**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 shoulders back and the spine stiff. Move from the hips and shoulders and get as low to the ground as possible on each rep without falling. |

**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 | 3 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 | 3 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 | 3 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 | 3 x 12 each | Follow the Tutorial |
| 3.A | [3-point hip grind stretch](https://www.youtube.com/watch?v=aj0wZeO9Nyk) | 212 | 3 x 15 each | Try to keep the hips parallel to the floor through the entire time. Make sure the hips glide sideways and get a deep stretch to the outside of the hip |
| 3.B | [Bear cub crawl](https://www.youtube.com/watch?v=Q5RJisj5sHs) | NA | 3 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. |
|  | Finisher | 3 rounds | 10 reps each | [Body Weight Squats](https://www.youtube.com/watch?v=UWqC29XTdac) or [Jump Squats](https://www.youtube.com/watch?v=FCGE8KwzSFw)  [DB Overhead press](https://www.youtube.com/watch?v=1AVfz4KtgGk)  [Body Weight Squats](https://www.youtube.com/watch?v=UWqC29XTdac) or [Jump Squats](https://www.youtube.com/watch?v=FCGE8KwzSFw)  [Pushups](https://www.youtube.com/watch?v=RgL5HFny_kA)  [Body Weight Squats](https://www.youtube.com/watch?v=UWqC29XTdac) or [Jump Squats](https://www.youtube.com/watch?v=FCGE8KwzSFw)  [Pushup alternating knee tuck](https://www.youtube.com/watch?v=P8nhi7bpxo8) |

**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 shoulders back and the spine stiff. Move from the hips and shoulders and get as low to the ground as possible on each rep without falling. |

**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 | [DB Goblet Squats](https://www.youtube.com/watch?v=vG6xU7Hq4JE) | 212 | 3 x 15 | Keep the core tense and try to keep the torso relatively vertical. Think of pulling down into the squat using your hip flexors and hamstrings. Use a short box or bench to target depth and give some reset at the bottom. |
| 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 shoulders back and the spine stiff. Move from the hips and shoulders and get as low to the ground as possible on each rep without falling. |

**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 | 3 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 | 3 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 | 3 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 | 3 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. |
|  | Finisher | 3 rounds | 15 seconds on, 15 seconds off | [Split squats](https://www.youtube.com/watch?v=wkyhU7U0v14) – 15 seconds each side. Max reps  [Side planks](https://www.youtube.com/watch?v=it5HKA365gA) – 15 seconds each side  [Front Planks](https://www.youtube.com/watch?v=HPR57LTVum0)  [Bear Squats](https://www.youtube.com/watch?v=CHiEykOvXi4) - max reps |

**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 shoulders back and the spine stiff. Move from the hips and shoulders and get as low to the ground as possible on each rep without falling. |

**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 | 3 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 | [Hip Press Shoulder Reach](https://www.youtube.com/watch?v=GbqYhj8uEJA) | 212 | 3 x 8 each | Drive the hips as high as possible and roll over one shoulder, reaching as far overhead as possible. Repeat on the other side. |
| 2.A | [Bear Squats](http://www.youtube.com/watch?v=CHiEykOvXi4) | 212 | 3 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 | [DB goblet lateral lunge](https://www.youtube.com/watch?v=__Yh6PCOG3k) | 212 | 3 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 | 3 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 | 3 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. |

**10 minute steady steady state cardio. Doing any activity that’s handy. If you have a piece of cardio equipment, use that. If not, go for a walk or jog at a moderate pace where you could still talk but where you would have to work hard to maintain.**