

WEEK 4 - WORKOUT 1

3-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	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	-----	
	Movement Prep						
	Inverted Hamstring	-----	4 reps per side	3:1:3	1	-----	
	Lateral Squat - Alternating	-----	4 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	-----		
Primary Block							
Squat - 1 Arm	Dumbbell	10 reps per leg	3:1:3	4	1.5 mins		
Deadlift	Dumbbell or Barbell	12 reps	3:1:3	2	1.5 mins		
Secondary Block							
Split Squat - Rear Foot Elevated	Dumbbell	12 reps per leg	2:1:2	2	1 min		
Romanian Deadlift - 1 Leg	Dumbbell	12 reps	3:1:3	2	1 min		
Auxiliary Block							
Lateral Squat - Low Alternating	Dumbbell	10 reps per leg	2:1:2	3	1 min		
Lateral Pillar Bridge (HOLD)	-----	45 secs per side	-----	3	30 secs		
Glute Bridge - 1 Leg	-----	15 reps per leg	3:1:3	3	1 min		
ESD							
Linear Accelerations - 20 yards Moderate/ 20 yards Max	5 cones	40 yards	-----	6	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	-----	20 secs per leg	-----	2	-----		
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per leg	3:1:3	2	-----		

NUTRITION TIP - PRE WORKOUT

Do not go into your workout on an empty stomach. Top off your fuel tank with a small balanced snack containing carbohydrate, fluid, and a small amount of protein 1 – 2 hours before your workout. Going into a workout properly fueled will improve performance and jump start recovery.

WEEK 4 - WORKOUT 2

3-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
Pillar Prep					
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	-----
Movement Prep					
Leg Cradle - In Place	-----	4 reps per leg	-----	1	-----
Reverse Lunge - w/ Rotation	-----	4 reps each leg	3:1:3	1	-----
Handwalk	-----	4 reps	-----	1	-----
Mini Band - Lateral Walk (Bent Knees)	O-Ring Mini Band	8 reps each direction	-----	1	-----
Base Pogo	-----	5 secs	-----	1	-----
Primary Block					
Bench Press	Dumbbell	10 reps	2:1:2	4	1.5 mins
Bent Over Row	Dumbbell	10 reps	2:1:2	4	1 min
Secondary Block					
Overhead Press - High Split Alternating	Dumbbell	10 reps each arm	2:1:2	4	1 min
Pull-ups	-----	4 reps	2:1:2	4	1 min
Auxiliary Block					
Push Press	Resistance Bands or Dumbbell	15 reps	2:1:2	3	1 min
Pillar Bridge to 1-Arm Row	Dumbbell	10 reps	2:1:2	3	1 min
Straight Leg Lowering - Alternating	-----	18 reps each leg	2:1:2	3	1 min
Pillar Bridge - Rolling	-----	7 reps each side	3:1:3	3	1 min
ESD					
Equipment Based Cardio - Level 2 (7/10)	-----	1.5 mins	-----	4	1 min
Regeneration					
Triceps Stretch	-----	20 secs each arm	-----	2	-----
Bent Knee Hamstring Stretch	-----	4 reps each leg	3:1:3	2	-----
Knee Hug - Supine	-----	20 secs each leg	-----	2	-----
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps each leg	3:1:3	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 but lower energy and decreased physical and mental performance.

WEEK 4 - REGENERATION 1

3-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 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 (5/10)	-----	30 mins	N/A	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	-----	20 secs 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 - ENERGY BALANCE

Both quality and quantity of food consumed is important to maximize your performance and achieve your body composition goals. Energy balance is represented by your energy in (what you eat and drink) and energy out (what you burn through daily living and physical activity). Daily balance is important, but you should not scrutinize your daily intake. Changes in body composition will be a result of consistent changes over time; therefore, aim for balance over the course of each week.

WEEK 4 - WORKOUT 3

3-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
Pillar Prep					
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	-----
Movement Prep					
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	-----
Hand Walk	-----	4 reps	-----	1	-----
Mini Band - Lateral Walk (Bent Knees)	O-Ring Mini Band	8 reps per direction	-----	1	-----
Base Pogo	-----	5 secs	-----	1	-----
Circuit					
Push Up to Lateral Plank - Alternating	-----	8 reps per side	2:1:2	4	10 secs
Bent Over Row - 1 Arm, 1 Leg	Dumbbell	8 reps per arm	2:1:2	4	10 secs
Rotational Crunch - Bicycle	-----	8 reps per side	-----	4	10 secs
Lateral Squat - Alternating	Dumbbell	8 reps per leg	3:1:3	4	10 secs
Curl to Overhead Press - 1/2 Kneeling	Dumbbell	8 reps	3:1:3	4	10 secs
Bent Over Fly	Dumbbell	8 reps	2:1:2	4	10 secs
Pillar Bridge - w/ Leg Lift	-----	8 reps per leg	2:1:2	4	10 secs
Glute Bridge - w/ Leg Lock	-----	8 reps per leg	2:1:2	4	1 min
ESD					
Drop Lunge	-----	10 reps per leg	2:1:2	4	5 secs
Plank - Running	-----	10 reps per leg	1:0:1	4	5 secs
Reverse Lunge Alternating	-----	10 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	-----	10 reps per leg	-----	4	1 min
Regeneration					
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 4 - REGENERATION 2

3-Workout Week	Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest	
	Pillar Prep						
	90/90 Stretch - Legs Crossed	-----	4 reps per leg	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 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	-----	5	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	-----	4 reps per arm	-----	2	-----		

NUTRITION TIP - DAILY HYDRATION NEEDS

Water should be your main source of hydration. Limit drinking soda, energy drinks, and fruit drinks. These beverages provide excess calories with little nutritional value. Limit sweetened teas and coffee drinks with added sugar and cream. Choose sports drinks before, during, and after intense exercise.

WEEK 4 - DAY 6

3-Workout Week

DAY OFF

WEEK 4 - DAY 7

3-Workout Week

DAY OFF