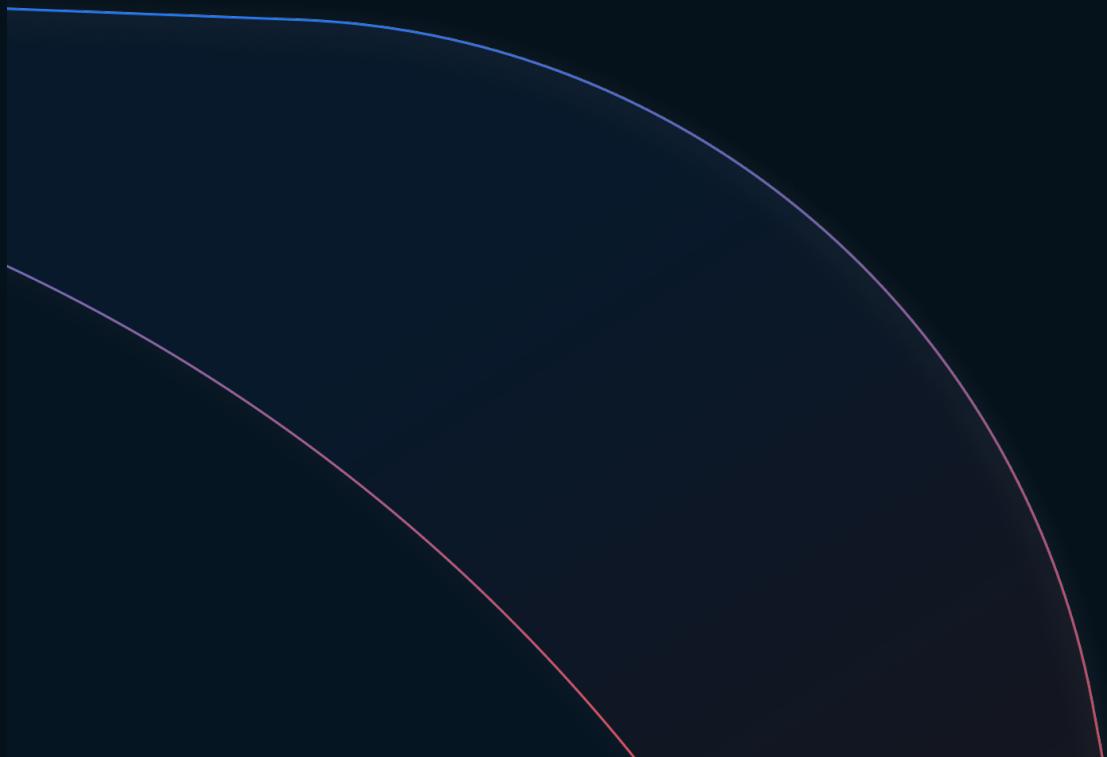


Early[™]

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Exercise: The Beginner Program

EARLY PROGRAM RESOURCE MATERIAL

EarlyTM

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Before You Get Started

TIPS FOR MAXIMIZING EXERCISE PROGRAMMING



SEQUENCE MATTERS

Do the workouts in the order outlined. The program is designed to give you the most amount of recovery possible. This supports adaptation in movement, strength, and aerobic capacity.



RESUME ORDER IF YOU SKIP A DAY

Should you miss a day, stay in order. Do NOT skip the workout you missed or double up. Resume the missed workout when you workout next. Stay in order and keep moving ahead in the program sequence. Do your best to not miss two days in a row to maintain a habit of consistency.



LEARN WITHOUT A TRAINER

If you are unsure how to perform an exercise, look it up online. Each of our Dailies is in our video library, or you can perform a general search on YouTube. If you feel you need a trainer in the beginning for support, we recommend intermittent sessions once every 1-2 weeks to learn the proper technique. Otherwise, try to complete workouts on your own. Learn to become accountable to yourself. Trainers are a great resource for building your movement vocabulary.



PROGRESSIVELY OVERLOAD WHERE YOU CAN

Read the programming notes to know exactly where you can add reps, sets, and/or rounds. Progressive overload is extremely important to gain strength and/or muscle mass. For example, if it feels like you can complete 2-3 more reps of an exercise after your last set (while keeping proper technique and positioning) this is a sign that you can add more load the following week. It's best to increase in small increments if you can (2.5-5lb). Even a small increase in weight represents a big change and additional stimulus!



MANAGING REST INBETWEEN REPS, SETS, AND/OR ROUNDS

Take the full amount of rest, but be mindful of how much rest you need. Target high-quality, strong reps for adaptation and injury migration. Do not take TOO much rest, though. We often get distracted by our phones or conversations, and several seconds can turn into 5 minutes in between sets of 15 bicep curls. When this happens, we lose the cumulative fatigue impact, which can negatively impact on hypertrophy training (i.e., building muscle) and increasing work capacity.



YOU ARE YOUR BEST TEACHER

Film yourself performing the exercises. Autonomy is very important for learning processes. If you are struggling with "feel," reviewing videos can be an extremely helpful learning tool. If you feel are you performing proper technique, it's still beneficial to review and learn.



USE A HEART RATE MONITOR

Wear a heart rate monitor for your aerobic work for two reasons: (1) to know if you are working at the correct level of intensity, and (2) how quickly your heart rate recovers after working sets.

Navigating Your Program

HOW TO INTERPRET PROGRAM LAYOUT

CARDIO

Your program will recommend a daily minimum effective dose (MED) of cardio. Daily movement is critical and shouldn't be underestimated or overlooked. We recommend walking, which can be done indoors, as well.

DAILIES

Each of the three phases will consist of 3-5 movement exercises that should be performed daily. Hence, their title of "dailies." These exercises not only ensure your body is properly warmed and prepared for the day's workout but create the necessary foundation for future progress overloading.

REPS VERSUS SETS

Reps, short for repetitions, are the action of one complete strength training exercise, like one bicep curl. Sets are how many reps you do in a row between periods of rest.

Example:

1 Bicep curl = 1 rep
12 Bicep curls = 1 set

SUPERSETS

Supersets are a form of strength training where you move quickly from one exercise to a different exercise with little rest in between. An example of a superset would be doing a complete set of the first exercise (i.e., A1), then proceeding to the second exercise (i.e., A2). That's one round. Continue to cycle (or loop) through all the exercises (typically 2 or 3), until you have satisfied the set requirement for each exercise and the round requirement for the superset.

Example:

Superset A = exercise A1 + exercise A2 + exercise A3 (one round)

DOWNREGULATION

Downregulation is a means to shift the state of your nervous system. Training is a stressor and puts your nervous system into a sympathetically driven state (fight or flight) which is a good thing in the correct dose! What we don't want is for you to stay in this upregulated state after training as it could impact recovery and lead to fatigue down the line. By completing just a few minutes of downregulation at the end of your workouts you will assist in getting your body back into a parasympathetic state (rest, digest, relax).

EXERCISE PROGRAMMING

The Beginner Program

PROGRAM GOALS

- Increase body awareness and understand how to load tissues properly
- Build overall aerobic and work capacity—to work into building strength
- Learn to trust that consistency is key

YOUR 91 DAY (13 WEEK) PROGRAM

The Beginner Program

PHASE ONE 4 WEEKS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEK 1
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	WEEK 2
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	WEEK 3
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	WEEK 4
	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	WEEK 5
PHASE TWO 5 WEEKS	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	WEEK 6
	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49	WEEK 7
	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56	WEEK 8
	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63	WEEK 9
	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70	WEEK 10
PHASE THREE 4 WEEKS	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77	WEEK 11
	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84	WEEK 12
	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91	WEEK 13

Phase One

DAYS 1-28 / WEEKS 1-4

CARDIO

Walk 20+ minutes (2,000-3,000 steps) as close to every day as possible. Aim to get 40+ minutes (4,000-6,000 steps) at least 2 days per week.

DAILIES + MOVEMENT PREP

- Chest / Belly Breathing (IAP), 1 set of 60 seconds
- Supine Hamstring Pull, 1 set of 10-12 repetitions
- Bridging, 1 set of 12-15 repetitions

D A Y 1	A	Walk 20 Minutes +
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D A Y 2	A	TRX Split Squat	<ul style="list-style-type: none"> • Try to keep spine as tall as possible • Use the TRX as much as needed • Place a pad under the back knee that is appropriate for depth of the split 	8-10 reps / side Weeks 1-2: 2 sets Weeks 3-4: 3 sets	15 seconds rest between sides Rest 60 seconds in between sets
	B1	Machine Seated Chest Press	<ul style="list-style-type: none"> • Anchor feet to the floor or platform • Light/moderate load 	6-8 reps	
	B2	Tall Kneeling Banded Hip Hinge	<ul style="list-style-type: none"> • Spine long, feel the break in the hips • Let the band assist in pulling your hips back 	6-8 reps 3 rounds	Rest 60 seconds in between rounds
	C1	TRX Assisted Squat to box	<ul style="list-style-type: none"> • Bottom of the thighs parallel to the floor, if possible • Pause 1 count hovering over the box • Use the TRX the least amount possible, but also as much as you need 	10-12 reps	
	C2	Machine Seated Row - neutral grip	<ul style="list-style-type: none"> • Use a full range of motion • Should feel the shoulder blades move around your rib cage 	10-12 reps	
	C3	Plank - elevated on a bench or on the floor	<ul style="list-style-type: none"> • Keep pelvis tucked • Feel shoulder blades around rib cage 	Weeks 1-2: 30 seconds and 2 rounds Weeks 3-4: 45 seconds and 3 rounds	Rest 60 seconds in between rounds

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D A Y 2	D	Tall Kneeling Palloff Press	<ul style="list-style-type: none"> Stay tall through the spine Keep the rib cage stacked over your hips Fight against the lower back extending and the band trying to rotate you 	8-10 reps / side 2 sets	Rest 60 seconds between sets	
	E	Downregulation	<ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes 			
DAY 3	A	Walk 20 Minutes +				
DAY 4	A	Walk 20 Minutes +	Try to add an additional 3 minutes at the end while either (a) maintaining a walking pace with a steep hill incline, or (b) at a light jogging/running pace			
DAY 5	A	Bodyweight Step Up	<ul style="list-style-type: none"> 12-inch box Focus on shifting forward Push up through the mid-foot Control the lower-down 	Weeks 1-2: 6 reps per side and 2 sets Weeks 3-4: 6 reps per side and 3 sets	Rest 15 seconds in between sides Rest 60 seconds in between sets	
	B1	TRX Assisted Squat to Box	<ul style="list-style-type: none"> Anchor feet to the floor or platform Light/moderate load 	6-8 reps		
	B2	Machine Lat Pull Down	<ul style="list-style-type: none"> Feel your shoulder blades glide up and down your rib cage Make sure to not overextend your lower back as you pull 	10-12 reps 3 rounds	Rest 60 seconds in between rounds	
	C1	Machine Incline / Overhead Press	<ul style="list-style-type: none"> If there is discomfort in an overhead position (fully upright), slightly decline the bench/pad 	10-12 reps		
	C2	Plank - elevated on a bench or on the floor	<ul style="list-style-type: none"> Keep pelvis tucked Feel shoulder blades around rib cage 	Weeks 1-2: 30 seconds and 2 rounds Weeks 3-4: 45 seconds and 3 rounds	Rest 60 seconds in between rounds	

DAY 5	D	Backward Treadmill Walking	<p>Backwards</p> <ul style="list-style-type: none"> • 1.0 speed or less • 4-5% incline (the higher, the less stress on the knees) • <u>100 steps backward</u> + Push the belt down with the feet <p>Then forwards</p> <ul style="list-style-type: none"> • 2.5 speed • 1% incline • <u>Walk forward</u> for 60-90 seconds 	Week 1: 1 set Week 2: 2 sets Week 3: 3 sets Week 4: 4 sets	
	E	Downregulation	<ul style="list-style-type: none"> • Chest / Belly Breathing for 2 minutes 		

DAY 6	A	Walk 20 Minutes +
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DAY 7	A	Walk or Rest
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Phase Two

DAY 1 / WEEKS 5-9

CARDIO

Aim to walk 20+ minutes as close to every day as possible (2,000-3,000 steps). You can use a walking stick to some of your walks, to increase your heart rate.

DAILIES + MOVEMENT PREP

- Supine Hamstring Pull, 1 set of 10-12 reps
- Segmental Cat/Cow, 1 set of 5 passes through Cat/Cow
- Scap CARs, 1 set of 6 reps in each direction
- Side Lying ABD, 1 set of 30 sec hold / side in top position

DAY 1	A1	ISO Deadlift - DB	<ul style="list-style-type: none"> • 6-7 / out of 10 effort 	20 seconds	
	A2	Body Weight (BW) Split Squat	<ul style="list-style-type: none"> • Keep the spine as long as possible • Push equally through the front and back foot • Movement should be straight up and down with minimal shift forward/backwards 	Weeks 5-6: 6 reps per side Weeks 7-9: 8-10 reps per side 3 rounds	Rest 15 seconds in between sides Rest 60-75 seconds rest in between rounds
	B1	Floor Press	<ul style="list-style-type: none"> • Make sure lower back isn't overextended in the start position • As you lower, the wrists should stay stacked over the elbows 	Weeks 5-6: 8-10 reps Weeks 7-9: 12-15 reps	
	B2	Tall Kneeling Bicep Curl	<ul style="list-style-type: none"> • Keep a straight line from the head down to the knees • Avoid using momentum as you curl and control the weight back to the start position 	Week 5: 8-10 reps and 2 rounds Week 6: 8-10 reps and 3 rounds Week 7: 12-15 reps and 2 rounds Weeks 8-9: 12-15 reps and 3 rounds	Minimal rest in between exercises 60 seconds in between rounds
	C1	Knee Extension Machine	<ul style="list-style-type: none"> • Keep the lower back flat on the pad • Pivot point of the machine should line up almost directly with your knees 	Weeks 5-6: 8-10 reps Weeks 7-9: 12-15 reps	

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D A Y	C2	Seated Hamstring Curl Machine	<ul style="list-style-type: none"> Keep the lower back flat on the pad Pad should sit behind the ankles Pivot point of the machine should line up almost directly with your knees 	Week 5: 8-10 reps and 2 rounds Week 6: 8-10 reps and 3 rounds Week 7: 12-15 reps and 2 rounds Weeks 8-9: 12-15 reps and 3 rounds	Minimal rest in between exercises Rest 30 seconds in between rounds
	D	Incline Push Up	<ul style="list-style-type: none"> Whatever height needed to achieve all reps Ex. If you can't perform a full range of motion, increase the height until you can 	Weeks 5-6: 8-10 reps and 2 sets Weeks 7-8: 12-15 reps and 2 sets	Rest 75 seconds in between sets
	E	Downregulation	<ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes 		
DAY 2	A	Zone 2 Cardio	<ul style="list-style-type: none"> Pick either the bike or the treadmill Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) <p>Warm-up</p> <ul style="list-style-type: none"> Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there <p>Hold Zone 2</p> <ul style="list-style-type: none"> After the warm-up, try to hold Zone 2 output for 25-35 minutes <p>Cool Down</p> <ul style="list-style-type: none"> Cool down for 3-5 minutes Downregulation 		
DAY 3	A	Walk or Rest			

DAY 4	A	Swiss Ball Squat	<ul style="list-style-type: none"> Can be lightly loaded or bodyweight only Try to keep spine tall, feet flat, and get the bottom of the thighs parallel to the floor Hold 1-2 counts at the bottom 	Weeks 5-6: 8-10 reps and 3 sets Weeks 7-8: 12 reps and 3 sets Week 9: 15 reps and 3 sets	Rest 60-75 seconds between sets
	B1	Low Step Up (12 in. box)	<ul style="list-style-type: none"> Lightly loaded Elevated leg should be doing most of the work Make sure to not push off the trail leg 	Weeks 5-6: 8 reps per side Weeks 7-8: 10 reps per side Week 9: 12 reps per side	
	B2	TRX Assisted Pull Up	<ul style="list-style-type: none"> Use the legs as little as possible, or as much as you need, to achieve all reps 	Weeks 5-6: 8 reps Weeks 7-8: 10 reps Week 9: 12 reps 3 rounds	Minimal rest between rounds (only rest as needed)
	C1	TRX Row	<ul style="list-style-type: none"> Keep a straight line from the back of the head to your heels As you pull, watch for the head jutting forward and/or the lower back extending 	8-12 reps	
	C2	Seated Face Pull	<ul style="list-style-type: none"> Keep your head stacked over your rib cage and don't allow it to poke forward as you pull 	12-15 reps	
	C3	Cable Tricep Extension	<ul style="list-style-type: none"> Keep the elbows almost glued to the rib cage Most of the movement should come only from the elbow joint 	12-15 reps Weeks 5-6: 2 rounds Weeks 7-9: 3 rounds	Rest 45 seconds in between rounds

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DAY 4	D	Treadmill Walking Lunges	<p>Lunges</p> <ul style="list-style-type: none">• 1.0 speed or less• 3-5% incline; hands on the rail to help maintain spinal position• Try to bring the knee all the way down to the belt every rep• The stride should fit perfectly <p>Then forward walking</p> <ul style="list-style-type: none">• 2.5 speed• 3-5% incline• <u>Walk forward</u> for 60-90 seconds	2 rounds	
DAY 5	A	Zone 2 Cardio	<ul style="list-style-type: none">• Pick either the bike or the treadmill• Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) <p>Warm-up</p> <ul style="list-style-type: none">• Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there <p>Hold Zone 2</p> <ul style="list-style-type: none">• After warm-up, try to hold Zone 2 output for 25-35 minutes <p>Cool Down</p> <ul style="list-style-type: none">• Cool down for 3-5 minutes• Downregulate		
DAY 6	A	Walk 20 Minutes +			
DAY 7	A	Walk or Rest			

Phase Three

DAY 63-90 / WEEKS 10-13

CARDIO

Keep walking! Aim to walk 20+ minutes (2,000-3,000 steps) as close to every day as possible.

DAILIES + MOVEMENT PREP

- Supine Hamstring Pull, 1 set of 10-12 reps
- Segmental Cat/Cow, 1 set of 5 passes through Cat/Cow
- Scap CARs, 1 set of 6 reps in each direction
- Ankle CARs, 1 set of 6 reps in each direction
- Pogos, 2 sets of 15-20 reps, rest 30 seconds between sets

DAY 1	A	Med Ball Chest Press (into the wall - tall kneeling)	<ul style="list-style-type: none"> • Lightly loaded • Keep spine tall • Catch with straight arms 	6 reps 3 sets	Rest 45-60 seconds in between sets
	B	Walking Lunge	<ul style="list-style-type: none"> • Alternate legs • Land soft as your foot hits the ground to absorb force 	Weeks 10-11: 10-12 reps per side (bodyweight only) Weeks 12-13: 6-8 reps per side (5% BW in each hand) 3 sets	Rest 75 seconds in between sets
	C1	Dumbbell Deadlift	<ul style="list-style-type: none"> • Try to add a little load each week • Can pull from a block, if needed 	6-8 reps	
	C2	Swiss Ball Dumbbell Chest Press	<ul style="list-style-type: none"> • Moderate load • Keep feet heavy into the floor for support 	Week 10: 8 reps Week 11: 10 reps Week 12: 12 reps Week 13: 15 reps 3 rounds	Rest 60-75 seconds between rounds
	D1	Renegade Row - BW	<ul style="list-style-type: none"> • As you pull, minimize rotation through the hips and shoulders 	6-8 reps per side	
	D2	1/2 Kneeling Curl + Press (Unilateral)	<ul style="list-style-type: none"> • Opposite leg of the working side will be in front of you • Make sure the front foot is almost in-line with your down knee (can be slightly wider) 	8-10 reps per side	
	D3	Swiss Ball Hamstring Curl	<ul style="list-style-type: none"> • Press hands into the floor as much as you need to for stability 	10-12 reps Weeks 10-11: 2 rounds Weeks 12-13: 3 rounds	Minimal rest in between exercises and rounds (only rest as needed)

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DAY 1	E	Sled Push or Treadmill Belt Off Push	<ul style="list-style-type: none"> 60 seconds on Think about actively pushing the floor away 	Week 10: 3 sets Week 11: 3 sets Week 12: 4 sets Week 13: 5 sets	60-90 seconds rest between sets
	F	Downregulation	<ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes 		

DAY 5	A	Zone 2 Cardio	<ul style="list-style-type: none"> Pick either the bike or the treadmill Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) <p>Warm-up</p> <ul style="list-style-type: none"> Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there <p>Hold Zone 2</p> <ul style="list-style-type: none"> After warm-up, try to hold Zone 2 output for 25-35 minutes <p>Cool Down</p> <ul style="list-style-type: none"> Cool down for 3-5 minutes Downregulate 	
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DAY 3	A1	Goblet Squat to Box	<ul style="list-style-type: none"> Pick the appropriate box height Use a heel lift, if needed, to stay up-right Pause 1 count at the bottom (no relaxing) The load should feel like a 7 out of 10 	6 reps	
	A2	TRX Squat Jump	<ul style="list-style-type: none"> Use the handles to land well Hit the brakes in the quarter squat 	6 reps Weeks 10-11: 3 rounds Weeks 12-13: 4 rounds	Rest 15 seconds in between exercises Rest 90 seconds in between rounds
	B1	Single Arm Dumbbell Row	<ul style="list-style-type: none"> Add a little load after weeks 10 and 12 Feel the shoulder blade glide around the rib cage 	8-10 reps per side	
	B2	Band Pull Aparts	<ul style="list-style-type: none"> Watch for the low back extending and head poking forward as you pull 	10-12 reps	

D A Y 3	B3	Lateral Lunge with Cross Connect	<ul style="list-style-type: none"> Aim to keep toes pointed forward throughout Exhale as the knees comes toward the elbow 	4-6 reps per side Weeks 10-11: 3 rounds Weeks 12-13: 4 rounds	Minimal rest between rounds (only rest as needed)
	C	Power Step Ups	<ul style="list-style-type: none"> 12 inch box The goal is to push up to the box as quickly as possible, and control the eccentric (must keep the speed) Can be bodyweight or lightly loaded 	Week 10 <ul style="list-style-type: none"> 30 seconds per side rest 10 seconds in between sides rest 45 seconds in between sets 3 sets Weeks 11-12 <ul style="list-style-type: none"> 45 seconds per side rest 10 seconds in between sides rest 60 seconds in between sets 3 sets Week 13 <ul style="list-style-type: none"> 60 seconds per side rest 15 seconds in between sides rest 60 seconds in between sets 3 sets 	
	D	Downregulation	<ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes 		
DAY 4	A	Rest			

DAY 5	A	Bodyweight Turkish Get Up practice	<ul style="list-style-type: none"> Keep these bodyweight only 	3 reps per side	
	Cardiac Output Circuit				
	1. Stiff Legged Med Ball Slams		<ul style="list-style-type: none"> Light ball 4-6lbs 	10 reps	
	2. Walking Lunge (forward/backward)		<ul style="list-style-type: none"> Bodyweight Light landing forward/backward 	10 reps each direction	
	3. Hand Release Push Up		<ul style="list-style-type: none"> Can perform from knees if full push up is too difficult 	6-10 reps	
	4. Farmer's Carry		<ul style="list-style-type: none"> 50% BW - two dumbbells 	30 steps each direction	
				Week 10: 3 rounds Week 11-12: 4 rounds Week 13: 5 rounds	Rest 45-60 seconds in between rounds
	C	Uphill Treadmill Hike	Warm-up <ul style="list-style-type: none"> Warm up for 5 minutes into Zone 2 HR Uphill hike <ul style="list-style-type: none"> <u>Every minute, increase the incline</u> by 1-2% until HR gets to estimated 85% MAX (220-age x .85) Should feel like an <u>8 out of 10</u> RPE Cool down <ul style="list-style-type: none"> Cool down for 3-5 minutes until HR is below 100 bpm 	Week 10: Hold 6 min Week 11: Hold 7 min Week 12: Hold 9 min Week 13: Hold 10 min	

DAY	A	Zone 2 Cardio	<ul style="list-style-type: none">• Pick either the bike or the treadmill• Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) <p>Warm-up</p> <ul style="list-style-type: none">• Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there <p>Hold Zone 2</p> <ul style="list-style-type: none">• After the warm-up, try to hold Zone 2 output for 25-35 minutes <p>Cool Down</p> <ul style="list-style-type: none">• Cool down for 3-5 minutes• Downregulation
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DAY	A	Walk 20 Minutes +
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