

WEEK 3 - WORKOUT 1

3-Workout Week

Exercise	Equipment	Reps/Time/Distance	Tempo	Sets	Rest
Pillar Prep					
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	-----
Movement Prep					
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	-----
Primary Block					
Deadlift	Dumbbell or Barbell	12 reps	3:1:3	2	1 min
Squat - 1 Arm	Dumbbell	12 reps	3:1:3	2	1 min
Secondary Block					
Reverse Lunge - Alternating	-----	12 reps each leg	2:1:2	2	1 min
Romanian Deadlift - 1 Arm, 1 Leg	Resistance Bands	12 reps each leg	2:1:2	2	1 min
Auxiliary Block					
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
ESD					
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
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 - THE 80/20 RULE

Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time!

WEEK 3 - 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 leg	2:1:2	1	-----
Y's Bent Over	-----	1 x 8	2:1:2	1	-----
Movement Prep					
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	-----
Primary Block					
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
Secondary Block					
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
Auxiliary Block					
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
ESD					
Equipment Based Cardio - Level 1 (5/10)	-----	2 mins	-----	2	30 secs
Equipment Based Cardio - Level 2 (7/10)	-----	1 min	-----	2	30 secs
Regeneration					
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

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	-----	31 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	-----		
Recovery							
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 - 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 3

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 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	-----
Primary Block					
Drop Squat	-----	8 reps	-----	2	1 min
Squat Jump - Counter Movement to Stabilize	-----	8 reps	-----	2	1 min
Circuit					
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
ESD					
Equipment Based Cardio - Level 2 (7/10)	-----	20 secs	-----	3	1 min
Equipment Based Cardio - Level 3 (9/10)	-----	15 secs	-----	3	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	-----
Knee Hug- Supine	-----	20 secs	-----	2	-----
Quad/Hip Flexor Stretch - 1/2 Kneeling	-----	4 reps per side	3:1:3	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 fats 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, tuna, flaxseed, walnuts, and omega-3 fortified foods.

WEEK 3 - REGENERATION 2

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	2:2	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	-----	4	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 - 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 - DAY 6

3-Workout Week

DAY OFF

WEEK 3 - DAY 7

3-Workout Week

DAY OFF