

GENERAL PHYSICAL PREPARATION

COACHED BY THE STRENGTH GUYS



THE SKY HAS NO LIMITS, NEITHER SHOULD YOU.

MACROCYCLE:	Macrocycle I
MESOCYCLE:	Foundation I
MICROCYCLE:	Week 1
START DATE:	2020-03-16

PHASE OBJECTIVES

Ease the transition back into specific training.

Improve general fitness qualities.

-	SQUAT e1RM
-	BENCH e1RM
-	DEADLIFT e1RM
-	TOTAL e1RM

PROCESS-ORIENTED GOALS

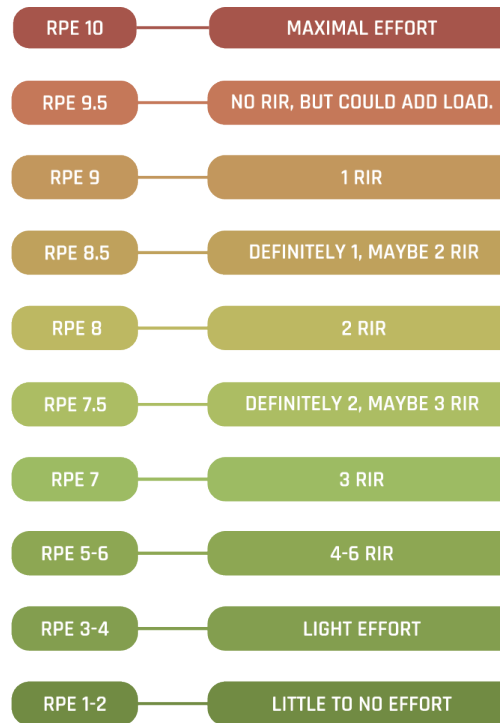
Develop mental momentum on the program.

Approach training with daily positivity.

PHASE INSTRUCTIONS: This is a free program which is intended for use by healthy individuals who do not have gym or gym equipment access during the outbreak of COVID-19.

- Loading Ideas: Dumbbell, Barbell, Bands, Loaded Backpack, Loaded Container/Basket, Loaded Bag, Water Jug.
- Accessory Ideas: Sliders, Towel on Hardwood/Vinyl, Cardboard/Grocery Bag on Carpet, Desk Chair in place of Slider.
- Ideas to Increase Difficulty: Increase strictness of technique, slow the tempo of an exercise, and/or incorporate pauses.

- Note: To follow the rep range target guidelines on Push-Up Option and Vertical Pull Option, test your Repetition Maximum during Week 1, Session 1. Locate the range which your RM falls within in the left-most column of the table below. Aim to hit the targeted number of reps for each subsequent week of the program.



RPE = RATING OF PERCEIVED EXERTION
RIR = REPETITIONS IN RESERVE
ADAPTED FROM ZOURDOOS ET AL. (2016)

WARM-UP A (LEVEL 1)

MOVEMENT PREPARATION

Lateral Hamstring Stretch (x5 ea)

Piriformis Stretch (x30s ea)

Adductor Stretch (x30s ea)

Quad/Hip Flexor Stretch (x30s ea)

Child's Pose (x30s)

Ankle Mobility (x15 ea)

Squat Mobility (x30s)

Glute Bridge w/ 1-Leg Lock (x8 ea)

Front Plank (x30s)

Side Plank (x30s ea)

Knee Hug (x5 ea)

Leg Cradle (x5 ea)

Inverted Hamstring (x5 ea)

REGENERATION PROTOCOL A

PILLAR PREPARATION

Foam Roll/Self Massage (x30s per area)

Sidelying Windmill (x6 ea)

MOBILITY CIRCUIT

Lateral Hamstring Stretch (2 x 30s ea)

Piriformis Stretch (2 x 30s ea)

Adductor Stretch (2 x 30s ea)

Quad/Hip Flexor Stretch (2 x 30s ea)

Diagonal Child's Pose (2 x 30s ea)

REGENERATION CONDITIONING

Jog, Mountain Climbers, Jump Rope, Core

Time per Modality: [2-3 minutes @ RPE 5-7] x 2

RM RANGE	WEEK 1 (SESSION 2)	WEEK 2	WEEK 3	WEEK 4	WEEK 5 (SESSION 1)
3-10 reps	10-20	10-25	15-30	20-40	10-20
11-20 reps	30-40	40-55	45-70	55-80	30-40
21-30 reps	50-60	65-85	80-100	90-110	50-60
31-40 reps	65-80	90-105	100-125	120-145	65-80
41-50 reps	70-95	105-125	130-155	155-175	70-95
51-60 reps	90-105	125-145	150-170	175-190	90-105
61-70 reps	100-115	130-150	165-175	185-200	100-115
70-80+ reps	105-120	130-150	165-175	190-210	105-120

	INITIAL REP MAX
Push-Up Option	
Vertical Pull Option	
	FINAL REP MAX
Push-Up Option	
Vertical Pull Option	

Document your RM's in the outlined cells above.



INTRO

GENERAL PHYSICAL PREPARATION

DAY 1 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	N/A	CONTROL	X	RM Test	-	-	10.0	-	-	-	Incline, from Knees, Normal, or Decline
A1. Deadlift Option	Go to A2.	CONTROL	3	8-10	-	-	7.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. RKC Plank	1-2 min	5s ISO	3	3	-	-	9.0	-	-	-	Progress to 10s ISO for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	3	8-10	-	-	7.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Bird Dog	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	2	3-5	-	-	8.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Shoulder Raise Series	1-2 min	CONTROL	2	8-10 ea	-	-	8.0	-	-	-	Lat, Rev, Y Raise
DAY 2 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	N/A	CONTROL	X	RM Test	-	-	10.0	-	-	-	Chin-Up or Pull-Up, Rack-Pull
A1. Squat Option	Go to A2.	3s ECC	3	8-10	-	-	7.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	Go to A3.	3s ISO	3	8-10	-	-	7.0	-	-	-	BB's, DB's, Bands, or Load
A3. Side Plank	1-2 min	HOLD	3	to RPE	-	-	9.0	-	-	-	FE or load overhead for difficulty
B1. Squat Option, 1-Leg	Go to B2.	CONTROL	3	8-10 ea	-	-	7.0	-	-	-	Split, FE Split, Lateral, 1-Leg, Skater
B2. Horizontal Pull Option	1-2 min	3s ECC	3	8-10	-	-	7.0	-	-	-	BB's, DB's, Bands, or Load
C1. Lunge Option	Go to C2.	CONTROL	2	8-10 ea	-	-	8.0	-	-	-	F/R, Lat/Rot, Cross-Under, or Combined
C2. Superman Hold	1-2 min	3s ISO	2	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
Adductor Option	1-2 min	CONTROL	1	3-5 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
DAY 3 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	1-2 min	CONTROL	X	W1, S2	-	-	8.5	-	-	-	***Refer to Title Page***
A1. Deadlift Option	Go to A2.	CONTROL	3	6-8	-	-	8.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. Bird Dog	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	3	6-8	-	-	8.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Blackburns	1-2 min	SLOW	3	3	-	-	9.0	-	-	-	Slow each movement phase for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	2	3-5	-	-	8.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Bear Crawl Option	1-2 min	SLOW	2	10-15 s	-	-	9.0	-	-	-	Fwd, Lat, Rev, or 4-Way Combined
DAY 4 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	1-2 min	CONTROL	X	W1, S2	-	-	8.5	-	-	-	***Refer to Title Page***
A1. Squat Option	Go to A2.	3s ECC	3	6-8	-	-	8.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	1-2 min	3s ISO	3	6-8	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
B1. Horizontal Pull Option	Go to B2.	3s ECC	3	6-8	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
B2. Superman Hold	Go to B3.	3s ISO	2	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B3. Adductor Option	1-2 min	CONTROL	1	3-5 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
C1. Squat, Bodyweight	Go to C2.	FAST	2	15-20	-	-	-	-	-	-	
C2. Lunge Option	Go to C3.	FAST	2	8-10 ea	-	-	-	-	-	-	
C3. Step-Up Option	Go to C4.	FAST	2	8-10 ea	-	-	-	-	-	-	
C4. Jump Squat	1-2 min	FAST	2	5-10	-	-	-	-	-	-	

WEEKLY NOTES: If you do not have access to a piece of equipment in order to complete the Vertical Pull Option, replace this with a Horizontal Pull Option for the duration of the program.

TERMINOLOGY: ISO (Isometric), ECC (Eccentric), F (Forward), R or Rev (Reverse) Lat (Lateral), Rot (Rotational), FE (Front or Rear Foot-Elevated)

EXERCISE TERMINOLOGY (Day 1 & 3): 2 or 1-Leg 3-5s ECC (2 or 1-Leg 3-5s Hip Extended Leg Curl Eccentrics w/ Slider)

EXERCISE TERMINOLOGY (DAY 2 & 4): Sidelying (Sidelying Adduction), CPH (Copenhagen Plank Raise)

RPE 0-4	RPE 5-6	RPE 7-8	RPE 9	RPE 10
WARM-UP WEIGHTS OR HIGH VELOCITY MOVEMENTS	LIGHT TO MODERATE EXERTION	HARD EXERTION CAN DO 2-3 MORE REPS	VERY HARD EXERTION CAN DO 1 MORE REP	MAXIMAL EXERTION

MACROCYCLE	MESOCYCLE	MICROCYCLE
Macrocycle I	Foundation I	Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Training	Training	Regen	Training	Training	Rest	Regen



BUILD

GENERAL PHYSICAL PREPARATION

DAY 1 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	1-2 min	CONTROL	X	Week 2	-	-	8.5	-	-	-	
A1. Deadlift Option	Go to A2.	CONTROL	3	10-12	-	-	7.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. RKC Plank	1-2 min	5s ISO	3	4	-	-	9.0	-	-	-	Progress to 10s ISO for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	3	10-12	-	-	7.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Bird Dog	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	2	4-6	-	-	8.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Shoulder Raise Series	1-2 min	CONTROL	2	10-12 ea	-	-	8.0	-	-	-	Lat, Rev, Y Raise
DAY 2 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	1-2 min	CONTROL	X	Week 2	-	-	8.5	-	-	-	
A1. Squat Option	Go to A2.	3s ECC	3	10-12	-	-	7.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	Go to A3.	3s ISO	3	10-12	-	-	7.0	-	-	-	BB's, DB's, Bands, or Load
A3. Side Plank	1-2 min	HOLD	3	to RPE	-	-	9.0	-	-	-	FE or load overhead for difficulty
B1. Squat Option, 1-Leg	Go to B2.	CONTROL	3	10-12 ea	-	-	7.0	-	-	-	Split, FE Split, Lateral, 1-Leg, Skater
B2. Horizontal Pull Option	1-2 min	3s ECC	3	10-12	-	-	7.0	-	-	-	BB's, DB's, Bands, or Load
C1. Lunge Option	Go to C2.	CONTROL	2	10-12 ea	-	-	8.0	-	-	-	F/R, Lat/Rot, Cross-Under, or Combined
C2. Superman Hold	1-2 min	3s ISO	2	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
Adductor Option	1-2 min	CONTROL	2	4-6 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
DAY 3 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	1-2 min	CONTROL	X	Week 2	-	-	8.5	-	-	-	
A1. Deadlift Option	Go to A2.	CONTROL	3	8-10	-	-	8.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. Bird Dog	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	3	8-10	-	-	8.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Blackburns	1-2 min	SLOW	3	4	-	-	9.0	-	-	-	Slow each movement phase for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	2	4-6	-	-	8.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Bear Crawl Option	1-2 min	SLOW	2	15-20 s	-	-	9.0	-	-	-	Fwd, Lat, Rev, or 4-Way Combined
DAY 4 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	1-2 min	CONTROL	X	Week 2	-	-	8.5	-	-	-	
A1. Squat Option	Go to A2.	3s ECC	3	8-10	-	-	8.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	1-2 min	3s ISO	3	8-10	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
B1. Horizontal Pull Option	Go to B2.	3s ECC	3	8-10	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
B2. Superman Hold	Go to B3.	3s ISO	2	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B3. Adductor Option	1-2 min	CONTROL	2	4-6 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
C1. Squat, Bodyweight	Go to C2.	FAST	3	15-20	-	-	-	-	-	-	
C2. Lunge Option	Go to C3.	FAST	3	8-10 ea	-	-	-	-	-	-	
C3. Step-Up Option	Go to C4.	FAST	3	8-10 ea	-	-	-	-	-	-	
C4. Jump Squat	1-2 min	FAST	3	5-10	-	-	-	-	-	-	

WEEKLY NOTES:

TERMINOLOGY: ISO (Isometric), ECC (Eccentric), F (Forward), R or Rev (Reverse) Lat (Lateral), Rot (Rotational), FE (Front or Rear Foot-Elevated)

EXERCISE TERMINOLOGY (Day 1 & 3): 2 or 1-Leg 3-5s ECC (2 or 1-Leg 3-5s Hip Extended Leg Curl Eccentrics w/ Slider)

EXERCISE TERMINOLOGY (DAY 2 & 4): Sidelying (Sidelying Adduction), CPH (Copenhagen Plank Raise)

RPE 0-4	RPE 5-6	RPE 7-8	RPE 9	RPE 10
WARM-UP WEIGHTS OR HIGH VELOCITY MOVEMENTS	LIGHT TO MODERATE EXERTION	HARD EXERTION CAN DO 2-3 MORE REPS	VERY HARD EXERTION CAN DO 1 MORE REP	MAXIMAL EXERTION

MACROCYCLE	MESOCYCLE	MICROCYCLE
Macrocycle I	Foundation I	Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Training	Training	Regen	Training	Training	Rest	Regen



ATTACK

GENERAL PHYSICAL PREPARATION

DAY 1 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	1-2 min	CONTROL	X	Week 3	-	-	9.0	-	-	-	
A1. Deadlift Option	Go to A2.	CONTROL	3	10-12	-	-	8.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. RKC Plank	1-2 min	5s ISO	3	5	-	-	9.0	-	-	-	Progress to 10s ISO for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	3	10-12	-	-	8.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Bird Dog	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	3	6-8	-	-	9.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Shoulder Raise Series	1-2 min	CONTROL	3	12-15 ea	-	-	9.0	-	-	-	Lat, Rev, Y Raise
DAY 2 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	1-2 min	CONTROL	X	Week 3	-	-	9.0	-	-	-	
A1. Squat Option	Go to A2.	3s ECC	3	10-12	-	-	8.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	Go to A3.	3s ISO	3	10-12	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
A3. Side Plank	1-2 min	HOLD	3	to RPE	-	-	9.0	-	-	-	FE or load overhead for difficulty
B1. Squat Option, 1-Leg	Go to B2.	CONTROL	3	10-12 ea	-	-	8.0	-	-	-	Split, FE Split, Lateral, 1-Leg, Skater
B2. Horizontal Pull Option	1-2 min	3s ECC	3	10-12	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
C1. Lunge Option	Go to C2.	CONTROL	3	10-12 ea	-	-	8.0	-	-	-	F/R, Lat/Rot, Cross-Under, or Combined
C2. Superman Hold	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
Adductor Option	1-2 min	CONTROL	3	6-8 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
DAY 3 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	1-2 min	CONTROL	X	Week 3	-	-	9.0	-	-	-	
A1. Deadlift Option	Go to A2.	CONTROL	3	8-10	-	-	8.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. Bird Dog	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	3	8-10	-	-	8.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Blackburns	1-2 min	SLOW	3	5	-	-	9.0	-	-	-	Slow each movement phase for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	3	8-10	-	-	8.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Bear Crawl Option	1-2 min	SLOW	3	20-25 s	-	-	9.0	-	-	-	Fwd, Lat, Rev, or 4-Way Combined
DAY 4 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	1-2 min	CONTROL	X	Week 3	-	-	9.0	-	-	-	
A1. Squat Option	Go to A2.	3s ECC	3	8-10	-	-	8.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	1-2 min	3s ISO	3	8-10	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
B1. Horizontal Pull Option	Go to B2.	3s ECC	3	8-10	-	-	9.0	-	-	-	BB's, DB's, Bands, or Load
B2. Superman Hold	Go to B3.	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B3. Adductor Option	1-2 min	CONTROL	3	6-8 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
C1. Squat, Bodyweight	Go to C2.	FAST	3	15-20	-	-	-	-	-	-	
C2. Lunge Option	Go to C3.	FAST	3	8-10 ea	-	-	-	-	-	-	
C3. Step-Up Option	Go to C4.	FAST	3	8-10 ea	-	-	-	-	-	-	
C4. Jump Squat	Option.	FAST	3	5-10	-	-	-	-	-	-	

WEEKLY NOTES:

TERMINOLOGY: ISO (Isometric), ECC (Eccentric), F (Forward), R or Rev (Reverse) Lat (Lateral), Rot (Rotational), FE (Front or Rear Foot-Elevated)

EXERCISE TERMINOLOGY (Day 1 & 3): 2 or 1-Leg 3-5s ECC (2 or 1-Leg 3-5s Hip Extended Leg Curl Eccentrics w/ Slider)

EXERCISE TERMINOLOGY (DAY 2 & 4): Sidelying (Sidelying Adduction), CPH (Copenhagen Plank Raise)

RPE 0-4	RPE 5-6	RPE 7-8	RPE 9	RPE 10
WARM-UP WEIGHTS OR HIGH VELOCITY MOVEMENTS	LIGHT TO MODERATE EXERTION	HARD EXERTION CAN DO 2-3 MORE REPS	VERY HARD EXERTION CAN DO 1 MORE REP	MAXIMAL EXERTION

MACROCYCLE	MESOCYCLE	MICROCYCLE
Macrocycle I	Foundation I	Week 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Training	Training	Regen	Training	Training	Rest	Regen



ATTACK

GENERAL PHYSICAL PREPARATION

DAY 1 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	1-2 min	CONTROL	X	Week 4	-	-	9.0	-	-	-	
A1. Deadlift Option	Go to A2.	CONTROL	3-4	10-12	-	-	8.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. RKC Plank	1-2 min	5s ISO	3	6	-	-	9.0	-	-	-	Progress to 10s ISO for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	3-4	10-12	-	-	8.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Bird Dog	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	3-4	6-8	-	-	9.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Shoulder Raise Series	1-2 min	CONTROL	3	12-15 ea	-	-	9.0	-	-	-	Lat, Rev, Y Raise
DAY 2 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	1-2 min	CONTROL	X	Week 4	-	-	9.0	-	-	-	
A1. Squat Option	Go to A2.	3s ECC	3-4	10-12	-	-	8.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	Go to A3.	3s ISO	3-4	10-12	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
A3. Side Plank	1-2 min	HOLD	3	to RPE	-	-	9.0	-	-	-	FE or load overhead for difficulty
B1. Squat Option, 1-Leg	Go to B2.	CONTROL	3-4	10-12 ea	-	-	8.0	-	-	-	Split, FE Split, Lateral, 1-Leg, Skater
B2. Horizontal Pull Option	1-2 min	3s ECC	3-4	10-12	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
C1. Lunge Option	Go to C2.	CONTROL	3	10-12 ea	-	-	8.0	-	-	-	F/R, Lat/Rot, Cross-Under, or Combined
C2. Superman Hold	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
Adductor Option	1-2 min	CONTROL	3	6-8 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
DAY 3 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	1-2 min	CONTROL	X	Week 4	-	-	9.0	-	-	-	
A1. Deadlift Option	Go to A2.	CONTROL	3-4	8-10	-	-	8.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. Bird Dog	1-2 min	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	3-4	8-10	-	-	8.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Blackburns	1-2 min	SLOW	3	5	-	-	9.0	-	-	-	Slow each movement phase for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	3-4	8-10	-	-	8.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Bear Crawl Option	1-2 min	SLOW	3	20-25 s	-	-	9.0	-	-	-	Fwd, Lat, Rev, or 4-Way Combined
DAY 4 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	1-2 min	CONTROL	X	Week 4	-	-	9.0	-	-	-	
A1. Squat Option	Go to A2.	3s ECC	3-4	8-10	-	-	8.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	1-2 min	3s ISO	3-4	8-10	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
B1. Horizontal Pull Option	Go to B2.	3s ECC	3-4	8-10	-	-	9.0	-	-	-	BB's, DB's, Bands, or Load
B2. Superman Hold	Go to B3.	3s ISO	3	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B3. Adductor Option	1-2 min	CONTROL	3	6-8 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
C1. Squat, Bodyweight	Go to C2.	FAST	3-4	15-20	-	-	-	-	-	-	
C2. Lunge Option	Go to C3.	FAST	3-4	8-10 ea	-	-	-	-	-	-	
C3. Step-Up Option	Go to C4.	FAST	3-4	8-10 ea	-	-	-	-	-	-	
C4. Jump Squat	Option.	FAST	3-4	5-10	-	-	-	-	-	-	As little rest as necessary.

WEEKLY NOTES:

TERMINOLOGY: ISO (Isometric), ECC (Eccentric), F (Forward), R or Rev (Reverse) Lat (Lateral), Rot (Rotational), FE (Front or Rear Foot-Elevated)

EXERCISE TERMINOLOGY (Day 1 & 3): 2 or 1-Leg 3-5s ECC (2 or 1-Leg 3-5s Hip Extended Leg Curl Eccentrics w/ Slider)

EXERCISE TERMINOLOGY (DAY 2 & 4): Sidelying (Sidelying Adduction), CPH (Copenhagen Plank Raise)

RPE 0-4	RPE 5-6	RPE 7-8	RPE 9	RPE 10
WARM-UP WEIGHTS OR HIGH VELOCITY MOVEMENTS	LIGHT TO MODERATE EXERTION	HARD EXERTION CAN DO 2-3 MORE REPS	VERY HARD EXERTION CAN DO 1 MORE REP	MAXIMAL EXERTION

MACROCYCLE	MESOCYCLE	MICROCYCLE
Macrocycle I	Foundation I	Week 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Training	Training	Regen	Training	Training	Rest	Regen



RECOVER

GENERAL PHYSICAL PREPARATION

DAY 1 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	1-2 min	CONTROL	X	Week 5	-	-	8.0	-	-	-	
A1. Deadlift Option	Go to A2.	CONTROL	2	8-10	-	-	8.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. RKC Plank	1-2 min	5s ISO	2	6	-	-	9.0	-	-	-	Progress to 10s ISO for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	2	8-10	-	-	8.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Bird Dog	1-2 min	3s ISO	2	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	2	3-5	-	-	9.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Shoulder Raise Series	1-2 min	CONTROL	2	8-10 ea	-	-	9.0	-	-	-	Lat, Rev, Y Raise
DAY 2 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	1-2 min	CONTROL	X	Week 5	-	-	8.0	-	-	-	
A1. Squat Option	Go to A2.	3s ECC	2	8-10	-	-	8.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	Go to A3.	3s ISO	2	8-10	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
A3. Side Plank	1-2 min	HOLD	2	to RPE	-	-	9.0	-	-	-	FE or load overhead for difficulty
B1. Squat Option, 1-Leg	Go to B2.	CONTROL	2	8-10 ea	-	-	8.0	-	-	-	Split, FE Split, Lateral, 1-Leg, Skater
B2. Horizontal Pull Option	1-2 min	3s ECC	2	8-10	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
C1. Lunge Option	Go to C2.	CONTROL	2	8-10 ea	-	-	8.0	-	-	-	F/R, Lat/Rot, Cross-Under, or Combined
C2. Superman Hold	1-2 min	3s ISO	2	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
Adductor Option	1-2 min	CONTROL	2	3-5 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
DAY 3 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Push-Up Option	1-2 min	CONTROL	X	RM Test	-	-	9.0	-	-	-	
A1. Deadlift Option	Go to A2.	CONTROL	2	6-8	-	-	8.0	-	-	-	DL, RDL, 1-Leg RDL, B-Stance RDL
A2. Bird Dog	1-2 min	3s ISO	2	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B1. Weighted Hip Thrust, 1-Leg	Go to B2.	CONTROL	2	6-8	-	-	8.0	-	-	-	Progress to 3 or 5s ISO for difficulty
B2. Blackburns	1-2 min	SLOW	2	3	-	-	9.0	-	-	-	Slow each movement phase for difficulty
C1. Hamstring Option	Go to C2.	CONTROL	2	3-5	-	-	8.0	-	-	-	2-Leg 3-5s ECC, 3-5s 1-Leg ECC, Nordics
C2. Bear Crawl Option	1-2 min	SLOW	2	20-25 s	-	-	9.0	-	-	-	Fwd, Lat, Rev, or 4-Way Combined
DAY 4 TRAINING	REST	TEMPO	SETS	REPS	% 1RM	+/-	RPE	m/s	LBS	KG	NOTES
Vertical Pull Option	1-2 min	CONTROL	X	RM Test	-	-	9.0	-	-	-	
A1. Squat Option	Go to A2.	3s ECC	2	6-8	-	-	8.0	-	-	-	Back, Front, Goblet, or Zercher
A2. Horizontal Pull Option	1-2 min	3s ISO	2	6-8	-	-	8.0	-	-	-	BB's, DB's, Bands, or Load
B1. Horizontal Pull Option	Go to B2.	3s ECC	2	6-8	-	-	9.0	-	-	-	BB's, DB's, Bands, or Load
B2. Superman Hold	Go to B3.	3s ISO	2	10/7/5	-	-	9.0	-	-	-	Progress to 10s ISO per rep for difficulty
B3. Adductor Option	1-2 min	CONTROL	2	3-5 ea	-	-	8.0	-	-	-	Sidelying, Knee CPH, Feet CPH
C1. Squat, Bodyweight	Go to C2.	FAST	2	15-20	-	-	-	-	-	-	
C2. Lunge Option	Go to C3.	FAST	2	8-10 ea	-	-	-	-	-	-	
C3. Step-Up Option	Go to C4.	FAST	2	8-10 ea	-	-	-	-	-	-	
C4. Jump Squat	Option.	FAST	2	5-10	-	-	-	-	-	-	As little rest as necessary.

WEEKLY NOTES:

TERMINOLOGY: ISO (Isometric), ECC (Eccentric), F (Forward), R or Rev (Reverse) Lat (Lateral), Rot (Rotational), FE (Front or Rear Foot-Elevated)

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WARM-UP WEIGHTS OR HIGH VELOCITY MOVEMENTS	LIGHT TO MODERATE EXERTION	HARD EXERTION CAN DO 2-3 MORE REPS	VERY HARD EXERTION CAN DO 1 MORE REP	MAXIMAL EXERTION

MACROCYCLE	MESOCYCLE	MICROCYCLE
Macrocycle I	Foundation I	Week 5

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Training	Training	Regen	Training	Training	Rest	Regen