

Week 1



Day 1					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 Minute Jog on the Spot					
6 World's Greatest /side					
6 Cat-Cows					
6 Archers /side					
20 sec Lunge & Hip Flexor Stretch /side					
20 sec Superman Hold					
Exercises	Results				
1) Supine Bracing Practice	Sets	Reps	Wt	RPE	
3 reps 10 second hold					
2) Bilateral Pogo Hops	Sets	Reps	Wt	RPE	
2 sets * 20 reps 30 second rest					
3) Goblet Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 7 for all					
4) DB Lateral Raises	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 7					
5) DB Hip Thruster Holds	Sets	Reps	Wt	RPE	
3 sets * 4 reps *Hold top of each rep for 15 sec					
6a) Suitcase Marches	Sets	Reps	Wt	RPE	
2 sets * 15 reps /side RPE 7 *Hold each rep at the top for 2 sec					
6b) Deadbugs	Sets	Reps	Wt	RPE	
2 sets * 12 reps /side					
6c) Plank	Sets	Reps	Wt	RPE	
2 sets * 30 second hold 1 minute rest after planks					
Notes:					

Day 2					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
30 sec High Knees & Butt Kicks /side					
6 World's Greatest /side					
6 Quadruped Rotations (in and out) /side					
6 Wall Angels					
10 Clute bridges					
20 sec Clute bridge hold					
Exercise	Results				
1) 90-90 Foot Elevated Bracing	Sets	Reps	Wt	RPE	
3 reps 10 second hold					
2) 4 Ankle Walks	Sets	Reps	Wt	RPE	
1 set of each variation 20 reps /side					
3) DB Romanian Deadlift	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 7 for all					
4) DB Pullovers	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 7 for all					
5a) Split Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps *Try to get hamstring to cover calf					
5b) Push-Ups (or Incline)	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 7					
6) Conditioning	Sets	Reps	Wt	RPE	
Every minute on the minute 6 Rounds 10 Low Side Shuffle /side 10 High Knees /side 10 Mountain Climbers /side					
Notes:					

Day 3					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 minute Jog on the spot					
8 Knee to Wall /side					
6 Deep Squat & Rock					
6 Shoulder Angels					
10 sec Prayer Stretch					
Exercise	Results				
1) Front & Side Pogos	Sets	Reps	Wt	RPE	
3 sets 10 Front-back -> 10 Side-side 30 seconds rest					
2) Heel Elevated Goblet Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 7 for all					
3) Half Kneeling DB Press	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 7 for all					
4a) DB Bent Over Row	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 7 for all					
4b) Hamstring Sliders	Sets	Reps	Wt	RPE	
3 sets * 6 reps					
5a) Pallof Press	Sets	Reps	Wt	RPE	
3 set * 8 reps					
5b) Side Plank	Sets	Reps	Wt	RPE	
2 sets * 20sec each					
Notes:					

Week 2



Day 1					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 Minute Jog on the Spot					
6 World's Greatest /side					
6 Cat-Cows					
6 Archers /side					
20 sec Lunge & Hip Flexor Stretch /side					
20 sec Superman Hold					
Exercises	Results				
1) Supine Bracing Practice	Sets	Reps	Wt	RPE	
3 reps 10 second hold					
2) Bilateral Pogo Hops	Sets	Reps	Wt	RPE	
2 sets * 20 reps 30 second rest					
3) Goblet Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4) DB Lateral Raises	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 8					
5) DB Hip Thruster Holds	Sets	Reps	Wt	RPE	
3 sets * 4 reps *Hold top of each rep for 15 sec					
6a) Suitcase Marches	Sets	Reps	Wt	RPE	
2 sets * 15 reps /side RPE 8 *Hold each rep at the top for 2 sec					
6b) Deadbugs	Sets	Reps	Wt	RPE	
2 sets * 12 reps /side					
6c) Plank	Sets	Reps	Wt	RPE	
2 sets * 30 second hold 1 minute rest after planks					
Notes:					

Day 2					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
30 sec High Knees & Butt Kicks /side					
6 World's Greatest /side					
6 Quadruped Rotations (in and out) /side					
6 Wall Angels					
10 Clute bridges					
20 sec Clute bridge hold					
Exercise	Results				
1) 90-90 Foot Elevated Bracing	Sets	Reps	Wt	RPE	
3 reps 10 second hold					
2) 4 Ankle Walks	Sets	Reps	Wt	RPE	
1 set of each variation 20 reps /side					
3) DB Romanian Deadlift	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4) DB Pullovers	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
5a) Split Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps *Try to get hamstring to cover calf					
5b) Push-Ups (or Incline)	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 8					
6) Conditioning	Sets	Reps	Wt	RPE	
Every minute on the minute 8 Rounds 10 Low Side Shuffle /side 10 High Knees /side 10 Mountain Climbers /side					
Notes:					

Day 3					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 minute Jog on the spot					
8 Knee to Wall /side					
6 Deep Squat & Rock					
6 Shoulder Angels					
10 sec Prayer Stretch					
Exercise	Results				
1) Front & Side Pogos	Sets	Reps	Wt	RPE	
3 sets 10 Front-back -> 10 Side-side 30 seconds rest					
2) Heel Elevated Goblet Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all *Elevate heels about 1 inch					
3) Half Kneeling DB Press	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4a) DB Bent Over Row	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4b) Hamstring Sliders	Sets	Reps	Wt	RPE	
3 sets * 6 reps					
5a) Pall of Press	Sets	Reps	Wt	RPE	
3 set * 8 reps					
5b) Side Plank	Sets	Reps	Wt	RPE	
2 sets * 30sec each					
Notes:					

Week 3



Day 1					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 Minute Jog on the Spot					
6 World's Greatest /side					
6 Cat-Cows					
6 Archers /side					
20 sec Lunge & Hip Flexor Stretch /side					
20 sec Superman Hold					
Exercises	Results				
1) Bilateral Pogo Hops	Sets	Reps	Wt	RPE	
2 sets * 20 reps 30 second rest					
2) Paused Lateral Bounds	Sets	Reps	Wt	RPE	
2 sets * 4 reps /side 30 second rest					
3) Goblet Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4) DB Lateral Raises	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 8					
5) DB Hip Thruster Holds	Sets	Reps	Wt	RPE	
3 sets * 4 reps *Hold top of each rep for 15 sec					
6a) Suitcase Marches	Sets	Reps	Wt	RPE	
3 sets * 15 reps /side RPE 8 *Hold each rep at the top for 2 sec					
6b) Deadbugs	Sets	Reps	Wt	RPE	
3 sets * 12 reps /side					
6c) Plank	Sets	Reps	Wt	RPE	
sets * 30 second hold 1 minute rest after planks					
Notes:					

Day 2					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
30 sec High Knees & Butt Kicks /side					
6 World's Greatest /side					
6 Quadruped Rotations (in and out) /side					
6 Wall Angels					
10 Clute bridges					
20 sec Clute bridge hold					
Exercise	Results				
1) 90-90 Foot Elevated Bracing	Sets	Reps	Wt	RPE	
3 reps 10 second hold					
2) 4 Ankle Walks	Sets	Reps	Wt	RPE	
1 set of each variation 20 reps /side					
3) DB Romanian Deadlift	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4) DB Pullovers	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
5a) Front Foot Elevated Split Squat	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side					
5b) Push-Ups (or Incline)	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 8					
6) Conditioning	Sets	Reps	Wt	RPE	
Every minute on the minute 6 Rounds 10 Low Side Shuffle /side 10 High Knees /side 10 Mountain Climbers /side					
Notes:					

Day 3					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 minute Jog on the spot					
8 Knee to Wall /side					
6 Deep Squat & Rock					
6 Shoulder Angels					
10 sec Prayer Stretch					
Exercise	Results				
1) Front & Side Pogos	Sets	Reps	Wt	RPE	
3 sets 10 Front-back -> 10 Side-side 30 seconds rest					
2) Touchdowns	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side					
3) Half Kneeling DB Press	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4a) DB Bent Over Row	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4b) Hamstring Sliders	Sets	Reps	Wt	RPE	
3 sets * 6 reps					
5a) Palf Press	Sets	Reps	Wt	RPE	
3 set * 8 reps					
5b) Side Plank	Sets	Reps	Wt	RPE	
3 sets * 30sec each					
Notes:					

Week 4



Day 1					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 Minute Jog on the Spot					
6 World's Greatest /side					
6 Cat-Cows					
6 Archers /side					
20 sec Lunge & Hip Flexor Stretch /side					
20 sec Superman Hold					
Exercises	Results				
1) Bilateral Pogo Hops	Sets	Reps	Wt	RPE	
2 sets * 20 reps 30 second rest					
2) Paused Lateral Bounds	Sets	Reps	Wt	RPE	
3 sets * 4 reps /side 30 second rest					
3) Paused Goblet Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all * Pause in the bottom for 2sec					
4) DB Front-Lateral Raises	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 8 *Do one lateral raise followed by a front raise					
5) Single Leg DB Hip Thruster	Sets	Reps	Wt	RPE	
3 sets * 10 reps /side *Hold top of each rep for 2 sec					
6a) Suitcase Marches	Sets	Reps	Wt	RPE	
3 sets * 15 reps /side RPE 8 *Hold each rep at the top for 2 sec					
6b) Deadbugs					
3 sets * 12 reps /side					
6c) Plank					
3 sets * 30 second hold 1 minute rest after planks					
Notes:					

Day 2					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
30 sec High Knees & Butt Kicks /side					
6 World's Greatest /side					
6 Quadruped Rotations (in and out) /side					
6 Wall Angels					
10 Glute bridges					
20 sec Glute bridge hold					
Exercise	Results				
1) 90-90 Foot Elevated Bracing	Sets	Reps	Wt	RPE	
3 reps 10 second hold					
2) Calf Raises	Sets	Reps	Wt	RPE	
3 sets * 10 reps *Pause at the top for 2sec					
3) Single Leg Romanian Deadlift	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4) DB Pullovers	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side RPE 8 for all					
5a) Front Foot Elevated Split Squat	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side					
5b) Push-Ups (or Incline)					
3 sets Each set taken to RPE 8					
6) Conditioning	Sets	Reps	Wt	RPE	
Every minute on the minute 5 Rounds 10 meter sprint @ 70% Intensity 10 Karaoke /side					
Notes:					

Day 3					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 minute Jog on the spot					
8 Knee to Wall /side					
6 Deep Squat & Rock					
6 Shoulder Angels					
10 sec Prayer Stretch					
Exercise	Results				
1) Front & Side Pogos	Sets	Reps	Wt	RPE	
3 sets 10 Front-back -> 10 Side-side 30 seconds rest					
2) Touchdowns	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side					
3) Half Kneeling DB Press	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4a) Reverse Fly	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4b) Hamstring Sliders					
3 sets * 8 reps					
5a) Chaos Pallof Press	Sets	Reps	Wt	RPE	
3 set * 8 reps *Low weight, 2.5-Slbs					
5b) Side Plank					
3 sets * 30sec each					
Notes:					

Week 5



Day 1					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 Minute Jog on the Spot					
6 World's Greatest /side					
6 Cat-Cows					
6 Archers /side					
20 sec Lunge & Hip Flexor Stretch /side					
20 sec Superman Hold					
Exercises	Results				
1) Bilateral Pogo Hops	Sets	Reps	Wt	RPE	
2 sets * 20 reps 30 second rest					
2) Paused Lateral Bounds	Sets	Reps	Wt	RPE	
3 sets * 4 reps /side 30 second rest					
3) Cossack Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side RPE 8 for all					
4) DB Front-Lateral Raises	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 8 *Do one lateral raise followed by a front raise					
5) Single Leg DB Hip Thruster	Sets	Reps	Wt	RPE	
3 sets * 10 reps /side *Hold top of each rep for 2 sec					
6a) Banded Suitcase Marches	Sets	Reps	Wt	RPE	
3 sets * 15 reps /side RPE 8 *Tie a band around the tops of your feet					
6b) Deadbugs	Sets	Reps	Wt	RPE	
3 sets * 12 reps /side					
6c) Plank Taps	Sets	Reps	Wt	RPE	
3 sets * 10 reps /side 1 minute rest after planks					
Notes:					

Day 2					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
30 sec High Knees & Butt Kicks /side					
6 World's Greatest /side					
6 Quadruped Rotations (in and out) /side					
6 Wall Angels					
10 Glute bridges					
20 sec Glute bridge hold					
Exercise	Results				
1) 90-90 Foot Elevated Bracing	Sets	Reps	Wt	RPE	
3 reps 10 second hold					
2) Calf Raises	Sets	Reps	Wt	RPE	
3 sets * 10 reps *Pause at the top for 2sec					
3) Single Leg Romanian Deadlift	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4) Single Arm DB Pullovers	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side RPE 8 for all					
5a) Front Foot Elevated Split Squat	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side Decrease height from last week Try to get same range of motion					
5b) Push-Ups +Pause (or Incline)	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 8 *Pause at the bottom for 2sec					
6) Conditioning	Sets	Reps	Wt	RPE	
Every minute on the minute 6 Rounds 10 meter sprint @ 70% Intensity 10 Karaoke /side					
Notes:					

Day 3					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 minute Jog on the spot					
8 Knee to Wall /side					
6 Deep Squat & Rock					
6 Shoulder Angels					
10 sec Prayer Stretch					
Exercise	Results				
1) Front & Side Pogos	Sets	Reps	Wt	RPE	
3 sets 10 Front-back -> 10 Side-side 30 seconds rest					
2) Touchdowns	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side					
3) Pike Push-Ups	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4a) Reverse Fly	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4b) Nordic Hamstring Curl	Sets	Reps	Wt	RPE	
3 sets * 6 reps					
5a) Chaos Palf of Press	Sets	Reps	Wt	RPE	
3 set * 8 reps *Low weight, 2.5-Slbs					
5b) Side Plank	Sets	Reps	Wt	RPE	
3 sets * 30sec each					
Notes:					

Week 6



Day 1					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 Minute Jog on the Spot					
6 World's Greatest /side					
6 Cat-Cows					
6 Archers /side					
20 sec Lunge & Hip Flexor Stretch /side					
20 sec Superman Hold					
Exercises	Results				
1) Bilateral Pogo Hops	Sets	Reps	Wt	RPE	
2 sets * 20 reps 30 second rest					
2) Paused Lateral Bounds	Sets	Reps	Wt	RPE	
3 sets * 4 reps /side 30 second rest					
3) Cossack Squats	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side RPE 8 for all					
4) DB Front-Lateral Raises	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 8 *Do one lateral raise followed by a front raise					
5) Single Leg DB Hip Thruster	Sets	Reps	Wt	RPE	
3 sets * 10 reps /side *Hold top of each rep for 2 sec					
6a) Banded Suitcase Marches	Sets	Reps	Wt	RPE	
3 sets * 15 reps /side RPE 8 *Tie a band around the tops of your feet					
6b) Deadbugs	Sets	Reps	Wt	RPE	
3 sets * 12 reps /side					
6c) Plank Taps	Sets	Reps	Wt	RPE	
3 sets * 10 reps /side 1 minute rest after planks					
Notes:					

Day 2					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
30 sec High Knees & Butt Kicks /side					
6 World's Greatest /side					
6 Quadruped Rotations (in and out) /side					
6 Wall Angels					
10 Glute bridges					
20 sec Glute bridge hold					
Exercise	Results				
1) 90-90 Foot Elevated Bracing	Sets	Reps	Wt	RPE	
3 reps 10 second hold					
2) Calf Raises	Sets	Reps	Wt	RPE	
3 sets * 10 reps *Pause at the top for 2sec					
3) Single Leg Romanian Deadlift	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4) Single Arm DB Pullovers	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side RPE 8 for all					
5a) Front Foot Elevated Split Squat	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side					
5b) Push-Ups +Pause (or Incline)	Sets	Reps	Wt	RPE	
3 sets Each set taken to RPE 8 *Pause at the bottom for 2sec					
6) Conditioning	Sets	Reps	Wt	RPE	
Every minute on the minute 8 Rounds 10 meter sprint @ 70% Intensity 10 Karaoke /side					
Notes:					

Day 3					
Hours of Sleep	<5	5-6	6-7	7-8	>8
Nutrition Adherence	1	2	3	4	5
Overall Stress	1	2	3	4	5
Warmup					
2 minute Jog on the spot					
8 Knee to Wall /side					
6 Deep Squat & Rock					
6 Shoulder Angels					
10 sec Prayer Stretch					
Exercise	Results				
1) Front & Side Pogos	Sets	Reps	Wt	RPE	
3 sets 10 Front-back -> 10 Side-side 30 seconds rest					
2) Touchdowns	Sets	Reps	Wt	RPE	
3 sets * 8 reps /side					
3) Pike Push-Ups	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4a) Reverse Fly	Sets	Reps	Wt	RPE	
3 sets * 8 reps RPE 8 for all					
4b) Nordic Hamstring Curl	Sets	Reps	Wt	RPE	
3 sets * 6 reps					
5a) Chaos Palf Press	Sets	Reps	Wt	RPE	
3 set * 8 reps *Low weight, 2.5-Slbs					
5b) Side Plank	Sets	Reps	Wt	RPE	
3 sets * 30sec each					
Notes:					