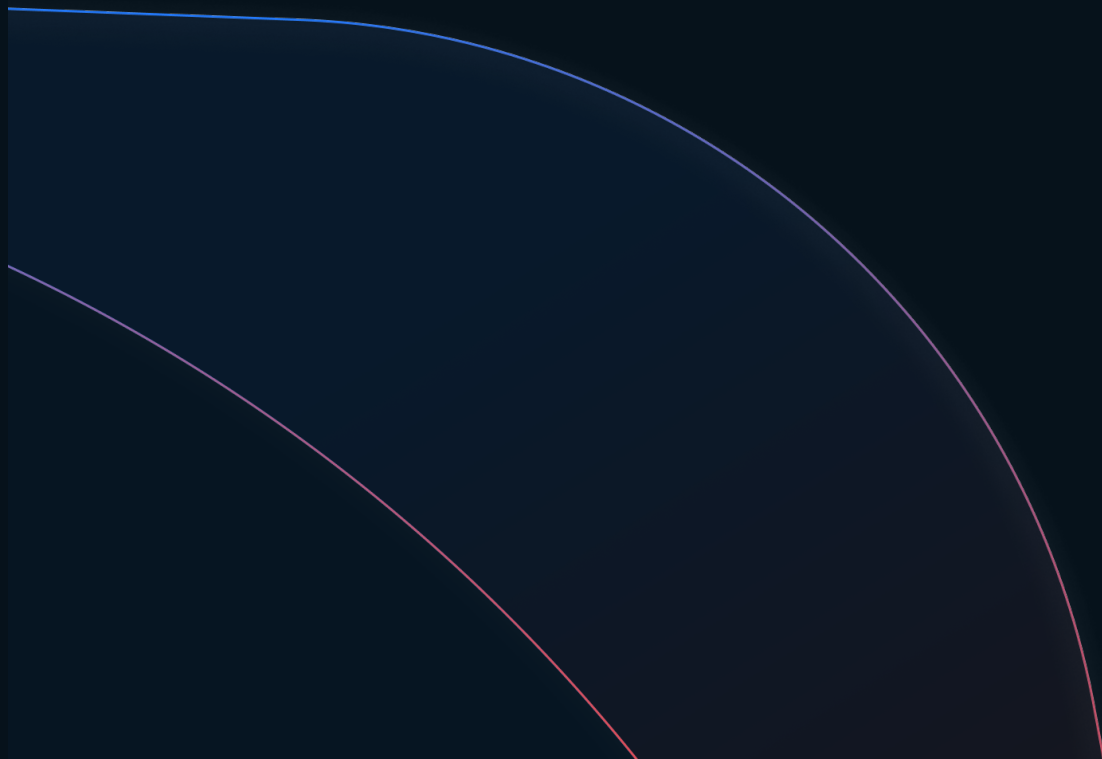


EarlyTM

Being early mattersTM



Exercise: The Cardio Beast Program

EARLY PROGRAM RESOURCE MATERIAL



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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 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 you are 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 Cardio Beast Program

This program is designed for someone with a history of cardio training, but less experience with strength training.

If your cardio is programmed by a coach, ask where strength training workouts should fit. In most cases, strength training workouts should not follow higher-intensity work (especially as the work gets more intense).

If extra Zone 2 is desired, add the exercise segment before a lift.

PROGRAM GOALS

- Increase movement capacity in multiple planes
- Improve overall strength and power capabilities
- Streamline current cardio programming

YOUR 84 DAY (12 WEEK) PROGRAM

The Cardio Beast 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
PHASE TWO 4 WEEKS	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	WEEK 5
	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
PHASE THREE 4 WEEKS	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
	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

Phase One

DAYS 1-28 / WEEKS 1-4

DAILIES + MOVEMENT PREP

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

D A Y 1	A	Front Foot Elevated Split Squat	<ul style="list-style-type: none"> • Try to keep the spine as tall as possible • Can be bodyweight or goblet loaded (light / moderate load) • Place a pad under the back knee that is appropriate for the depth of the split 	8-12 reps / side Weeks 1-2: 2 sets Weeks 3-4: 3 sets	15 seconds rest between sides Rest 60 seconds in between sets
	B1	Floor Press	<ul style="list-style-type: none"> • Inhale to lower, exhale to reach • light/moderate load 	12-15 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 reps Weeks 1-2: 2 rounds Weeks 3-4: 3 rounds	Minimal rest in between exercises Rest 60 seconds in between rounds
	C1	Seated Knee Extension	<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 	12-15 reps	
	C2	Seated Leg Curl	<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 	12-15 reps	
	C3	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 	12-15 reps Weeks 1-2: 2 rounds Weeks 3-4: 3 rounds	
	D	Tall Kneeling Pallof 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 		

D A Y 2	A	<p>Tempo Intervals</p> <p>Goal: Increase endurance around power output</p>	<p>Warmup</p> <ul style="list-style-type: none"> Moderate pace Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout <p>Workout Sets</p> <ul style="list-style-type: none"> 10 seconds of higher intensity work (Start with increasing Zone 2 output by 40%) Active recovery for 60 seconds (light and easy) - the HR recovery (HRR) is the biggest measurement. The faster it drops, the more fit you are. <p>10 seconds active + 60 seconds recovery= 1 round</p> <p>Cool Down</p> <ul style="list-style-type: none"> 3-5 minutes <p>Downregulation</p>	Repeat for 10-15 rounds	
D A Y 3	A	<p>Zone 2 Cardio</p> <p>Goal: Be mindful of zones. To stay in Zone 2, you may need to work at a lower intensity than you're accustomed to.</p>	<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 Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout <p>Hold Zone 2</p> <ul style="list-style-type: none"> After the warm-up, try to hold Zone 2 output for 35-45 minutes <p>Cool Down</p> <ul style="list-style-type: none"> Cool down for 3-5 minutes Downregulation 		
D A Y 4	A	<p>Step Up</p>	<ul style="list-style-type: none"> 12-inch box Can be body weight or lightly loaded Focus on shifting forward Push up through the mid foot Control the lower-down 	<p>8-10 reps per side</p> <p>Weeks 1-2: 2 sets per side</p> <p>Weeks 3-4: 3 sets per side</p>	<p>Rest 15 seconds in between sides</p> <p>Rest 60 seconds in between sets</p>

D A Y 4	B1	Goblet 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 	10-12 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 not to overextend your lower back as you pull 	10-12 reps Weeks 1-2: 2 rounds Weeks 3-4: 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 Weeks 3-4: 45 seconds 3 rounds	Rest 60 seconds in between rounds
	D	Backward Treadmill Walking	<ul style="list-style-type: none"> Actively push the belt away from you 	45 seconds Week 1: 2 sets Weeks 2-3: 3 sets Week 4: 4 sets	Rest 30 seconds between sets
	E	Downregulation	<ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes 		

D A Y 5	A	Rest
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<p>D A Y 6</p>	<p>A</p>	<p>Aerobic Power (Modality of Choice)</p> <p>Goal: Maintain HR and try to hold as much of the intensity / power as possible</p>	<ul style="list-style-type: none"> Pick your modality (e.g., bike or the treadmill) <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 <u>5 minutes</u> <p>Increase and Hold Zone 2</p> <ul style="list-style-type: none"> +20-30% increase output and hold for <u>7-10 minutes</u> If HR is not at 80-85% estimated MAX by minute 4, increase the intensity by another 10% (if the HR > 90%, back off a bit) Most people hit 85%, and it will continue to climb The goal is to maintain heart rate and try to hold as much of the intensity/power as possible <p>Recovery</p> <ul style="list-style-type: none"> Do a light recovery for 4 minutes Your HR should drop below 100 bpm <p>Repeat once more</p> <p>Cool Down</p> <ul style="list-style-type: none"> Cool down for 3-5 minutes Downregulation
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Phase Two

DAYS 29-55 / WEEKS 5-8

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 Arm Bar, 1 set of 6 reps per side
- Forward, Backward, and Lateral Lunge, 1 set of 6 reps per side of each

D A Y 1	A	Pogos, Marching, or Skipping	<ul style="list-style-type: none"> • Stay light and springy 	2 sets of 15-20 seconds	Rest 30 seconds
	B	Bounds	<ul style="list-style-type: none"> • Stay low, jump long 	10 reps 2 sets	Rest 45 seconds
	C	Lateral Jumps	<ul style="list-style-type: none"> • Soft landing to assist in force absorption 	10 reps 2 sets	Rest 45 seconds
	D	Split Squat	<ul style="list-style-type: none"> • Can keep these front foot elevated, if there is still trouble to shift back • Heavier loads - should feel like a <u>7 out of 10</u> • Try to add load to sets 3 and 4, if possible 	6-8 reps 4 sets per side	Rest 15 seconds in between sides Rest 75-90 seconds in between sets
	E1	ISO Deadlift ISO	<ul style="list-style-type: none"> • Keep the weight heavy on the floor 	12-15 reps	
	E2	Alternating Floor Press	<ul style="list-style-type: none"> • Inhale to lower, exhale to reach • Reach with the opposite arm as the weight lowers 	Weeks 5-6: 8 reps per side and 3 rounds Weeks 7-8: 10 reps per side and 4 rounds	Rest 75-90 seconds between rounds
	F1	Push Up	<ul style="list-style-type: none"> • Can be elevated, if needed 	8-10 reps	
	F2	Half Kneeling Row	<ul style="list-style-type: none"> • Pull through the elbow • Feel shoulder blade move around the rib cage 	8 reps per side Weeks 5-6: 3 rounds Weeks 7-8: 4 rounds	Rest 75-90 seconds between rounds

D A Y 1	H	Downregulation	<ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes 		
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D A Y 2	A	Trunk + Sled			
	B	Marching Bridge	<ul style="list-style-type: none"> Prevent hips from rocking side to side 	20 slow reps and 1 set	
	C	Side Lying Abduction Banded	<ul style="list-style-type: none"> Keep a straight line from your shoulders to your heels Keep the top foot in a neutral position 	Weeks 5-6: 45 seconds per side Weeks 7-8: 60 seconds per side	
	D	Turkish Get Up Practice	<ul style="list-style-type: none"> Keep these bodyweight only 	3 reps per side	
	E1	Renegade Row	<ul style="list-style-type: none"> Can be bodyweight, if needed, or lightly loaded Fight against the hips and shoulders rotating 	Weeks 5-6: 8-10 reps Weeks 7-8: 10-12 reps	
	E2	Ball Hamstring Curl	<ul style="list-style-type: none"> 3 rounds Exhale to curl in, inhale as you return to start position 	Weeks 5-6: 8-10 reps Weeks 7-8: 12-12 reps 3 rounds	Minimal Rest in between rounds
	F	Sled Push	<ul style="list-style-type: none"> Elbows bent Spine long, hips forward Push the floor away from you 	60 seconds of push Week 5: 6 rounds Weeks 6-7: 8 rounds Week 8: 10 rounds	60 seconds rest between rounds
	G	Downregulation	<ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes 		

D A Y 3	A	<p>Zone 2 Cardio</p> <p>Goal: Be mindful of zone. To stay in Zone 2, you may need to work less intensity than you're accustomed to.</p>	<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 Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout <p>Hold Zone 2</p> <ul style="list-style-type: none"> After the warm-up, try to hold Zone 2 output for 35-45 minutes <p>Cool Down</p> <ul style="list-style-type: none"> Cool down for 3-5 minutes Downregulation
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D A Y 4	A	Rest
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D A Y 5	A	Pogos, Marching, Skipping, or Jumping Rope	<ul style="list-style-type: none"> Stay light and springy 	2 sets of 15-20 seconds	Rest 30 seconds in between sets
	B	<p>Countermovement Jump</p> <p>Goal: Build the ability to hit the brakes</p>	<ul style="list-style-type: none"> Do not jump - just drop as quickly as you can Hands on hips 	2 sets of 6 reps	Rest 30-45 seconds in between sets
	C	Box Jump (low)	<ul style="list-style-type: none"> Landing should NOT be deeper than jump position Land soft 	3 sets of 5 reps	Rest 45 seconds between in sets
	D	Goblet Squat to Box	<ul style="list-style-type: none"> Take 10-15% off your top set from phase 1 for a warm-up set before increasing load <u>Pause 2 counts</u> at the bottom 	<p>6-8 reps</p> <p>Weeks 5-6: 3 sets</p> <p>Weeks 7-8: 4 sets</p>	Rest 70-90 seconds in between sets

D A Y 5	E1	Step Up	<ul style="list-style-type: none"> Aim for a higher box than Phase 1 (as long as there is minimal push-off from the back leg) Keep load 	6-8 reps per side	
	E2	Neutral Grip Pull Up	<ul style="list-style-type: none"> Can be banded or assisted, if necessary 	8-10 reps Weeks 5-6: 3 rounds Weeks 7-8: 4 rounds	Rest 75-90 seconds in between rounds
	F1	Incline Press - neutral grip	<ul style="list-style-type: none"> Keep wrists stacked over the elbows throughout Don't overextend the lower back 	8-10 reps 3 rounds / weeks 5-8 4 rounds / week 8	
	F2	Cable Tricep Extension	<ul style="list-style-type: none"> Majority of motion should come from elbows 	10-12 reps Weeks 5-6: 3 rounds Weeks 7-8: 4 rounds	Rest 75-90 seconds in between rounds
	G	Downregulation	<ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes 		

D A Y 6	A	<p>Intervals</p> <p>Progress is measured by how quickly the HR drops 30 beats, and in turn, how much work you get done in 30 minutes</p>	<p>Warm-up</p> <ul style="list-style-type: none"> Warm-up to Zone 2 output Hold for 7-10 minutes <p>Break (2 minutes) and set timer for 30 minutes</p> <p>Working Set (3 minutes)</p> <ul style="list-style-type: none"> Minute 1: <u>Zone 2</u> output Minute 2: <u>+20-30%</u> higher (than Zone 2) Minute 3: <u>+30-40%</u> higher (than Zone 2) <p>Recovery</p> <ul style="list-style-type: none"> Begins when HR drops 30 beats per min. After HR drops, rest another 30-60 seconds <p>Repeat Interval</p> <p>Cool down for 3-5 minutes</p> <p>Downregulation</p>	2 Intervals	
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D A Y 7	A	<p>Zone 2 Cardio</p> <p>Goal: Be mindful of zone. To stay in Zone 2, you may need to work less intensity than you're accustomed to.</p>	<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• Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout <p>Hold Zone 2</p> <ul style="list-style-type: none">• After the warm-up, try to hold Zone 2 output for 35-45 minutes <p>Cool Down</p> <ul style="list-style-type: none">• Cool down for 3-5 minutes• Downregulation
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Phase Three

DAYS 56-83 / WEEKS 9-12

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

D a y 1	A	Multiplanar Lunges - bodyweight only	<ul style="list-style-type: none"> • Front lunge - 6 each leg • Reverse lunge - 6 each leg • Lateral lunge - 6 each leg • Drop lunge - 6 each leg 		
	B	Pogos, Marching, Skipping, or Jumping Rope	<ul style="list-style-type: none"> • Stay light and springy 	2 sets of 20-30 seconds	Rest 30 seconds in between sets
	C	Countermovement Drop Goal: Build the ability to hit the brakes	<ul style="list-style-type: none"> • Do not jump - just drop as quickly as you can • Hands on hips 	3 sets of 3-5 reps (only if you can maintain speed)	Rest 30-45 seconds in between sets
	D	Bulgarians (modification: Regular Split Squats)	<ul style="list-style-type: none"> • Heavier load if possible • Let the front foot/leg do the majority of the work 	5 reps per side Weeks 9-10: 4 sets Weeks 11-12: 5 sets	Rest 20 seconds in between sides Rest 90 seconds in between sets
	E	Kettlebell or Trap Bar Deadlift	<ul style="list-style-type: none"> • This is more about position, and less about load weight • Make sure the weight stays underneath your center of mass 	Weeks 9-10: 8 reps per side Weeks 11-12: 10 reps per side	Rest 75-90 seconds in between sets
	F1	Single Arm Dumbbell Chest Press	<ul style="list-style-type: none"> • Reach with the opposite arm as you press • Don't let the torso over rotate 	Weeks 9-11: 8 reps per side Week 12: 10 reps per side	

D A Y 1	F2	Barbell Glue Bridge	<ul style="list-style-type: none"> • These can be loaded • Drive heavy through the whole foot • Careful not to arch lower back at the top 	Week 9-11: 10 reps Week 12: 12 reps Week 9-10: 3 rounds Week 11-12: 4 rounds	Rest 75-90 seconds in between sets
	G1	Neutral Grip Pull Up	<ul style="list-style-type: none"> • Can be assisted, if needed, but light assistance 	4-6 reps	
	G2	Ski Erg	<ul style="list-style-type: none"> • 20 (big) full strokes 	Weeks 9-10 3 rounds Week 11: 4 rounds Week 12: AMRAP (at least 4)	Rest 20 seconds in between exercises Rest 75-90 seconds in between rounds
	H	Downregulation	<ul style="list-style-type: none"> • Chest / Belly Breathing for 2 minutes 		

D A Y 7	A	Zone 2 Cardio Goal: Be mindful of zone. To stay in Zone 2, you may need to work at a lower intensity than you're accustomed to.	<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 • Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout <p>Hold Zone 2</p> <ul style="list-style-type: none"> • After the warm-up, try to hold Zone 2 output for 35-45 minutes <p>Cool Down</p> <ul style="list-style-type: none"> • Cool down for 3-5 minutes • Downregulation
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DAY 3	Trunk and Alactic Intervals Goal: Designed to train your highest power system and teach your body to recover quickly from maximal efforts. Keep the power UP, even though the set number increases				
	A	Turkish Get Up	<ul style="list-style-type: none"> Start to add some light load here 	8-10 reps Weeks 9-10: 3 rounds Weeks 11-12: 4 rounds	
	B1	Birddog Row	<ul style="list-style-type: none"> Keep hips and shoulders square throughout 	8-10 reps per side	
	B2	Slow Eccentric Slider Hamstring Curl	<ul style="list-style-type: none"> Keep hips elevated as the slider moves away from you Lower as far as you comfortably can The further the range, the more stress on your hamstrings 	Weeks 9-10: 8-10 reps (both legs together) Weeks 11-12: 4-6 reps per side (one leg at a time) 3 rounds	Minimal rest between rounds
	C	Copenhagen Planks	<ul style="list-style-type: none"> Keep these on the short-range (not a fully straight leg) 	Weeks 9-10: 30 seconds per side Weeks 11-12: 40 seconds per side	

D A Y 3	D	<p>Airdyne Alactic Intervals</p> <p>Progress is measured by higher power output or faster HR recovery</p>	<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 Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout <p>Hold Zone 2</p> <ul style="list-style-type: none"> After the warm-up, try to hold Zone 2 output for 5 minutes <p>Working Set</p> <ul style="list-style-type: none"> Push as hard and fast as possible for <u>5-10 seconds</u> (if the power drops, the set is done) Light peddle and watch the HR drop Once the HR drops 20 beats, keep the light spin for another 30 seconds 	<p>Week 9: 6 rounds</p> <p>Weeks 10-11: 8 rounds</p> <p>Week 12: 10 rounds</p>	
	A	Rest			
D A Y 5	A	<p>Marching or Lateral Skipping</p>	<ul style="list-style-type: none"> Stay light and springy 	2 sets of 15-20 seconds	Rest 30 seconds
	B	<p>Bounds</p>	<ul style="list-style-type: none"> Stay low, jump long 	10 reps 2 sets	Rest 45 seconds in between sets
	C	<p>Lateral Jumps</p>	<ul style="list-style-type: none"> Big push off the working leg Make sure to still stick the landing 	10 reps 2 sets	Rest 45 seconds in between sets

D a y 5	D	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) Adjust box height for speed Can be bodyweight or lightly loaded Add load once ready, but not at the expense of impacting speed (i.e., don't add weight if it slows you down) 	5 reps per leg 3 sets	Rest 15 seconds in between sides Rest 60-75 seconds in between sets
	E	Dumbbell Front Squat to Box	<ul style="list-style-type: none"> Pick a box height that can be controlled <u>3 counts</u> to lower <u>Pause 1 count</u> at the bottom Push up quick 3 sets (rest) + 1 set = 4 sets total	6 reps set #1 6 reps set #2 6 reps set #3 (Try to add load to set #2 and #3) // rest // 10 reps set #4	Rest 60 seconds between sets 1-3 Rest 90 seconds in between set 3 and 4
	F1	Alternating Incline Press	<ul style="list-style-type: none"> Active reach with the non-lowering arm Fight against the torso rotating as you lower 	Weeks 9-11: 8 reps per side Week 12: 10 reps per side	
	F2	Chest Supported Row	<ul style="list-style-type: none"> Keep chest heavy into bench until the very end of the pull Feel shoulder blades move around rib cage 	Weeks 9-11: 8 reps Week 12: 10 reps Weeks 9-10: 3 rounds Weeks 11-12: 4 rounds	Rest 60 seconds in between rounds
	G	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 3 sets	Rest 45 seconds in between sets
	H	Downregulation	<ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes 		

DAY 6	A	<p>Intervals</p> <p>Progress is measured by how quickly the HR drops 30 beats, and in turn, how much work you get done in 30 minutes</p>	<p>Warm-up</p> <ul style="list-style-type: none"> • Warm-up to Zone 2 output • Hold for 7-10 minutes <p>Break (2 minutes) and set timer for 30 minutes</p> <p>Working Set (3 minutes)</p> <ul style="list-style-type: none"> • Minute 1: <u>Zone 2</u> output • Minute 2: <u>+20-30%</u> higher (than Zone 2) • Minute 3: <u>+30-40%</u> higher (than Zone 2) <p>Recovery</p> <ul style="list-style-type: none"> • Begins when HR drops 30 beats per min. • After HR drops, rest another 30-60 seconds <p>Repeat Interval</p> <p>Cool down for 3-5 minutes</p> <p>Downregulation</p>	2 Intervals	
DAY 7	A	<p>Zone 2 Cardio</p> <p>Goal: Be mindful of zone. To stay in Zone 2, you may need to less intensity than you're accustomed to.</p>	<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 • Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout <p>Hold Zone 2</p> <ul style="list-style-type: none"> • After the warm-up, try to hold Zone 2 output for 35-45 minutes <p>Cool Down</p> <ul style="list-style-type: none"> • Cool down for 3-5 minutes • Downregulation 		