### TRAIN. PROTECT. PROVIDE.



## // 2-WEEK SAMPLE

I USED TO TRAIN TO BE THE FITTEST ON EARTH. NOW, MY SOLE FOCUS IS TO TRAIN, PROTECT, AND PROVIDE, FOR MYSELF, MY FAMILY, AND MY COMMUNITY – ALL WHILE NEVER GETTING TO ZERO IN THESE AREAS.

Jazon

# **TRAIN HARD**





#### WEEK 1 // SAMPLE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FUNCTIONAL STRENGTH RPE 7	FUNCTIONAL STRENGTH RPE 7	FUNCTIONAL STRENGTH RPE 8	REST DAY OR
4 SETS	4 SETS 8 Tempo Front Squat (30X0)	4 SETS 8-10 Incline Barbell Tempo Bench (30X0)	ACTIVE RECOVERY
8-10 DB Tempo Bench Press (30X0) Rest 1:30-		-Rest 1:30-	GOAL: Give your body what it needs
8-10 Tempo Chin-Up (30X0)	-Rest 2:30 b/t Sets-	8-10/8-10 Single Arm Supported DB Tempo Row (30X0)	full rest or active recovery. Active Recovery should be low intensity
-Rest 1:30 b/t Sets-	(Score is Weight)	-Rest 1:30 b/t Sets-	movement for 10-30min. This is not a workout!
(Score is Weight on DBs)	GOAL: This should be a Moderate-Heavy Squat session, focusing on good mechanics and impeccable tempo. Rep 8 should be just as slow as rep 1. We	(Score is Weight of Bench)	
GOAL: This should be a TOUGH upper body push/pull combo, but leave some room to get heavier in weeks to come. The rest intervals and 3-second tempo are non-negotiables here. We want quality time under tension for maximum gains. Use a band on the chin-ups if you need it to hit at least eight reps with the appropriate tempo.	will build on this weight over the next four weeks.  BODYBUILDING 3.5FTS	GOAL: This should be a TOUGH upper body push/pull combo, with room to get heavier in weeks to come: If you don't have access to an adjustable bench, stack a few plates under a flat bench for a slight incline. We are looking for a 15-30 degree incline tops. The rest intervals and 3-second tempo are non-neotiables. We want quality time under tension for	
reps war the appropriate tempo.	12-15 Heels Elevated Back Squat* (Moderate)	maximum gains.	
BODYBUILDING RPE 9	-Rest :10- 12 Reps Dumbbell Alternating Walking Lunge (Heavy)		
1.) 3 SETS 10 Bar Dips	-Rest :10- 25 Reps Jumping Squat	BODYBUILDING RPE 8 1.) 4 SETS	
-Rest :10- 15 DB Overhead Tricep Extensions (Light)	-Rest 3:00 b/t Sets-	10-12 Banded Wide-Grip Pull-Up OR Cable Lat Pulldown (Mod-Heavy) -Rest :10-	
Rest :10- 20 Banded OR Cable Tricep Extensions	*Sub for Leg Press if available.	15 DB Pullover OR Straight-Arm Lat Pulldown (Mod-Heavy)	
		-Rest 1:00 b/t Sets-	
-Rest 1:30 b/t Sets-	(No Measure)	(No Measure)	
(No Measure) 2) 3 SETS 12-15 DB (or Cable Chest) Fly (Mod) -Rest :10-	COAL: Take 1-2 warm-up sets to find the appropriate loading here and set your space up so you can move from one movement to the other in the allotted rest period. The jumping squats will give you a pump that will test the stitching on your shorts. Enjoy!	2.) 3 SETS 8 Barbel Curls (Heavy) -Rest:10- 12 Incline DB Hammer Curls (Mod-Heavy) -Rest:10-	
12-15 DB Floor Press (Heavy)	EXTRA CREDIT	16 Single DB Curls* (Mod)	
-Rest 1:00 b/t Sts-	EVERY 2:30 FOR 4 SETS 15-20 Weighted Sit-Ups OR Cable Crunches	-Rest 1:30 b/t Sets-	
(No Measure)	8-12 Hanging Knee Raises	*Hold the DB like a chalice with both hands cupped over head of single DB. (No Measure)	
GOAL: Take 1-2 warm-up sets to find the appropriate loading here and set your space up so you can move from one movement to the other in the allotted rest period. Get ready to order some bigger shirts. Enjoy.	-No Additional Rest b/t Sets- (No Measure)	<b>GOAL</b> . Take 1-2 warm-up sets to find the appropriate loading here. Set your space up so you can move between movements in the allotted rest period.	
		EXTRA CREDIT 4 SETS FOR OUALITY	
FOR QUALITY Long aerobic session todayat least 30min. That can be a long walk or		4 SETS FOR QUALITY 800m Run	
time on a machine. Nasal breathing only. Don't lose the engine while you work on the chassis.		-Rest 1:30 b/t Sets-	
(No Measure)		(Score is Slowest Time)	
		GOAL: Start at a conversational pace and build to a moderate pace while	
		focusing on breathing and staying relaxed. Don't lose the engine while you work on the chassis.	
FRIDAY	SATURDAY		DOWN
			-
FUNCTIONAL STRENGTH ASETS	FUNCTIONAL STRENGTH RPE 8	REST DAY OR ACTIVE RECOVERY	TIONAL
FUNCTIONAL STRENGTH ASETS 8-12 Barbell Tempo RDL (30X0) -Rest 1:00-	FUNCTIONAL STRENGTH SETS 55ETS 15-12-9-12-15 Barbell Strict Press	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs -	TIONAL NGTH +
FUNCTIONAL STRENGTH ASETS RPE 7 4 SETS 4 25 STO RDL (30X0)	FUNCTIONAL STRENGTH 5 SETS 15-12-9-12-15 Barbell Strict Press Tempo Ring Row (20X0)	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs -	TIONAL
FUNCTIONAL STRENGTH ASETS 8-12 Barbell Tempo RDL (30X0) -Rest 1:00-	FUNCTIONAL STRENGTH SETS 55ETS 15-12-9-12-15 Barbell Strict Press	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs -	TIONAL NGTH +
FUNCTIONAL STRENGTH 4 SETS 8-12 Barbel Tempo RDL (30X0) -Rest 1:00- 10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)	FUNCTIONAL STRENGTH 5 SETS 15-12-9-12-15 Barbell Strict Press Tempo Ring Row (20X0)	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a	TIONAL NGTH + BUILDING
FUNCTIONAL STRENGTH         RPE 7           4 SETS         8           8 12 Barbell Tempo RDL (30X0)	FUNCTIONAL STRENGTH       RPE 0         5 SETS       15-12-9-12-15         Barbell Strict Press       Tempo Ring Row (20X0)         -Rest :30 b/t Each Full Set-       (Score is Weight)         GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press to the second sets of 12 and 15, swap to a Push	REST DAY OR ACTIVE RECOVERY Goal: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL NGTH + BUILDING 90min 5X / WEEK
FUNCTIONAL STRENGTH       RPE 7         4 SETS       8:12 Barbell Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BODYBUILDING       RPE 0	FUNCTIONAL STRENGTH         PPE 0           SETS         15-12-9-12-15           Barbell Strict Press         Tempo Ring Row (20X0)           -Rest: 30 b/t Each Full Set-         (Score is Weight)           GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL NGTH + BUILDING 90min 5X / WEEK
FUNCTIONAL STRENGTH       RPE 7         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BOOYBUILDING       IPE 0         1.) 4 SETS       8-12/6-12 DB Bulgarian Split Squat (Mod-Heavy)	FUNCTIONAL STRENGTH           SETS           15-12-9-12-15           Barbell Strict Press           Tempo Ring Row (20X0)           -Rest: 30 b/t Each Full Set-           (Score is Weight)           GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to stay unbroken. Fight for the tempo on the ring rows, even on the bigger sets.	REST DAY OR ACTIVE RECOVERY Goal: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL NGTH + BUILDING 90min 5X / WEEK
FUNCTIONAL STRENGTH     RPE 7       4 SETS     8-12 Barbell Tempo RDL (30X0)       -Rest 1:00     10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)       -Rest 1:00 b/t Sets-     (Score is Weight on RDL)       GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.       BODYBUILDING     IPE 0       1.) 4 SETS	FUNCTIONAL STRENGTH         PPE 0           SETS         15-12-9-12-15           Barbell Strict Press         Tempo Ring Row (2000)           -Rest:30 b/t Each Full Set-         (Score is Weight)           GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to saty unbroken. Fight for the tempo on the ring rows, even on the bigger sets.           BODYBUILDING         1) EMOM x 25 MINUTES	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL NGTH + BUILDING 90min 5X / WEEK
FUNCTIONAL STRENGTH       RPE 7         4 SETS       812 Barbell Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets:       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BODYBULDING       RPE 0         1) 4 SETS       8-12/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00       8-12/8-12 DB Split Stance RDL (Mod-Heavy)         -Rest 1:00       8-12/8-12 DB Split Stance RDL (Mod-Heavy)	FUNCTIONAL STRENGTH       IFPE 0         5 SETS       5ETS         1512-912-15       Barbell Strict Press         Tempo Ring Row (2000)       -Rest: 30 b/t Each Full Set-         (Score is Weight)       GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to stay unbroken. Fight for the tempo on the ring rows, even on the bigger sets.         BODYBUILDING       IPE 0         1). EMOM x 25 MINUTES       IPE 0	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what in teeds- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL NGTH + BUILDING 90min 5X / WEEK
FUNCTIONAL STRENGTH       APE 7         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GoarL Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BODYBUILDING       IPE 0         1.) 4 SETS       8-12/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00-       8-12/8-12 DB Split Stance RDL (Mod-Heavy)         -Rest 1:00 b/t Sets-	FUNCTIONAL STRENGTH     RPE 0       S SETS     1512-2-12-15       Barbell Strict Press     Tempo Ring Row (20X0)       -Rest: 30 b/t Each Full Set-     (Score is Weight)       GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to stay unbroken. Fight for the tempo on the ring rows, even on the bigger sets.       BODM: 25 MINUTES     NIN 1 - 45 Max Push-ups       MIN 2 - 45 Max Reps Bent Over DB Row (Light)     MIN 2 - 45 Max Reps Bent Over DB Row (Light)	REST DAY OR COAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL NGTH + BUILDING 90min 5X / WEEK
FUNCTIONAL STRENGTH       RPE 7         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BOYBUILDING       RPE 0         1.) 4 SETS       8-12/8-12 DB Suligarian Split Squat (Mod-Heavy)         -Rest 1:00       8-12/8-12 DB Split Stance RDL (Mod-Heavy)         -Rest 1:00 b/t Sets-       (No Measure)	FUNCTIONAL STRENGTH         PPE 0           SETS         1512-9-12-15           Barbell Strict Press         Tempo Rimg Row (2000)           -Rest:30 b/t Each Full Set-         (Score is Weight)           Goal: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to say unbroken. Fight for the tempo on the ring rows, even on the bigger sets.           BODYBUILDING         IPPE 0           1, DMOM x 25 MINUTES         MIN 1 - :45 Max Reps Bent Over DB Row (Light)	REST DAY OR ACTIVE RECOVERY Goal: Give your body what it needs- full rest or active recovery.Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL NGTH + BUILDING 90min 5X / WEEK
FUNCTIONAL STRENGTH       RPE 7         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BODYBULDING       RPE 0         1.) 4 SETS       8-12/8-12 DB Sulgarian Split Squat (Mod-Heavy)         -Rest 1:00 b/t Sets-       (Nod-Heavy)         -16:20 Alternating DB Goblet Curtsy Squats (Heavy)       10-20 Alternating DB Goblet Curtsy Squats (Heavy)	FUNCTIONAL STRENGTH         PPE 0           5 SETS         15:12-9:12:15           Barbell Strict Press         Tempor Rimg Row (2020)           -Rest:30 b/t Each Full Set-         (Score is Weight)           GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to saty unbroken. Fight for the tempo on the ring rows, even on the bigger sets.           BODYBUILDING         PPE 0           1) EMOM x 25 MINUTES         MIN 1 - :45 Max Push-ups           MIN 2 - :45 Max Reps Bent Over DB Row (Light)         MIN 3 - :45 Max Reps Bent Over DB Row (Light)           MIN 3 - :45 Max Reps Bent Over DB Row (Light)         MIN 3 - :45 Max Reps Bent Over DB Row (Light)	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIONAL NGTH + BUILDING 90min 5X / WEEK ) TH F S SU week 
FUNCTIONAL STRENGTH       RPE 7         4 SETS       8-12 Bardhell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BOOYENELDING       RPE 0         1) 4 SetTs       8-12/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00 b/t Sets-       (No Measure)         2) EVERY 3:00 FOR 5 SETS       16-20 Alternating DB Goblet Curtsy Squats (Heavy)         30 Alt. Jumping Lunges       Part 100	PUNCTIONAL STRENGTH       PPE 0         5 SETS       1512-9-12-15         Barbell Strict Press       Tempo Rimg Row (2000)         -Rest :30 b/t Each Full Set-       (Score is Weight)         Cocha.L Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to saty unbroken. Fight for the tempo on the ring rows, even on the bigger sets.         BODYBUILDING       IPPE 0         NIN 1 - 45 Max Reps Bent Over DB Row (Light)       MIN 3 - 45 Max Reps Single DB Hammer Curls (Light)         MIN 5 - Rest       Press to A Max Push Single DB Hammer Curls (Light)	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIONAL SOMIN SOMIN SX / WEEK TH F S S SU TH F S S S S S S S S S S S S S S S S S S
FUNCTIONAL STRENGTH       PPE 7         4 SETS       8:12 Barbeil Tempo RDL (30X0)         -Rest 1:00-       10:12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOALs Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BODY       Image: State of the mass of the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BOPSULDING       Image: State of the mass of the tempo for the hamstring curl. We will build on this weight over the next four weeks.         B12/8-12 DB Bulgarian Split Squat (Mod-Heavy)       Rest 1:00-         -Rest 1:00 b/t Sets-       (No Measure)         2) EVERY 3:00 FOR 5 SETS       1:00 Alternating DB Goblet Curtsy Squats (Heavy) 30 Alt. Jumping Lunges         -No Additional Rest b/t Sets-       -No Additional Rest b/t Sets-	PUNCTIONAL STRENGTH SETS STS STS STS ST-29-12-15 Barbell Strict Press Tempo Ring Row (20X0) -Rest: 30 b/t Each Full Set- (Score is Weight) GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to stay unbroken. Fight for the tempo on the ring rows, even on the bigger sets.  POPYBUILDING 1.) EMOM x 25 MINUTES MIN 1 - 45 Max Reps Bent Over DB Row (Light) MIN 3 - 45 Max Reps Bent Over DB Row (Light) MIN 3 - 45 Max Reps Single DB Hammer Curls (Light) MIN 5 - Rest (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2- 2.) EMOM x 12 MINUTES	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL BUILDING 90min 5X / WEEK ) TH F S S SU COMMENT 15/25
FUNCTIONAL STRENGTH       PPE 7         4 SETS       8:12 Barbeil Tempo RDL (30X0)         -Rest 1:00       10:12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL GO Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BODYBULDING       PPE 0         1.) 4 SETS       8:12/8:12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00 b/t Sets-       (Nod-Heavy)         -Rest 1:00 b/t Sets-       (No Measure)         2.) EVERY 3:00 FOR 5 SETS       16:20 Alternating DB Goblet Curtsy Squats (Heavy) 30 Alt. Jumping Lunges         -No Additional Rest b/t Sets-       (No Measure)	PUNCTIONAL STRENGTH 5 SET 5 ST 15:12-9:12-15 Barbell Strict Press Tempor Rimg Row (20X0) -Rest: 30 b/t Each Full Set- (Score is Weight) GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to stay unbroken. Fight for the tempo on the ring rows, even on the bigger sets. POPYBUILDING 1). EMOM x 25 MINUTES MIN 2 - 45 Max Reps Bent Over DB Row (Light) MIN 3 - 45 Max Reps Single DB Hammer Curls (Light) MIN 4 - 45 Max Reps Single DB Hammer Curls (Light) MIN 5 - Rest (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2-	REST DAY OR COAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout! Total EST. TIME COAL: BUDDEN COAL: COA	TIONAL BUILDING 90min 5X / WEEK ) TH F S S SU COMMENT 15/25
FUNCTIONAL STRENGTH       PPE 7         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL GO Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         PDE 01       1.1 4 SETS         8-12/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00-       8-12/8-12 DB Split Stance RDL (Mod-Heavy)         -Rest 1:00 b/t Sets-         (No Measure)         2.) EVERY 3:00 FOR 5 SETS         16-20 Alternating DB Goblet Curtsy Squats (Heavy)         30 Alt. Jumping Lunges         -No Additional Rest b/t Sets-         (No Measure)         GOAL Take 1:2 warm-up sets to find the appropriate loading here. You	PUNCTIONAL STRENGTH SETS SETS 15-12-9-12-15 Barbell Strict Press Tempo Ring Row (2000) -Rest: 30 b/t Each Full Set- (Score is Weight) GOAL: Goal Here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to stay unbroken. Fight for the tempo on the ring rows, even on the bigger sets. PDOPBUILDING 1) EMOM x 25 MINUTES MIN 1 - :45 Max Reps Sent Over DB Row (Light) MIN 3 - :45 Max Reps Single DB Hammer Curls (Light) MIN 4 - :45 Max Reps Single DB Hammer Curls (Light) MIN 5 - Rest (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2- 2). EMOM x 12 MINUTES MIN 1 - Max Cal Bike	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL SUBJUE SUBJUE SUBJUE SUBJUE SUBJUE SUBJUE SUBJUE SUBJUE SUBJUE SUBJUE SUBJUE SUBJUE SUBJUE SU
FUNCTIONAL STRENGTH       PPE 7         4 SETS       8:12 Barbeil Tempo RDL (30X0)         -Rest 1:00       10:12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL GO Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BODYBULDING       PPE 0         1.) 4 SETS       8:12/8:12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00 b/t Sets-       (Nod-Heavy)         -Rest 1:00 b/t Sets-       (No Measure)         2.) EVERY 3:00 FOR 5 SETS       16:20 Alternating DB Goblet Curtsy Squats (Heavy) 30 Alt. Jumping Lunges         -No Additional Rest b/t Sets-       (No Measure)	PUNCTIONAL STRENGTH SETS SETS 1512-9-12-15 Barbell Strict Press Tempo Rimg Row (20X0) -Rest: 30 b/t Each Full Set- (score is Weight) GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to stay unbroken. Fight for the tempo on the ring rows, even on the bigger sets. POPUBLICINC NIN 1 -:45 Max Paps Bent Over DB Row (Light) MIN 3 -:45 Max Paps Bent Over DB Row (Light) MIN 3 -:45 Max Paps Bent Over DB Row (Light) MIN 4 -:45 Max Paps Bent Over DB Row (Light) MIN 5 - Rest (No Messure) -Rest an Additional 2:00 b/t Part 1 & Part 2- 2) EMOM x 12 MINUTES MIN 1 -: Max Cal Bike MIN 2 -: 12:15 DB Lateral Raises (Light-Mod) (No Messure)	REST DAY OR COLL: Give your body what it needs- full est or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIONAL BUILDING 90min 5X / WEEK 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
PLANCE DESCRIPTIONAL STRENGTH A SETS A 12 Bardball Tempo RDL (30X0) Rest 1:00 10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0) Rest 1:00 b/t Sets- (Score is Weight on RDL) GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.  SOC STRENG DATE OF DATE DATE OF	PUNCTIONAL STRENGTH         SETS         1512-2-12-15         Barbell Strict Press         Tempo Rimg Row (20X0)         -Rest:30 b/t Each Full Set-         (Score is Weight)         Of All: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to say unbroken. Fight for the tempo on the ring rows, even on the bigger sets.         BODYBUILDING       IPEE 0         1, IMOM x 25 MINUTES       MIN 1 -:45 Max Push-ups         MIN 2 -:45 Max Reps Bern Over DB Row (Light)       MIN 3 -:45 Max Reps Bern Over DB Row (Light)         MIN 3 -:45 Max Reps Bern Over DB Row (Light)       MIN 3 -:45 Max Reps Bern Over DB Row (Light)         MIN 3 -:45 Max Reps Bern Over DB Row (Light)       MIN 3 -:45 Max Reps Bern Over DB Row (Light)         MIN 3 -:45 Max Reps Bern Over DB Row (Light)       MIN 3 -:45 Max Reps Bern Over DB Row (Light)         MIN 3 -:45 Max Reps Bern Over DB Row (Light)       MIN 4 -:45 Max Reps Bern Over DB Row (Light)         MIN 5 - Rest       (No Measure)         -Rest an Additional 2:00 b/t Part 1 & Part 2-       2.) EMOM x 12 MINUTES         MIN 1 -: Max Cal Bike       MIN 2 -: 12:15 DB Lateral Raises (Light-Mod)         (No Measure)       .         Ordall: The goala here is to breathe heavy and get a solid pump. Have	REST DAY OR RECOVER PACTORY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout! Total est. Time COMPORERAMMED M M M M M M M M M M M M M	TIONAL SUBJECTIONAL BUILDING OMIN 5X / WEEK THEN THEN THEN THEN THEN THEN THEN THEN
FUNCTIONAL STRENGTH       RPE 7         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BODYBUILDING       RPE 0         1.) 4 SETS       8-12/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00 b/t Sets-       (No Measure)         2.) EVERY 3:00 FOR 5 SETS       16-20 Alternating DB Goblet Curtsy Squats (Heavy)         -No Additional Rest b/t Sets-       (No Measure)         -No Additional Rest b/t Sets-       (No Measure)         CML: Take 1-2 warm-up sets to find the appropriate loading here. You can't have impressive glutes without impressive hammies, and vice versa. Enjoy!         EXTERA CREDIT       EXTERA CREDIT         EXTERA CREDIT       EXTERA CREDIT	PUNCTIONAL STRENGTH SETS SETS STS STS St12-9-12-15 Barbell Strict Press Tempo Rimg Row (2000) Rest :30 b/t Each Full Set- (Score is Weight) GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to stay unbroken. Fight for the tempo on the ring rows, even on the bigger sets.  PODYBUILDING 1) EMOM x 25 MINUTES MIN 2 - 45 Max Reps Bent Over DB Row (Light) MIN 3 - 45 Max Reps Single DB Hammer Curls (Light) MIN 4 - 45 Max Reps Single DB Hammer Curls (Light) MIN 5 - Rest (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2- 2) EMOM x 12 MINUTES MIN 1 - Max Ca Bike MIN 1 - Max Ca Bike MIN 1 - Max Ca Bike MIN 2 - 12-15 DB Lateral Raises (Light-Mod) (No Measure) GOAL: The goal here is to breathe heavy and get a solid pump. Have fun	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL STICLES BUILDING 90min 5X / WEEK ) TH F S S US F C S USPER 815/25 70/50 or heavier than your suggested moderate 315/25 70/50 or heavier than your suggested moderate (50/35 Suggested) 2010 or lighter than your suggested moderate (50/35 Suggested)
FUNCTIONAL STRENGTH       RPE 7         4 SETS       8:12 Barbell Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BODYBULDING       IPE 0         1.) 4 SETS       8-12/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00 b/t Sets-       (No Measure)         2.) EVERY 3:00 FOR 5 SETS       16-20 Alternating DB Goblet Curtsy Squats (Heavy) 30 AL: Jumping Lunges         -No Additional Rest b/t Sets-       (No Measure)         QOAL: Take 1-2 warm-up sets to find the appropriate loading here. You can the impressive glutes without impressive hammies, and vice versa. Enjoy!	PUNCTIONAL STRENGTH         SETS         1512-2-12-15         Barbell Strict Press         Tempo Rimg Row (20X0)         -Rest:30 b/t Each Full Set-         (Score is Weight)         Of All: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to say unbroken. Fight for the tempo on the ring rows, even on the bigger sets.         BODYBUILDING       IPEE 0         1, IMOM x 25 MINUTES       MIN 1 -:45 Max Push-ups         MIN 2 -:45 Max Reps Bern Over DB Row (Light)       MIN 3 -:45 Max Reps Bern Over DB Row (Light)         MIN 3 -:45 Max Reps Bern Over DB Row (Light)       MIN 3 -:45 Max Reps Bern Over DB Row (Light)         MIN 3 -:45 Max Reps Bern Over DB Row (Light)       MIN 3 -:45 Max Reps Bern Over DB Row (Light)         MIN 3 -:45 Max Reps Bern Over DB Row (Light)       MIN 3 -:45 Max Reps Bern Over DB Row (Light)         MIN 3 -:45 Max Reps Bern Over DB Row (Light)       MIN 4 -:45 Max Reps Bern Over DB Row (Light)         MIN 5 - Rest       (No Measure)         -Rest an Additional 2:00 b/t Part 1 & Part 2-       2.) EMOM x 12 MINUTES         MIN 1 -: Max Cal Bike       MIN 2 -: 12:15 DB Lateral Raises (Light-Mod)         (No Measure)       .         Ordall: The goala here is to breathe heavy and get a solid pump. Have	REST DAY OR RECOVER PECOVERY GOAL: Give your body what it needs- full est or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout! Total EST. TIME GOAL MO MO MO MO MO MO MO MO MO MO	TIONAL STICAL STORAL ST
PINCTIONAL STRENGTH       PPE 7         4 SETS       812 Barbeil Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         Goals Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D12 Tempo Hamstring Curl on Boy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D14 SETS       PPE 0         1) 4 SETS       P12/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00 b/t Sets-       PPE 0         1) 4 SETS       9-12/8-12 DB Split Stance RDL (Mod-Heavy)         -Rest 1:00 b/t Sets-       (No Measure)         2) EVERY 3:00 FOR 5 SETS       16-20 Alternating DB Gobiet Curtsy Squats (Heavy)         30 AL. Jumping Lunges       -No Additional Rest b/t Sets-         No Maditional Rest b/t Sets-       (No Measure)         Goals Take 1-2 warm-up sets to find the appropriate loading here. You can't have impressive glutes without impressive hammiles, and vice versa: Enjoy         DET CHECHENET       PET CHECHENET         May 200 FOR 4 SETS       15-20 Weighted Sit-ups 0R Cable Crunches         15-20 Beight Sit-ups 0R Cable Crunches       8-12 Barbeil 0R Ab Wheel Rollouts	PERCENTIONAL STRENGTH  SETS SETS SETS SETS SETS SETS SETS S	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIONAL STICLES BUILDING 90min 5X / WEEK ) TH F S S US F C S USPER 815/25 70/50 or heavier than your suggested moderate 315/25 70/50 or heavier than your suggested moderate (50/35 Suggested) 2010 or lighter than your suggested moderate (50/35 Suggested)
PINCTIONAL STRENGTH       PPE 7         4 SETS       812 Barbeil Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         Goda: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D12 Tempo Hamstring Curl on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D1 A SETS       812/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00       PPE 0         1.4 SETS       812/8-12 DB Split Stance RDL (Mod-Heavy)         -Rest 1:00 b/t Sets-       PPE 10         (No Measure)       2)         2) EVERY 3:00 FOR 5 SETS       15-20 Attenating DB Goblet Curtsy Squats (Heavy)         30 All. Jumping Lunges       -No Additional Rest b/t Sets-         (No Measure)       Contact Take 1-2 warm-up sets to find the appropriate loading here. You can have impressive glutes without impressive hammies, and vice versa.         FUEY 3:00 FOR 4 SETS       15-20 Weighted Sit-ups 0C Gable Crunches         12:0 Weighted Sit-ups 0R Cable Crunches       212 Barbeil 0R Ab Wheel Rollouts         -No Additional Rest b/t Sets-       No Additional Rest b/t Sets-	PUNCTIONAL STRENGTH SETS STS STS STS S1512-9-12-15 Barbell Strict Press Tempo Rimg Row (20X0) -Rest:30 b/t Each Full Set- (Score is Weight) GOAL: Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to say unbroken. Fight for the tempo on the ring rows, even on the bigger sets.  POPYBUILDING 1, DKOM x 25 MINUTES MIN 1 -:45 Max Pusp Bent Over DB Row (Light) MIN 3 -:45 Max Reps Bent Over DB Row (Light) MIN 3 -:45 Max Reps Bent Over DB Row (Light) MIN 3 -:45 Max Reps Bent Over DB Row (Light) MIN 4 -:45 Max Reps Bent Over DB Row (Light) MIN 5 - Rest (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2: 2, DEMOM x 12 MINUTES MIN 1 -: Max Cal Bike MIN 2 -: 12:15 DB Lateral Raises (Light-Mod) (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2: 2, DEMOM x 12 MINUTES MIN 1 -: Max Cal Bike MIN 2 -: 12:15 DB Lateral Raises (Light-Mod) (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2: 2, DEMOM x 12 MINUTES MIN 1 -: Max Cal Bike MIN 2 -: 12:15 DB Lateral Raises (Light-Mod) (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2: 3, DEMOM x 12 MINUTES MIN 1 -: Max Cal Bike MIN 2 -: 12:15 DB Lateral Raises (Light-Mod) (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2: 3, DEMOM x 12 MINUTES MIN 1 -: Max Cal Bike MIN 2 -: 12:15 DB Lateral Raises (Light-Mod) (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2: 3, DEMOM x 12 MINUTES MIN 1 -: Max Cal Bike MIN 2 -: 12:15 DB Lateral Raises (Light-Mod) (No Measure) -Rest an Additional 2:00 b/t Part 1 & Part 2: 3, DEMOM x 12 MINUTES MIN 1 -: Max Cal Bike MIN 2 -: 12:15 DB Lateral Raises (Light-Mod) (No Measure) -Rest an Additional Raise (Light-Mod) (No Measure) -Rest an Additional Raise (Light-Mod) -Rest and control on the dumbbell lateral raises.	REST DAY OR RECOVER PACTORY Rocovery should be low intensity movement for 10-30min. This is not a workout!	TIONAL STICLES BUILDING 90min 5X / WEEK ) TH F S SU F S / WEEK ) TH F S SU S / WEEK ) TH F S SU S / WEEK ) TH F S SU S / WEEK ) TO or lighter than your suggested moderate (50/35 Suggested) 2010 or lighter than your suggested moderate (50/35 Suggested)
FUNCTIONAL STRENGTH       RPE 7         4 SETS       8-12 Barbell Tempo RDL (30X0)         Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         Rest 1:00 b/t Sets       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         BOOPSULDING       RPE 0         1) 4 SETS       8-12/8-12 DB Bulgarian Split Squat (Mod-Heavy)         Rest 1:00       8-12/8-12 DB Sulf Stance RDL (Mod-Heavy)         Rest 1:00 b/t Sets-       (No Measure)         2) EVERY 3:00 FOR 5 SETS       16-20 Alternating DB Goblet Curtsy Squats (Heavy)         30 AL: Jumping Lunges       •No Additional Rest b/t Sets-         (No Measure)       Collet Take 1-2 warm-up sets to find the appropriate loading here. You can thave impressive glutes without impressive hammies, and vice versa. Enjoy!         EDTENT CREDET       EVERY 3:00 FOR 4 SETS         15-20 Weighted Sit ups 0R Cable Crunches       8-12 ware-10 war	PUNCTIONAL STRENGTH SETS STS STS STS STS STATUS SETS STATUS SETS STATUS SETS STATUS SETS STATUS SETS STATUS SETS STATUS	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIONAL STICLES BUILDING 90min 5X / WEEK ) TH F S SU F S / WEEK ) TH F S SU S / WEEK ) TH F S SU S / WEEK ) TH F S SU S / WEEK ) TO or lighter than your suggested moderate (50/35 Suggested) 2010 or lighter than your suggested moderate (50/35 Suggested)
PINCTIONAL STRENGTH       PPE 7         4 SETS       812 Barbeil Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         Goda: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D12 Tempo Hamstring Curl on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D1 A SETS       812/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00       PPE 0         1.4 SETS       812/8-12 DB Split Stance RDL (Mod-Heavy)         -Rest 1:00 b/t Sets-       PPE 10         (No Measure)       2)         2) EVERY 3:00 FOR 5 SETS       15-20 Attenating DB Goblet Curtsy Squats (Heavy)         30 All. Jumping Lunges       -No Additional Rest b/t Sets-         (No Measure)       Contact Take 1-2 warm-up sets to find the appropriate loading here. You can have impressive glutes without impressive hammies, and vice versa.         FUEY 3:00 FOR 4 SETS       15-20 Weighted Sit-ups 0C Gable Crunches         12:0 Weighted Sit-ups 0R Cable Crunches       212 Barbeil 0R Ab Wheel Rollouts         -No Additional Rest b/t Sets-       No Additional Rest b/t Sets-	PUNCTIONAL STRENGTH SETS STS STS STS STS STS STS STS STS ST	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIONAL STICLES BUILDING 90min 5X / WEEK ) TH BUILDING SX / WEEK ) TH SX / W
PINCTIONAL STRENGTH       PPE 7         4 SETS       812 Barbeil Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         Goda: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D12 Tempo Hamstring Curl on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D1 A SETS       812/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00       PPE 0         1.4 SETS       812/8-12 DB Split Stance RDL (Mod-Heavy)         -Rest 1:00 b/t Sets-       PPE 10         (No Measure)       2)         2) EVERY 3:00 FOR 5 SETS       15-20 Attemating DB Goblet Curtsy Squats (Heavy)         30 All. Jumping Lunges       -No Additional Rest b/t Sets-         (No Measure)       Contact Take 1-2 warm-up sets to find the appropriate loading here. You can have impressive glutes without impressive hammies, and vice versa.         FUEY 3:00 FOR 4 SETS       15-20 Weighted Sit-ups 0C Gable Crunches         12:0 Weighted Sit-ups 0R Cable Crunches       212 Barbeil 0R Ab Wheel Rollouts         -No Additional Rest b/t Sets-       No Additional Rest b/t Sets-	PUNCTIONAL STRENGTH SETS STS STS STS STS STATUS SETS STATUS SETS STATUS SETS STATUS SETS STATUS SETS STATUS SETS STATUS	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIONAL STICLES BUILDING OMIN 5X / WEEK ) TH TO TO TO TO TO TO TO TO TO TO TO TO TO
PINCTIONAL STRENGTH       PPE 7         4 SETS       812 Barbeil Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         Goda: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D12 Tempo Hamstring Curl on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.         D1 A SETS       812/8-12 DB Bulgarian Split Squat (Mod-Heavy)         -Rest 1:00       PPE 0         1.4 SETS       812/8-12 DB Split Stance RDL (Mod-Heavy)         -Rest 1:00 b/t Sets-       PPE 10         (No Measure)       2)         2) EVERY 3:00 FOR 5 SETS       15-20 Attemating DB Goblet Curtsy Squats (Heavy)         30 All. Jumping Lunges       -No Additional Rest b/t Sets-         (No Measure)       Contact Take 1-2 warm-up sets to find the appropriate loading here. You can have impressive glutes without impressive hammies, and vice versa.         FUEY 3:00 FOR 4 SETS       15-20 Weighted Sit-ups 0C Gable Crunches         12:0 Weighted Sit-ups 0R Cable Crunches       212 Barbeil 0R Ab Wheel Rollouts         -No Additional Rest b/t Sets-       No Additional Rest b/t Sets-	PUNCTIONAL STRENGTH SETS STS STS STS STS STS STS STS STS ST	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIONAL STICLES BUILDING 90min 5X / WEEK ) TH BUILDING SX / WEEK ) TH SX / W
FUNCTIONAL STRENGTH       RPE 7         4 SETS       8         9 12 Barbell Tempo RDL (30X0)	PUNCTIONAL STRENGTH SETS STS STS STS STS STS STS STS STS ST	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIONAL STICLES BUILDING OMIN 5X / WEEK ) TH TO TO TO TO TO TO TO TO TO TO TO TO TO



### WEEK 2 // SAMPLE

MONDAY	TUESDAY	WEDNESDAY	
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FUNCTIONAL STRENGTH RPE 8 4 SETS	FUNCTIONAL STRENGTH         RPE 8           4 SETS         5	FUNCTIONAL STRENGTH	REST DAY OR ACTIVE RECOVERY
8-10 DB Tempo Bench Press (30X0) Rest 1:15-	8 Tempo Front Squat (30X0)	8-10 Incline Barbell Tempo Bench (30X0) -Rest 1:15-	GOAL: Give your body what it needs -
8-10 Tempo Chin-Up (30X0)	-Rest 2:30 b/t Sets-	8-10/8-10 Single Arm Supported DB Tempo Row (30X0)	full rest or active recovery. Active Recovery should be low intensity
-Rest 1:15 b/t Sets- (Score is Weight on DBs)	(Score is Weight)	-Rest 1:15 b/t Sets- (Score is Weight of Bench)	movement for 10-30min. This is not a workout!
(Score is Weight on DBs) GOAL: This should be a TOUGH upper body push/pull combo, building off	GOAL: This should be a Moderate-Heavy Squat session, focusing on good mechanics and impeccable tempo. Rep 8 should be just as slow as rep 1. If you can, build on your weight from last week.	(Score is weight of Bench) GOAL: This should be a TOUGH upper body push/pull comb	e, building off
the weights and reps you hit last week. The rest intervals and 3-second tempo are non-negotiables here. We want quality time under tension for	y out, build on your neight norm lost week.	the weights and reps you hit last week. If you don't have a adjustable bench, stack a few plates under a flat bench for a	access to an
maximum gains. Use a band on the chin-ups if you need it to hit at least eight reps with the appropriate tempo.	BODYBUILDING RPE 8 1.) 2 SETS	We are looking for a 15-30 degree incline tops. The rest 3-second tempo are non-negotiables. We want quality time und	intervals and
	8/8 Back Rack Reverse Lunge -Rest 1:00-	maximum gains.	
BODYBUILDING RPE 8 1.) 3 SETS	20 Reps No-lockout Goblet Squats	BODYBUILDING	RPE 8
Max Reps Bar Dips into Max Bar Dip Hold (Hold at top) -Rest :30-	-Rest 1:00 b/t Sets-	1.) 4 SETS 8-10 DB Crossbody Hammer Curl (Moderate)	
12-15 DB OR Cable Chest Fly (Moderate) Rest :30-	2.) EMOM x 15 MINUTES MIN 1 - Max Double DB Step Ups (Moderate) MIN 2 - Max Abrush Strange	-Rest :10- MAX REPS Banded OR Cable Bicep Curl	
Max Reps Incline Push-ups	MIN 2 - Max Abmat Sit-ups MIN 3 - Single Unders	-Rest 1:00 b/t Sets-	
-Rest 1:30 b/t Sets-	(No Measure)	(No Measure)	
2) 4 SETS 15/15 Single Arm Tricep Extensions (Moderate) Rest :10-	GOAL: Take 1-2 warm-up sets to find the appropriate loading here and set your space up so you can move from one movement to the other in the	2.) 3 SETS 8/8 Single Arm Landmine Row (Heavy)	
15/15 Single Arm Banded OR Cable Push-down (Moderate)	space up so you can move from one movement to the other in the allotted rest period. Part 1 is only TWO sets because the lunges should be heavy, and the no-lockout goblet squats should burn!	8/8 Single Arm Landmine Row (Heavy) -Rest 1:00- Max Reps Ring Pull-up OR Neutral Grip Lat Pulldown (Aim for a	it least eight
-Rest 1:00 b/t Sets-		reps)	
(No Measure)	EXTRA CREDIT 4 SETS	-Rest 1:00 b/t Sets-	
GOAL: Take 1-2 warm-up sets to find the appropriate loading here and set your space up so you can move from one movement to the other in the	10-15 Foam Roller Reverse Crunch 15 DB Lateral Raises (Moderate)	(No Measure)	
allotted rest period. For the incline push-up, choose an incline that allows you to hit 10+ reps. This will give you a MAJOR PUMP. Enjoy.	-Rest as Needed b/t Sets-	GOAL: Take 1-2 warm-up sets to find the appropriate loading your space up so you can move from one movement to the	e other in the
	(No Measure)	allotted rest period. For the Ring Pull-ups, you should aim for reps. If not, substitute this for ring rows.	at least eight
EXTRA CREDIT 3 ROUNDS FOR QUALITY	GOAL: Snuck in some shoulder work because your delts can handle the		
3:00 Row 3:00 Bike	volume. Enjoy.	EXTRA CREDIT 8 SETS FOR QUALITY	
400m Run		400m Run	
(No Measure)		-Rest :30 b/t Sets-	
GOAL: Conversational pace here. Just some good steady-state cardio.		(Score is Slowest Time)	to page while
		<b>GOAL:</b> Start at a conversational pace and build to a modera focusing on breathing and staying relaxed.	
FRIDAY	SATURDAY	SUNDAY	BREAKDOWN
FUNCTIONAL STRENGTH RPE 8	FUNCTIONAL STRENGTH RPE 0	REST DAY OR	
FUNCTIONAL STRENGTH RPE 0 4 SETS 8-12 Barbell Tempo RDL (30X0)	FUNCTIONAL STRENGTH RPE B 5 SETS 8 Tempo Barbell Z-Press (30X0)	REST DAY OR ACTIVE RECOVERY	INCTIONAL
FUNCTIONAL STRENGTH RPE 3	FUNCTIONAL STRENGTH RPE 8 5 SETS	REST DAY OR ACTIVE RECOVERY COAL: Give your body what it needs -	INCTIONAL RENGTH +
FUNCTIONAL STRENGTH RPE 6 4 SETS 8-12 Barbell Tempo RDL (30X0) Rest 1.00-	FUNCTIONAL STRENGTH 5 SETS 8 Tempo Barbell Z-Press (30X0) -Rest 1:00-	REST DAY OR ACTIVE RECOVERY COAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a	INCTIONAL
FUNCTIONAL STRENGTH RPE 6 4 SETS 8-12 Barbell Tempo RDL (30X0) Rest 1:00- 10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)	FUNCTIONAL STRENGTH SETS 5 SETS 8 Tempo Barbell Z-Press (30X0) -Rest 1:00- 12-15 DB Lateral Raise (Moderate)	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	INCTIONAL RENGTH +
FUNCTIONAL STRENGTH 4 SETS 8-12 Barbell Tempo RDL (30X0) Rest 1:00- 10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0) Rest 1:00 b/t Sets- (Score is Weight on RDL) GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo	FUNCTIONAL STRENGTH         RPE 0           5 SETS         8 Tempo Barbell Z-Press (30X0)           -Rest 1:00-         12-15 DB Lateral Raise (Moderate)           -Rest 1:00 b/t Sets-	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	INCTIONAL RENGTH + DYBUILDING
FUNCTIONAL STRENGTH 4 SETS 4 SETS 8-12 Barbell Tempo RDL (30X0) -Rest 1:00- 10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0) -Rest 1:00 b/t Sets- (Score is Weight on RDL)	FUNCTIONAL STRENGTH       RPE 0         5 SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00       12-15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Bouilder shoulders to end the week! Let's GO!	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	INCTIONAL RENGTH + DOYBUILDING
FUNCTIONAL STRENGTH PPE 0 4 SETS 8-12 Barbell Tempo RDL (30X0) -Rest 1:00- 10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0) -Rest 1:00 b/t Sets- (Score is Weight on RDL) GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.	FUNCTIONAL STRENGTH RPE 0 SETS 8 Tempo Barbell Z-Press (30X0) -Rest 1:00 12-15 DB Lateral Raise (Moderate) -Rest 1:00 b/t Sets- (Score is Weight on Z-Press) GOAL: Boulder shoulders to end the week! Let's GO! BODYBUILDING 1, DEMOM x 20 MINUTES RPE 7	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	TIME TO SU
FUNCTIONAL STRENGTH A SETS 4 SETS 8 12 Barbell Tempo RDL (30X0) Rest 1:00 10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0) Rest 1:00 b/t Sets- (Score is Weight on RDL) GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can. BODYBUILDING 1,5 SETS	FUNCTIONAL STRENGTH     RPE 0       5 SETS     8 Tempo Barbell Z-Press (30X0)       -Rest 1:00-     12-15 DB Lateral Raise (Moderate)       -Rest 1:00 b/t Sets-     (Score is Weight on Z-Press)       GOAL: Boulder shoulders to end the week! Let's GO!     RPE 7       1.) EMOM x 20 MINUTES     MIN1 - 15 Burpees       MIN 2 - 20 Russian Kettlebell Swings (Heavy)     RPE 7	REST DAY OR ACTIVE RECOVERY Goal: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	INCTIONAL RENGTH + DYBUILDING
FUNCTIONAL STRENGTH       RPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00       10-12 Tempo Hamstring Curi on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       1) 5 SETS         8/8 Front Foot Elevated DB Reverse Lunge (Heavy)         -Rest 1:00-	FUNCTIONAL STRENGTH     RPE 0       5 SETS     8 Tempo Barbell Z-Press (30X0)       -Rest 1:00	REST DAY OR COAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	TIME GO-90MIN
FUNCTIONAL STRENGTH REFERENCE 4 SETS 8-12 Barbell Tempo RDL (30X0) -Rest 1:00- 10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0) -Rest 1:00 b/t Sets- (Score is Weight on RDL) GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can. BODYBUILDING 1.) 5 SETS 8/8 Front Foot Elevated DB Reverse Lunge (Heavy)	FUNCTIONAL STRENGTH       RPE 0         5 SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00       12:15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       BODYBUILDING         1) EMOM x 20 MINUTES       MIN1 - 15 Burpees         MIN 2 - 20 Russian Kettlebell Swings (Heavy)       MIN 2 - 20 Russian Kettlebell Swings (Heavy)	FLEX REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout! Total LEST. PROGE M ↓ MAND/A - Barbell +	The So-Some The So-Some The So-Some The Source of the s
FUNCTIONAL STRENGTH       RPE 0         4 SETS       8-12 Barbeil Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       1) 5 SETS         8/8 Front Foot Elevated DB Reverse Lunge (Heavy)         -Rest 1:00-         16-20 Reps Alternating DB Goblet Curtsy Squats (Heavy)	FUNCTIONAL STRENGTH       RPE 0         5 SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       12-15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       BODYBUILDING         1.) EMOM x 20 MINUTES       MIN1 - 15 Burpees         MIN1 - 15 DB Strict Press (Moderate)       MIN2 - S Russian Kettlebell Swings (Heavy)         MIN 3 - 15 DB Strict Press (Moderate)       MIPE 0         MIN 4 - Single Unders       (No Measure)         2.) 3 SETS       12-15 Seated DB Rear Delt Raise (Moderate)	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	A Constraint of the second sec
FUNCTIONAL STRENGTH       RPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         Rest 1:00       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       1,5 SETS         8/8 Front Foot Elevated DB Reverse Lunge (Heavy)         -Rest 1:00       16-20 Reps Alternating DB Goblet Curtsy Squats (Heavy)         -Rest 1:00 b/t Sets-         (No Measure)         GOAL: Take 1-2 warm-up sets to find the appropriate loading. Curtsy	FUNCTIONAL STRENGTH     RPE 0       SETS     8 Tempo Barbell Z-Press (30X0)       -Rest 1:00	REST DAY OR COAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout! TOTAL EST. PROGRE M C M C B C M M C B C M M C B C M M C B C M M C B C M M C S S C S S C S C S C S C S C S C S S C S S S S S S S S S S S S S	A Constraint of the second sec
FUNCTIONAL STRENGTH       RPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       1) 5 SETS         Rest 1:00-       1-00-         16-20 Reps Alternating DB Goblet Curtsy Squats (Heavy)         -Rest 1:00 b/t Sets-         (No Measure)	FUNCTIONAL STRENGTH       RPE 0         5 SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       7.15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         Di Editoria Streame       MIN 1-5 Burgees         MIN 1-5 DB Strict Press (Moderate)       RPE 7         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-3 DB Strict Press (Moderate)       RPE 0         MIN 4 - Single Unders       (No Measure)         2.) 3 SETS       12-15 Seated DB Rear Delt Raise (Moderate)         -Rest 1:00-       Rest 1:00-	FLEX REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout! PROGE M ↓ Barbell + - Squat Ra - Pull-Up E - Dip Bar - Rings - (1) Pair () Pair	A MARINE D 5X / WEEK WINDED 5X / WEEK THE BOOM THE THE SAME SAME SAME SAME SAME SAME SAME SAM
FUNCTIONAL STRENGTH       RPE 0         4 SETS       8-12 Barbeil Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       I) 5 SETS         8/8 Front Foot Elevated DB Reverse Lunge (Heavy)         -Rest 1:00-       1-20 Reps Alternating DB Goblet Curtsy Squats (Heavy)         -Rest 1:00- b/t Sets-       (No Measure)         GOAL: Take 1:2 warm-up sets to find the appropriate loading. Curtsy squats and lunges are the ultimate glute one-two punch.         EXTRA CREDIT       EXTRA CREDIT	FUNCTIONAL STRENGTH     RPE 0       5 SETS     8 Tempo Barbell Z-Press (30X0)       -Rest 1:00-     12:15 DB Lateral Raise (Moderate)       -Rest 1:00 b/t Sets-     (Score is Weight on Z-Press)       GOAL: Boulder shoulders to end the week! Let's GO!     RPE 7       1): bMOM x 20 MINUTES     MINI -15 Burgees       MINI 2- 20 Russian Kettlebell Swings (Heavy)     MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-3 DB Strict Press (Moderate)     MIN 2-31 SD Strict Press (Moderate)       MIN 4 - Single Unders     (No Measure)       2.) 3 SETS     12-15 Seated DB Rear Delt Raise (Moderate)       -Rest 1:00-     12-15 DB Incline Y-Raise (Light-Mod)	REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	A market bag (20/10 or lighter than your suggested moderate) by Contract Disc (20/10 or lighter than your suggested moderate) by Contract Disc (20/10 or lighter than your suggested moderate) by Contract Disc (20/10 or lighter than your suggested moderate) by Contract Disc (20/10 or lighter than your suggested moderate) by Contract Disc (20/10 or lighter than your suggested moderate) by Contract Disc (20/10 or lighter than your suggested moderate) by Contract Disc (20/10 or lighter than your suggested moderate) by Contract Disc (20/10 or lighter than your suggested moderate) by Contract Disc (20/10 or lighter than your suggested moderate)
FUNCTIONAL STRENGTH       RPE 0         4 SETS       812 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       1) 5 SETS         RAP Front Foot Elevated DB Reverse Lunge (Heavy)         -Rest 1:00 b/t Sets-         (No Measure)         Goals: Take 1-2 warm-up sets to find the appropriate loading. Curtsy squats and lunges are the ultimate glute one-two punch.         EXTER CREDIT         F>20 Weighted Situps OR Cable Crunches	FUNCTIONAL STRENGTH       RPE 0         SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00       12-15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         Di EMOYBUILDING       RPE 7         NIN 1-15 Burgees       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 3-510 B Strict Press (Moderate)         MIN 4 - Single Unders       RPE 0         (No Measure)       2.) 3 SETS         12-15 DB Incline Y-Raise (Moderate)       -Rest 1:00         -Rest 1:00       Kets-100-         12-15 DB Incline Y-Raise (Light-Mod)       -         :-Rest 1:00 b/t Sets-       (No Measure)         GOAL: The first piece is meant to get the heart pumping a bit while still	REST DAY OR ACCOVERY COAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	A province of the set
FUNCTIONAL STRENGTH       IPPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       1) 5 SETS         R/8 Front Foot Elevated DB Reverse Lunge (Heavy)         -Rest 1:00 b/t Sets-         10-20 Reps Alternating DB Goblet Curtsy Squats (Heavy)         -Rest 1:00 b/t Sets-         (No Measure)         Goala: Take 1-2: warm-up sets to find the appropriate loading. Curtsy squats and lunges are the ultimate glute one-two punch.         EXTACACEETE         FY2-DWeighted Sit-ups OR Cable Crunches         8-22 Barbell OR Ab Wheel Rollouts	FUNCTIONAL STRENGTH       RPE 0         SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       12-15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         1) EMOM x 20 MINUTES       MIN1 - 15 Burpees         MIN1 - 15 DB Unders       RPE 7         MIN 3 - 15 DB Strict Press (Moderate)       RPE 0         MIN 4 - Single Unders       (No Measure)         2) 3 SETS       12-15 Seated DB Rear Delt Raise (Moderate)         -Rest 1:00       12-15 DB Incline Y-Raise (Light-Mod)         :-       -Rest 1:00 b/t Sets-         (No Measure)       (No Measure)	REST DAY OR ACCOVERY COAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	A constraint of the second and a second a sec
FUNCTIONAL STRENGTH       PPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00-b/1 Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       Image: Comparison of the tempo for the hamstring DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       Image: Curtsy Squats (Heavy)         -Rest 1:00-b/T Sets-       Image: Curtsy Squats (Heavy)         -Rest 1:20-b/T Sets-       Image: Curtsy Squats (Heavy)         -South Sets-       Image: Curtsy Squa	PUNCTIONAL STRENGTH       RPE 0         5 SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       72-15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 2         DOM: 20 MINUTES       MIN - 15 Burgees         MIN 2 - 20 Russian KetHebell Swings (Heavy)       MIN 2 - 20 Russian KetHebell Swings (Heavy)         MIN 3 - 510 BS Dirtc Press (Moderate)       RPE 0         MIN 4 - Single Unders       RPE 0         2.) 3 SETS       12-15 Seated DB Rear Delt Raise (Moderate)         -Rest 1:00-       12-15 DB Incline Y-Raise (Light-Mod)         :	FLEX REST DAY OR ACTIVE RECOVERY GOAL: Give your body what it needs- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout! TOTAL EST. PROOFF W W MANDA Barbell H S Squat Ra Pull-Up E Dip Bar Rings (1) Pair ( (1) Pair ( (1	A market back of the second se
FUNCTIONAL STRENGTH       IPPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       1) 5 SETS         R/8 Front Foot Elevated DB Reverse Lunge (Heavy)         -Rest 1:00 b/t Sets-         10-20 Reps Alternating DB Goblet Curtsy Squats (Heavy)         -Rest 1:00 b/t Sets-         (No Measure)         Goala: Take 1-2: warm-up sets to find the appropriate loading. Curtsy squats and lunges are the ultimate glute one-two punch.         EXTACACEETE         FY2-DWeighted Sit-ups OR Cable Crunches         8-22 Barbell OR Ab Wheel Rollouts	FUNCTIONAL STRENGTH       RPE 0         SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       12-15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         1) EMOM x 20 MINUTES       MIN - 15 Burgees         MIN - 1:5 DB Strict Press (Moderate)       RPE 7         MIN 3 - 15 DB Strict Press (Moderate)       MIN 3 - 15 DB Strict Press (Moderate)         MIN 4 - Single Unders       (No Measure)         2) 3 SETS       12-15 Seated DB Rear Delt Raise (Moderate)         -Rest 1:00-       12-15 DB Incline Y-Raise (Light-Mod)         :       -Rest 1:00 b/t Sets-         (No Measure)       COAL: The first piece is meant to get the heart pumping a bit while still working the shoulders through some different movements. For the second piece, slow down and move with intention. Big detts, big shoulders! LET'S GO!         EXTRA CREDIT       3 SETS FOR QUALITY	PLEX REST DAY OR ACCOUNT RECOVERY COAL: Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout! TOTAL EST. PROGEN PROFIN PROFI	<section-header><section-header><section-header><section-header><section-header><section-header><section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header>
FUNCTIONAL STRENGTH       PPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00-b/1 Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       Image: Comparison of the tempo for the hamstring DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       Image: Curtsy Squats (Heavy)         -Rest 1:00-b/T Sets-       Image: Curtsy Squats (Heavy)         -Rest 1:20-b/T Sets-       Image: Curtsy Squats (Heavy)         -South Sets-       Image: Curtsy Squa	FUNCTIONAL STRENGTH       RPE 0         SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       12:15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Bouider shoulders to end the week! Let's GO!       RPE 7         DEOPYBUILDING       RPE 7         NIN 1-5 Burgees       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-3 DB Strict Press (Moderate)         MIN 2-3 DB Strict Press (Moderate)       RPE 0         NIN 4-5 Sngle Unders       RPE 0         (No Measure)       2.) 3 SETS         12-15 DB Incline Y-Raise (Light-Mod)       -Rest 1:00         -Rest 1:00 b/t Sets-       (No Measure)         COAL: The first piece is meant to get the heart pumping a bit while still working the shoulders through some different movements. For the second piece, slow down and move with intention. Big delts, big shoulders! LET'S GO!         EXTRA CREDIT       EXTRA CREDIT	PLEX REST DAY OR ACTIVE RECOVERY GOAL: Give your body what in eeds- full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!	A constraint of the series of
FUNCTIONAL STRENGTH       PPE 6         4 SETS       8:12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10:12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00 b/t Sets-       (Score is Weight on RDL)         COAL: Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       1) S SETS         1/8 SP Tont Foot Elevated DB Reverse Lunge (Heavy)         -Rest 1:00       1-6:20 Reps Alternating DB Goblet Curtsy Squats (Heavy)         -Rest 1:00 b/t Sets-         (No Measure)         COAL: Take 1:2 warm-up sets to find the appropriate loading. Curtsy squats and lunges are the ultimate glute one-two punch.         EVERY 300 FOR 4 SETS         15:20 Weighted Sit-ups OR Cable Crunches         8:21 Barbell OR Ab Wheel Rollouts         -No Additional Rest b/t Sets-	FUNCTIONAL STRENGTH       RPE 0         SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00       1-215 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         1): DEMOK 2:0 MINUTES       MIN - 15 B Strict Press (Moderate)         MIN - 2:0 Russian Kettlebell Swings (Heavy)       MIN 2 - 20 Russian Kettlebell Swings (Heavy)         MIN 2 - 20 Russian Kettlebell Swings (Heavy)       MIN 3 - 15 DB Strict Press (Moderate)         MIN 2 - 20 Russian Kettlebell Swings (Heavy)       RPE 0         MIN 2 - 30 Russian Kettlebell Swings (Heavy)       MIN 3 - 15 DB Strict Press (Moderate)         -Rest 1:00       -         12-15 Seated DB Rear Delt Raise (Moderate)       -         -Rest 1:00       -         12-15 DB Incline Y-Raise (Light-Mod)       -         :-       -         :-       Rest 1:00 b/t Sets-         (No Measure)       -         GOAL: The first piece is meant to get the heart pumping a bit while still working the shoulders through some different movements. For the second piece, slow down and move with intention. Big delts, big shoulders! LET'S Go!         EXTRA CREDIT       3 SETS FOR QUALITY         S10 Hanging Knee Raise       -	PLEX REST DAY OR ACTIVE RECOVERY GOAL: Give your body what i needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	<section-header>A market back back back back back back back back</section-header>
FUNCTIONAL STRENGTH       PPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00-b/1 Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       Image: Comparison of the tempo for the hamstring DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       Image: Curtsy Squats (Heavy)         -Rest 1:00-b/T Sets-       Image: Curtsy Squats (Heavy)         -Rest 1:20-b/T Sets-       Image: Curtsy Squats (Heavy)         -South Sets-       Image: Curtsy Squa	PUNCTIONAL STRENGTH       RPE 0         SETS       3 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       12-15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         1) EMOM x 20 MINUTES       MIN - 15 Burpees         MIN 2- 20 Russian Kettlebell Swings (Heavy)       MIN 2- 20 Russian Kettlebell Swings (Heavy)         MIN 2- 15 DB Strict Press (Moderate)       RPE 0         MIN 4 - Single Unders       (No Measure)         2.) 3 SETS       12-15 DB Rear Delt Raise (Moderate)         -Rest 1:00       12-15 DB Incline Y-Raise (Light-Mod)         :       -         :       -         (No Measure)       Coal: 1 The first piece is meant to get the heart pumping a bit while still working the shoulders through some different movements. For the second piece, slow down and move with intention. Big delts, big shoulders! LET'S GO!         EXTEX CREDIT       3 SETS FOR QUALITY         3 NOT STIS VIELENT       SETS SIGE Plank L/R	PLEX REST DAY OR ACCEST RECOVERY ACTOR RECOVERY Should be low intensity movement for 10:30min. This is not a workout! FLEX FU ST ST BC TOTAL EST. PROGE W M C Diple D	<section-header>A market back back back back back back back back</section-header>
FUNCTIONAL STRENGTH       PPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00-b/1 Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       Image: Comparison of the tempo for the hamstring DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       Image: Curtsy Squats (Heavy)         -Rest 1:00-b/T Sets-       Image: Curtsy Squats (Heavy)         -Rest 1:20-b/T Sets-       Image: Curtsy Squats (Heavy)         -South Sets-       Image: Curtsy Squa	PUNCTIONAL STRENGTH       RPE 0         SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       12:15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         DEDYBUILDING       RPE 7         NIN 1-5 B Strict Press (Moderate)       RPE 7         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-30 B Strict Press (Moderate)       RPE 6         MIN 4 - Single Unders       RPE 6         Vo Measure)       2.) 3 SETS         12-15 DB Incline Y-Raise (Light-Mod)       :          -Rest 1:00          -Rest 1:00          -Rest 1:00         .	PLEX REST DAY OR ACTIVE RECOVERY GOAL: Give your body what i needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	<section-header>A market back back back back back back back back</section-header>
FUNCTIONAL STRENGTH       PPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00-b/1 Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       Image: Comparison of the tempo for the hamstring DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       Image: Curtsy Squats (Heavy)         -Rest 1:00-b/T Sets-       Image: Curtsy Squats (Heavy)         -Rest 1:20-b/T Sets-       Image: Curtsy Squats (Heavy)         -South Sets-       Image: Curtsy Squa	PUNCTIONAL STRENGTH       RPE 0         SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       12:15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         DEDYBUILDING       RPE 7         NIN 1-5 B Strict Press (Moderate)       RPE 7         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-30 B Strict Press (Moderate)       RPE 6         MIN 4 - Single Unders       RPE 6         Vo Measure)       2.) 3 SETS         12-15 DB Incline Y-Raise (Light-Mod)       :          -Rest 1:00          -Rest 1:00          -Rest 1:00         .	PLEX REST DAY OR ACTIVE RECOVERY GOAL: Give your body what i needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	<section-header>A market back back back back back back back back</section-header>
FUNCTIONAL STRENGTH       PPE 0         4 SETS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00-b/1 Sets-       (Score is Weight on RDL)         GOAL: Go Moderate Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       Image: Comparison of the tempo for the hamstring DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       Image: Curtsy Squats (Heavy)         -Rest 1:00-b/T Sets-       Image: Curtsy Squats (Heavy)         -Rest 1:20-b/T Sets-       Image: Curtsy Squats (Heavy)         -South Sets-       Image: Curtsy Squa	PUNCTIONAL STRENGTH       RPE 0         SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       12:15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         DEDYBUILDING       RPE 7         NIN 1-5 B Strict Press (Moderate)       RPE 7         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-30 B Strict Press (Moderate)       RPE 6         MIN 4 - Single Unders       RPE 6         Vo Measure)       2.) 3 SETS         12-15 DB Incline Y-Raise (Light-Mod)       :          -Rest 1:00          -Rest 1:00          -Rest 1:00         .	PLEX REST DAY OR ACTIVE RECOVERY GOAL: Give your body what i needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	<section-header>An expression of the second s</section-header>
FUNCTIONAL STRENGTH       PPE 8         4 SFTS       8-12 Barbell Tempo RDL (30X0)         -Rest 1:00-       1012 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)         -Rest 1:00-b/t Sets-       (Score is Weight on RDL)         GOAL Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.         BODYBUILDING       Image: Comparison of the tempo for the hamstring DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       16-20 Reps Alternating DB Gobiet Curtsy Squats (Heavy)         -Rest 1:00-       17 Sets-         (No Measure)       GOAL Take 1-2 warm-up sets to find the appropriate loading. Curtsy squats and lunges are the ultimate glute one-two punch.         EVERY 3:00 FOR 4 SETS       15-20 Weighted Sit-ups OR Cable Crunches         8-12 Barbeil OR Ab Wheel Rollouts	PUNCTIONAL STRENGTH       RPE 0         SETS       8 Tempo Barbell Z-Press (30X0)         -Rest 1:00-       12:15 DB Lateral Raise (Moderate)         -Rest 1:00 b/t Sets-       (Score is Weight on Z-Press)         GOAL: Boulder shoulders to end the week! Let's GO!       RPE 7         DEDYBUILDING       RPE 7         NIN 1-5 B Strict Press (Moderate)       RPE 7         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-20 Russian Kettlebell Swings (Heavy)       MIN 2-20 Russian Kettlebell Swings (Heavy)         MIN 2-30 B Strict Press (Moderate)       RPE 6         MIN 4 - Single Unders       RPE 6         Vo Measure)       2.) 3 SETS         12-15 DB Incline Y-Raise (Light-Mod)       :          -Rest 1:00          -Rest 1:00          -Rest 1:00         .	PLEX REST DAY OR ACTIVE RECOVERY GOAL: Give your body what i needs- full rest or active recovery. Active Recovery should be low intensity movement for 10:30min. This is not a workout!	<section-header>An expression of the second s</section-header>