
<b>Primary Block</b>					
Deadlift	Dumbbell or Barbell	12 reps	3:1:3	2	1 min
Squat - 1 Arm	Dumbbell	12 reps	3:1:3	2	1 min
<b>Secondary Block</b>					
Reverse Lunge - Alternating	----	12 reps each leg	2:1:2	2	1 min
Romanian Deadlift - 1 Arm, 1 Leg	Resistance Band	12 reps each leg	2:1:2	2	1 min
<b>Auxiliary Block</b>					
Lateral Squat - Low Alternating	----	8 reps each leg	2:1:2	3	1 min
Lateral Pillar Bridge	----	40 secs each side	----	3	1 min
Glute Bridge w/ Knee Extension	----	12 reps each leg	3:1:3	3	1 min
<b>ESD</b>					
Linear Accelerations - 30 yards Moderate/ 10 yards Max	5 Cones	40 yards	:30/Set	3	1 min
Linear Accelerations - 20 yards Moderate/ 20 yards Max	5 Cones	40 yards	:30/Set	3	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 - PROTEIN = BUILDING BLOCKS FOR OUR BODIES

Protein builds muscle and maintains the immune system. Protein needs increase with activity. Intake ranges from 0.5g (recreational exerciser) to 0.8g (building muscle mass) of protein per pound of body weight. You will never need more than 1g per pound for health or muscle mass gains. The palm of your hand equals about 30-40g of protein.

## WEEK 3 - 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 leg	2:1:2	1	-----
Y's Bent Over	-----	1 x 8	2:1:2	1	-----
<b>Movement Prep</b>					
Leg Cradle - In Place	-----	4 reps per leg	-----	1	-----
Handwalk	-----	4 reps	-----	1	-----
Reverse Lunge - w/ Rotation	-----	4 reps per leg	3:1:3	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>					
Bent Over Row - 1 Arm	Sandbag or Dumbbell	12 reps	2:1:2	2	1 min
Bench Press	Dumbbell	12 reps	2:1:2	2	1 min
<b>Secondary Block</b>					
Pull-up	-----	4 reps	2:1:2	3	1 min
Overhead Press - High Split Alternating Dumbbell	Dumbbell	10 reps	2:1:2	3	1 min
<b>Auxiliary Block</b>					
Squat to Overhead Press - Bands/Dumbbell	Band or Dumbbell	12 reps	2:1:2	3	1 min
Straight Leg Lowering - Alternating	-----	15 reps each leg	2:1:2	3	1 min
Pillar Bridge to 1-Arm Row	Dumbbell	8 reps	2:1:2	3	1 min
Pillar Bridge - Rolling	-----	6 reps each side	3:1:3	3	1 min
<b>ESD</b>					
Equipment Based Cardio - Level 1 (5/10)	-----	2 mins	-----	2	30 secs
Equipment Based Cardio - Level 2 (7/10)	-----	1 min	-----	2	30 secs
<b>Regeneration</b>					
Triceps Stretch	-----	20 secs per arm	-----	2	-----
Lat Stretch	-----	20 secs per arm	-----	2	-----
Chest Stretch	-----	20 secs	-----	2	-----
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----

**NUTRITION TIP - CARBOHYDRATE = FUEL FOR THE BRAIN & MUSCLES**

Main sources are breads, cereals, grains, beans, fruits, and vegetables. The best choices will have more than 3g of fiber per serving

## WEEK 3 - 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	-----	31 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	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----		
Triceps Stretch	-----	20 secs	-----	2	-----		

### NUTRITION TIP - HEALTHY FATS = ENERGY DENSITY

Healthy Fats provide energy, help to regulate blood sugar, improve cholesterol, and keep you feeling full. Omega-3 fatty acids improve cognition, decrease inflammation, and enhance heart health. They are considered essential because your body cannot make them, you must get them through food. Omega-3's are found in fatty fish like salmon, trout, and tuna, as well as flaxseed, walnuts, and omega-3 fortified foods.

## WEEK 3 - 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	2:1:2	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 leg	3:1:3	1	-----	
	Lateral Squat - Alternating	-----	4 reps 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>							
Drop Squat	-----	8 reps	-----	2	1 min		
Squat Jump - Counter Movement to Stabilize	-----	8 reps	-----	2	1 min		
<b>Circuit</b>							
Deadlift	Dumbbell or Barbell	8 reps	3:1:3	-----	30 secs		
Reverse Crunch	-----	8 reps	2:1:2	-----	30 secs		
Reverse Lunge - Alternating	Dumbbell	8 reps per leg	3:1:3	-----	30 secs		
Lateral Pillar Bridge - Dynamic	-----	8 reps per side	2:1:2	-----	30 secs		
Deep Squat to Hamstring Stretch	-----	8 reps	3:1:3	-----	30 secs		
<b>ESD</b>							
Equipment Based Cardio - Level 2 (7/10)	-----	20 secs	-----	3	1 min		
Equipment Based Cardio - Level 3 (9/10)	-----	15 secs	-----	3	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	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per side	3:1:3	2	-----		

### NUTRITION TIP - FRUITS AND VEGETABLES

Fruits and vegetables are a great source of high fiber carbohydrates. Fruits and vegetables provide our body with a combination of vitamins that cannot be replicated in a supplement. Different colors serve different roles in the body, so aim for at least 3 colors at every meal.

## WEEK 3 - 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	-----	
Handwalk	-----	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 arm	2:1:2	3	10 secs		
Bent Over Row - 1 Arm, 1 Leg	Dumbbell	8 reps per arm	2:1:2	3	10 secs		
Rotational Crunch - Bicycle	-----	8 reps per side	-----	3	10 secs		
Lateral Squat - Dumbbell Alternating	Dumbbell	8 reps	3:1:3	3	10 secs		
Curl to Overhead Press - 1/2 Kneeling Dumbbell	Dumbbell	8 reps	3:1:3	3	10 secs		
Bent Over Fly - Dumbbell	Dumbbell	8 reps	2:1:2	3	10 secs		
Pillar Bridge - w/ Leg Lift	-----	8 reps per leg	2:1:2	3	10 secs		
Glute Bridge - w/ Leg Lock	-----	8 reps per leg	2:1:2	3	1 min		
<b>ESD</b>							
Drop Lunge	-----	8 reps per leg	2:1:2	4	5 secs		
Plank - Running	-----	15 secs	1:0:1	4	5 secs		
Reverse Lunge Alternating	-----	8 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	-----	8 reps per leg	-----	4	5 secs		
<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 - SET THE TONE! "BREAK" – THE – "FAST"

Breakfast increases metabolism, fuels the brain, and increases energy levels. Don't substitute coffee, soda and energy drinks for food or lack of sleep. Skipping breakfast leads to eating more calories through the day and later at night. Don't play catch up!

## WEEK 3 - 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 side	3:1:3	1	-----	
	Glute Bridge Hold	-----	30 secs	-----	1	-----	
	Pillar Bridge	-----	30 secs	-----	1	-----	
	W's Bent Over	-----	8 reps	2:2	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	-----	4	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 - GIVE THE BODY STEADY FUEL

Eating smaller meals, more often will help to provide stable energy throughout the day. Fuel up with the 3 macronutrients (carbs, protein, fat) every 3 hours. Skipping meals will not lead to weight loss. It will lead to lower energy and decreased physical and mental performance.

**WEEK 3 - DAY 7**

**4-Workout Week**

**DAY OFF**