**Month One-Phase One Program**

**Day One**

**Warmup Series – 1 sets of each movement**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Time/reps** | **Comments** |
| [SMR lower body](https://www.youtube.com/watch?v=aU5GYyC6PFw) | NA | Spend some extra time on the inner thigh and go very slow and deliberate, making sure you can breathe through the entire time. |
| [SMR front arm line](https://www.youtube.com/watch?v=XlSkNiNdQfc) | NA | Spend extra time on the upper pecs right below the collar bone. Use a tennis ball, lacrosse ball, or other similar sized ball to get into the areas. |
| [Side plank](https://www.youtube.com/watch?v=it5HKA365gA) | 3 x 10 seconds each | Get into perfect linear alignment, and spend 10 seconds deep breathing and not falling over. Touch down and rest for a breath, then repeat for a ful 3 reps per side. |
| [Hip Rocking Matrix](https://www.youtube.com/watch?v=JgeKEyYIbeI) | 5 each | Progress from the easiest movements at the beginning to the more challenging movements towards the end. Only go as far as you can control, and make sure you consistently breathe throughout. |
| [Body weight squats](https://www.youtube.com/watch?v=UWqC29XTdac) | 20 | Keep the torso long and straight, not rounding or over arching, and drop into a squat as deep as you can manage. Keep your feet flat on the floor and let your ankles, knees and hips flex through the movement evenly. |
| [Divebomber pushups](https://www.youtube.com/watch?v=XTHGZ2me6IA) | 10 | Keep the core tight and try to get your chest as low to the floor as possible without losing control and being unable to push back up. Breathe through the entire process. |

**Strength**

* 90 seconds rest after each series

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Exercise** | **Tempo** | **Sets x reps** | **Comments** |
| 1.A | [1 foot deadlift](https://www.youtube.com/watch?v=3sk5Cc5QIxQ) | 212 | 4 x 8 each | Keep the spine straight and stiff. Work on getting the hips to do all the rotation work. When holding the weight in your right hand, push your right foot bck and off the ground. |
| 1.B | [SB straight arm pushbacks](https://www.youtube.com/watch?v=wdqyR2dGc3E) | 212 | 4 x 10 | Keep the abs tensed and make sure you aren’t letting your low back go into extension. If you feel any low back pain or discomfort, you’re not holding your abs hard enough. |
| 2.A | [DB rear foot elevated split squat](https://www.youtube.com/watch?v=reMs39qK6-M) | 212 | 4 x 8 each | Keep the weight on your chest in the goblet position. Try to make sure you stay vertical from your shoulders through your hips and through the back knee. No leaning forward or letting your ribs flare out. |
| 2.B | [DB bench Rows](https://www.youtube.com/watch?v=6J2H88q5hYw) | 212 | 4 x 12 each | Follow the Tutorial |
| 3.A | [Assisted Cossack squat](https://www.youtube.com/watch?v=zi21NoYJOqE&noredirect=1) | 212 | 4 x 8 each | Use a TRX, bar in a squat rack or smith machine, or any immovable object to hang on to for support. Keep the straight leg locked out and the toe pointing to the ceiling, and bend the squat side leg with the toe pointing forward and the heel flat on the ground. |
| 3.B | [Farmer carries](https://www.youtube.com/watch?v=sJ08JN46VuY) | NA | 4 x 20 yards | Keep the torso tall and posture lined up. Breathe deep and keep the core tensed. Try to walk in a straight line as best as possible. |

**Month One-Phase One Program**

**Day Two**

**Warmup Series – 1 sets of each movement**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Time/reps** | **Comments** |
| [SMR lower body](https://www.youtube.com/watch?v=aU5GYyC6PFw) | NA | Spend some extra time on the inner thigh and go very slow and deliberate, making sure you can breathe through the entire time. |
| [SMR front arm line](https://www.youtube.com/watch?v=XlSkNiNdQfc) | NA | Spend extra time on the upper pecs right below the collar bone. Use a tennis ball, lacrosse ball, or other similar sized ball to get into the areas. |
| [Side plank](https://www.youtube.com/watch?v=it5HKA365gA) | 3 x 10 seconds each | Get into perfect linear alignment, and spend 10 seconds deep breathing and not falling over. Touch down and rest for a breath, then repeat for a ful 3 reps per side. |
| [Hip Rocking Matrix](https://www.youtube.com/watch?v=JgeKEyYIbeI) | 5 each | Progress from the easiest movements at the beginning to the more challenging movements towards the end. Only go as far as you can control, and make sure you consistently breathe throughout. |
| [Body weight squats](https://www.youtube.com/watch?v=UWqC29XTdac) | 20 | Keep the torso long and straight, not rounding or over arching, and drop into a squat as deep as you can manage. Keep your feet flat on the floor and let your ankles, knees and hips flex through the movement evenly. |
| [Divebomber pushups](https://www.youtube.com/watch?v=XTHGZ2me6IA) | 10 | Keep the core tight and try to get your chest as low to the floor as possible without losing control and being unable to push back up. Breathe through the entire process. |

**Strength**

* 60 seconds rest after each series

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Exercise** | **Tempo** | **Sets x reps** | **Comments** |
| 1.A | [Long lunge to back rotation](https://www.youtube.com/watch?v=57yNKor2i4k) | 333 | 3 x 8 each | Work on getting the knee to the floor and chest up high so you feel a big stretch through the front of the hip. Rotate through the ribs to get the arm up, and make sure you’re driving off the arm on the ground too. Open your shoulders to get the rotation. |
| 1.B | [Deep squat landmine press](https://www.youtube.com/watch?v=-c-goaRmTAo) | 212 | 3 x 10 each | Sit into a deep squat, using the bar to lean against to help you gain some stability to sink deeper into the movement. Don’t let the low back round. Drive the weight up with each press, making sure you don’t let your ribs flare out and your low back arch. |
| 2.A | [Deep squat internal/external rotations](https://www.youtube.com/watch?v=cr8qgBo5aDg) | 222 | 3 x 8 each | Work on getting as deep into a squat as possible, then rotate the hip to produce the movement. For the external rotation, keep the outside edge of the foot on the ground, and for the internal rotation, pivot on to your toe. |
| 2.B | [Bench facing rear flye](http://www.youtube.com/watch?v=YV_1RHAuRFo) | 222 | 3 x 12 | Kepe the chest up slightly off the bench. Work on control versus moving weight. |
| 3.A | [Suitcase carries](http://www.youtube.com/watch?v=PYLjMWduYbQ) | N/A | 4 x 20 yards | Kepep the spine from moving during these, ensure all movement comes from the hips, and that you aren’t booty swinging it. |
| 3.B | [Heel touch stepups](http://www.youtube.com/watch?v=lk9B4qAA1iQ) | 212 | 4 x 8 each | Keep the knee tracking vertically over the big toe and make sure your hips stay parallel. Only allow the heel to touch the floor, making sure you aren’t dropping to the heel or jumping off the floor. Use a step with risers or a short box to maintain control. |

**Month One-Phase One Program**

**Day Three**

**Warmup Series – 1 sets of each movement**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Time/reps** | **Comments** |
| [SMR lower body](https://www.youtube.com/watch?v=aU5GYyC6PFw) | NA | Spend some extra time on the inner thigh and go very slow and deliberate, making sure you can breathe through the entire time. |
| [SMR front arm line](https://www.youtube.com/watch?v=XlSkNiNdQfc) | NA | Spend extra time on the upper pecs right below the collar bone. Use a tennis ball, lacrosse ball, or other similar sized ball to get into the areas. |
| [Side plank](https://www.youtube.com/watch?v=it5HKA365gA) | 3 x 10 seconds each | Get into perfect linear alignment, and spend 10 seconds deep breathing and not falling over. Touch down and rest for a breath, then repeat for a ful 3 reps per side. |
| [Hip Rocking Matrix](https://www.youtube.com/watch?v=JgeKEyYIbeI) | 5 each | Progress from the easiest movements at the beginning to the more challenging movements towards the end. Only go as far as you can control, and make sure you consistently breathe throughout. |
| [Body weight squats](https://www.youtube.com/watch?v=UWqC29XTdac) | 20 | Keep the torso long and straight, not rounding or over arching, and drop into a squat as deep as you can manage. Keep your feet flat on the floor and let your ankles, knees and hips flex through the movement evenly. |
| [Divebomber pushups](https://www.youtube.com/watch?v=XTHGZ2me6IA) | 10 | Keep the core tight and try to get your chest as low to the floor as possible without losing control and being unable to push back up. Breathe through the entire process. |

**Strength**

* 90 seconds rest after each series

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Exercise** | **Tempo** | **Sets x reps** | **Comments** |
| 1.A | [1-leg elastic squats](mailto:http://www.youtube.com/watch%3Fv=OIL2rLNLvog%26list=UUVEVIEb8t9r-GmkeANOyvAg%26index=74%26feature=plpp_video) | 212 | 3 x 8 each | Wrap elastic around outside leg, when squatting make sure the knee stays in line with toes, no collapsing inward |
| 1.B | [Hand walk Cossack squats](https://www.youtube.com/watch?v=RAYmoYm34TU) | 212 | 3 x 8 each | Try to keep the spine as straight as possible, and use an elevated surface like a bench or box if needed to keep balanced and sit deep into the Cossack. Breathe. |
| 2.A | [½ kneeling chops](https://www.youtube.com/watch?v=ayo6Et1zgwc) | 212 | 4 x 10 each | If you don’t have a stick, you can use a rope attachment or a single hand grip instead. Work on staying tall and vertical from shoulder through hip and knee. No leaning. |
| 2.B | [Elbow to knee repeating bird dog](https://www.youtube.com/watch?v=7NEyjb6rQRo) | 212 | 4 x 15 each | Make sure you’re able to touch your elbow to your knee on each rep. Hold yourself in as narrow a base of support as possible to increase the challenge of the movement. Breathe throughout the entire thing. |
| 3.A | [Uneven loaded stepback lunges](http://www.youtube.com/watch?v=ZcHIiWDTgjQ) | 212 | 4 x 5 each | Use 2 different sized kettlebells (ideally double the weight on the heavy side). Complete 5 reps per leg with the weight on each shoulder (20 reps per set). Keep the core tense and make sure you don’t drift into extension. |
| 3.B | [Pushups](https://www.youtube.com/watch?v=RgL5HFny_kA) | 212 | 4 x max reps | Keep the core and hips neutral and focus on getting to the ground with your chest and straight back up without bending or extending your low back. Add a weight vest, chains or bands as needed. Use a bench or smith machine if the floor is too difficult to get a full rep. |

**Month One-Phase One Program**

**Day Four**

**Warmup Series – 1 sets of each movement**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Time/reps** | **Comments** |
| [SMR lower body](https://www.youtube.com/watch?v=aU5GYyC6PFw) | NA | Spend some extra time on the inner thigh and go very slow and deliberate, making sure you can breathe through the entire time. |
| [SMR front arm line](https://www.youtube.com/watch?v=XlSkNiNdQfc) | NA | Spend extra time on the upper pecs right below the collar bone. Use a tennis ball, lacrosse ball, or other similar sized ball to get into the areas. |
| [Side plank](https://www.youtube.com/watch?v=it5HKA365gA) | 3 x 10 seconds each | Get into perfect linear alignment, and spend 10 seconds deep breathing and not falling over. Touch down and rest for a breath, then repeat for a ful 3 reps per side. |
| [Hip Rocking Matrix](https://www.youtube.com/watch?v=JgeKEyYIbeI) | 5 each | Progress from the easiest movements at the beginning to the more challenging movements towards the end. Only go as far as you can control, and make sure you consistently breathe throughout. |
| [Body weight squats](https://www.youtube.com/watch?v=UWqC29XTdac) | 20 | Keep the torso long and straight, not rounding or over arching, and drop into a squat as deep as you can manage. Keep your feet flat on the floor and let your ankles, knees and hips flex through the movement evenly. |
| [Divebomber pushups](https://www.youtube.com/watch?v=XTHGZ2me6IA) | 10 | Keep the core tight and try to get your chest as low to the floor as possible without losing control and being unable to push back up. Breathe through the entire process. |

**Strength**

* 90 seconds rest after each series

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Exercise** | **Tempo** | **Sets x reps** | **Comments** |
| 1.A | [Bench supported row](http://www.youtube.com/watch?v=DZ-s7bxVy1w) | 212 | 4 x 8 | Set the bench up with a slight incline. Lift your head and chest off the bench a few inches, making sure your neck stays in neutral with your t-spine. Row using your lower traps and lats, making sure you aren’t getting your upper traps to do the work. Use less weight than you think you should on these. |
| 1.B | [Elastic wide row to upright rotation](http://www.youtube.com/watch?v=W52TRhQP8Jo) | 212 | 4 x 20 | Focus on keeping the chin back and shoulders down. Make the shoulders do this all without getting the upper traps to dominate. You should feel between and beneath the shoulders going crazy. |
| 2.A | [Bear Squats](http://www.youtube.com/watch?v=CHiEykOvXi4) | 212 | 4 x 15 | Keep the knees about an inch off the floor and focus on keeping the shoulders tight to the ribs so they don’t wind up in your ears. Go for a max range of motion pressing back to your heels without letting the knees come up, and then press forward as far as manageable. |
| 2.B | [Double kettlebell overhead press](https://www.youtube.com/watch?v=1AVfz4KtgGk) | 212 | 4 x 8 | Use a challenging weight and make sure you’re keeping your core and glutes flexed as hard as possible to give yor arms something to press off. |
| 3.A | [Dumbbell stepups](http://www.youtube.com/watch?NR=1&feature=endscreen&v=wJB7mYhKttg) | 222 | 5 x 6 each | Keep the chest up and the core tense, trying to drive the foot down into the step/box/bench while maintaining as perfectly vertical of a spinal position as possible. Don’t hitch or jump up into the movement. |
| 3.B | [Kneeling T-spine rotation](https://www.youtube.com/watch?v=ju0yYDyLx4k) | 222 | 5 x 10 each | Work on getting the shoulders vertical without jamming them up there with speed. Open both shoulders and let the ribs rotate to make it happen. |