

Day 1: Legs / Core / Balance

**Dynamic Warm Up - 2 x 10*

- Walkouts
- Squat + Calf Raise
- Leg Swings

-STRETCH AS NEEDED-

/// 2 x 10-20

- Bicycle Crunch
- Cossack Squat

/// 4 x 10 each side

- DB Split Squat (start light, increasing weight each set)

/// 3 x 6 slow

- Single Leg RDL

/// 3 x 15

- Explosive Toe Touch
- Waterfall Leg Lifts
- Pushup Position Squat

/// 3 x 10-12

- Swiss Ball Hamstring Curls
- Straight Leg Oblique Crunch (feet elevated)

/// 2 x amrap

- Squats (Barbell or Goblet)
(Pick a weight you can get at least 10 reps)

-COOL DOWN + STRETCH-

Day 2: Chest / Shoulders / Triceps

**Dynamic Warm Up - 2 x 10*

- Cat Cow
- Thread the Needle
- Scorpion Twist

-STRETCH AS NEEDED-

/// 3 x 12

- Lat Pull Over
- Chest Flys
- Scap Pullup / Hanging Knee Raise

/// 4 x 12-12-8-8

- Bench Press (Barbell or DB)

/// 3 x 16-20

- Incline DB Press - Alternating

/// 4 x 10-15

- Tricep Extensions
- Hanging Tuck / Knee Raises

/// 4 x 12

- Arnold Shoulder Press

/// 3 x 15

- Incline Plate Press
- Skull Crusher

/// 2 x amrap

- Push-Ups

-COOL DOWN + STRETCH-

Day 3: Back / Biceps / Core

**Dynamic Warm Up - 2 x 10*

- Supine Twists
- Figure 4 Rocks
- Roll > Toe Touch

-STRETCH AS NEEDED-

/// 2 x amrap

- Dead Hang
- Plank

/// 3 x amrap

- Chin Ups
- Power Toe Touch

/// 3 x 12-15

- Seated (knees together) Bent Over Mid Back Row
- Bicep Curls

/// 4 x 10

- Single Arm Low Row (DB or machine)

/// 3 x 12-15

- Incline Bench Bicep Curls
- Chest Supported "Y" Raise

/// 3 x amrap

- Inverted Rows
- Flutter Kicks

-COOL DOWN + STRETCH-

Day 4: ACTIVE REST - Movement + Mobility

Movement 30 minutes	Stretch 30 minutes
↓ Suggestions ↓	
Run / Walk / Bike / Hike	Dynamic Warm Ups
Rower / Stairs / Elliptical	Seated / Lying Stretches
Sports	Holding (1-2 minutes)
Skate	Deep Breathing
Get Outside	Foam Rolling
Light Resistance Training (Focus on weaknesses)	Listen to your body
Yoga Routine	

Day 5: Legs / Shoulders / Core

***Dynamic Warm Up - 2 x 10**

- Walkouts
- Thread the Needle
- 3 Leg Dog Hip Openers

-STRETCH AS NEEDED-

/// 2 x 10

- Single Leg Hip Thrusts
- Waterfall Leg Lifts
- Shoulder Cars

/// 4 x 12

- Squats (Barbell or Goblet-double reps)

/// 3 x 10

- Cossack Box Squat

/// 3 x 10-15

- Face Pulls
- Pushup Position Squat

/// 3 x 10-15

- Hamstring Curls (swiss ball or machine)
- Staff Shoulder Press
- Bicycle Crunch

/// 4 x 10-15

- Leg Extensions
- Front > Lateral Raise

-COOL DOWN + STRETCH-

Day 6: Back / Chest / Arms

**Dynamic Warm Up - 2 x 10*

- Cat Cow
- Thread the Needle
- Scorpion Twist

-STRETCH AS NEEDED-

/// 3 x 15

- DB Incline Press
- Bent Over DB Rows

/// 3 x 10-15

- Lat Pulldown
- Hanging Tuck / Knee Raises

/// 4 x 10

- Cable Rows

/// 4 x 12-8-8-8

- Bench Press (Barbell or DB)

/// 3 x 15

- Skull Crushers
- Twist Press
- Bicep EZ-Bar Curls

/// 3 x 12

- Lat Pull Over
- Tricep Overhead Extensions

-COOL DOWN + STRETCH-

Day 7: ACTIVE REST - Movement + Mobility

Movement 30 minutes	Stretch 30 minutes
↓ Suggestions ↓	
Run / Walk / Bike / Hike	Dynamic Warm Ups
Rower / Stairs / Elliptical	Seated / Lying Stretches
Sports	Holding (1-2 minutes)
Skate	Deep Breathing
Get Outside	Foam Rolling
Light Resistance Training (Focus on weaknesses)	Listen to your body
Yoga Routine	