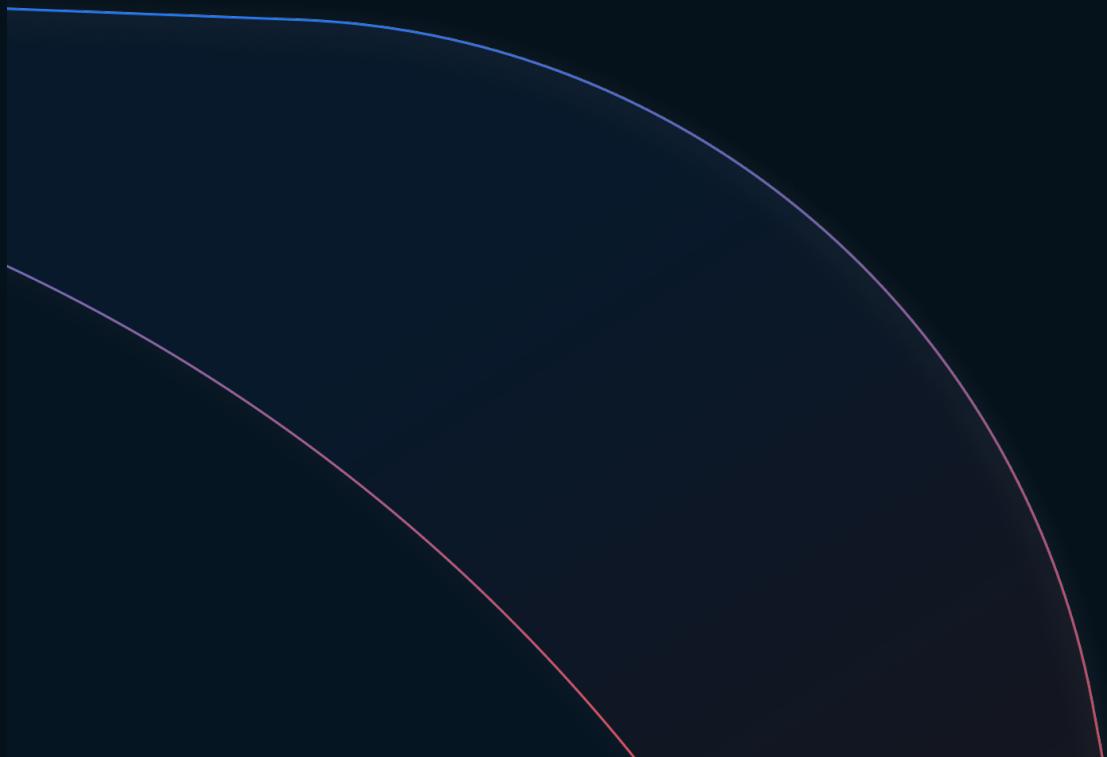


# Early<sup>™</sup>

## Being early matters<sup>™</sup>



Exercise: The Cardio Beast Program

EARLY PROGRAM RESOURCE MATERIAL

# Early<sup>TM</sup>

## NOT MEDICAL ADVICE

The information in this digital program, including texts, graphics, images, videos, or other material, is for general informational purposes only and may not be appropriate or applicable to your individual circumstances. This program does not constitute the practice of medicine, nursing, or other professional health care services, including the giving of medical advice, and no doctor/patient relationship is formed. The use of information in this program, or materials linked to this program, is at the user's own risk. The content of this program is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Users should not disregard, or delay in obtaining, medical advice for any medical condition they may have, and should seek the assistance of their healthcare professionals for any such conditions. To the extent that Early provides any explicit or implied recommendation of any particular product or service, such recommendation is only a general recommendation that is not specific to any particular person or illness.

## NON-COMMERCIAL USE; INTELLECTUAL PROPERTY OWNERSHIP

By using this material, you acknowledge and agree that PA IP, LLC ("PA") is, and shall remain, the sole and exclusive owner of all right, title and interest in and to this document and the related content, methodologies, data, know-how, and other materials herein (collectively, "Materials"). Subject to payment of all applicable fees, PA hereby grants a limited, revocable, non-transferable, non-sublicensable, non-exclusive, license to use the Materials for internal, non-commercial purposes. All other rights in and to the Materials are expressly reserved by PA. The Materials are the confidential information of PA. You may not disclose the Materials without PA's prior written consent. You may not display, reproduce, transmit, modify, creative derivative works, sell, or otherwise exploit the Materials; circumvent or attempt to circumvent any security measures used by PA; or remove, delete, alter, or obscure any trademark, copyright, or other intellectual property or proprietary rights notices from the Materials. You acknowledge and agree that PA owns the Materials and you will not interfere with, contest, or challenge, directly or indirectly, PA's right, title and interest in and to the Materials or any use or registration thereof. **THE MATERIALS ARE PROVIDED TO YOU "AS IS" AND WITHOUT WARRANTY OF ANY KIND. IN NO EVENT WILL PA HAVE ANY LIABILITY ARISING FROM OR RELATED TO YOUR USE OF OR INABILITY TO USE THE MATERIALS.** These terms are governed by and construed in accordance with the laws of the State of Texas.

© 2023 PA IP LLC. All Rights Reserved.

## 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 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 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

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

## Phase One

DAY 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

|       |    |                                   |   |  |  |
|-------|----|-----------------------------------|---|--|--|
| DAY 1 | A  | Front Foot Elevated Split Squat   | <ul style="list-style-type: none"> <li>• Try to keep the spine as tall as possible</li> <li>• Can be bodyweight or goblet loaded (light / moderate load)</li> <li>• Place a pad under the back knee that is appropriate for the depth of the split</li> </ul> | 8-12 reps / side<br>Weeks 1-2: 2 sets<br>Weeks 3-4: 3 sets | 15 seconds rest between sides<br>Rest 60 seconds in between sets       |
|       | B1 | Floor Press                       | <ul style="list-style-type: none"> <li>• Inhale to lower, exhale to reach</li> <li>• light/moderate load</li> </ul>   | 12-15 reps   |  |
|       | B2 | Tall Kneeling Banded Hip Hinge    | <ul style="list-style-type: none"> <li>• Spine long, feel the break in the hips</li> <li>• Let the band assist in pulling your hips back</li> </ul>   | 6 reps<br>Weeks 1-2: 2 rounds<br>Weeks 3-4: 3 rounds       | Minimal rest in between exercises<br>Rest 60 seconds in between rounds |
|       | C1 | Seated Knee Extension             | <ul style="list-style-type: none"> <li>• Keep the lower back flat on the pad</li> <li>• Pivot point of the machine should line up almost directly with your knees</li> </ul>  | 12-15 reps   |  |
|       | C2 | Seated Leg Curl                   | <ul style="list-style-type: none"> <li>• Keep the lower back flat on the pad</li> <li>• Pivot point of the machine should line up almost directly with your knees</li> </ul>  | 12-15 reps   |  |
|       | C3 | Machine Seated Row - neutral grip | <ul style="list-style-type: none"> <li>• Use a full range of motion</li> <li>• Should feel the shoulder blades move around your rib cage</li> </ul>   | 12-15 reps<br>Weeks 1-2: 2 rounds<br>Weeks 3-4: 3 rounds   |  |
|       | D  | Tall Kneeling Pallof Press        | <ul style="list-style-type: none"> <li>• Stay tall through the spine</li> <li>• Keep the rib cage stacked over your hips</li> <li>• Fight against the lower back extending and the band trying to rotate you</li> </ul>                                       | 8-10 reps / side<br>2 sets                                 | Rest 60 seconds between sets   |
|       | E  | Downregulation                    | <ul style="list-style-type: none"> <li>• Chest / Belly Breathing for 2 minutes</li> </ul>   |  |  |

|                  |   |   |   |                         |  |
|------------------|---|---|---|-------------------------|--|
| D<br>A<br>Y<br>2 | A | <p><b>Tempo Intervals</b></p> <p>Goal: Increase endurance around power output</p> | <p><b>Warmup</b></p> <ul style="list-style-type: none"> <li>• Moderate pace</li> <li>• Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age)</li> <li>• Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout</li> </ul> <p><b>Workout Sets</b></p> <ul style="list-style-type: none"> <li>• 10 seconds of higher intensity work (Start with increasing Zone 2 output by 40%)</li> <li>• 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.</li> </ul> <p>10 seconds active + 60 seconds recovery = 1 round</p> <p><b>Cool Down</b></p> <ul style="list-style-type: none"> <li>• 3-5 minutes</li> </ul> <p><b>Downregulation</b></p> | Repeat for 10-15 rounds |  |
|------------------|---|---|---|-------------------------|--|

|                  |   |   |   |  |  |
|------------------|---|---|---|--|--|
| D<br>A<br>Y<br>3 | A | <p><b>Zone 2 Cardio</b></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"> <li>• Pick either the bike or the treadmill</li> <li>• Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning)</li> </ul> <p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout</li> </ul> <p><b>Hold Zone 2</b></p> <ul style="list-style-type: none"> <li>• After the warm-up, try to hold Zone 2 output for 35-45 minutes</li> </ul> <p><b>Cool Down</b></p> <ul style="list-style-type: none"> <li>• Cool down for 3-5 minutes</li> <li>• Downregulation</li> </ul> |  |  |
|------------------|---|---|---|--|--|

|                  |   |                       |  |  |  |
|------------------|---|-----------------------|--|--|--|
| D<br>A<br>Y<br>4 | A | <p><b>Step Up</b></p> | <ul style="list-style-type: none"> <li>• 12-inch box</li> <li>• Can be body weight or lightly loaded</li> <li>• Focus on shifting forward</li> <li>• Push up through the mid foot</li> <li>• Control the lower-down</li> </ul> | 8-10 reps per side<br><br>Weeks 1-2: 2 sets per side | Rest 15 seconds in between sides<br><br>Weeks 3-4: 3 sets per side |
|------------------|---|-----------------------|--|--|--|

# Early™

|       |    |   |  |   |                                   |
|-------|----|---|--|---|-----------------------------------|
| DAY 4 | B1 | Goblet Squat to Box                         | <ul style="list-style-type: none"> <li>Bottom of the thighs parallel to the floor, if possible</li> <li>Pause 1 count hovering over the box</li> </ul>                       | 10-12 reps  |                                   |
|       | B2 | Machine Lat Pull Down                       | <ul style="list-style-type: none"> <li>Feel your shoulder blades glide up and down your rib cage</li> <li>Make sure not to overextend your lower back as you pull</li> </ul> | 10-12 reps<br>Weeks 1-2: 2 rounds<br>Weeks 3-4: 3 rounds            | Rest 60 seconds in between rounds |
|       | C1 | Machine Incline / Overhead Press            | <ul style="list-style-type: none"> <li>If there is discomfort in an overhead position (fully upright), slightly decline the bench/pad</li> </ul>                             | 10-12 reps  |                                   |
|       | C2 | Plank - elevated on a bench or on the floor | <ul style="list-style-type: none"> <li>Keep pelvis tucked</li> <li>Feel shoulder blades around rib cage</li> </ul>   | Weeks 1-2: 30 seconds<br>Weeks 3-4: 45 seconds<br>3 rounds          | Rest 60 seconds in between rounds |
|       | D  | Backward Treadmill Walking                  | <ul style="list-style-type: none"> <li>Actively push the belt away from you</li> </ul>   | 45 seconds<br>Week 1: 2 sets<br>Weeks 2-3: 3 sets<br>Week 4: 4 sets | Rest 30 seconds between sets      |
|       | E  | Downregulation                              | <ul style="list-style-type: none"> <li>Chest / Belly Breathing for 2 minutes</li> </ul>  |   |                                   |

|       |   |      |
|-------|---|------|
| DAY 5 | A | Rest |
|-------|---|------|

## Aerobic Power (Modality of Choice)

Goal: Maintain HR and try to hold as much of the intensity / power as possible

- Pick your modality (e.g., bike or the treadmill)

### Warm-up

- 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

### Hold Zone 2

- After the warm-up, try to hold Zone 2 output for 5 minutes

### Increase and Hold Zone 2

- +20-30% increase output and hold for 7-10 minutes
- 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

### Recovery

- Do a light recovery for 4 minutes
- Your HR should drop below 100 bpm

### Repeat once more

### Cool Down

- Cool down for 3-5 minutes
- Downregulation

## Phase Two

DAY 1 / 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

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

# Early™

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

|                  |   |  |   |
|------------------|---|--|---|
| D<br>A<br>Y<br>3 | A | <p><b>Zone 2 Cardio</b></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"> <li>• Pick either the bike or the treadmill</li> <li>• Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning)</li> </ul> <p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout</li> </ul> <p><b>Hold Zone 2</b></p> <ul style="list-style-type: none"> <li>• After the warm-up, try to hold Zone 2 output for 35-45 minutes</li> </ul> <p><b>Cool Down</b></p> <ul style="list-style-type: none"> <li>• Cool down for 3-5 minutes</li> <li>• Downregulation</li> </ul> |
|------------------|---|--|---|

|                  |   |                    |
|------------------|---|--------------------|
| D<br>A<br>Y<br>4 | A | <p><b>Rest</b></p> |
|------------------|---|--------------------|

|                  |   |   |   |  |                                    |
|------------------|---|---|---|--|------------------------------------|
| D<br>A<br>Y<br>5 | A | <p><b>Pogos, Marching, Skipping, or Jumping Rope</b></p>                            | <ul style="list-style-type: none"> <li>• Stay light and springy</li> </ul>  | 2 sets of 15-20 seconds                                    | Rest 30 seconds in between sets    |
| D<br>A<br>Y<br>5 | B | <p><b>Countermovement Jump</b></p> <p>Goal: Build the ability to hit the brakes</p> | <ul style="list-style-type: none"> <li>• Do not jump - just drop as quickly as you can</li> <li>• Hands on hips</li> </ul>  | 2 sets of 6 reps   | Rest 30-45 seconds in between sets |
|                  | C | <p><b>Box Jump (low)</b></p>  | <ul style="list-style-type: none"> <li>• Landing should NOT be deeper than jump position</li> <li>• Land soft</li> </ul>  | 3 sets of 5 reps   | Rest 45 seconds between in sets    |
|                  | D | <p><b>Goblet Squat to Box</b></p>   | <ul style="list-style-type: none"> <li>• Take 10-15% off your top set from phase 1 for a warm-up set before increasing load</li> <li>• <u>Pause 2 counts</u> at the bottom</li> </ul> | 6-8 reps<br><br>Weeks 5-6: 3 sets<br><br>Weeks 7-8: 4 sets | Rest 70-90 seconds in between sets |

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

|                  |   |   |  |             |
|------------------|---|---|--|-------------|
| D<br>A<br>Y<br>6 | A | <p><b>Intervals</b></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"> <li>Warm-up to Zone 2 output</li> <li>Hold for 7-10 minutes</li> </ul> <p>Break (2 minutes) and set timer for 30 minutes</p> <p>Working Set (3 minutes)</p> <ul style="list-style-type: none"> <li>Minute 1: <u>Zone 2</u> output</li> <li>Minute 2: +20-30% higher (than Zone 2)</li> <li>Minute 3: <u>+30-40%</u> higher (than Zone 2)</li> </ul> <p>Recovery</p> <ul style="list-style-type: none"> <li>Begins when HR drops 30 beats per min.</li> <li>After HR drops, rest another 30-60 seconds</li> </ul> <p>Repeat Interval</p> <p>Cool down for 3-5 minutes</p> <p>Downregulation</p> | 2 Intervals |
|                  |   |   |  |             |

|   |   |   |   |
|---|---|---|---|
| D | A | Zone 2 Cardio   | <ul style="list-style-type: none"><li>• Pick either the bike or the treadmill</li><li>• Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning)</li></ul> <p>Warm-up</p> <ul style="list-style-type: none"><li>• 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</li><li>• Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout</li></ul> <p>Hold Zone 2</p> <ul style="list-style-type: none"><li>• After the warm-up, try to hold Zone 2 output for 35-45 minutes</li></ul> <p>Cool Down</p> <ul style="list-style-type: none"><li>• Cool down for 3-5 minutes</li><li>• Downregulation</li></ul> |
| A | Y | Goal: Be mindful of zone. To stay in Zone 2, you may need to work less intensity than you're accustomed to. |   |

## Phase Three

DAY 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

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

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

|                      |   |   |  |  |
|----------------------|---|---|--|--|
| D<br>A<br>Y<br><br>7 | A | <b>Zone 2 Cardio</b><br><br>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"> <li>Pick either the bike or the treadmill</li> <li>Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning)</li> </ul>  |  |
|                      |   |   | Warm-up <ul style="list-style-type: none"> <li>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</li> <li>Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout</li> </ul> |  |

| 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 |    |                                      |  |  |                             |
| DAY<br>3   | A  | Turkish Get Up                       | <ul style="list-style-type: none"> <li>Start to add some light load here</li> </ul>  | 8-10 reps<br><br>Weeks 9-10: 3 rounds<br><br>Weeks 11-12: 4 rounds   |                             |
|  | B1 | Birddog Row                          | <ul style="list-style-type: none"> <li>Keep hips and shoulders square throughout</li> </ul>  | 8-10 reps per side   |                             |
|  | B2 | Slow Eccentric Slider Hamstring Curl | <ul style="list-style-type: none"> <li>Keep hips elevated as the slider moves away from you</li> <li>Lower as far as you comfortably can</li> <li>The further the range, the more stress on your hamstrings</li> </ul> | Weeks 9-10: 8-10 reps (both legs together)<br><br>Weeks 11-12: 4-6 reps per side (one leg at a time)<br><br>3 rounds | Minimal rest between rounds |
|  | C  | Copenhagen Planks                    | <ul style="list-style-type: none"> <li>Keep these on the short-range (not a fully straight leg)</li> </ul>   | Weeks 9-10: 30 seconds per side<br><br>Weeks 11-12: 40 seconds per side  |                             |

|                  |   |  |   |                       |                    |
|------------------|---|--|---|-----------------------|--------------------|
| D<br>A<br>Y<br>3 | D | <p><b>Airdyne Alactic Intervals</b></p> <p>Progress is measured by higher power output or faster HR recovery</p> | <ul style="list-style-type: none"> <li>Pick either the bike or the treadmill</li> <li>Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning)</li> </ul> <p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>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</li> <li>Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout</li> </ul> <p><b>Hold Zone 2</b></p> <ul style="list-style-type: none"> <li>After the warm-up, try to hold Zone 2 output for 5 minutes</li> </ul> <p><b>Working Set</b></p> <ul style="list-style-type: none"> <li>Push as hard and fast as possible for <u>5-10 seconds</u> (if the power drops, the set is done)</li> <li>Light peddle and watch the HR drop</li> <li>Once the HR drops 20 beats, keep the light spin for another 30 seconds</li> </ul> | Week 9: 6 rounds      |                    |
|                  |   |  |   | Weeks 10-11: 8 rounds | Week 12: 10 rounds |

|                  |   |      |
|------------------|---|------|
| D<br>A<br>Y<br>4 | A | Rest |
|------------------|---|------|

|                  |   |                                     |  |                         |                                 |
|------------------|---|-------------------------------------|--|-------------------------|---------------------------------|
| D<br>A<br>Y<br>5 | A | <b>Marching or Lateral Skipping</b> | <ul style="list-style-type: none"> <li>Stay light and springy</li> </ul>   | 2 sets of 15-20 seconds | Rest 30 seconds                 |
|                  | B | <b>Bounds</b>                       | <ul style="list-style-type: none"> <li>Stay low, jump long</li> </ul>  | 10 reps<br>2 sets       | Rest 45 seconds in between sets |
|                  | C | <b>Lateral Jumps</b>                | <ul style="list-style-type: none"> <li>Big push off the working leg</li> <li>Make sure to still stick the landing</li> </ul> | 10 reps<br>2 sets       | Rest 45 seconds in between sets |

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

|                            |          |   |   |             |  |
|----------------------------|----------|---|---|-------------|--|
| <b>D<br/>A<br/>Y<br/>6</b> | <b>A</b> | <p><b>Intervals</b></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><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• Warm-up to Zone 2 output</li> <li>• Hold for 7-10 minutes</li> </ul> <p>Break (2 minutes) and set timer for 30 minutes</p> <p><b>Working Set (3 minutes)</b></p> <ul style="list-style-type: none"> <li>• Minute 1: <u>Zone 2</u> output</li> <li>• Minute 2: <u>+20-30%</u> higher (than Zone 2)</li> <li>• Minute 3: <u>+30-40%</u> higher (than Zone 2)</li> </ul> <p><b>Recovery</b></p> <ul style="list-style-type: none"> <li>• Begins when HR drops 30 beats per min.</li> <li>• After HR drops, rest another 30-60 seconds</li> </ul> <p><b>Repeat Interval</b></p> <p>Cool down for 3-5 minutes</p> <p>Downregulation</p>   | 2 Intervals |  |
| <b>D<br/>A<br/>Y<br/>7</b> | <b>A</b> | <p><b>Zone 2 Cardio</b></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"> <li>• Pick either the bike or the treadmill</li> <li>• Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning)</li> </ul> <p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout</li> </ul> <p><b>Hold Zone 2</b></p> <ul style="list-style-type: none"> <li>• After the warm-up, try to hold Zone 2 output for 35-45 minutes</li> </ul> <p><b>Cool Down</b></p> <ul style="list-style-type: none"> <li>• Cool down for 3-5 minutes</li> <li>• Downregulation</li> </ul> |             |  |