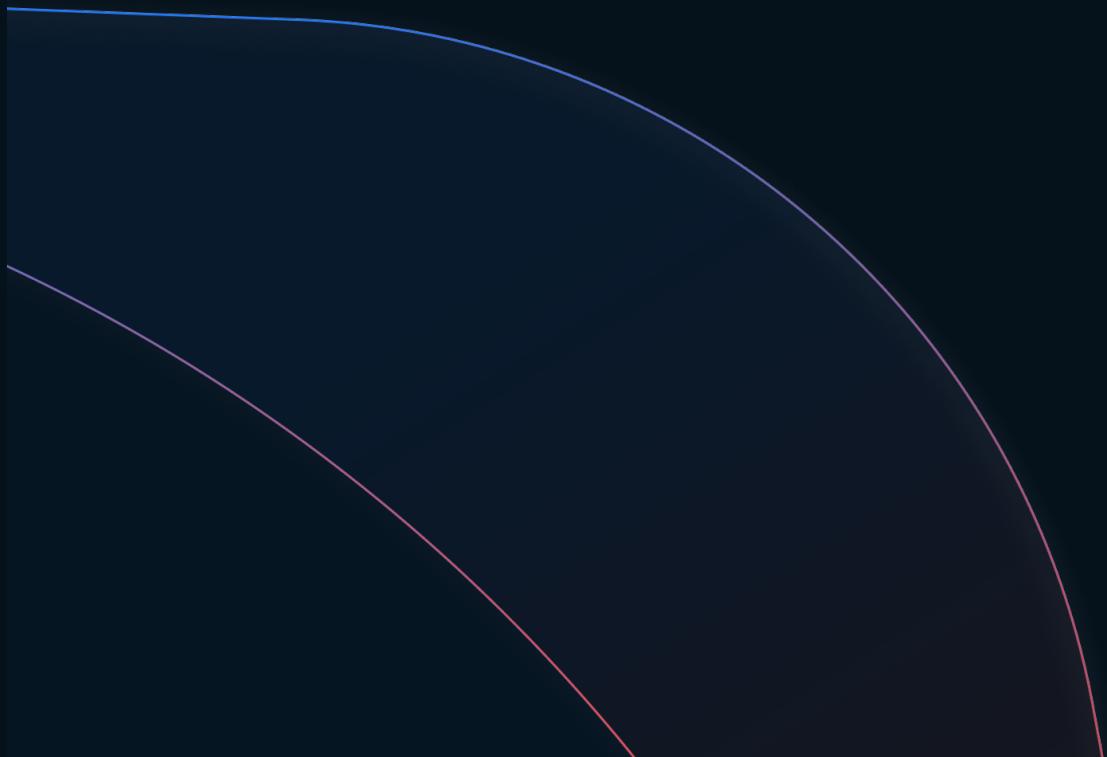


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Exercise: The Maximalist Program

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 Maximalist Program

This program is designed for the person who wants to do it all.

In the beginning, you might feel as though you are doing too little. The work is spread across 6 days, making the total exercise time more cumulative than an individual acute session. If not done this way, you will not experience as much adaptation.

If extra Zone 2 is desired, add the exercise segment before upper body days (only).

PROGRAM GOALS

- Dial-in training to reduce counterproductive movement and activity
- Mitigate against injury by folding in every exercise pillar
- Coordinate strength and aerobic work to produce as much gain as possible

YOUR 84 DAY (12 WEEK) PROGRAM

The Maximalist 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
- Side Lying Abductions, 1 set of 30 second holds with top leg elevated off bottom
- Dynamic movements / stretches: (such as down dog to pigeon, or lunge variations)

| | | | | | |
|----------------------|----|---------------------------------------|---|---|--|
| D A Y 1 | A | Pogos + Marching / Skipping Drills | <ul style="list-style-type: none"> • Stay light and springy | 2 sets of 15-20 seconds | Rest 30 seconds in between sets |
| | B | Trap Bar Deadlift | <ul style="list-style-type: none"> • This is more about position, and less about load weight • Work into a moderately heavy set of 8 reps <p>Working set of 8 reps</p> <ul style="list-style-type: none"> • The first set is your working set, and should feel like a <u>7 out 10</u> effort by the last 2 reps • Make sure bar stays centered throughout | <p>Week 1: 4 working sets</p> <p>Week 2: 4 working sets - add load to set #3 and set #4</p> <p>Week 3: 5 working sets - add load to set #3 and set #4</p> <p>Week 4: 5 working sets - add load to set #4 and set #5</p> | Rest 90 seconds in between all sets |
| | C | Front Foot Elevated Split Squat | <ul style="list-style-type: none"> • Keep rib cage stacked over your pelvis • Front foot should be heavy into elevated surface | <p>Weeks 1-2: 8 reps per side and 3 sets</p> <p>Weeks 3-4: 10 reps per side and 3 sets</p> | Minimal rest between sides Rest 60-75 seconds in between sets |
| | D1 | Barbell Glute Bridge | <ul style="list-style-type: none"> • Moderate load • Don't overextend at the top through lumbar extension | <p>Weeks 1-2: 10-12 reps</p> <p>Weeks 3-4: 12-15 reps</p> | |
| | D2 | Tall Kneeling Palloff Press | <ul style="list-style-type: none"> • Keep entire body stacked (knees to head) • Fight against the weight pulling you as you press | <p>10-12 reps per side</p> <p>3 rounds</p> | Minimal rest between rounds |

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|------------------|---|--|--|--|--|
| D A Y 1 | E | Bike Goal: How much distance can you cover in 5 minutes? | Set bike at a resistance level where it's possible, but challenging, to hold 80-90 rpm (should be an <u>8 out of 10</u> effort) Record your distance, each week. You'll do this 4 separate times - weeks 1-4) | | |
| | F | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

UPPER BODY

| | | | | | |
|------------------|----|--|--|---|--------------------------------------|
| D A Y 2 | A | Medball Chest Pass into The Wall | <ul style="list-style-type: none"> Tall kneeling posture Light ball | 10 reps 3 sets | Rest 60 seconds in between sets |
| | B | Bench Press or Dumbbell Chest Press | <p>Work into a moderately heavy set of 8 reps</p> <p>Working set of 8 reps</p> <ul style="list-style-type: none"> The first set is your working set, and should feel like a <u>7 out 10</u> effort by the last 2 reps | <p>Week 1: 4 working sets</p> <p>Week 2: 4 working sets - add load to set #3 and set #4</p> <p>Week 3: 5 working sets - add load to set #3 and set #4</p> <p>Week 4: 5 working sets - add load to set #4 and set #5</p> | Rest 90 seconds in between all sets |
| | C1 | Neutral Grip Pull Up | <ul style="list-style-type: none"> Can be assisted Full range of motion | Weeks 1-2: 8 reps Weeks 3-4: 10 reps | Rest 30 seconds before moving to C2 |
| | C2 | Alternating Incline Press | <ul style="list-style-type: none"> Bench at a 45('ish) degree angle Don't let the lower back overextend | <p>Weeks 1-2: 8-10 reps per side</p> <p>Weeks 3-4: 10-12 reps per side</p> <p>3 rounds</p> | Rest 60-70 seconds in between rounds |

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|------------------|----|-------------------------------------|--|---|--------------------------------------|
| D A Y 2 | D1 | Seated Face Pull | <ul style="list-style-type: none"> Prevent the head and rib cage from jutting forward | Week 1: 10-12 reps Weeks 2-3: 12-15 reps Week 4: 15-20 reps | |
| | D2 | Straight Arm Press Down (wide grip) | <ul style="list-style-type: none"> Keep arms long throughout | Week 1: 10-12 reps Weeks 2-3: 12-15 reps Week 4: 15-20 reps 3 rounds | Rest 30-45 seconds in between rounds |
| | E | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

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|------------------|---|---|--|------------------|
| D A Y 3 | A | <p>Zone 2 Cardio and Tempo Intervals (modality of choice)</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 20 minutes <p>Tempo Intervals (10 total sets)</p> <ul style="list-style-type: none"> <u>10 seconds</u> of higher intensity work (Start with increasing Zone 2 output by 40%) Active recovery for <u>60 seconds</u> (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"> Cool down for 3-5 minutes Downregulation | Repeat 10 rounds |
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LOWER BODY

| | | | | | |
|----------|----|--|---|---|---|
| DAY 4 | A | Pogos + Marching / Skipping Drills | <ul style="list-style-type: none"> Stay light and spring | 2 sets of 15-20 seconds | Rest 30 seconds |
| | B | Safety Bar, Dumbbell Front Squat, or Goblet Squat to Box (whichever variation works best for you) | <p>Use wedges under your heels, if necessary.</p> <p>Work into a moderately heavy set of 8 reps</p> <p>Working set of 8 reps</p> <ul style="list-style-type: none"> The first set is your working set, and should feel like a <u>7 out 10</u> effort by the last 2 reps Torso should stay vertical as you descend | <p>Week 1: 4 working sets</p> <p>Week 2: 4 working sets - add load to set #3 and set #4</p> <p>Week 3: 5 working sets - add load to set #3 and set #4</p> <p>Week 4: 5 working sets - add load to set #4 and set #5</p> | Rest 90 seconds in between all sets |
| | C | Split Stance RDL | <ul style="list-style-type: none"> Use the back foot as a kickstand Keep weights close to your thigh/shin as you lower | <p>Weeks 1-2: 8 reps and 3 sets</p> <p>Weeks 3-4: 10 reps and 4 sets</p> | Minimal rest in between sides Rest 60-75 seconds in between sets |
| | D1 | Renegade Row | <ul style="list-style-type: none"> Bodyweight only is perfectly OK Light/moderate load | 10 reps per side (20 total) | |
| | D2 | Ball Hamstring Curl | Exhale to curl in, inhale to return to start position | 10-12 reps 2-3 rounds | Minimal rest in between exercises Rest 45-60 seconds in between rounds |
| | E1 | Seated Knee Extension | <ul style="list-style-type: none"> Keep lower back flat into the pad Pivot point of the machine should line up almost directly with your knees | <p>Weeks 1-2: 12-15 reps</p> <p>Weeks 3-4: 15-20 reps</p> | |

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|------------------|----|-----------------|--|--|------------------------|
| D A Y 4 | E2 | Seated Leg Curl | <ul style="list-style-type: none"> Keep lower back flat into the pad Pivot point of the machine should line up almost directly with your knees | Weeks 1-2: 12-15 reps Weeks 3-4: 15-20 reps 3 rounds | No rest between rounds |
| | F | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

UPPER BODY

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|------------------|----|----------------------------------|--|---|--|
| D A Y 5 | A | TRX Warm Up | <ul style="list-style-type: none"> Row Bicep Curl Reverse Fly | 8 reps of each exercise 2 rounds | Minimal Rest in between exercises Rest 60 seconds in between rounds |
| | B | Landmine Row | <p>Work into a moderately heavy set of 8 reps</p> <p>Working set of 8 reps</p> <ul style="list-style-type: none"> The first set is your working set, and should feel like a <u>7 out 10</u> effort by the last 2 reps | <p>Week 1: 4 working sets</p> <p>Week 2: 4 working sets - add load to set #3 and set #4</p> <p>Week 3: 5 working sets - add load to set #3 and set #4</p> <p>Week 4: 5 working sets - add load to set #4 and set #5</p> | Rest 90 seconds in between all sets |
| | C1 | Alternating Dumbbell Chest Press | <ul style="list-style-type: none"> Active reach towards the ceiling with your non-lowering arm | <p>Weeks 1-2: 8-10 reps per side</p> <p>Weeks 3-4: 10 reps per side</p> | |

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|-------|----|------------------------|---|---|--|
| DAY 5 | C2 | Seated Lat Pull Down | <ul style="list-style-type: none"> Choose hand position that is most comfortable Don't arch your lower back too much as you pull | Weeks 1-2: 8-10 reps Weeks 3-2: 10-12 reps 3 rounds | Minimal rest in between exercises Rest 60 seconds in between rounds |
| | D1 | Birddog Row | <ul style="list-style-type: none"> Keep hips and shoulders stable | 8-10 reps per side | |
| | D2 | Downdog + push up | <ul style="list-style-type: none"> Big reach and push away from the floor as hips hike up | 8-10 reps 2-3 rounds | Minimal rest between exercises Rest 45-60 seconds between rounds |
| | E | Cable Tricep Extension | <ul style="list-style-type: none"> Majority of motion should be from the elbow joint Keep the rest of the body as quiet as possible | Weeks 1-2: 12-15 reps Weeks 3-4: 15-20 reps 3 sets | Rest 45 seconds in between sets |
| | F | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

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| D A Y 6 | A | <p>Aerobic Power (modality of choice)</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 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 climbThe 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 minutesYour 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 minutesDownregulation | |
| | | <p>Rest -or- Zone 2 Cardio</p> <p>Goal: Be mindful of zones. 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 treadmillWarm 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 thereShould 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 35-40 minutes <p>Cool Down</p> <ul style="list-style-type: none">Cool down for 3-5 minutesDownregulation | |

| | | | | |
|------------------|---|---|---|--|
| D A Y 7 | A | <p>Rest -or- Zone 2 Cardio</p> <p>Goal: Be mindful of zones. 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 treadmillWarm 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 thereShould 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 35-40 minutes <p>Cool Down</p> <ul style="list-style-type: none">Cool down for 3-5 minutesDownregulation | |
|------------------|---|---|---|--|

Phase Two

DAY 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 in each direction
- Forward, Backward, and Lateral Lunge, 1 set of 6 reps per side of each

| LOWER BODY | | | | | |
|------------|----|--|---|---|---------------------------------------|
| DAY 1 | A | Marching/Skipping Laterally + Multidirectional Pogos | <ul style="list-style-type: none"> Stay light and springy | 2 sets of 20-30 seconds | Rest 30 seconds |
| | B | Bounds | <ul style="list-style-type: none"> Stay low, jump long | 10 reps 2 sets | Rest 45 seconds between sets |
| | C | Lateral Jumps | <ul style="list-style-type: none"> Soft landing to assist in force absorption | 10 reps 2 sets | Rest 45 seconds between sets |
| | D | Trap Bar Deadlift | Week 5 <ul style="list-style-type: none"> Increase load by 10% from the load you performed on Day 22 of Phase 1 Weeks 6-8 <ul style="list-style-type: none"> Each week, aim to make the first set the same load as the last set the week before | Weeks 5-6: 6 reps and 5 sets Weeks 7-8: 6 reps and 5-6 sets Increase load by +5% on the last 2 sets each week | MAX of 2 minutes rest in between sets |
| | E | Split Squat (with 2 count pause at the bottom) | <ul style="list-style-type: none"> Hold for 2 counts at the bottom of the split squat (without relaxing the knee on the ground) Moderate load | Week 5: 6 reps per side and 2-3 sets Weeks 6-8: 6 reps per side and 3-4 sets | Rest 90 seconds in between sets |
| | F1 | Swiss Ball Hamstring Curls | <ul style="list-style-type: none"> Hinge at the knees and maintain pelvic "tuck-under" (only straighten knees to a point where you aren't compromising an ability to maintain the "tuck") | 10-12 reps | |

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| D A Y 1 | F2 | Swiss Ball Plank Roll Out | <ul style="list-style-type: none"> Keep spine long as possible Start with the elbows under the shoulders and reach forward 2-3 inches MAX | Weeks 5-6: 10-12 reps and 2-3 rounds Weeks 7-8: 10-12 reps and 3-4 rounds | Minimal rest between rounds |
| | F | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

| UPPER BODY | | | | | |
|----------------------|----|----------------------------------|--|--|--|
| D A Y 2 | A | Turkish Get Up | <ul style="list-style-type: none"> Bodyweight only, focus on the moves | 3 per side | |
| | B | Plyo Push Ups Goal: speed | <ul style="list-style-type: none"> Can be elevated and should be, if necessary | 6 reps 3 sets | Rest 75-90 seconds in between sets |
| | C | Bench Press or Swiss Bar Press | <ul style="list-style-type: none"> Increase load by 10% from the last week of phase 1 program Every week try to make the 1st working set the same load you did for the last set the week before. Increase load by 5% on the last 2 sets if possible | Weeks 5-6: 6 reps and 5 sets Weeks 7-8: 6 reps and 5-6 sets 3 sets | Minimal rest in between exercises Rest 60 seconds in between sets |
| | D1 | Alternating Incline Press | Week 5 <ul style="list-style-type: none"> Increase load by 10% from the load you performed on Day 23 of Phase 1 Weeks 6-8 <ul style="list-style-type: none"> Each week, aim to make the first set the same load as the last set the week before | Weeks 5-6: 8 reps per side Week 7: 10 reps per side Week 8: 12 reps per side | |
| | D2 | Seated Bicep Curl | <ul style="list-style-type: none"> Keep spine tall, avoid using momentum Don't let the weight overcome your wrists | Weeks 5-6: 12 reps Weeks 7-8: 15 reps 3 rounds | Rest 60 seconds between rounds |

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|----------------------|---|---------------------------------------|--|--|-------------------------------|
| D a y 2 | E | Push Ups - 5 minutes (set a clock) | <ul style="list-style-type: none"> Perform 3 push ups Perform 5 push ups Perform 7 push ups Perform 3 push ups | Perform as many rounds as possible in <u>5 minutes</u> | Rest accordingly between sets |
| | F | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

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|----------------------|---|--|--|--|--|
| D a y 3 | A | Zone 2 Cardio Goal: Be mindful of zones. To stay in Zone 2, you may need to work less 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 35-40 minutes <p>Cool Down</p> <ul style="list-style-type: none"> Cool down for 3-5 minutes Downregulation | | |
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LOWER BODY

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|----------------------|---|---|---|-------------------------|--|
| D a y 4 | A | Airdyne Alactic Intervals Progress is measured by higher power output or faster HR recovery | <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 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 | repeat for 6 total reps | |
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| DAY 4 | B | Safety Bar, Dumbbell Front Squat, or Goblet Squat to Box (whichever variation works best for you) | Use wedges under your heels, if necessary. Work into a moderately heavy set of 8 reps Week 5 <ul style="list-style-type: none"> • Increase load by 10% from the load you performed on Day 23 of Phase 1 Weeks 6-8 <ul style="list-style-type: none"> • Each week, aim to make the first set the same load as the last set the week before | 6 reps 5 sets Increase load by +5% on the last two sets, each week | MAX of 2 minutes rest in between sets |
| | C1 | Step Up Low Box (eccentric focused) | <ul style="list-style-type: none"> • <u>3 counts to lower</u> • 12-inch box max • These can be loaded | 8-10 reps per side | |
| | C2 | Plate Pull Through | <ul style="list-style-type: none"> • Fight against the hips and shoulders rotating • Can add a push up, if you prefer | Weeks 5-6: 8-10 reps each direction and 3 rounds Weeks 7-8: 8-10 reps each direction and 4 rounds | Rest 60 Seconds between rounds |
| | D1 | Hip Thruster | <ul style="list-style-type: none"> • Drive through the whole foot | Weeks 5-6: 10-12 reps Weeks 7-8: 12-15 reps | |
| | D2 | Calf Raise | <ul style="list-style-type: none"> • If you feel you are overly pronating, add a ball between your heels. • Try to avoid the knees bending | 15-20 reps 3 rounds | Rest 60 Seconds between rounds |
| | E | Downregulation | <ul style="list-style-type: none"> • Chest / Belly Breathing for 2 minutes | | |

| UPPER BODY + TRUNK | | | | | |
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| D A Y 5 | A | Stiff Legged Medicine Ball Slams | <ul style="list-style-type: none"> • Light Dynamax Med Ball • Keep trunk stiff • Keep knees and hips straight | 10 reps 3 sets | Rest 60 Seconds between sets |
| | B | Pendlay Row | <ul style="list-style-type: none"> • Keep weight in the mid-foot • Spine long and chin tucked • Try to increase load on the last 2 sets (if possible +5%) | Weeks 5-6: 6 reps and 5 sets Weeks 7-8: 6 reps and 6 sets | Rest 90 seconds between sets |
| | C | Neutral Grip Pull Up | <ul style="list-style-type: none"> • Can be banded, if needed | Week 5: 4-6 reps, 3 sets Week 6: 4-6 reps, 3 sets Week 7: 6-8 reps, 3 sets Week 8: 6-8 reps, 4 sets | Rest 60-75 seconds in between sets |
| | D1 | Cable Face Pull | <ul style="list-style-type: none"> • Exhale to pull • Make sure head and rib cage don't push forward as you pull | Weeks 5-6: 12-15 reps Weeks 7-8: 15-20 reps | |
| | D2 | Cable Tricep Extension | <ul style="list-style-type: none"> • Majority of motion should come from the elbow joint • Keep the rest of the body quiet | Weeks 5-6: 12-15 reps Weeks 7-8: 15-20 reps 2 rounds | Minimal rest in between exercises Rest 45 seconds in between rounds |
| | E | Farmer's Carry | <ul style="list-style-type: none"> • Controlled steps • Spend some time on each leg as you step | Weeks 5-6: 30 steps in each directions Weeks 7-8: 40 steps in each direction 2 sets | Rest 60 seconds between sets |

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| 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 (4 minutes)</p> <ul style="list-style-type: none"> • Minute 1: <u>Zone 2</u> output • Minute 2: +20-30% higher (than Zone 2) • Minute 3: +30-40% 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 | |
| | | <p>Rest -or- 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 | | |

Phase Three

DAY 1 / 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

| LOWER BODY + EXPLOSIVE INTERVALS | | | | | |
|----------------------------------|---|-----------------------------|--|---|--|
| DAY 1 | A | Marching/Skipping/Jump Rope | <ul style="list-style-type: none"> Stay light and springy | 2 sets of 20-30 seconds | Rest 30 seconds |
| | B | Bounds | <ul style="list-style-type: none"> Stay low, jump long | 10 reps | |
| | C | Lateral Jumps | <ul style="list-style-type: none"> Soft landing and hard push off to other side | 10 reps | |
| | D | Power Step Ups | <ul style="list-style-type: none"> Adjust box height to support the fastest movement possible, with the least amount of push-off from the back leg Can be bodyweight or lightly loaded | 5 reps 3-4 sets | Rest 15 seconds between sides Rest 60 seconds in between sets |
| | E | Trap Bar Deadlift | <ul style="list-style-type: none"> Increase load by 10% -15% from the load you performed this exercise Take 3 to 4 sets to work into your 'working weight' for 3 full reps | 8 working sets (i.e., 3 full reps) | Rest 2-3 minutes in between sets |
| | F | Explosive Intervals | Set sequence: (single set) <ul style="list-style-type: none"> 6-8 BIG reps of <u>Lunge Jumps</u> 40 seconds of <u>jump rope/boxer shuffle</u> 20 seconds <u>walk around</u> | Weeks 9-10: 6 sets Weeks 11-12: 8 sets | |
| | G | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

| UPPER BODY + TRUNK | | | | | |
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| DAY 2 | A | Side Lying Arm Bar | <ul style="list-style-type: none"> Easy breathing throughout | 60 seconds per side | |
| | B | Turkish Get Up | <ul style="list-style-type: none"> Moderate load with a kettlebell | Weeks 9-10: 1 rep per side Weeks 11-12: 2 reps per side 3 sets | MAX rest of 30 seconds in between sides |
| | C | Bench Press / Swiss Bar | <ul style="list-style-type: none"> Increase load by 10% -15% from the load you performed this exercise Take 3-4 sets to work into your working weight for 3 reps Set #6 (last set) - aim to get 4-6 reps with the same weight | 6 working sets (i.e., 3 full reps) | Rest 2-3 minutes in between sets |
| | D | 3point Stance Row + Single Arm Carry Complex | <ul style="list-style-type: none"> Stay on the same side for both exercises before switching sides <p>3 point Stance Row: 6-8 reps</p> <ul style="list-style-type: none"> Find the mid-foot Keep the chin tucked and spine long <p>Single Arm Carry: 30 steps in each direction</p> <ul style="list-style-type: none"> Keep a little space in between the arm and the trunk Spine tall (no leaning) | Weeks 9-10: 2 sets Weeks 11-12: 3 sets | |
| | E | TRX Reverse Flye | <ul style="list-style-type: none"> Keep head back and pelvis tucked as you pull | 12-15 reps 2 sets | Rest 45 seconds |
| | F | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

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| D A Y 3 | A | <p>Zone 2 Cardio and Tempo Intervals (modality of choice)</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 <u>20 minutes</u> <p>Tempo Intervals (10 total sets)</p> <ul style="list-style-type: none">• <u>10 seconds</u> of higher intensity work (Start with increasing Zone 2 output by 40%)• Active recovery for <u>60 seconds</u> (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">• Cool down for 3-5 minutes• Downregulation | Repeat 10 rounds |
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POWER INTERVALS + LOWER BODY

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| DAY 4 | A | <p>Power Intervals</p> <p>Goal: Maintain position and breath control</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 <u>5-7 minutes</u> <p>Light Recovery (60 seconds)</p> <p>Tempo Intervals (3-4 rounds)</p> <ul style="list-style-type: none"> <u>30 seconds</u> of max effort (HR should reach Threshold: $220\text{-age} \times .90$) Active recovery for 90 seconds (light and easy) - the HR recovery (HRR) is the biggest measurement. Observe how much it decreases in the first minute. | Repeat 3-4 rounds | |
| | B | <p>Pendlay Row</p> | <ul style="list-style-type: none"> Warm up to a heavy set of 5 reps Keep weight in the Spine long and chin tucked | Weeks 9-10: 4 sets Weeks 11-12: 5 sets | Rest 2 minutes in between sets |
| | C | <p>Rear Foot Elevated Split Squats "Bulgarians"</p> | <ul style="list-style-type: none"> Can be front elevated, if preferred for best positioning Select a load that is heavy, but does not cause the position to break down Ensure front leg is doing the majority of the work | Weeks 9-10: 6 reps per side and 4 sets Weeks 11-12: 6 reps per side and 5 sets | Rest 20-30 seconds per side Rest 90 seconds in between sets |
| | D1 | <p>Hip Thrust</p> | <ul style="list-style-type: none"> Moderate load Push heavy through the whole foot | Weeks 9-10: 8-10 reps Weeks 11-12: 10-12 reps | |

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| D A Y 4 | D2 | Half Kneeling Chop | <ul style="list-style-type: none"> Keep hips and shoulders square | 10-12 per side 3 rounds | Rest 45 seconds in between rounds |
| | E | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

ZONE 2 CARDIO + UPPER BODY / TRUNK

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| D A Y 5 | A | Zone 2 | <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 <u>20-40 minutes</u> | | |
| | B | Pull Up Series | <p>Select the grip that works the best</p> <p>Top-end range ISO</p> <ul style="list-style-type: none"> Hold the top position for <u>10-15 seconds</u> <p>Mid range ISO</p> <ul style="list-style-type: none"> Elbows are close to a 90-degree angle, as possible Hold the position for <u>10-15 seconds</u> <p>Rest (60 seconds)</p> <p>Jump + Lower (3 reps)</p> <ul style="list-style-type: none"> Jump to the top and lower down for a slow count of <u>10 seconds</u> Rest for 5 seconds Repeat to complete 3 full reps <p>Rest (60 seconds)</p> | | |
| | C1 | Single Arm Incline Press | <ul style="list-style-type: none"> Moderate load Fight against torso rotation as you lower | Weeks 9-10: 8-10 reps per side Weeks 11-12: 10-12 reps per side | |

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| DAY 5 | C2 | Side Plank | <ul style="list-style-type: none"> Maintain a straight line from the shoulders to feet Prevent bottom hip from dropping | 30 seconds per side 3 rounds | Minimal rest in between exercises Rest 60 seconds in between rounds |
| | D | Skull Crusher | <ul style="list-style-type: none"> Keep elbows in-line with wrists | 12-15 reps 3 sets | Rest 45 seconds in between sets |
| | E | Downregulation | <ul style="list-style-type: none"> Chest / Belly Breathing for 2 minutes | | |

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| DAY 6 | A | <p>Intervals (modality of choice) 30-minute timer</p> <p>Goal: Measure how much output you produce in 25 minutes (4 min intervals + active 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 <u>5-7 minutes</u> <p>Rest (2 minutes) and set a timer for 30 minutes</p> <p>Working Sets (4 minutes)</p> <ul style="list-style-type: none"> Hold +30-35% of Zone 2 output for <u>4 minutes</u> <p>Recovery</p> <ul style="list-style-type: none"> Active recovery starts when HR drops 30 beats per minute After, rest another <u>30-60 seconds</u> <p>Repeat Interval until 25 minute mark</p> <p>4 minute set + active recovery = 1 round</p> <p>Cool Down</p> <ul style="list-style-type: none"> Cool down for 3-5 minutes Downregulation | Repeat intervals until you reach the 25-minute mark |
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| D A Y 7 | A | <p>Rest -or- 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 20-45 minutes <p>Cool Down</p> <ul style="list-style-type: none">• Cool down for 3-5 minutes• Downregulation |
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