**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 | [Plank walkouts](https://www.youtube.com/watch?v=6W8faTQWBes) | 212 | 4 x 8 | Keep the core tense and make sure you don’t let your low back arch. If you feel any low back pressure, you’re not holding the abs tense 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 | [T Pushups](https://www.youtube.com/watch?v=N7ozh6PFnKk) | 212 | 4 x 8 each | Keep the core tense and the glutes locked down. Rotate to vertical but not past. |
| 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, door frame 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 | [Bear cub crawl](https://www.youtube.com/watch?v=Q5RJisj5sHs) | NA | 4 x 20 feet | Keep the spine long and make sure you don’t let the knees touch the floor. Work on getting through 20 feet, turning as needed, without stopping for the full set. |

**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 | [ITYW shoulder raise](https://www.youtube.com/watch?v=fuuqc5Gn8Sg) | 212 | 3 x 10 each | Lift your chest about 2 inches off the floor, but keep your neck in neutral and not looking up or around. Keep the shoulders down away from your ears, and only raise your arms a couple inches off the floor with each rep. |
| 2.A | [Prone side lying hip flexion](https://www.youtube.com/watch?v=9_TqGOQmtnM) | 222 | 3 x 10 each | Keep the core tensed and the glute of the non-sliding leg flexed hard, and try to get the knee as close to your shoulder as possible. |
| 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. If you don’t have a bench, do them standing but bent from the hips (not the waist!!) |
| 3.A | [Lateral Crawl pattern](https://www.youtube.com/watch?v=lM6oq_G-ySo) | N/A | 4 x 20 feet | Similar to a bear cub crawl, but keep the knees straight and the hands under your shoulders. |
| 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. Use a stair or a small step. |

**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 | [Glute focused split squats](http://www.youtube.com/watch?v=wkyhU7U0v14) | 212 | 3 x 8 each | Keep the pelvis in a slightly posterior tilt. Straighten both knees at the top of the movement and fire the back glute hard without losing your pelvic position. |
| 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 | [1.5 Hip Press](https://www.youtube.com/watch?v=KDCszDCjzJc) | 212 | 4 x 10 | You can go from a chair or couch if you don’t have a bench. Press your hips as high as you can without arching your low back, lower halfway to the floor, then press to the top again, before lowering to the floor for one rep. |
| 2.B | [Sun dogs](https://www.youtube.com/watch?v=xq5CiCN14Oo) | 212 | 4 x 12 | Keep the knees locked as much as possible and make all the movement come from the shoulders and hips. Breathe throughout the exercise. |
| 3.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. |
| 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. If you don’t have a bench, go from standing with a bend from your hips (not your waist!!) |
| 1.B | [4 point hip rotation kick](https://www.youtube.com/watch?v=RCJjpl7ihxI) | 212 | 4 x 20 | Keep the core tense and work on rotating through the shoulder and toe to get smooth turns in each direction. This will get your heart rate up!! |
| 2.A | [Kneeling T-spine rotation](https://www.youtube.com/watch?v=ju0yYDyLx4k) | 222 | 4 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. |
| 2.B | [DB goblet lateral lunge](https://www.youtube.com/watch?v=__Yh6PCOG3k) | 212 | 4 x 8 each | Hold the weight on your chest and lunge to the side, making sure you don’t let your upper body roll forward or round your low back. |
| 3.A | [Dumbbell stepups](http://www.youtube.com/watch?NR=1&feature=endscreen&v=wJB7mYhKttg) | 222 | 4 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 | [Squat hops](https://www.youtube.com/watch?v=FCGE8KwzSFw) | 222 | 4 x 20 | Keep the core tense and make sure you don’t pause on the ground for very long. Keep it quick and snappy. Jump to a comfortable height, nothing too crazy. |