



FITNESS+

FUNCTIONAL
STRENGTH & CONDITIONING
PROGRAM

4





TITLE: Functional Strength & Conditioning Program

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Version française disponible

INTRODUCTION

level

4



level 4

PROGRAM

The RCMP Functional Strength & Conditioning Program is a sequential physical fitness training program consisting of four levels of training.

The Level 4 program is for the intermediate or advanced exerciser who is currently training and has extensive experience in strength and conditioning. The individual who is ready for Level 4 has already mastered all the essential strength exercises. Thus, this level focuses on developing power, athleticism and elite functional strength and conditioning for highly specialized police work such as that of the Emergency Response Team. The Level 4 program is also suitable for the highly motivated fitness enthusiast.

PROGRAM ENTRY CRITERIA

Prior to starting this program, you should confirm that:

- > you are in good health;
- > you have no current injury or duty restrictions;
- > you have not answered “yes” to any questions on the PAR-Q+ (see Appendix 2 - User Guide);
- > you are an advanced or experienced exerciser;
- > you have mastered these essential functional strength and conditioning exercises:
 - a. back squat
 - b. lunge
 - c. dead lift
 - d. push-up
 - e. bench press
 - f. pull-up
 - g. vertical pull (row)
 - h. bracing (plank and side plank)
- > you are able to meet the exit criteria as listed in the Level 3 Program (see Table 3-1).

Table 4-1 Entrance Criteria for Level 4

	MALE	FEMALE
PUSH-UPS (FROM TOES)	>43	>29
PULL-UPS	8	2
BACK SQUAT	80% BW[^] (10 reps.)	80% BW[^] (10 reps.)
COOPER	12:00	12:00
PARE	<3:30	<3:30
PDS PARE	<9:00	<9:00

BW[^]= Body Weight

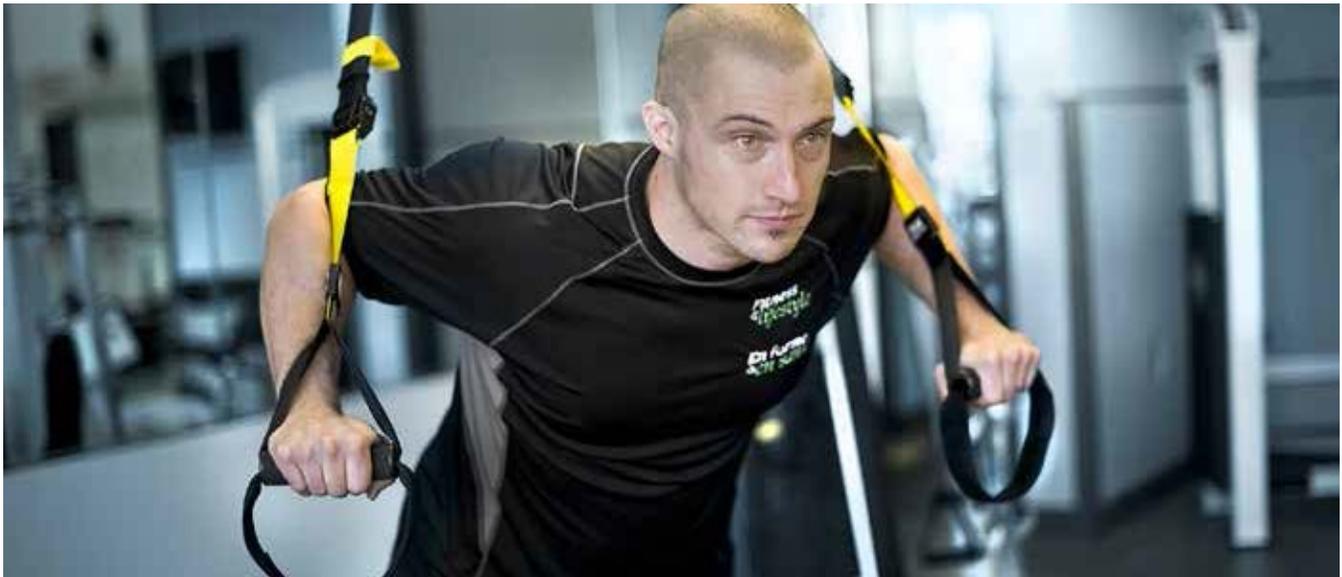
PROGRAM EXIT CRITERIA

There are no exit criteria for the Level 4 program. However, your goal is to meet the bench marks listed in Table 4-2. Once you have completed the Level 4 program, take a 3-4 week break and cross train to give your body a chance to recover and regenerate. You may then resume your training, either at Level 3 or Level 4, depending on your ability to meet the entry criteria for that level.

Table 4-2 Fitness and Physical Abilities Bench Marks for Level 4

	MALE	FEMALE
PUSH-UPS (FROM TOES)	>50	>35
PULL-UPS	>15	>5
BACK SQUAT	100% BW[^] (10 reps.)	100% BW[^] (10 reps.)
COOPER	<9:00	<10:30
PARE	<3:00	<3:15
ERT PARE	<11:00	<11:00

BW[^]= Body Weight



EQUIPMENT REQUIREMENT

ONLY A MINIMUM AMOUNT OF EQUIPMENT AND SPACE IS REQUIRED FOR THE LEVEL 4 PROGRAM.

The following is a list of equipment required:

- **Cardio:** any available piece of equipment such as treadmill, bike, rower, etc.;
- **Strength:** dumbbells, exercise ball, barbell, bench, high/low pulley and/or resistance bands (one or the other will do), suspension training device such as a TRX or Freestyle Trainer.

FORMAT

The program is structured so that you are exercising five times per week: 4 strength and conditioning days and 1 aerobic conditioning day.

Each workout contains a warm-up, the strength and conditioning exercises and flexibility. Some will have a specific cardiovascular or anaerobic challenge. In addition, the program is set up in three phases, each lasting 6-8 weeks. Therefore, the entire program consists of twelve different training days (*i.e.* 4 different workouts for phase one, two and three, respectively) and one aerobic conditioning day that varies in duration. The approximate time requirements for the each workout are shown below:

WORKOUT DAY 1 AND 3		WORKOUT DAY 2 AND 4		AEROBIC CONDITIONING (AC)	
Traditional/ Dynamic Warm-up	5-10 min	Traditional/ Dynamic Warm-up	5-10 min	Traditional/ Dynamic Warm-up	5-10 min
Anaerobic/ Aerobic Conditioning	15-30 min	Strength	20-40 min	Aerobic Conditioning (AC)	30-40 min
Strength	20-40 min	Flexibility	10 min		
Flexibility	10 min				

PROGRAM PHASES

Level 4 consists of three phases (see: Table 4-3). Each phase necessitates that you exercise five times per week and take two days of either: rest (no exercise) or active recovery. Should you choose active recovery, then it is recommended that you do a light cardio workout followed by stretching. Workout days 1, 2, 3 and 4 are structured workouts and the 5th workout day is an aerobic conditioning day. The structured workout consists of groupings of exercises that are performed one after the other followed by a rest period. The aerobic conditioning workout consists of any aerobic exercise of your choice (*e.g.* running, cycling, swimming, etc.). However, if you are training for the PDS or ERT PARE, we recommend that you run.

Table 4-3 Level 4 Weekly Training & Loading Progression

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE A	W1	W2	W(AC)	W3	W4		
WEEK 1	2 sets	2 sets	AC	2 sets	2 sets	—	—
WEEK 2	2-3 sets	2-3 sets	AC	2-3 sets	2-3 sets	—	—
WEEK 3	3 sets	3 sets	AC	3 sets	3 sets	—	—
WEEK 4	3 sets	3sets	AC	3 sets	3 sets	—	—
WEEK 5	3-4 sets	3-4 sets	AC	3-4 sets	3-4 sets	—	—
WEEK 6-8	4 sets	4 sets	AC	4 sets	4 sets	—	—
PHASE B	W1	W2	W(AC)	W3	W4		
WEEK 9	2 sets	2 sets	AC	2 sets	2 sets	—	—
WEEK 10	2-3 sets	2-3 sets	AC	2-3 sets	2-3 sets	—	—
WEEK 11	3 sets	3 sets	AC	3 sets	3 sets	—	—
WEEK 12	3 sets	3 sets	AC	3 sets	3 sets	—	—
WEEK 13	3-4 sets	3-4 sets	AC	3-4 sets	3-4 sets	—	—
WEEK 14-16	4 sets	4 sets	AC	4 sets	4 sets	—	—
PHASE C	W1	W2	W(AC)	W3	W4		
WEEK 17	2 sets	2 sets	AC	2 sets	2 sets	—	—
WEEK 18	2-3 sets	2-3 sets	AC	2-3 sets	2-3 sets	—	—
WEEK 19	3 sets	3 sets	AC	3 sets	3 sets	—	—
WEEK 20	3 sets	3 sets	AC	3 sets	3 sets	—	—
WEEK 21	3-4 sets	3-4 sets	AC	3-4 sets	3-4 sets	—	—
WEEK 22-24	4 sets	4 sets	AC	4 sets	4 sets	—	—

W1 = Workout Day #1 W(AC) = Workout (Aerobic Conditioning)

The Level 4 Program may also be structured with days off during the week. Table 4-4 demonstrates the three available options for structuring your Level 4 training program.

Table 4-4 Level 4 Training Schedule Options

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
OPTION 1	W1	W2	W(AC)	W3	W4	—	—
OPTION 2	W1	W2	W(AC)	—	W3	W4	—
OPTION 3	W1	W2	—	W(AC)	W3	W4	—

W1 = Workout Day #1

W(AC) = Workout (Aerobic Conditioning)

IMPORTANT CONCEPTS: WARM-UP, PROGRESSIVE LOADING, EXERCISE INTENSITY AND TEMPO

In order to achieve the desired goal of the Level 4 Program (*i.e.* developing athleticism and elite functional strength and conditioning for highly specialized police work, such as that of the ERT), it is important to pay attention to loading, effort/intensity and tempo.

WARM-UP

Every workout must start with a warm-up. The essential goal of the warm-up is to prepare your body for movement. Often the warm-up consists of hastily performed stretching which recent studies have indicated might do more harm than good.

In the context of this functional strength and conditioning program, the warm-up may consist of movements that will prepare the body and more specifically the muscle groups, that will be used during that workout, or it might suggest a more traditional, progressive warm-up. After completing the general warm-up or dynamic warm-up, your body will be ready to generate the muscular actions required to successfully and safely complete your program. The program gives you both options and it is up to you to decide which one you want to use. **The take-home message is that you must warm-up before you start to exercise!**

PROGRESSIVE LOADING

The load, in the context of this program, refers to the amount being lifted for a particular exercise. It is important that the load is recorded during your workout (see Log Sheet in User Guide). The amount of weight to use, or load, will depend on the number of repetitions required for each particular exercise. The repetition (or reps) is the number of times the exercise is to be repeated. Therefore, when an exercise requires a specific number of reps, the load must be such that it challenges you to reach that number which is known as your repetition maximum (RM). As your body adapts to the exercise stimulus (load) for a given exercise, it is crucial that the load be increased. This concept is known as progressive loading. **In order to continually improve (*i.e.* get stronger/fitter), the load has to be increased.** The number of sets for each exercise is another variable that is used to manipulate the load. A set is a group or number of repetitions performed consecutively without resting (*e.g.* a set may consist of 8 repetitions; a person may perform 3 sets of 8 repetitions). Table 4-3 demonstrates the way in which the sets are structured for this program.

EXERCISE INTENSITY

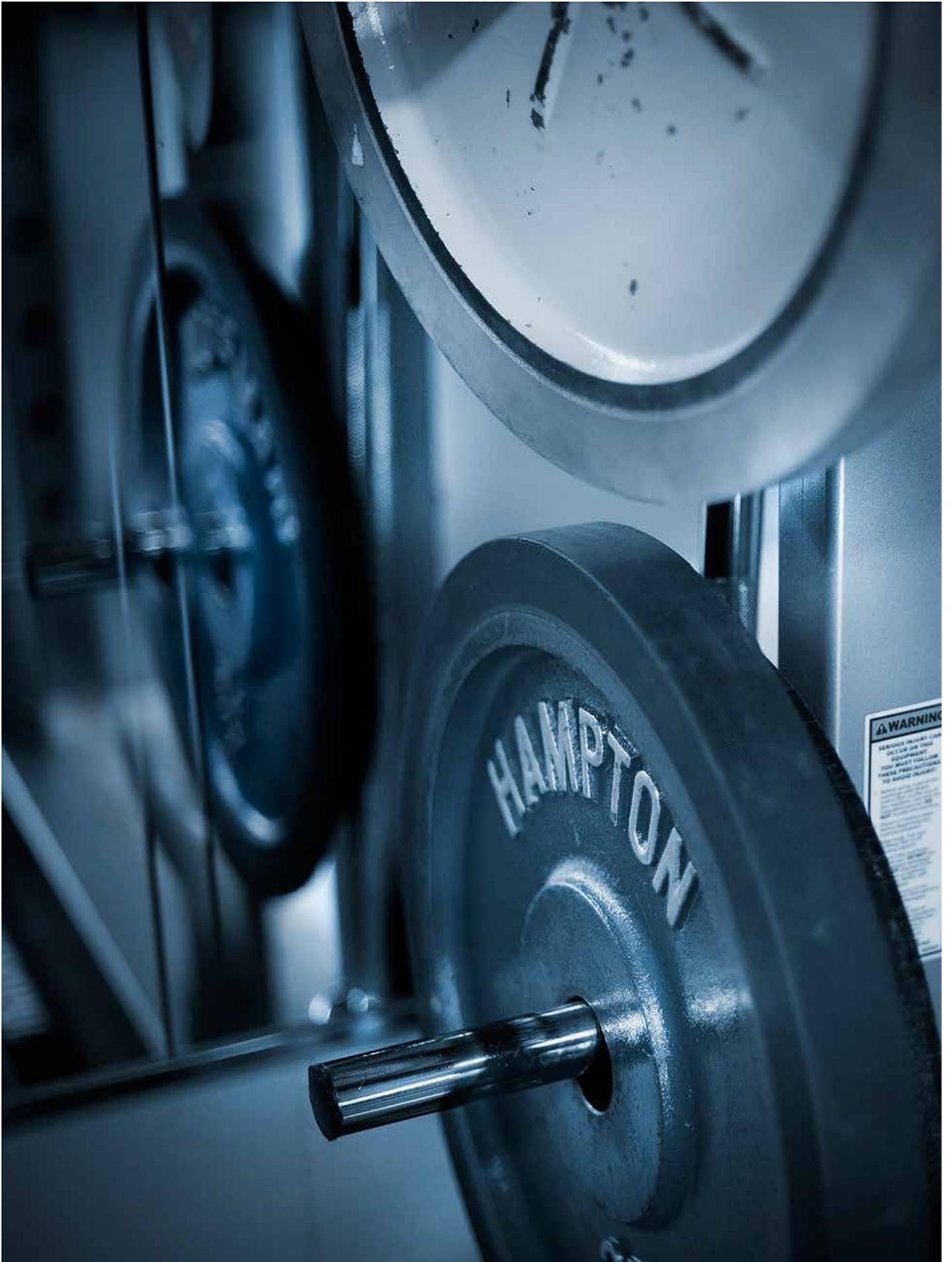
Intensity is the amount of stress placed on a particular system. The intensity of an exercise can also be characterized by rate of perceived exertion (RPE) which can be manipulated by changing the number of repetitions, sets and rest period. In the context of the Functional Strength & Conditioning Program, the RPE is used to determine the perceived effort required for certain exercises (cardiovascular and anaerobic conditioning) and the number of sets reps and rest period between strength exercises is used to manipulate the intensity of the work. Refer to Table 4-5 for more information on RPE.

Table 4-5 Rate of Perceived Exertion

RPE (0-10 scale)	% of Maximum Heart rate (MHR)	Level of Exertion	Talk Test
2	—	Very, very light	—
3	<35	Very light	Regular conversation
4	35-50	Fairly light	—
5-6	55-65	Moderate	Some pauses in conversation
7-8	70-85	Hard	Short sentences
9	>90	Very Hard	Short yes/no answers
10	100	Maximal	Can't talk

TEMPO

Temp (Tpo) refers to the speed at which you are moving the load during the exercise. For example, a 2-1-1 Tpo would translate into a two-second movement (as in lowering the load), followed by a one-second pause, then a one-second movement (as in lifting of the load). A number 0, in a 1-0-1 tempo refers to no pause, while an "X" in a 1-1-X refers to an explosive movement.



The background of the page is a close-up photograph of a weight stack from a gym. The weights are dark grey or black, and the numbers '0 lb / 14 kg', '45 lb / 20 kg', and '60 lb / 27 kg' are visible on the side of the plates. A semi-transparent blue rectangle is overlaid on the left and center of the image, containing the text. In the top right corner, there is a red decorative element consisting of several parallel white diagonal lines.

EXERCISE SAFETY

PREVENTING INJURIES

The best advice in preventing injuries and exercising safely is to use your best judgment (*i.e.* be responsible with the equipment and respect your physical limits). It is also important to be aware of the environment where you are exercising, as well as the way in which your body is responding to exercise.

The following is a list of precautions that will enhance your training experience and make your environment safer:

EQUIPMENT

Before starting an exercise, check the equipment to make sure it is safe to use and that the area around you is free from clutter or tripping hazards.

EXERCISE TECHNIQUE

It is important that you know how to safely perform each exercise. Improper execution of an exercise is often cited as one of the major causes of injury, because technique is compromised for increased resistance or number of reps. In addition, consider the following checklist of strategies for protecting against injuries¹:

- > **test how heavy something is prior to lifting it;**
- > **use a solid, grounded lifting stance with firm footing;**
- > **keep knees flexed (bent) and hips slightly hinged;**
- > **brace the midsection by engaging your abs and use your legs as the prime movers, not the back;**
- > **keep the load close to the body;**
- > **stay upright with abdominal muscles engaged and do not slouch; and**
- > **when lifting from the ground, keep your arms close to the trunk and squat with your legs.**

HYDRATE

As you exercise, your body loses water through sweat. Failure to replace this fluid can result in fatigue, decreased work capacity and increased susceptibility to infections and injury. At the very minimum, you should replace all fluid lost during a workout.

INJURIES

Treat minor injuries such as abrasions, bruises, strains and cuts right away. To minimize damage and accelerate the healing process, use the RICE strategy when dealing with an injury:

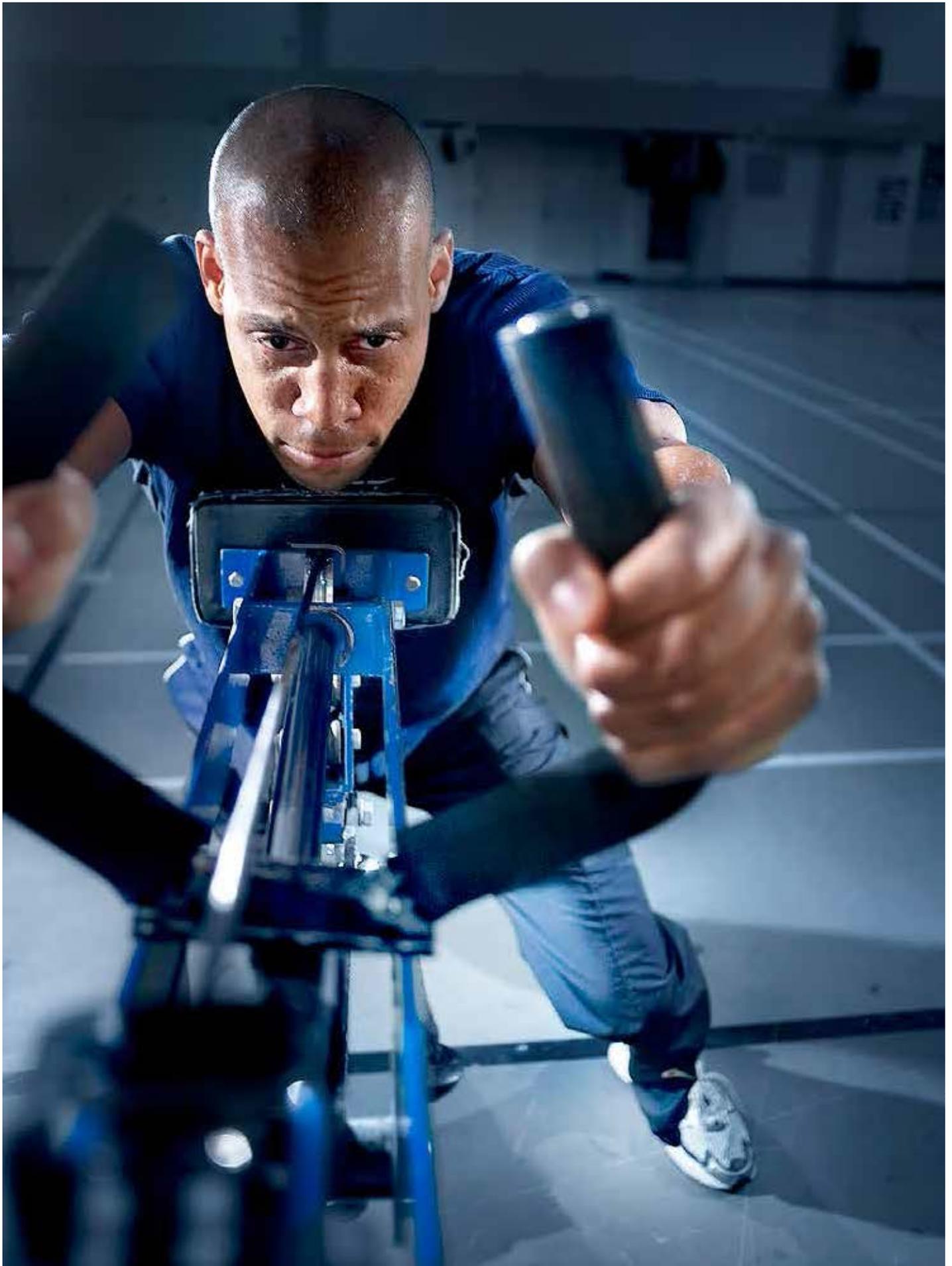
- > **Rest the injured body part.**
- > **Ice the injured area for 10-20 minutes every 2-3 hours.**
- > **Compress the injured area with an elastic bandage or towel (if swelling occurs).**
- > **Elevate the injured area above the level of the heart.**

OVERTRAINING

When your body does not have adequate time to recuperate from training, it can experience a plateau or an actual drop in performance. This lack of progression is usually a result of not following the recommended guidelines for proper recovery. Symptoms of overtraining include:

- > **prolonged muscle aches;**
- > **unexplained weight loss;**
- > **chronic fatigue;**
- > **loss of appetite;**
- > **inability to maintain performance;**
- > **decreased resistance to illness;**
- > **constipation or diarrhea; and**
- > **an increase in resting heart rate and training heart rate (8-10 bpm or greater).**

¹ Frounfelter, G. 2009. Watch Your Biomechanics, *NSCA Performance Performance Training Journal* 8(5): 8–9.



DYNAMIC WARM-UP

level

4

DYNAMIC WARM-UP

EVERY WORKOUT MUST START WITH A WARM-UP.

The essential goal of the warm-up is to prepare your body for movement. Often the warm-up is comprised of hastily performed stretching which recent studies have indicated might do more harm than good.

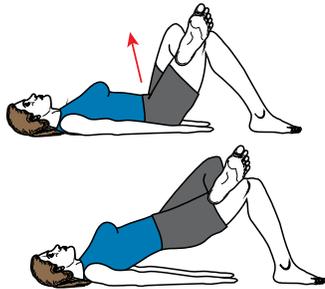
In the context of the Functional Strength & Conditioning Program, the warm-up may consist of movements that will prepare the body and more specifically the muscle groups that will be used during that workout, or it might suggest a more traditional, progressive warm-up.

Completing a general warm-up or dynamic warm-up ensures your body will be ready to generate the necessary muscular actions required to successfully and safely complete your program. The program gives you both options and it is up to you to decide which one you want to use. **The take-home message is you must warm-up before you start to exercise!**

DYNAMIC WARM-UP (5-10 MINUTES)

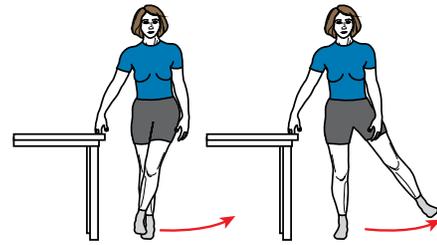
- > Perform 5-6 repetitions of each exercise.
- > Perform each exercise under control.
- > Intensity increases as you progress through the dynamic warm-up routine.

EXERCISE

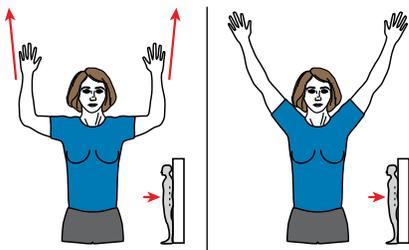


One Foot Hip Raise

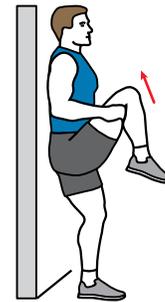
EXERCISE



Flexibility / Hip Range of Motion



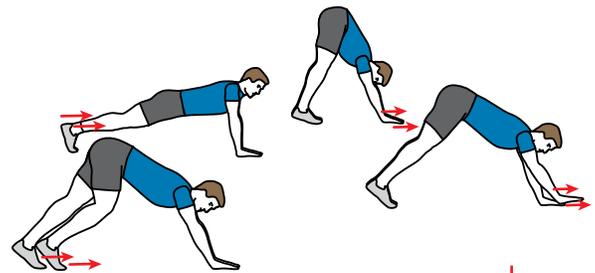
Flexibility / Shoulders Chest Stretching



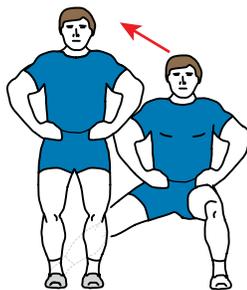
Flexibility / Buttocks Stretching



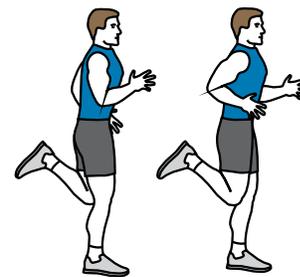
Strengthening Quad / Flexibility Hip Gluteal



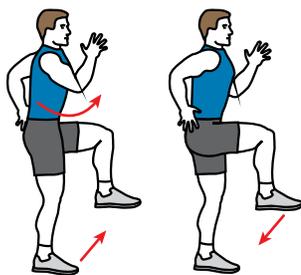
Caterpillar



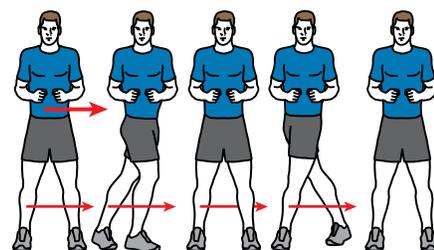
Side Lunges



Warm-up / Kick-back



High Knees on Spot



Carioca



PHASE A

DAY 1
DAY 2
DAY 3
DAY 4

WEEKS 1-8

level

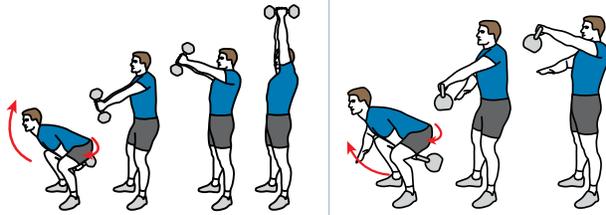
4



4

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



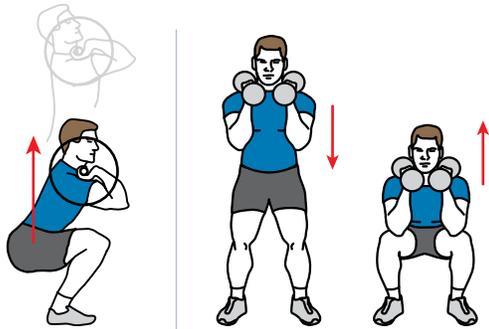
A 1 Dumbbell Swing

SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X



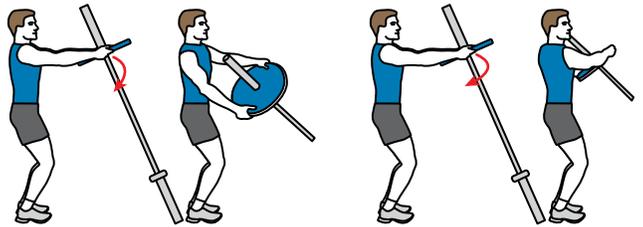
A 2 Ball Roll Out

SETS: 2-4 / REPS: 10-12 / TPO: 2-2-2 / REST: 60-120



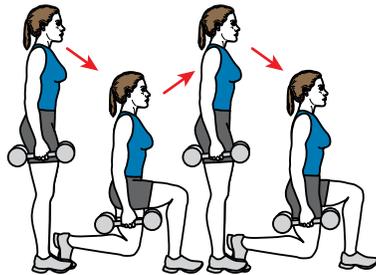
B 1 Barbell Front Squat Medium Stance

SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1



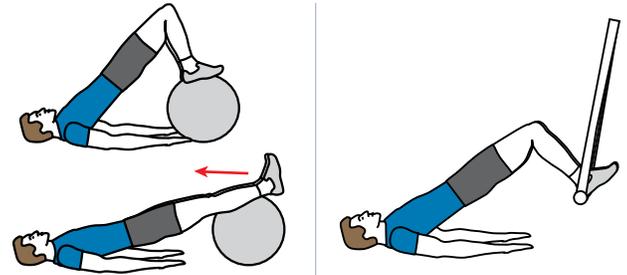
B 2 Landmine

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 60-90



C 1 Walking Lunges with Dumbbell

SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1



C 2 Leg Curl on Exercise Ball

SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1 / REST: 30-90



CARDIO

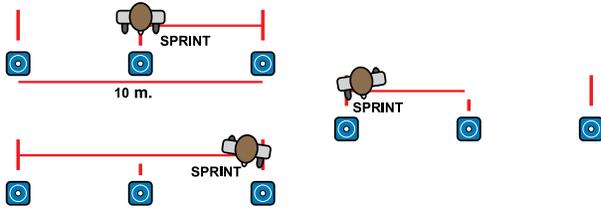
SEE DETAILS ON THE BACK

✦ Exercises in this program are grouped in pairs (e.g. A1-A2). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed and is indicated on the last exercise. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

	DESCRIPTION	DESCRIPTION																									
A 1	<p>Keep your back straight, abs engaged (tight) and head neutral. Holding a dumbbell (or kettlebell) with both hands, start the swing from between your legs. Using your legs and torso, keeping arms straight, swing the weight to shoulder height. Allow the dumbbell to return to the initial position in a controlled manner and repeat the exercise.</p> <p>Dumbbell Swing</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X</p>	A 2																									
		<p>From a prone position, with forearms on an exercise ball and knees on the floor, keep the body rigid and maintain a straight alignment. Keep your abs engaged (tight) and back straight. Maintain position for the prescribed amount of time.</p> <p>Ball Roll Out</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-2-2 / REST: 60-120</p>																									
B 1	<p>Heels are at hip/shoulder width, with toes pointing at “two and ten o’clock position”. Grasp the barbell with a pronated (overhand) grip, slightly wider than shoulder width. Position bar at chest height so that bar is resting on the front of the shoulders. Elbows are placed as high as possible so that they are pointing forward and fingers under the bar to each side. (The back of the upper arm (triceps) should be parallel with the floor). Perform the squat (which is a sitting motion) by flexing hips, knees and ankle, ensuring the knees track over the foot. Lower your body until the thighs are parallel with the floor, keeping the back straight, abs engaged (tight), head neutral and chest out.</p> <p>Barbell Front Squat Medium Stance</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1</p>	B 2																									
		<p>Feet are shoulder width apart, back straight, abs engaged (tight), knees slightly flexed (bent) and hips hinged. Move the plate of the diagonal barbell from the top center position to bottom left, keeping hips and trunk facing forward. Return the plate to the center starting position. Perform the second rep with the opposite side. Alternate until prescribed number of reps are completed.</p> <p>Landmine</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 60-90</p>																									
C 1	<p>Keep your back straight, abs engaged (tight) and head neutral. With your right leg, take a step forward, keeping the right knee behind the toes and weight focused on the heel of the right foot. Both legs must be at 90 degrees in the bottom position. Lift yourself up, move forward and lunge with the left leg. Alternate until prescribed number of reps are completed.</p> <p>Walking Lunges with Dumbbell</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1</p>	C 2																									
		<p>Keep your back straight, abs engaged (tight) and hips on the floor. First lift your hips off the floor, then pull your heels towards your buttocks. Push back your feet and lower your hips to the floor. This exercise can be done with a ball or a suspension trainer.</p> <p>Leg Curl on Exercise Ball</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1 / REST: 30-90</p>																									
CARDIO PROGRESSION	<p>1. Start with a 5-10 min warm-up (dynamic or cardio). 2. Followed by interval work:</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>1 & 2</td> <td>3</td> <td>40-60</td> <td>9/10</td> <td>60-120</td> </tr> <tr> <td>3 & 4</td> <td>4</td> <td>40-60</td> <td>9/10</td> <td>60-120</td> </tr> <tr> <td>5 & 6</td> <td>5</td> <td>40-60</td> <td>9/10</td> <td>60-120</td> </tr> <tr> <td>7 & 8</td> <td>6</td> <td>40-60</td> <td>9/10</td> <td>60-120</td> </tr> </tbody> </table> <p>3. Finish with a 5 min cool-down.</p>		Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)	1 & 2	3	40-60	9/10	60-120	3 & 4	4	40-60	9/10	60-120	5 & 6	5	40-60	9/10	60-120	7 & 8	6	40-60	9/10	60-120
Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)																							
1 & 2	3	40-60	9/10	60-120																							
3 & 4	4	40-60	9/10	60-120																							
5 & 6	5	40-60	9/10	60-120																							
7 & 8	6	40-60	9/10	60-120																							

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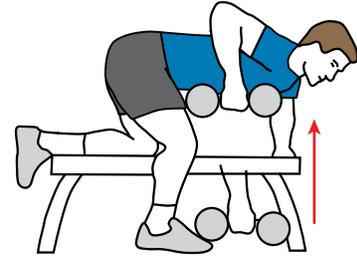
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



5-10-5 Drill (optional)

SETS: 2-4 / REPS: 2-4 / REST: 60-120

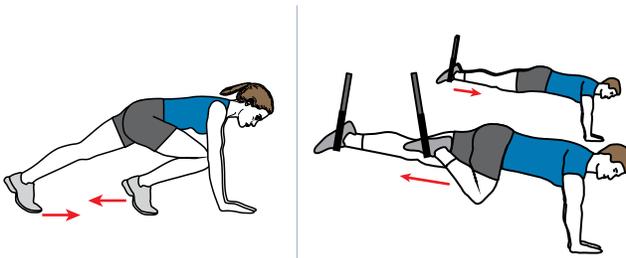
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Dumbbell Bent Over Row

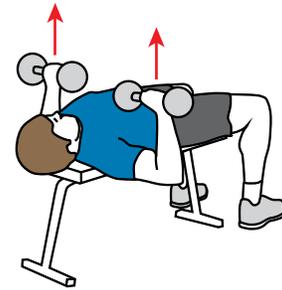
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1



A 2

Mountain Climber

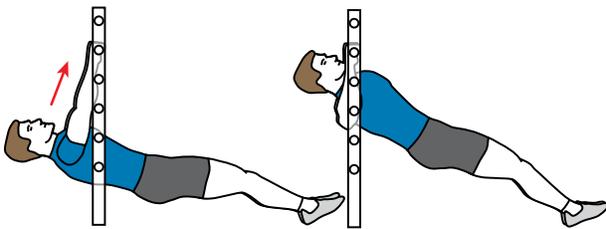
SETS: 2-4 / REPS: 40 / TPO: 1-1-1



A 3

Dumbbell Bench Press

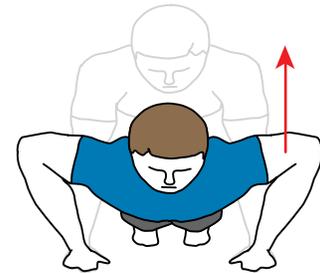
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-90



B 1

Inverted Row 10-20 Degrees

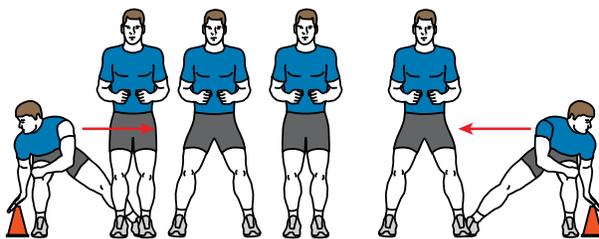
SETS: 2-4 REPS: 10-12 / TPO: 3-1-1



B 2

Push-up

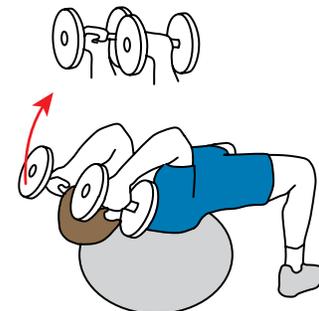
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-120



B 3

Shuffle Between 2 Cones

DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC



B 4

Dumbbell Triceps Extension Lying on Swiss Ball

SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 30-90

level 4 | PHASE A | DAY 2

EXERCISES DESCRIPTION

✦ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

DESCRIPTION		DESCRIPTION	
	<p>Place three cones in a line approximately 4-5 M apart from one another. Facing the center cone (start point) turn and sprint forward to a cone. Stop by placing the outside foot at the center of the cone, making sure you are facing the cone, then turn and sprint to the far cone, stop and return to the finish (center cone).</p> <p>5-10-5 Drill (optional)</p> <p>SETS: 2-4 / REPS: 2-4 / REST: 60-120</p>	A 1	<p>Keep your back straight, abs engaged (tight) and head neutral. From a bent over position, with one knee and hand on the bench for support. From an extended arm position, pull dumbbell towards the trunk by flexing the elbow. Keep the elbow close to the body. Repeat with the other side.</p> <p>Dumbbell Bent Over Row</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1</p>
A 2	<p>From a prone position, support your weight on your hands and feet. Keep your back straight, head neutral and abs engaged (tight). In a supported lunge position, with back leg fully extended and front leg flexed and under your trunk, alternate leg position (flexion/extension) as you would in running, keeping the legs and feet in line with the trunk. Perform the second rep with the opposite side. Alternate until prescribed number of reps are completed.</p> <p>Mountain Climber</p> <p>SETS: 2-4 / REPS: 40 / TPO: 1-1-1</p>	A 3	<p>Keep abs engaged (tight) and back flat on the bench. Use a closed pronated (overhand) grip. With arms extended above your shoulders, lower the dumbbells until the elbows reach a 90 degree angle, keeping forearms perpendicular to the ground. Return to the starting position and repeat.</p> <p>Dumbbell Bench Press</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-90</p>
B 1	<p>Use a low-hanging bar (smith machine, squat rack, suspension trainer). Using a pronated (overhand grip, medium hand placement), feet on the floor, forming an incline angle of 10-20 degrees with the floor. Keeping the body straight and rigid and elbows close to the body, pull the body up until chest is close to the bar.</p> <p>Inverted Row 10-20 Degrees</p> <p>SETS: 2-4 REPS: 10-12 / TPO: 3-1-1</p>	B 2	<p>Keep your back straight, abs engaged (tight), so that ankles, knees, hips, shoulders and head are aligned. Use a medium hand placement (<i>i.e.</i> shoulder width). Press your trunk upward to full elbow extension.</p> <p>Push-up</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-120</p>
B 3	<p>Shuffle sideways in a straight line between two cones set approx 2-4 meters apart from one another. Lean and touch the cone with your hand at the end of each length.</p> <p>Shuffle Between 2 Cones</p> <p>DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p>	B 4	<p>Keep your back straight, abs tight (engaged), head aligned with your trunk and arms extended (elbows locked). Lower the weight by flexing your elbows. Keep your elbows pointed upward so that your arms make a 90 degree angle with your trunk.</p> <p>Dumbbell Triceps Extension Lying on Swiss Ball</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 30-90</p>

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

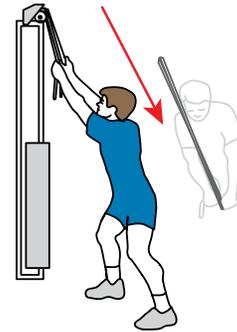
A 1



Jump Box

SETS: 2-4 / REPS: 6-8 / TPO: 1-1-X

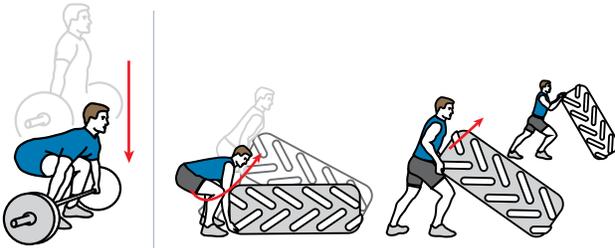
A 2



Standing Chop

SETS: 2-4 / REPS: 10-12 / TPO: 1-2-1 / REST: 60-120

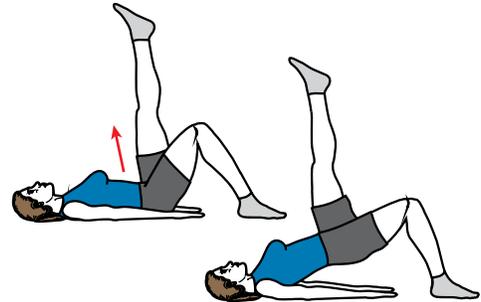
B 1



Deadlift

SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1

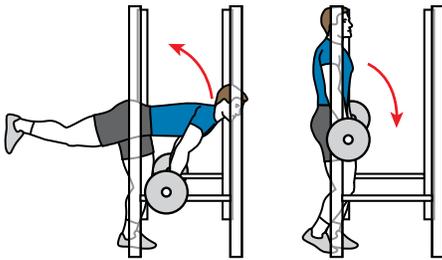
B 2



One Foot Hip Raise

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 60-90

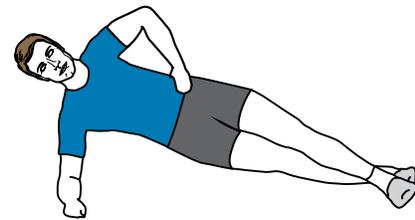
C 1



Barbell Single Leg Deadlift

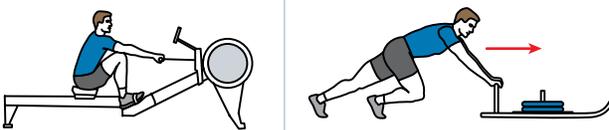
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1

C 2



Side Plank Split Feet Hand to Hip

SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90



CARDIO

SEE DETAILS ON THE BACK

level 4 | PHASE A | DAY 3

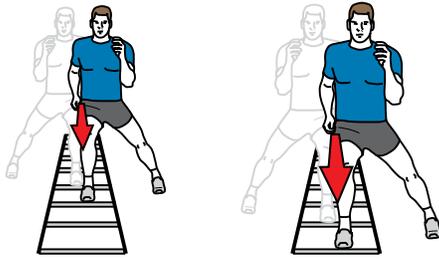
EXERCISES DESCRIPTION

✦ Exercises in this program are grouped in pairs (e.g. A1-A2). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

	DESCRIPTION	DESCRIPTION																									
A1	<p>Keep your back straight, abs engaged (tight) and center of gravity over your feet. Using your arms, jump forward onto the box, ensuring entire foot lands on the box. Step down safely. Repeat.</p> <p>Jump Box</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 1-1-X</p>	<p>High to low cable trunk rotation in a standing position. Keep your abs engaged (tight), back straight elbows extended (straight arms) and knees bent. Rotate your trunk and pull the cable towards the opposite hip/leg. Return to the start position, perform all the reps, then switch sides.</p> <p>Standing Chop</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-2-1 / REST: 60-120</p>																									
B1	<p>Grab a barbell using a closed pronated (overhand) or closed alternate grip. Grab the bar at wider than shoulder width apart. Keep your back straight, abs engaged (tight) and head neutral. From a squat position, keep the load close to your body and your back rigid, lift the weight until your knees and hips are fully extended.</p> <p>Deadlift</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1</p>	<p>Starting from a supine position. Right knee is flexed at a 90 degree angle and your foot is placed on the floor. The left leg is straight and not supported. Lift your hips off the floor, pushing through the right foot. Keep your abs engaged (tight) and your back straight. Perform the prescribed number of reps. Repeat with the left leg.</p> <p>One Foot Hip Raise</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 60-90</p>																									
C1	<p>Grab a barbell using a wide grip. Start on your right leg. Keep your back straight, abs engaged (tight), head neutral. Maintaining slight knee flexion in right leg, slowly bend forward and extend the left leg. Use the gluts to lift the weight. Perform the prescribed number of reps. Repeat with the left leg.</p> <p>Barbell Single Leg Deadlift</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1</p>	<p>Keep your back straight, abs engaged (tight) and head aligned with the spine. The top leg is placed in front of the bottom leg. Lean on elbow and forearm, ensuring that the support arm is perpendicular to the floor. The non-support hand is placed on hip (or mid-section). Maintain position for prescribed amount of time. Repeat with the other side.</p> <p>Side Plank Split Feet Hand to Hip</p> <p>SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90</p>																									
CARDIO PROGRESSION	<p>1. Start with a 5-10 min warm-up (dynamic or cardio). 2. Followed by interval work:</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>1 & 2</td> <td>3-4</td> <td>30-40</td> <td>9/10</td> <td>90-120</td> </tr> <tr> <td>3 & 4</td> <td>4-5</td> <td>30-40</td> <td>9/10</td> <td>90-120</td> </tr> <tr> <td>5 & 6</td> <td>5-6</td> <td>30-40</td> <td>9/10</td> <td>90-120</td> </tr> <tr> <td>7 & 8</td> <td>6-7</td> <td>30-40</td> <td>9/10</td> <td>90-120</td> </tr> </tbody> </table> <p>3. Finish with a 5 min cool-down.</p>		Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)	1 & 2	3-4	30-40	9/10	90-120	3 & 4	4-5	30-40	9/10	90-120	5 & 6	5-6	30-40	9/10	90-120	7 & 8	6-7	30-40	9/10	90-120
Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)																							
1 & 2	3-4	30-40	9/10	90-120																							
3 & 4	4-5	30-40	9/10	90-120																							
5 & 6	5-6	30-40	9/10	90-120																							
7 & 8	6-7	30-40	9/10	90-120																							

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

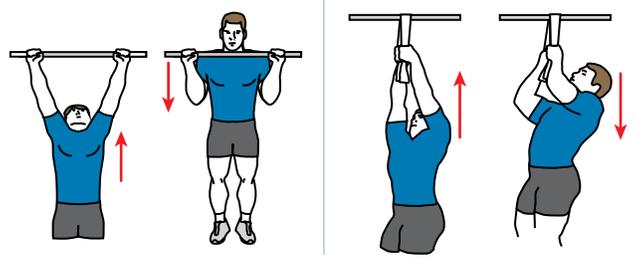
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



Ladder Runner Jump (optional)

DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC

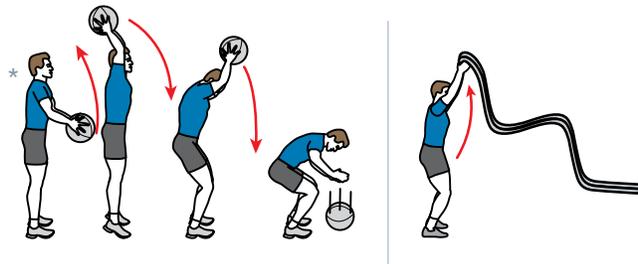
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



Medium Grip Chin-up

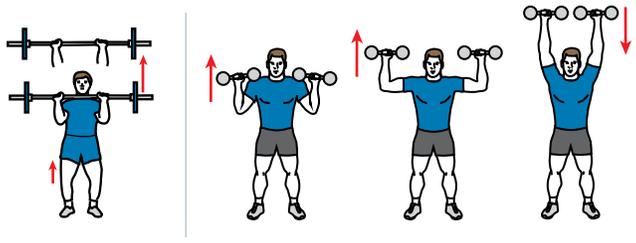
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1

* Warning: Injury Risk. Ball may bounce.



MB Slam

SETS: 2-4 / REPS: 10-12 / TPO: 1-1-X

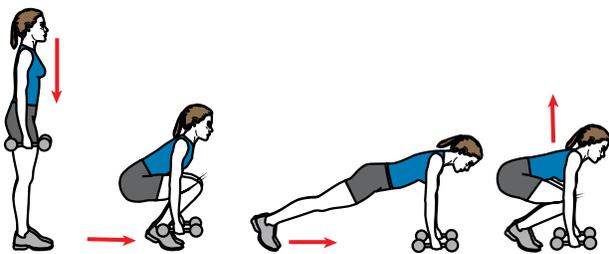


Push Press

SETS: 2-4 / REPS: 10-12 / TPO: 1-1-X / REST: 60-90

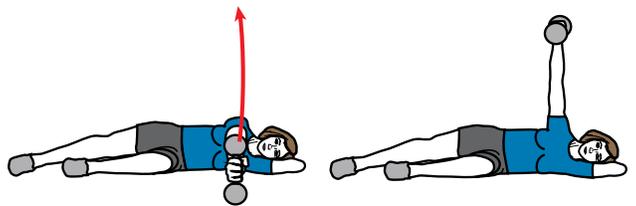
A 2

A 3



Burpee with Weight

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1

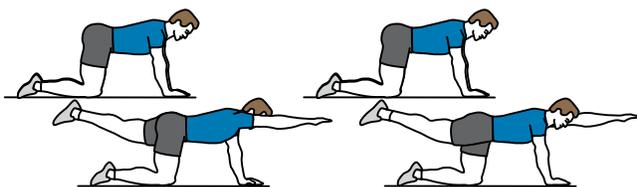


Lying Dumbbell Arm Raise (supination)

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1

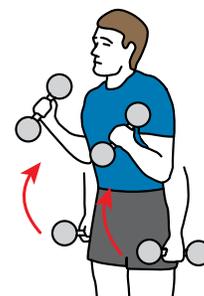
B 1

B 2



Bird Dog

SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1



Biceps Dumbbell Curl Neutral Grip (optional)

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90

B 3

B 4

level 4 | PHASE A | DAY 4 | EXERCISES DESCRIPTION

✦ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

DESCRIPTION		DESCRIPTION	
	<p>Keep your back straight, abs engaged (tight) and head neutral. Move forward down the ladder in a “runner’s style”, from one space to the other, from one foot to the other, by pushing on the front leg and keeping the back leg slightly bent. Focus on keeping the weight on the front part of your feet.</p> <p>Ladder Runner Jump (optional)</p> <p>DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p>	A 1	<p>Using a suspended bar, pull up your body weight until your chin passes the bar. Hands are placed at shoulder width apart. Use a supinated grip (underhand - palms facing you). Keep abs engaged (tight) and trunk rigid during the exercise.</p> <p>Medium Grip Chin-up</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1</p>
A 2	<p>From a standing position, lift the medicine ball over your head. Keeping your abs engaged (tight), use your entire body (legs, trunk and arms) to throw the ball on the floor as hard as you can.</p> <p>MB Slam</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-X</p>	A 3	<p>Keep your back straight, abs engaged (tight) and head neutral. Keep feet at hip/shoulder width. Hands are grasping the bar at shoulder width and the bar is resting on the shoulders. Using legs, the weight is then pressed dynamically and vertically and elbows are locked out (<i>i.e.</i> arms are straight).</p> <p>Push Press</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-X / REST: 60-90</p>
B 1	<p>Keep your back straight, abs engaged (tight) and keep your hips, shoulders and head in a straight line. Sequence: start from a standing position; go to a crouching position; then to a push-up position; then to a crouching position again; return to the starting position.</p> <p>Burpee with Weight</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1</p>	B 2	<p>Lying on your left side, keep your left hip and knee flexed at 90 degrees and head supported on your left arm. Using an underhand (supinated) grip, keep your right arm fully extended and lift the weight upward to a vertical arm position. Complete the required number of reps. Repeat the exercise from your right side, using your left arm.</p> <p>Lying Dumbbell Arm Raise (supination)</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1</p>
B 3	<p>Performed from hands and knees (crawling position). Keep your back straight, abs engaged (tight) and head neutral. Extend one arm forward and the opposing leg backwards, until both are parallel with the ground. Keep your foot neutral and knee pointing to the floor. Ensure that the extended arm and leg form a straight line. Perform the second rep on the opposite side.</p> <p>Bird Dog</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1</p>	B 4	<p>Keep your back straight, abs engaged (tight) and knees bent. Use a neutral (hammer) grip. Curl the dumbbells towards your shoulders by flexing your elbow.</p> <p>Biceps Dumbbell Curl Neutral Grip (optional)</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90</p>

PHASE B

DAY 1
DAY 2
DAY 3
DAY 4

WEEKS 9-16

level

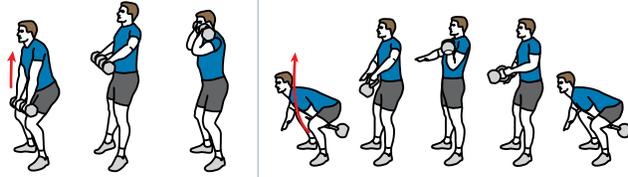
4



4

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

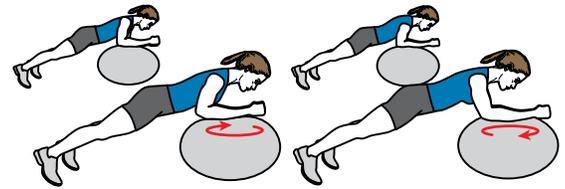
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Dumbbell Hang Power Clean

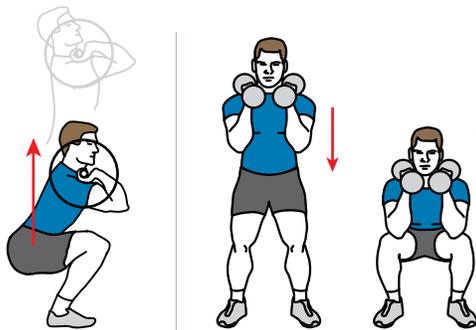
SETS: 2-4 / REPS: 6-8 / TPO: 1-1-X



A 2

Stir The Pot on Exercise Ball

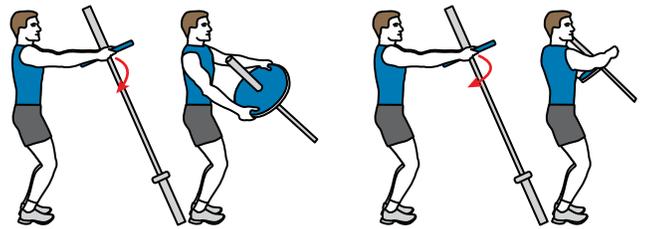
SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1 / REST: 60-120



B 1

Barbell Front Squat Medium Stance

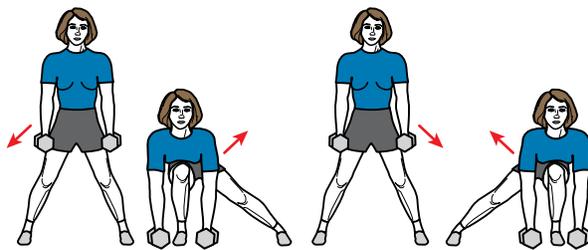
SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1



B 2

Landmine

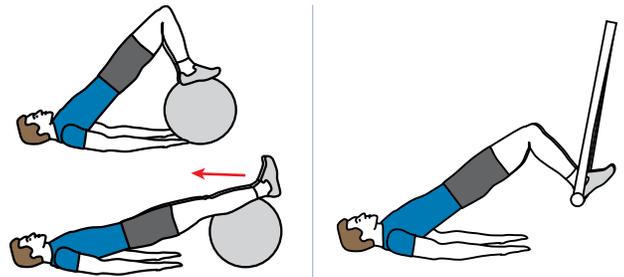
SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 60-90



C 1

Dumbbell Side Lunges and Touch

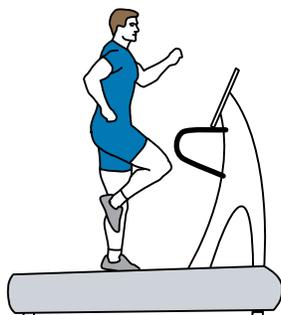
SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1



C 2

Leg Curl on Exercise Ball

SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1 / REST: 30-90



CARDIO

SEE DETAILS ON THE BACK

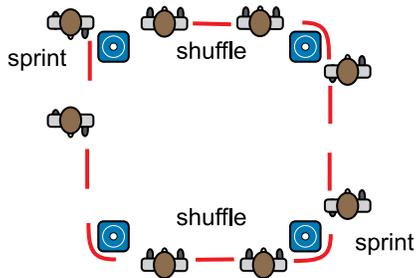
level 4 | PHASE B | DAY 1 EXERCISES DESCRIPTION

✦ Exercises in this program are grouped in pairs (e.g. A1-A2). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

	DESCRIPTION	DESCRIPTION																									
A 1	<p>Keep your back straight, abs engaged (tight) and head neutral. Feet are at hip width apart, toes pointing forward. Bend knees and hinge your hips so that the dumbbells touch your mid to low thigh (just above knees). Shoulders are over the dumbbells, back is rigid, arms straight, elbows locked. Shrug shoulders and load dynamically upward with your arms, keeping load close to your body. Absorb or catch the load with legs by moving under the load into a semi squat position.</p> <p>Dumbbell Hang Power Clean SETS: 2-4 / REPS: 6-8 / TPO: 1-1-X</p>	A 2																									
B 1	<p>Heels are at hip/shoulder width, with toes pointing at “two and ten o’clock position”. Grasp the barbell with a pronated (overhand) grip, slightly wider than shoulder width. Position bar at chest height so that bar is resting on the front of the shoulders. Elbows are placed as high as possible so that they are pointing forward and fingers under the bar to each side. (The back of the upper arm (triceps) should be parallel with the floor). Perform the squat (which is a sitting motion) by flexing hips, knees and ankle, ensuring the knees track over the foot. Lower your body until the thighs are parallel with the floor, keeping the back straight, abs engaged (tight), head neutral and chest out.</p> <p>Barbell Front Squat Medium Stance SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1</p>	B 2																									
C 1	<p>Keep your back straight, abs engaged (tight) and head neutral. Take a step sideways with your right foot, lunging until your thigh is parallel to the ground and dumbbell is on the floor. Keep your right knee behind the toes and weight focused on the heel of the right leg. Return to the start position and repeat with your opposite leg. Alternate until the prescribed number of reps are completed.</p> <p>Dumbbell Side Lunges and Touch SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1</p>	C 2																									
CARDIO PROGRESSION	<p>1. Start with a 5-10 min warm-up (dynamic or cardio). 2. Followed by interval work:</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>9 & 10</td> <td>3</td> <td>60-90</td> <td>9/10</td> <td>80-150</td> </tr> <tr> <td>11 & 12</td> <td>4</td> <td>60-90</td> <td>9/10</td> <td>80-150</td> </tr> <tr> <td>13 & 14</td> <td>5</td> <td>60-90</td> <td>9/10</td> <td>80-150</td> </tr> <tr> <td>15 & 16</td> <td>6</td> <td>60-90</td> <td>9/10</td> <td>80-150</td> </tr> </tbody> </table> <p>3. Finish with a 5 min cool-down.</p>		Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)	9 & 10	3	60-90	9/10	80-150	11 & 12	4	60-90	9/10	80-150	13 & 14	5	60-90	9/10	80-150	15 & 16	6	60-90	9/10	80-150
Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)																							
9 & 10	3	60-90	9/10	80-150																							
11 & 12	4	60-90	9/10	80-150																							
13 & 14	5	60-90	9/10	80-150																							
15 & 16	6	60-90	9/10	80-150																							
		<p>Keep your back straight, abs engaged (tight) and head neutral. In a plank position, keep feet hip/shoulder width apart, elbows on exercise ball with hands together. Make circles in a counter-clockwise direction on the ball with your elbows, by rotating your shoulders and keeping elbows flexed at 90 degrees. Perform all the reps, then switch directions.</p> <p>Stir The Pot on Exercise Ball SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1 / REST: 60-120</p>																									
		<p>Feet are shoulder width apart, back straight, abs engaged (tight), knees slightly flexed (bent) and hips hinged. Move the plate of the diagonal barbell from the top center position to bottom left, keeping hips and trunk facing forward. Return the plate to the center starting position. Perform the second rep with the opposite side. Alternate until prescribed number of reps are completed.</p> <p>Landmine SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 60-90</p>																									
		<p>Keep your back straight, abs engaged (tight) and hips on the floor. First lift your hips off the floor, then pull your heels towards your buttocks. Push back your feet and lower your hips to the floor. This exercise can be done with a ball or a suspension trainer.</p> <p>Leg Curl on Exercise Ball SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1 / REST: 30-90</p>																									

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

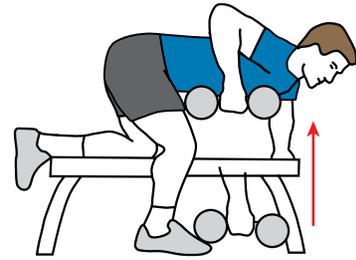
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A4: Box Drill Sprint Shuffle (optional)

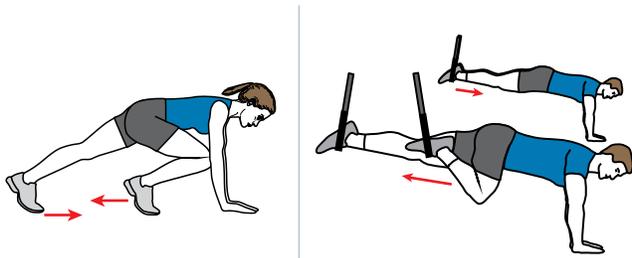
SETS: 2-4 / REPS: 2 / REST: 60-120

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A1: Dumbbell Bent Over Row

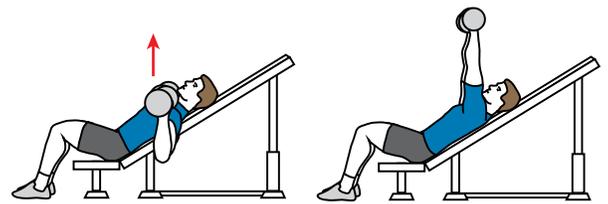
SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1



A 2

Mountain Climber

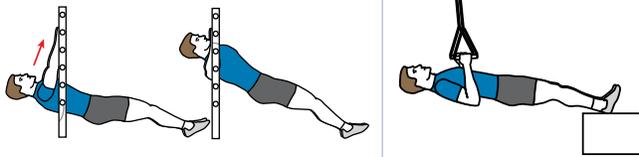
SETS: 2-4 / REPS: 40 / TPO: 1-1-1



A 3

Incline Dumbbell Press

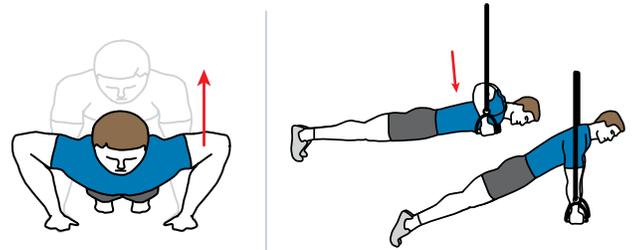
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-90



B 1

Inverted Row 10-20 Degrees

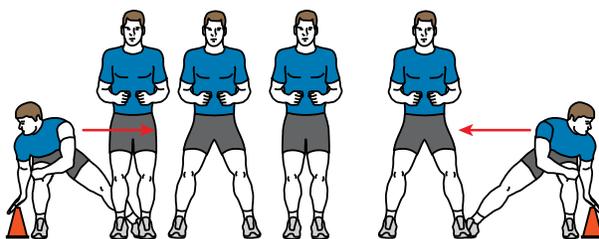
SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1



B 2

Push-up

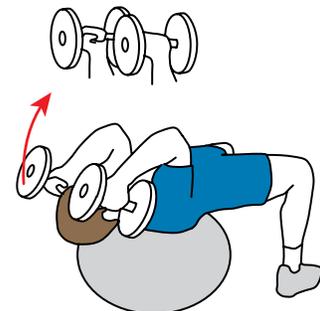
SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1



B 3

Shuffle Between 2 Cones

DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC



B 4

Dumbbell Triceps Extension Lying on Swiss Ball

SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 30-90

level 4 | PHASE B | DAY 2

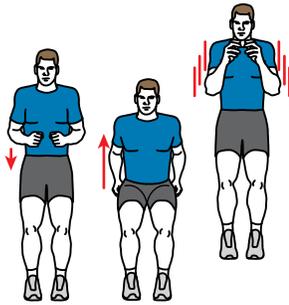
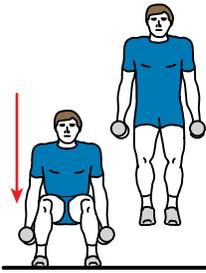
EXERCISES DESCRIPTION

✦ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

DESCRIPTION		DESCRIPTION	
	<p>Place four cones in a box shape, each cone 4-5 M apart. Start at the first cone with a sprint to the second cone, turn and side shuffle (facing inside of the box) to the next cone (3), sprint to the fourth cone, turn and side shuffle (facing outside the box) back to the first cone.</p> <p>A4: Box Drill Sprint Shuffle (optional) SETS: 2-4 / REPS: 2 / REST: 60-120</p>	A 1	<p>Keep your back straight, abs engaged (tight) and head neutral. From a bent over position, with one knee and hand on the bench for support. From an extended arm position, pull dumbbell towards the trunk by flexing the elbow. Keep the elbow close to the body. Repeat with the other side.</p> <p>Dumbbell Bent Over Row SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1</p>
A 2	<p>From a prone position, support your weight on your hands and feet. Keep your back straight, head neutral and abs engaged (tight). In a supported lunge position, with back leg fully extended and front leg flexed and under your trunk, alternate leg position (flexion/extension) as you would in running, keeping the legs and feet in line with the trunk. Perform the second rep with the opposite side. Alternate until prescribed number of reps are completed.</p> <p>Mountain Climber SETS: 2-4 / REPS: 40 / TPO: 1-1-1</p>	A 3	<p>Keep abs engaged (tight) and back flat on an inclined bench. Using a closed pronated (overhand) grip, lower the dumbbells until the elbows reach a 90 degree angle, keeping forearms perpendicular to the ground. Return to the starting position and repeat.</p> <p>Incline Dumbbell Press SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-90</p>
B 1	<p>Use a low-hanging bar (smith machine, squat rack, suspension trainer). Using a pronated (overhand grip, medium hand placement), feet on the floor forming an incline angle of 10-20 degrees with the floor. Keeping the body straight and rigid and elbows close to the body, pull the body up until chest is close to the bar.</p> <p>Inverted Row 10-20 Degrees SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1</p>	B 2	<p>Keep your back straight, abs engaged (tight), so that ankles, knees, hips, shoulders and head are aligned. Use a medium hand placement (i.e. shoulder width). Press your trunk upward to full elbow extension.</p> <p>Push-up SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1</p>
B 3	<p>Shuffle sideways in a straight line between two cones set approx 2-4 meters apart from one another. Lean and touch the cone with your hand at the end of each length.</p> <p>Shuffle Between 2 Cones DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p>	B 4	<p>Keep your back straight, abs tight (engaged), head aligned with your trunk and arms extended (elbows locked). Lower the weight by flexing your elbows. Keep your elbows pointed upward so that your arms make a 90 degree angle with your trunk.</p> <p>Dumbbell Triceps Extension Lying on Swiss Ball SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 30-90</p>

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Jump Squat with Dumbbell

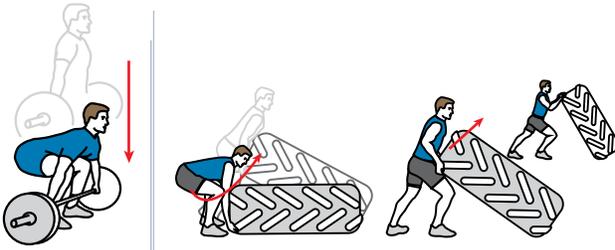
SETS: 2-4 / REPS: 6-8 / TPO: 1-0-X



A 2

Standing Reverse Chop

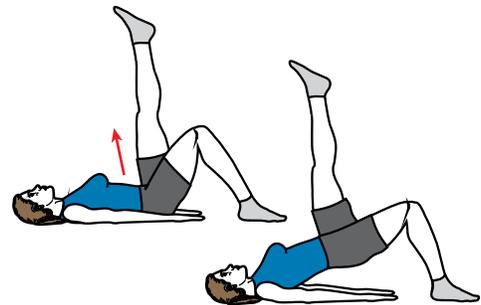
SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1 / REST: 60-120



B 1

Deadlift

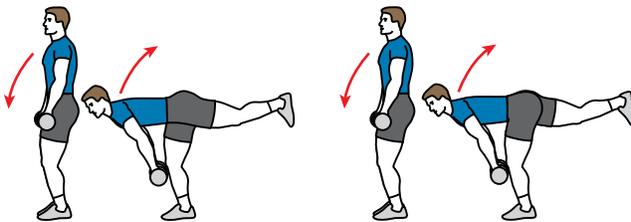
SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1



B 2

One Foot Hip Raise

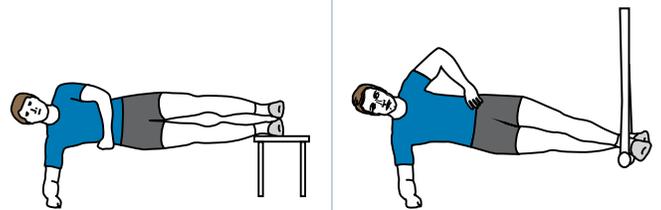
SETS: 2-4 / REPS: 8-10 / TPO: 2-1-1 / REST: 60-90



C 1

Alternate Dumbbell Single-Leg Deadlift

SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1



C 2

Side Plank with Bench

SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90



CARDIO

SEE DETAILS ON THE BACK

level 4 | PHASE B | DAY 3

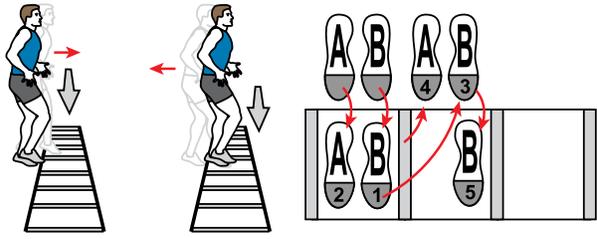
EXERCISES DESCRIPTION

✦ Exercises in this program are grouped in pairs (e.g. A1-A2). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

	DESCRIPTION	DESCRIPTION																									
A 1	<p>Keep your back straight, abs engaged (tight), head neutral and center of gravity over your feet. Jump as high as possible with your legs. Absorb the landing (i.e. softly) by flexing your hips, knees and ankles. There should be no forward or backward movement/travel (i.e. try to land in the same spot).</p> <p>Jump Squat with Dumbbell</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 1-0-X</p>	A 2																									
	<p>Low to high cable trunk rotation in a standing position. Keep your abs engaged (tight), back straight, knees flexed (bent) and elbows extended (straight arms). Rotate your trunk and pull the cable upward and diagonally towards the opposite shoulder/hip/leg. Return to the start position and perform all the reps, then switch sides.</p> <p>Standing Reverse Chop</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1 / REST: 60-120</p>																										
B 1	<p>Grab a barbell using a closed pronated (overhand) or closed alternate grip. Grab the bar at wider than shoulder width apart. Keep your back straight, abs engaged (tight) and head neutral. From a squat position, keep the load close to your body and your back rigid, lift the weight until your knees and hips are fully extended.</p> <p>Deadlift</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1</p>	B 2																									
	<p>Starting from a supine position. Right knee is flexed at a 90 degree angle and your foot is placed on the floor. The left leg is straight and not supported. Lift your hips off the floor, pushing through the right foot. Keep your abs engaged (tight) and your back straight. Perform the prescribed number of reps. Repeat with on the left leg.</p> <p>One Foot Hip Raise</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 2-1-1 / REST: 60-90</p>																										
C 1	<p>Use 2 dumbbells. Keep your back straight, abs engaged (tight), head neutral. Starting with your right leg, maintaining slight knee flexion, slowly bend forward and extend the left leg. Use the gluteals to lift the weight by raising the trunk to a standing position so your left foot contacts the floor. Repeat the motion with the left leg.</p> <p>Alternate Dumbbell Single-Leg Deadlift</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1</p>	C 2																									
	<p>Feet are placed on a bench (or a suspension trainer). Keep your back straight, abs engaged (tight) and head aligned with the spine. Lean on your elbow, ensuring that the support arm is perpendicular to the floor. The non-support hand is placed on your hip or mid-section. Maintain this position for the prescribed amount of time. Repeat on the other side.</p> <p>Side Plank with Bench</p> <p>SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90</p>																										
CARDIO PROGRESSION	<p>1. Start with a 5-10 min warm-up (dynamic or cardio). 2. Followed by interval work:</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>9 & 10</td> <td>4-5</td> <td>20-30</td> <td>9/10</td> <td>60-90</td> </tr> <tr> <td>11 & 12</td> <td>5-6</td> <td>20-30</td> <td>9/10</td> <td>60-90</td> </tr> <tr> <td>13 & 14</td> <td>6-7</td> <td>20-30</td> <td>9/10</td> <td>60-90</td> </tr> <tr> <td>15 & 16</td> <td>7-8</td> <td>20-30</td> <td>9/10</td> <td>60-90</td> </tr> </tbody> </table> <p>3. Finish with a 5 min cool-down.</p>		Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)	9 & 10	4-5	20-30	9/10	60-90	11 & 12	5-6	20-30	9/10	60-90	13 & 14	6-7	20-30	9/10	60-90	15 & 16	7-8	20-30	9/10	60-90
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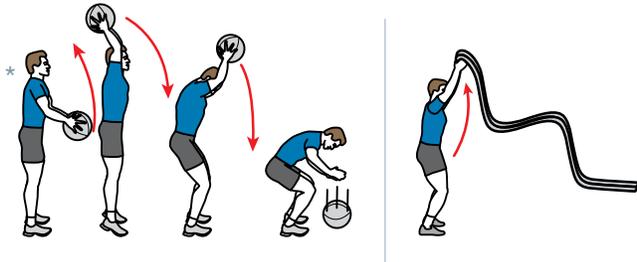
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



Ladder 2 In 2 Out (optional)

DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC

* Warning: Injury Risk. Ball may bounce.

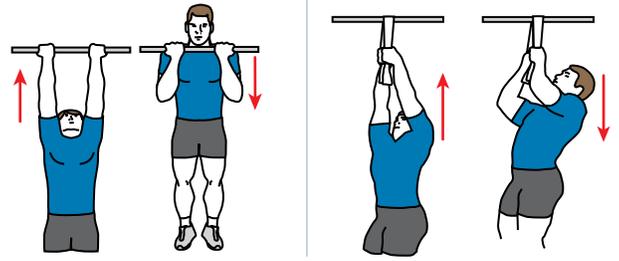


A 2

MB Slam

SETS: 2-4 / REPS: 8-10 / TPO: 1-1-X

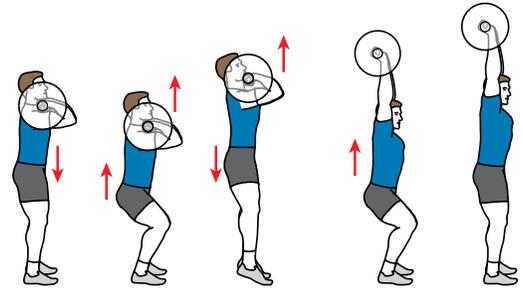
A 1



Medium Grip Chin-up

SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1

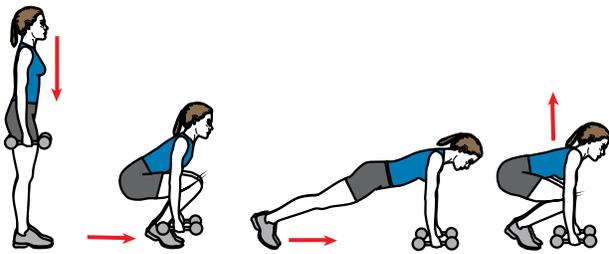
A 3



Jerk Feet Parallel

SETS: 2-4 / REPS: 8-10 / TPO: 2-1-X / REST: 60-90

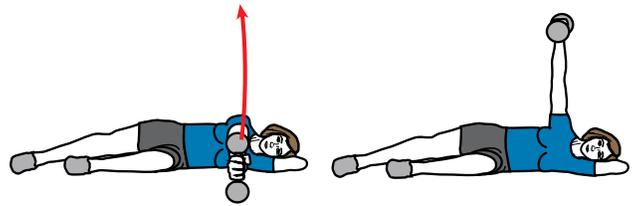
B 1



Burpee with Weight

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1

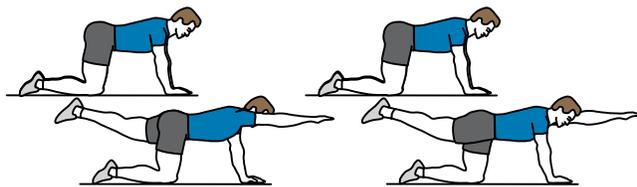
B 2



Lying Dumbbell Arm Raise (supination)

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1

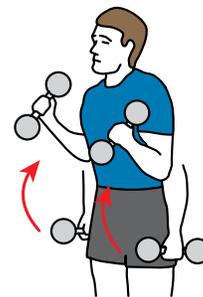
B 3



Bird Dog

SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1

B 4



Biceps Dumbbell Curl Neutral Grip (optional)

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90

level 4 | PHASE B | DAY 4 | EXERCISES DESCRIPTION

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DESCRIPTION		DESCRIPTION	
	<p>Keep your back straight, abs engaged (tight) and head neutral. Starting from the side of the ladder (i.e. shoulders parallel) and in front of the first space (between the first and second rung). If moving to the right, start with the right foot to enter and exit the space. Shift your body weight so that you're working on the balls of your feet. Swing the arms as you would while running.</p> <p>Ladder 2 In 2 Out</p> <p>DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p>	A1	<p>Using a suspended bar, pull up your body weight until your chin passes the bar. Hands are placed at shoulder width apart. Use a supinated grip (underhand - palms facing you). Keep abs engaged (tight) and trunk rigid during the exercise.</p> <p>Medium Grip Chin-up</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1</p>
A2	<p>From a standing position, lift the medicine ball over your head. Keeping your abs engaged (tight), use your entire body (legs, trunk and arms) to throw the ball on the floor as hard as you can.</p> <p>MB Slam</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-1-X</p>	A3	<p>Keep your back straight, abs engaged (tight) and head neutral. Keep feet at hip/shoulder width apart. Hands are grasping the bar at shoulder width and the bar is resting on your shoulders. Using your legs, press the weight dynamically and vertically. At the same time as the press, your body moves under the bar and your elbows are locked out (i.e. arms are straight).</p> <p>Jerk Feet Parallel</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 2-1-X / REST: 60-90</p>
B1	<p>Keep your back straight, abs engaged (tight) and keep your hips, shoulders and head in a straight line. Sequence: start from a standing position; go to a crouching position; then to a push-up position; then to a crouching position again; return to the starting position.</p> <p>Burpee with Weight</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1</p>	B2	<p>Lying on your left side, keep your left hip and knee flexed at 90 degrees and head supported on your left arm. Using an underhand (supinated) grip, keep your right arm fully extended and lift the weight upward to a vertical arm position. Complete the required number of reps. Repeat the exercise from your right side, using your left arm.</p> <p>Lying Dumbbell Arm Raise (supination)</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1</p>
B3	<p>Performed from hands and knees (crawling position). Keep your back straight, abs engaged (tight) and head neutral. Extend one arm forward and the opposing leg backwards, until both are parallel with the ground. Keep your foot neutral and knee pointing to the floor. Ensure that the extended arm and leg form a straight line. Perform the second rep on the opposite side.</p> <p>Bird Dog</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1</p>	B4	<p>Keep your back straight, abs engaged (tight) and knees bent. Use a neutral (hammer) grip. Curl the dumbbells towards your shoulders, by flexing your elbow.</p> <p>Biceps Dumbbell Curl Neutral Grip (optional)</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90</p>

PHASE C

DAY 1
DAY 2
DAY 3
DAY 4

WEEKS 17-24

level

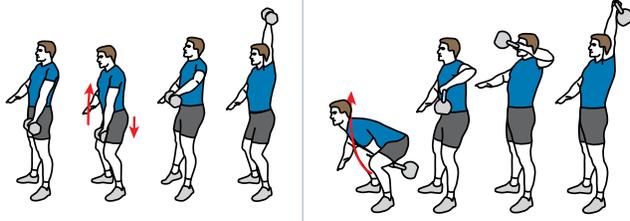
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4

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

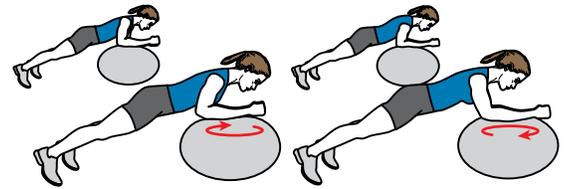
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

One Arm Dumbbell Power Snatch Above Knees

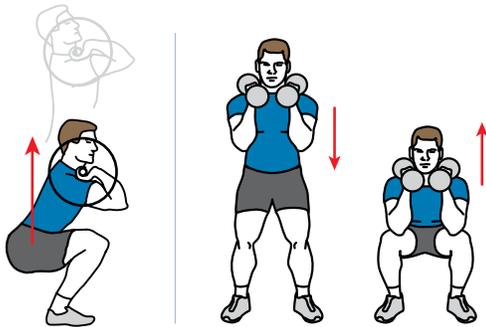
SETS: 2-4 / REPS: 6-8 / TPO: 1-1-X



A 2

Stir The Pot on Exercise Ball

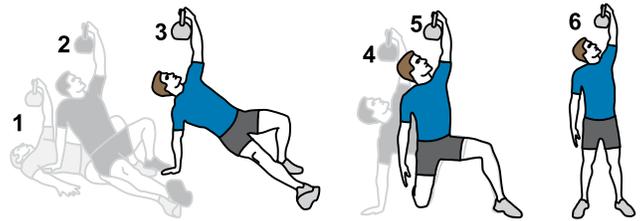
SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1 / REST: 60-120



B 1

Barbell Front Squat Medium Stance

SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1



B 2

Kettlebell Turkish Get Up

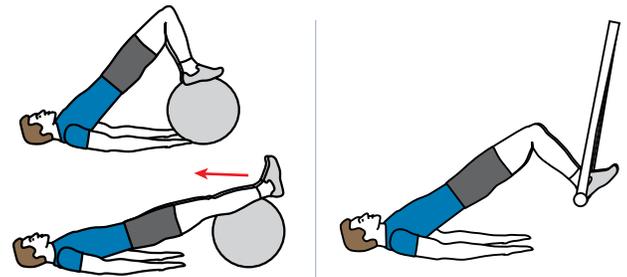
SETS: 2-4 / REPS: 4-6 / TPO: 1-1-1 / REST: 60-90



C 1

Dumbbell One Leg Split Squat

SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1



C 2

Leg Curl on Exercise Ball

SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1 / REST: 30-90



CARDIO

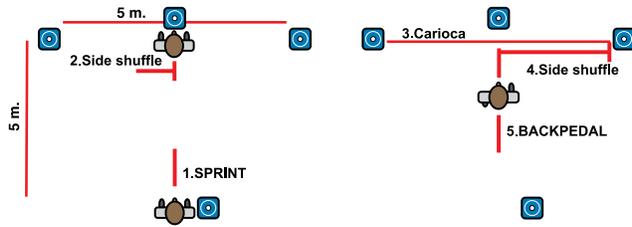
SEE DETAILS ON THE BACK

+ Exercises in this program are grouped in pairs (e.g. A1-A2). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

	DESCRIPTION	DESCRIPTION																									
A 1	<p>Keep your back straight, abs tight (engaged) and head neutral. Starting with a dumbbell (or kettlebell) between your legs and at mid thigh level. Lift the dumbbell vertically and with power jump, keeping dumbbell close to the body and finishing at arms length (i.e. elbow locked out).</p> <p><u>One Arm Dumbbell Power Snatch Above Knees</u> SETS: 2-4 / REPS: 6-8 / TPO: 1-1-X</p>	A 2																									
B 1	<p>Heels are at hip/shoulder width, with toes pointing at “two and ten o’clock position”. Grasp the barbell with a pronated (overhand) grip, slightly wider than shoulder width. Position bar at chest height so that bar is resting on the front of the shoulders. Elbows are placed as high as possible so that they are pointing forward and fingers under the bar to each side. (The back of the upper arm (triceps) should be parallel with the floor). Perform the squat (which is a sitting motion) by flexing hips, knees and ankle, ensuring the knees track over the foot. Lower your body until the thighs are parallel with the floor, keeping the back straight, abs engaged (tight), head neutral and chest out.</p> <p><u>Barbell Front Squat Medium Stance</u> SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1</p>	B 2																									
C 1	<p>Assume a lunge position and place the top of the left foot on a bench behind you. Perform a squat with the right leg. Keep back straight and vertical and abs engaged (tight). Perform the prescribed number of reps and then repeat with the left leg.</p> <p><u>Dumbbell One Leg Split Squat</u> SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1</p>	C 2																									
CARDIO PROGRESSION	<p>1. Start with a 5-10 min warm-up (dynamic or cardio). 2. Followed by interval work:</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>17 & 18</td> <td>3</td> <td>90-120</td> <td>8/10</td> <td>90-150</td> </tr> <tr> <td>19 & 20</td> <td>4</td> <td>90-120</td> <td>8/10</td> <td>90-150</td> </tr> <tr> <td>21 & 22</td> <td>5</td> <td>90-120</td> <td>8/10</td> <td>90-150</td> </tr> <tr> <td>23 & 24</td> <td>6</td> <td>90-120</td> <td>8/10</td> <td>90-150</td> </tr> </tbody> </table> <p>3. Finish with a 5 min cool-down.</p>		Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)	17 & 18	3	90-120	8/10	90-150	19 & 20	4	90-120	8/10	90-150	21 & 22	5	90-120	8/10	90-150	23 & 24	6	90-120	8/10	90-150
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23 & 24	6	90-120	8/10	90-150																							
		<p>Keep your back straight, abs engaged (tight) and head neutral. In a plank position, keep feet hip/shoulder width apart, elbows on exercise ball with hands together. Make circles in a counter-clockwise direction on the ball with your elbows, by rotating your shoulders and keeping elbows flexed at 90 degrees. Perform all the reps, then switch directions.</p> <p><u>Stir The Pot on Exercise Ball</u> SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1 / REST: 60-120</p>																									
		<p>Movement is performed from a supine position (i.e. lying). Keep abs engaged (tight) and the loaded arm perpendicular to the ground. Always keep your shoulder under the kettle bell (dumbbell) during the entire lift and focus on pushing/pressing the load upward as you move your body off the floor. Repeat on the other side.</p> <p><u>Kettlebell Turkish Get Up</u> SETS: 2-4 / REPS: 4-6 / TPO: 1-1-1 / REST: 60-90</p>																									
		<p>Keep your back straight, abs engaged (tight) and hips on the floor. First lift your hips off the floor, then pull your heels towards your buttocks. Push back your feet and lower your hips to the floor. This exercise can be done with a ball or a suspension trainer.</p> <p><u>Leg Curl on Exercise Ball</u> SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1 / REST: 30-90</p>																									

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

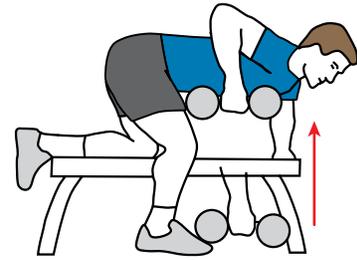
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



T Drill (optional)

SETS: 2-4 / REPS: 2 / REST: 60-120

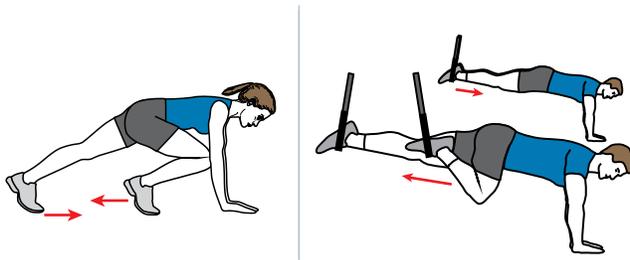
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Dumbbell Bent Over Row

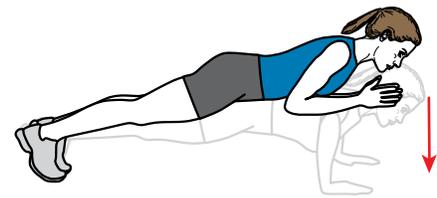
SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1



A 2

Mountain Climber

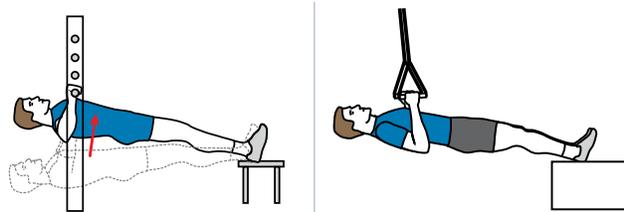
SETS: 2-4 / REPS: 40 / TPO: 1-1-1



A 3

Clap Hands Push-up

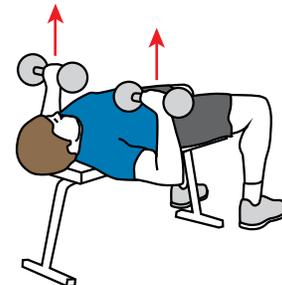
SETS: 2-4 / REPS: 6-8 / TPO: 1-0-X / REST: 60-90



B 1

Inverted Row Feet Elevated

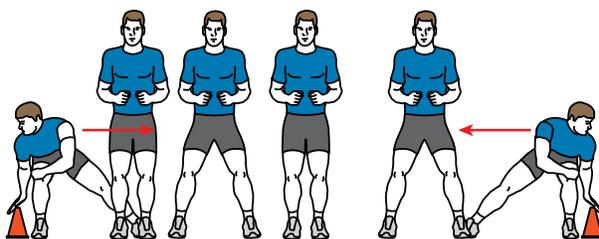
SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1



B 2

Dumbbell Bench Press

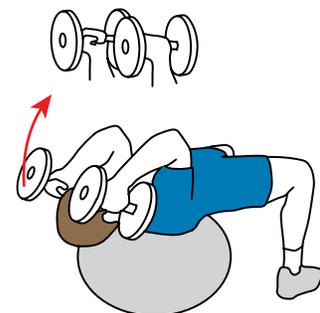
SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1



B 3

Shuffle Between 2 Cones

DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC



B 4

Dumbbell Triceps Extension Lying on Swiss Ball

SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 30-90

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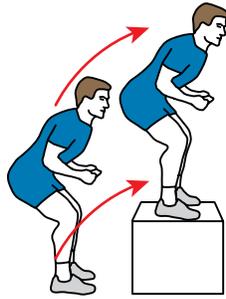
DESCRIPTION		DESCRIPTION	
	<p>Place the cones in a T pattern. Shift your weight to the front part of your feet, keep your back straight, abs engaged (tight) and head neutral. Sprint to the center cone, then side shuffle (staying low), followed by a Carioca (turning hips but not the shoulders), side shuffle and finish with a back pedal.</p> <p>T Drill (optional)</p> <p>SETS: 2-4 / REPS: 2 / TPO: 1-1-1 / REST: 60-120</p>	A 1	<p>Keep your back straight, abs engaged (tight) and head neutral. From a bent over position, with one knee and hand on the bench for support. From an extended arm position, pull dumbbell towards the trunk by flexing the elbow. Keep the elbow close to the body. Repeat with the other side.</p> <p>Dumbbell Bent Over Row</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1</p>
A 2	<p>From a prone position, support your weight on your hands and feet. Keep your back straight, head neutral and abs engaged (tight). In a supported lunge position, with back leg fully extended and front leg flexed and under your trunk, alternate leg position (flexion/extension) as you would in running, keeping the legs and feet in line with the trunk. Perform the second rep with the opposite side. Alternate until prescribed number of reps are completed.</p> <p>Mountain Climber</p> <p>SETS: 2-4 / REPS: 40 / TPO: 1-1-1</p>	A 3	<p>Keep your back straight, abs engaged (tight), so that your ankles, knees, hips, shoulders and head are aligned. Use a medium hand placement (<i>i.e.</i> shoulder width). Perform an explosive/dynamic push-up and clap hands before landing on the ground.</p> <p>Clap Hands Push-up</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 1-0-X / REST: 60-90</p>
B 1	<p>Use a low-hanging bar (smith machine, squat rack, suspension trainer). Using a pronated (overhand grip, medium hand placement) and feet elevated on a bench or an exercise ball. Keeping your body straight and rigid and elbows close to you, pull your body up until your chest is close to the bar.</p> <p>Inverted Row Feet Elevated</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1</p>	B 2	<p>Keep abs engaged (tight) and back flat on the bench. Use a closed pronated (overhand) grip. With arms extended above your shoulders, lower the dumbbells until the elbows reach a 90 degree angle, keeping forearms perpendicular to the ground. Return to the starting position and repeat.</p> <p>Dumbbell Bench Press</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1</p>
B 3	<p>Shuffle sideways in a straight line between two cones set approx 2-4 meters apart from one another. Lean and touch the cone with your hand at the end of each length.</p> <p>Shuffle Between 2 Cones</p> <p>DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p>	B 4	<p>Keep your back straight, abs tight (engaged), head aligned with your trunk and arms extended (elbows locked). Lower the weight by flexing your elbows. Keep your elbows pointed upward so that your arms make a 90 degree angle with your trunk.</p> <p>Dumbbell Triceps Extension Lying on Swiss Ball</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 30-90</p>

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

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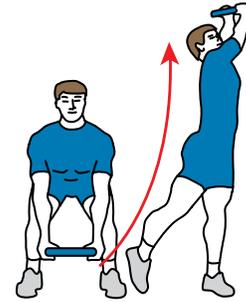
A 1



Jump Box

SETS: 2-4 / REPS: 6-8 / TPO: 1-1-X

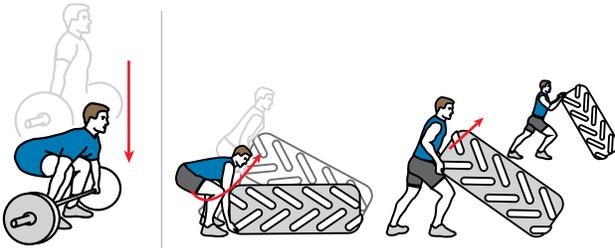
A 2



Diagonal Trunk Elevation with Weight

SETS: 2-4 / REPS: 8-10 / TPO: 1-2-1 / REST: 60-120

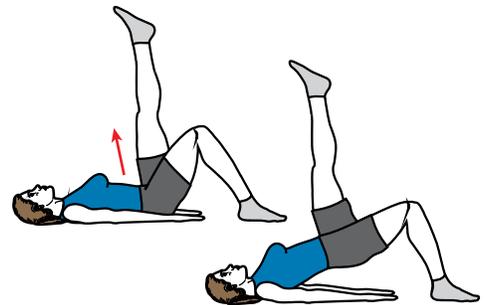
B 1



Deadlift

SETS: 2-4 / REPS: 6-8 / TPO: 1-1-1

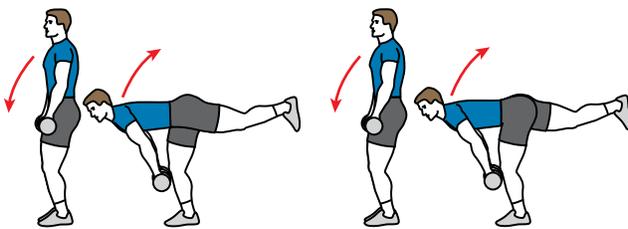
B 2



One Foot Hip Raise

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 60-90

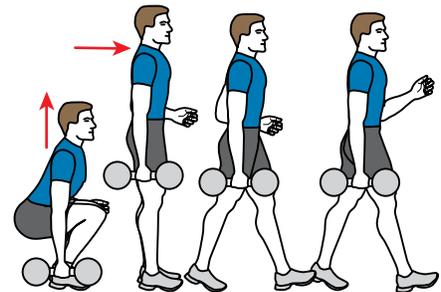
C 1



Alternate Dumbbell Single-Leg Deadlift

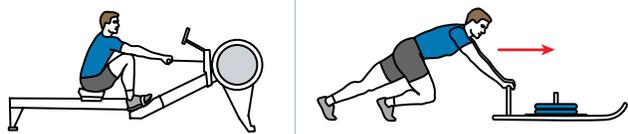
SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1

C 2



Single-Arm Dumbbell Farmer's Walk

SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90



CARDIO

SEE DETAILS ON THE BACK

level 4 | PHASE C | DAY 3

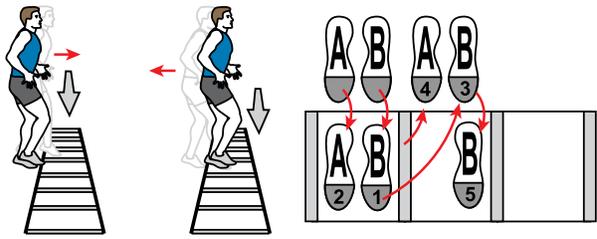
EXERCISES DESCRIPTION

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	DESCRIPTION	DESCRIPTION																									
A1	<p>Keep your back straight, abs engaged (tight) and center of gravity over your feet. Using your arms, jump forward onto the box, ensuring entire foot lands on the box. Step down safely. Repeat.</p> <p>Jump Box</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 1-1-X</p>	<p>Keep your back straight, abs engaged (tight) and head neutral. From a squat position, “rock” the load (i.e. plate) from the center of the body to the right and then back to the center transferring your weight and rotating your trunk and turning your shoulders to follow the load. Perform the prescribed number of reps and repeat on the left side.</p> <p>Diagonal Trunk Elevation with Weight</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-2-1 / REST: 60-120</p>																									
B1	<p>Grab a barbell using a closed pronated (overhand) or closed alternate grip. Grab the bar at wider than shoulder width apart. Keep your back straight, abs engaged (tight) and head neutral. From a squat position, keep the load close to your body and your back rigid, lift the weight until your knees and hips are fully extended.</p> <p>Deadlift</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 1-1-1</p>	<p>Starting from a supine position. Right knee is flexed at a 90 degree angle and your foot is placed on the floor. The left leg is straight and not supported. Lift your hips off the floor, pushing through the right foot. Keep your abs engaged (tight) and your back straight. Perform the prescribed number of reps. Repeat with the left leg.</p> <p>One Foot Hip Raise</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 60-90</p>																									
C1	<p>Use 2 dumbbells. Keep your back straight, abs engaged (tight), head neutral. Starting with your right leg, maintaining slight knee flexion, slowly bend forward and extend the left leg. Use the gluteals to lift the weight by raising the trunk to a standing position so your left foot contacts the floor. Repeat the motion with the left leg.</p> <p>Alternate Dumbbell Single-Leg Deadlift</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1</p>	<p>Keep your back straight, abs engaged (tight) and head neutral. Standing next to a dumbbell, pick it up from the ground, using good lifting form (knees bent, back straight, abs tight). Walk forward keeping the dumbbell close to the body. Repeat with the other side.</p> <p>Single-Arm Dumbbell Farmer’s Walk</p> <p>SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90</p>																									
CARDIO PROGRESSION	<p>1. Start with a 5-10 min warm-up (dynamic or cardio). 2. Followed by interval work:</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>17 & 18</td> <td>4</td> <td>10-20</td> <td>10/10</td> <td>40-80</td> </tr> <tr> <td>19 & 20</td> <td>4-6</td> <td>10-20</td> <td>10/10</td> <td>40-80</td> </tr> <tr> <td>21 & 22</td> <td>6-8</td> <td>10-20</td> <td>10/10</td> <td>40-80</td> </tr> <tr> <td>23 & 24</td> <td>8-10</td> <td>10-20</td> <td>10/10</td> <td>40-80</td> </tr> </tbody> </table> <p>3. Finish with a 5 min cool-down.</p>		Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)	17 & 18	4	10-20	10/10	40-80	19 & 20	4-6	10-20	10/10	40-80	21 & 22	6-8	10-20	10/10	40-80	23 & 24	8-10	10-20	10/10	40-80
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SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

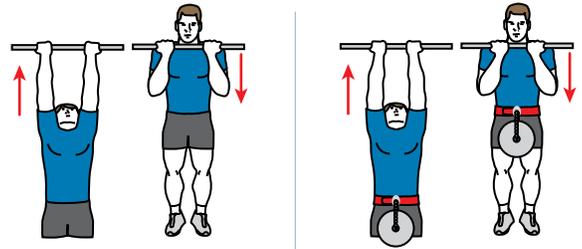
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



Ladder Runner Jump (optional)

DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC

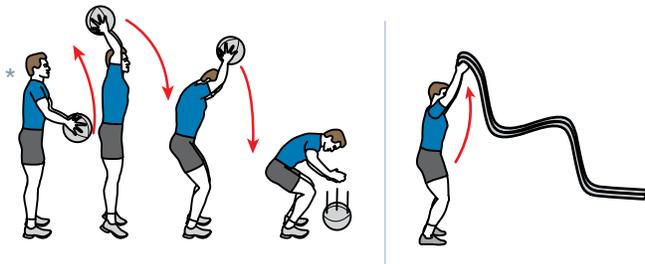
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



Medium Grip Chin-up

SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1

* Warning: Injury Risk. Ball may bounce.

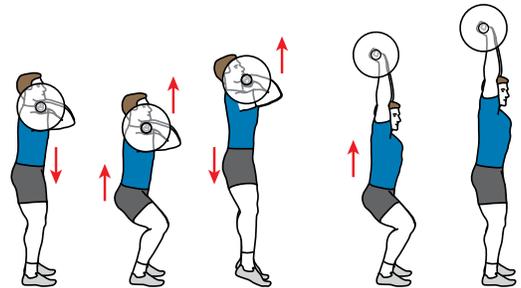


A 2

MB Slam

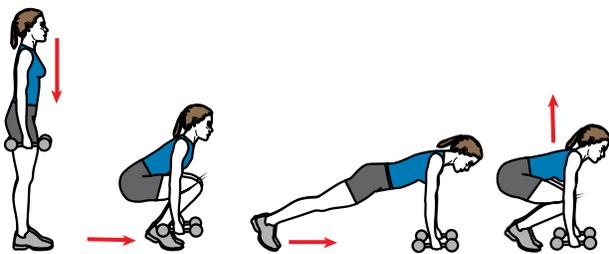
SETS: 2-4 / REPS: 8-10 / TPO: 1-1-X

A 3



Jerk Feet Parallel

SETS: 2-4 / REPS: 6-8 / TPO: 2-1-X / REST: 60-90

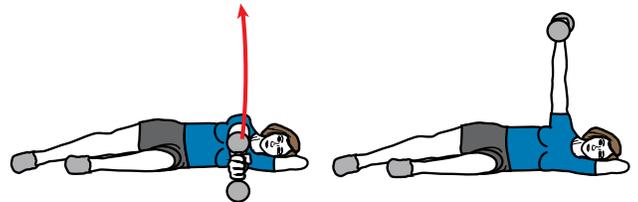


B 1

Burpee with Weight

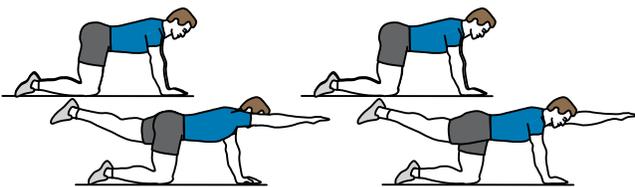
SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1

B 2



Lying Dumbbell Arm Raise (supination)

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1

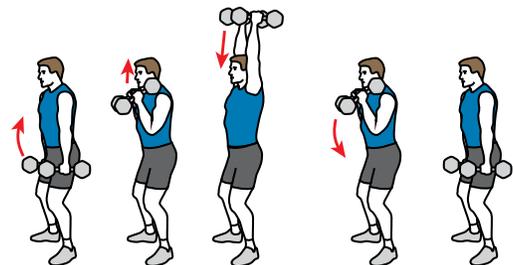


B 3

Bird Dog

SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1

B 4



Dumbbell Biceps Curl to Shoulder Press

SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1 / REST: 30-90

level 4 | PHASE C | DAY 4 | EXERCISES DESCRIPTION

✦ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

DESCRIPTION		DESCRIPTION	
	<p>Keep your back straight, abs engaged (tight) and head neutral. Move forward down the ladder in a “runner’s style”, from one space to the other, from one foot to the other, by pushing on the front leg and keeping the back leg slightly bent. Focus on keeping the weight on the front part of your feet.</p> <p><u>Ladder Runner Jump (optional)</u> DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p>	A 1	<p>Using a suspended bar, pull up your body weight until your chin passes the bar. Hands are placed at shoulder width apart. Use a supinated grip (underhand - palms facing you). Keep abs engaged (tight) and trunk rigid during the exercise.</p> <p><u>Medium Grip Chin-up</u> SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1</p>
A 2	<p>From a standing position, lift the medicine ball over your head. Keeping your abs engaged (tight), use your entire body (legs, trunk and arms) to throw the ball on the floor as hard as you can.</p> <p><u>MB Slam</u> SETS: 2-4 / REPS: 8-10 / TPO: 1-1-X</p>	A 3	<p>Keep your back straight, abs engaged (tight) and head neutral. Keep feet at hip/shoulder width apart. Hands are grasping the bar at shoulder width and the bar is resting on your shoulders. Using your legs, press the weight dynamically and vertically. At the same time as the press, your body moves under the bar and your elbows are locked out (<i>i.e.</i> arms are straight).</p> <p><u>Jerk Feet Parallel</u> SETS: 2-4 / REPS: 6-8 / TPO: 2-1-X / REST: 60-90</p>
B 1	<p>Keep your back straight, abs engaged (tight) and keep your hips, shoulders and head in a straight line. Sequence: start from a standing position; go to a crouching position; then to a push-up position; then to a crouching position again; followed by a vertical jump before returning to the starting position.</p> <p><u>Burpee with Weight</u> SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1</p>	B 2	<p>Lying on your left side, keep your left hip and knee flexed at 90 degrees and head supported on your left arm. Using an underhand (supinated) grip, keep your right arm fully extended and lift the weight upward to a vertical arm position. Complete the required number of reps. Repeat the exercise from your right side, using your left arm.</p> <p><u>Lying Dumbbell Arm Raise (supination)</u> SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1</p>
B 3	<p>Performed from hands and knees (crawling position). Keep your back straight, abs engaged (tight) and head neutral. Extend one arm forward and the opposing leg backwards, until both are parallel with the ground. Keep your foot neutral and knee pointing to the floor. Ensure that the extended arm and leg form a straight line. Perform the second rep on the opposite side.</p> <p><u>Bird Dog</u> SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1</p>	B 4	<p>Keep your back straight, abs engaged (tight), knees bent and your feet shoulder width apart. Using a neutral/hammer grip (palms inward), perform a biceps hammer curl followed by an overhead shoulder press.</p> <p><u>Dumbbell Biceps Curl to Shoulder Press</u> SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1 / REST: 30-90</p>

STRETCHING

level

4

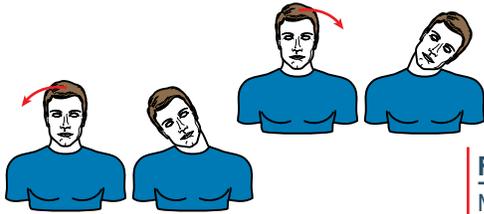
COOL-DOWN AND STRETCHING

All exercise sessions should conclude with a cool-down phase. Cooling down is best accomplished by slowly reducing the intensity of the exercise during the last several minutes of the workout. For example, after running, slow down to a jog or a walk for 5-10 minutes. Follow the cool-down phase with some stretching exercises.

STRETCHING ROUTINE (10 MINUTES)

- > stretch each body part 1-2 times;
- > hold each stretch 20-30 seconds;
- > stretch slowly and in control;
- > do not bounce or jerk;
- > go to the point of tension but not pain;
- > breathe normally;
- > avoid stretches that are uncomfortable or that hurt.

EXERCISE



FLEXIBILITY
Neck Range of Motion

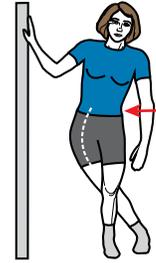
EXERCISE



FLEXIBILITY
Shoulder Stretching



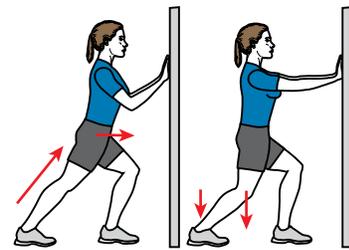
FLEXIBILITY
Shoulder Stretching



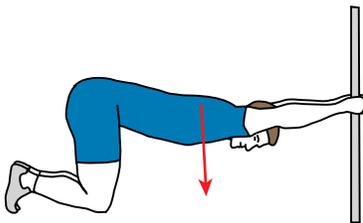
FLEXIBILITY
Thigh Stretching



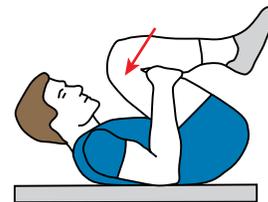
FLEXIBILITY
Quadriceps Stretching



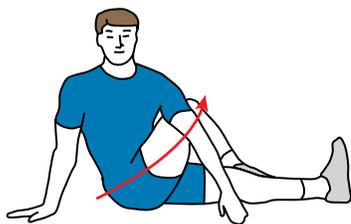
FLEXIBILITY
Calf Stretching
Push on Wall



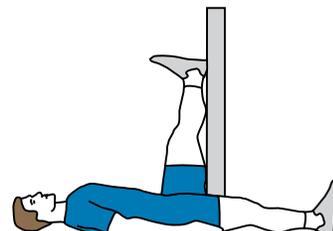
FLEXIBILITY
Shoulders
Chest
Stretching



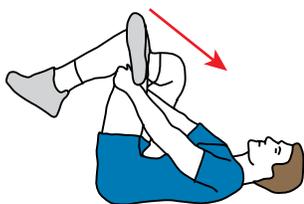
FLEXIBILITY
Back
Stretching



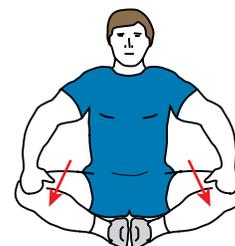
FLEXIBILITY
Thigh
Stretching



FLEXIBILITY
Thigh
Stretching



FLEXIBILITY
Buttocks
Stretching



FLEXIBILITY
Thigh
Stretching



MOVING FORWARD
together