

Cracking the Workout Code

Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
Warm up Series						
SMR lower body	NA	1	NA	NA	2	NA
SMR back arm line	NA	1	NA	NA	2	NA
Side plank	NA	1	3 x 10 sec	BW	8	NA
Hip Rocking Matrix	212	1	5 each	BW	4	NA
ITYW shoulder raise	212	1	10 each	BW	7	NA
Band pull aparts	212	1	20		6	NA

Working sets							
1A	DB Goblet Squats	212	3	15		7	NA
1B	Long lunge to back rotation	333	3	8 each		5	45
2A	Heel touch stepups	212	3	8 each		6	NA
2B	DB Biceps curls	222	3	12		7	45
3A	Hand walk Cossack squats	212	3	8 each		7	NA

Tempo: Speed of movement. Numbers represent phase of lowering, pause, then raising the weight. Ex. 312 means 3 seconds lowering, 1 second pause at the bottom, 2 seconds pressing back up.

Sets: Number of times you'll repeat an exercise before moving on to the next one.

Reps: Number of times you'll complete a given movement within a specific set.

RPE/10: Rate of Perceived Exertion on a 1 to 10 scale, where 1 is next to no effort and 10 is the hardest thing you've ever done in your life.

Rest: Time taken between sets to rehydrate, recover energy stores, bring heart rate back down, and prepare for the next set.

1A 1B: These exercises are to be done back to back without rest between them. This is a superset. Once you complete all exercises in a given set, You can sue your designated rest period, but try to avoid resting before.

3 x 10 sec: special notation for stabilization exercises based on time. 10 sec means the position will be held for 10 seconds, and then repeated for 3 "reps" within a given series. Ex. 5 x 15 sec means you'll do 5 reps of a 15 second hold.