## Curl BC-HP: Advanced Training Program

### Best for:

Those who have a basic understanding of training;

3-4x/week

1-2x/week

1x/week

AKA you understand & can perform the major movements (squat, lunge, pushup, jump, rows) Those who have 3-4 days per week available to train

#### Prescription:

Strength circuits
Endurance training
Interval training

Upper body, Lower body, Hip & Core, ladder endurance 30-60 min endurance & recovery sessions Progress to dryland sweeping

Em**power**ed Performance

Link here

## Where to start:

- Read through the program guide Link here
- Complete the assessment Link here
- Complete the Goal Setting worksheet as both a team & individual
- Determine which program to choose (see section in program guide)
- Reverse engineer your program from predicted start date of season (see phases section in program guide)
- Schedule workouts for the next week
- Set aside time before each workout to watch the hyperlinked videos of each exercise. Make notes in the "notes" section
- about how to perform each exercise as well as which variation you are choosing to start with
- If there is a feeling of overwhelm around the amount to learn, I have 2 solutions:
  - Use the first week to go through each workout, watch each video and try one set of each exercise,
  - in week 2 try each exercise or 2 sets, and week 3 complete the exercises as prescribed
  - Or, use the first week to try each workout and complete (as prescribed) 2-3 exercises from each workout.
  - In week 2 add another 2-3 exercises, and in week 3 complete all exercises as prescribed.
- Use the notes section to keep track of cues for each exercise. Use the space under the each "round" to fill in the date,
- as well as each variaiton of the exercise you chose, how many sets & reps you completed
- as well as if any resistance was used

# About the ADVANCED program

There are 7 workouts, including the cardio

You can complete 1 workout/day, or pair 2 workouts together.

The warm-up & cool-down routine is listed above, and a space to check of completion within each workout

The program guide goes over questions such as RPE, supersets (1a., 1b., etc), phases, what a ladder is, etc.

#### About Stephanie & Empowered Performance

I recognized a gap in our coaching early on.

As a junior athlete struggling to increase my hit weight and decrease knee pain,

- I sought out information from my physiotherapist, the internet and various high level coaches.
- Aside from a technique adjustment here and there, and a recommendation to stretch my hamstrings
- and do more yoga I was left thinking knee pain was normal, and being a small girl meant I would never have big hit weight.

Flash forward to 2020 and I've completed 2 degrees centering around health, strength & conditioning, movement efficiencies and coaching, and I am now creating the programs and providing the resources I wish I had growing up. I no longer wear a knee sleeve, and I am a proud second with an easy & balanced peel weight.

Now, I help competitive athletes compete and train pain free without living in the gym.

I believe in an interdisciplinary approach when working with teams;

that means that the fitness coach, the team coach, the medical professional and the athletes should all work together to create a plan that is appropriate for the athletes body, goals and abilities.

Curl BC-HP: Advanced Training Program Empowered Performance Workout Example																	
	Movement effic	e habit of training ency -take the tin	ne to make sure bo	ody is moving well		nnique, adjusting your variat	ion and resistance of eac			Option 1: Day 1 Day 2 Day 3	every day Ladder Core recovery/rest	Option 2: Day 1 Day 2 Day 3	workouts in 1 Ladder Core & Upper Body Hip workout	Option 3: Day 1 Day 2 Day 3	every other day Ladder Rest Core	Day 9 Day 10 Day 11	Rest Upper body Rest Lower body
Fill in: Date, ex	Increase aerob goals & consider	c capacity -this pl ations ns chosen, weig	hase is not about s ht used, sets, rep	strength building, i	t's about creating	a solid base of movement s	ao that in phase 2 you ca	n start to increase	e strength	Day 4 Day 5 Day 6 Day 7	Upper Body Hip Lower body Cardio	Day 4 Day 5 Day 6 Day 7	Rest day/ Active recovery Lower body & Bonus brushing v Cardio endurance Rest day/ Active recovery	Day 4	Rest Cardio Rest Hip	Day 12 Day 13 Day 14 Repeat	Rest Cardio Rest
	ete 1 workout/day		Link ts together.														
Use this warm	tine, link here kout with a comp -up prior to other from the exercis	activities.			Cool-down Ro Suggested rou	outine tine, link here			Athlete Goals:				Considerations:				
Block 1 can las	t 4-6 weeks. Goal	is 3 complete rou	inds of each exerci	ise, the 4th round	is a deload, mea	ning complete less sets or r	eps but keep intensity hig	gh									
Ladder Endura	ance workout: P		Round 1	Round 2	Round 3	(deload)			cardio; be ablet 1	o do more work	for longer; speed	l doesn't matter i	much as long as effort is there				
(check Ladder example Goblet squat stairs, hills, Row	ELINK 10-8-6-4-2 distance 10-8-6-4-2	Notes RPE 10-12 RPE 12-14 weighted at Farmer carry Or. band row	Date:	Date:	Date:	Date:	Cardio choice Work:Rest ratio Total time	urance Suggested 10 min of work,	RPE 10-12		Round 2 Date:	Round 3 Date:					
Total Time (check							(check										
	Phase 1 -Tensio	an through core	niller				Session 2 Rec	overv		Round 1	Round 2	Round 3	Round 4 (deload)				
oore workdat.		an an ough core	Round 1	Round 2	Round 3	Round 4 (deload)		Suggested	Notes	Date:	Date:	Date:	Date:				
Warm up (check	Suggested Sets/Reps	Notes	Date:	Date:	Date:	Date:	Warm up (check completed)		RPE 10-12								
completed) 1a. Wall plank	3 sets, max hol w/ good form. 20-60 sec	RPE 10-12	,				Cardio choice Work:Rest ratio	2-3 rounds, 5- 10 min of work, 1 min rest between	RPE 12								
1b. Modified side plank	3 sets, max hol w/ good form. 20-60 sec/ side	1	-				Total time Cool down										
2a. Blackburn 2B. Deadbug	3 sets 10-15 sec/ 3 sets, 10-15/ 3 sets, 20-45	Form matters					(check completed)										
3a. Sweeping position plank holds	sec/	most, challenge getting the feet out and being strong through arms & core	9														
3b. Hands elevated mountain climbers Cool down	3 sets, 10/ leg	SLOW					BONUS	Complete as ov	vn workout, or foll	owing a cardio se	ssion or workout						
(check completed)							Sweeping techr Warm up	lique	1-2x/ week	Round 1	Round 3	Round 3	Round 4 (reload)				
							(check completed)	3 sets, 20-45 sec/	RPE 10-12 Form matters most, challenge	Date:	Date:	Date:	Date:				
						Round 4	Sweeping position plank holds Hands elevated mountain	_ 3 sets, 10/ leg	getting the feet out and being strong through arms & core								
Hip workout: F	Phase 1 Suggested Sets/Reps	Notes	Round 1 Date:		Round 3 Date:	(deload) Date:	climbers		SLOW								
Warm up (check completed) 1a. Band squat		RPE 10-12 3 sec lower, 2 sec pause, 1	Daio.	Date.	Date.	Date.											
bridge & abd. 2a. Side lie clam	3 sets, 8 reps 3 sets, 30 total reps 3 sets, 10-20/	sec up															
2b. Side lying leg lift 3. Lateral walk Cool down (check	3 sets, 10-20/ 3 sets, 10-20/																
completed)																	
Upper body w	Suggested Sets/Reps	Mataa	Round 1	Round 2	Round 3	Round 4 (deload)											
Warm up (check	Sets/Reps	Notes	Date:	Date:	Date:	Date:											
completed) <u>1a. Band face</u> pull	3 sets, 10-20	RPE 10-12															
1b. Hands elevated pushup	3 sets, 4-8 w/ good form	3 sec lower, 2 sec pause, 1															
2a. ½ kneeling single arm row 2b. Plank clock	3 sets. 12/	sec up															
(check completed)																	
Warm up	orkout: Phase 1 Suggested Sets/Reps	(Gen prep) Notes	Round 1 Date:		Round 3 Date:	Round 4 (deload) Date:											
(check completed) <u>1a. Goblet</u> squat	3 sets, 12 3 sets of 3	RPE 10-12															
squats 2a. Deadlift 2b. Front foot elevated Split	3 sets, 12	*watch this to make sure form	L														
squat	3 sets, 12/ 3 sets, 10-20 3 sets, 12	is awesome															

Curl BC-HP: Adv						Empower	red					Workout Examp	ple Order:					
	gth Building Pha											Option 1: Day 1	everv dav Ladder	Option 2: Day 1	workouts in 1 Ladder	Option 3: Day 1	everv other dav Ladder Day 8	Rest
Phase Goals:	Use progressive Single arm and	overload to increa single leg exercise	use strength. Grad	ually increase the nt, as well as slov	resistance as you wly preparing the b	h ways to increase re r body adapts to mov rody for plyometrics a	ement. Do not s	acrifice technique	for more weight	nachines, etc.)		Day 2 Day 3 Day 4 Day 5	Core cardio Upper Body cardio	Day 3 Day 4 Day 5	Core & Upper Body Hip workout & interval cardio Rest day/ Active recovery Lower body & Bonus brushing v		Rest Day 9 Core Day 10 Rest Day 11 Cardio intervals Day 12	Upper body Rest Lower body Rest
Refer to the Prop	ercise & variati gram Guide for F/	ons chosen, wei	ght used, sets, r Link	eps & time com	pleted where ap	plicable.						Day 6 Day 7	Lower body recovery/rest	Dav 6 Day 7	Cardio endurance Rest day/ Active recovery	Dav 6 Day 7	Rest Dav 13 Hip Day 14 Repeat	Cardio endurance Rest
Warm-up Rou		or pair 2 workbook	iogeniei.	т	Cool-down R	outine			т	Athlete Goals:			٦	Considerations:	:		7	
Suggested rou Start each wor	tine. link here kout with a com	plete dynamic w	/arm-up.			tine, link here												
Use this warm- Add supersets	up prior to othe from the exerci	r activities. se list to upgrad	e your warm-ups	L.					1				_					
Block 2 can last	4-6 weeks. Goal i	s 3 complete roun	ds of each exercise	e, the 4th round is	s a deload, meanin	g complete less sets	or reps but keep	intensity high										
Ladder Endurar	Sets/Reps	ise 2 (strength) Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	(deload) Date:		In Block 2 beg Session 1 -Inter	in to introduce ir val	nterval training. I	Endurance is sti Round 1	l important, as v Round 2	vell as recovery Round 3	walks/runs (deload)				
(check Ladder example	Link	RPE 10-12 RPE 13-15						(check	Suggested	Notes RPE 10-12	Date:	Date:	Date:	Date:				
Suitcase deadlift stairs, hills, Pushup	10-8-6-4-2 distance 10-8-6-4-2	weighted in Farmer carry Pushup hack						Cardio choice Work:Rest ratio Total time	40 sec work: 40	rest: 11								
Total Time (check	10-8-0-4-2	Pushub hack						(check										
			aintaining tension								Round 1	Round 2	Round 3	Round 4 (deload)				
Core workout: F	Phase 2 (strengt	i) -Obliques, & m	Round 1	Round 2	Round 3	Round 4 (deload)		Session 2 -ende	Suggested	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	(deload) Date:				
	Suggested Sets/Reps	Notes	Date:	Date:	Date:	Date:		Warm up (check completed)		RPE 10-12								
Warm up (check completed)		RPE 10-12						Cardio choice										
	3 sets, max hold								3-5 rounds, 5-10 min of work, 1									
1a. Single leg. wall plank	w/ good form. 20-60 sec/							Work:Rest ratio	min rest between	RPE 12-14								
1b. Progress to side plank	3 sets, max hold w/ good form. 20-60 sec/ side							Total time										
	3 sets, max hold w/ good form. 20-60 sec	I.						Cool down (check completed)										
	20-60 sec 3 sets. 10-15/							completed)										
		Complete 3a. or R, then 3b moving R, rest	1															
(goal is form not	interval training) 4 sets, 30 sec	30 sec then repeat on L x2 Key points: back						Session 3 -reco	very		Round 1	Round 2	Round 3	Round 4 (deload)				
3a Sweeping		flat, core strong feet out from under hips							Suggested	Notes	Date:	Date:	Date:	Date:				
3b. Footwork trainer (or	4 sets, 30 sec	Strong upper body and core, on toes, half						Warm up (check										
skateboard on curb -be safe!) 3b. Mountain	3 sets of 10/ slow	moons. If don't have footwork trainer						completed) Cardio choice		RPE 10-12								
Cool down (check	slow	TODINOR Damer						Work:Rest ratio	5 min easy, 1 min walk, x3-5	RPE 12								
completed)								Total time Cool down (check	rounds	RPE 12								
						Round 4 (deload)		(check completed)										
Hip workout: Pr	hase 2 (strength) Suggested Sets/Reps	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	(deload) Date:												
(check completed) 1a. Band squat		RPE 10-12						BONUS	Complete as ow	n workout. or follo	wing a cardio sess	ion or workout						
& lateral walk	souats/direction							Sweeping techni Warm up	que	1-2x/ week	Round 1	Round 3	Round 3	Round 4 (reload)				
1b. Single leg alute bridae	3 sets. 10-20/							(check completed)		RPE 10-12 Complete 3a. or R. then 3b	Date:	Date:	Date:	Date:				
2a. Side lie clam								(goal is form not		R, then 30 moving R, rest 30 sec then repeat on L x2								
								(goal is form not	4 sets, 30 sec	Key points: back	с.							
2b. Side lying leg lift	3 sets, 10-20/							Sweeping Footwork trainer	4 sets, 30 sec	feet out from under hips Strong upper								
3. Multidirectional taos Cool down	3 sets. 10-20/							(or skateboard on curb -be safe!)		body and core, on toes, half moons.								
Cool down (check completed)								or, mountain climbers	3 sets of 10/ slow	lf don't have footwork trainer								
upper body wo	rkout: Phase 2 (s	eenath)	Round 1	Round 2	Round 3	Round 4 (deload)												
Warm up	Suggested Sets/Reps	Notes	Date:	Date:	Date:	Date:												
(check completed) 1a. Band pull	3 sets. 10-20	RPE 10-12																
1b. Progress pushups: either		Tempo: 4 sec to lower, 3																
change tempo		sec pause at bottom, 1 sec																
or Single arm. defifict pushups	3 sets, 3-6 reps	Tempo above optional																
2a. Single arm	3 rate 6.8/	ps as possible (no or with band																
2b. Pallof press split stance 3. Shoulder circuit A																		
Cool down (check	3 sets, 8/																	
completed)																		
Lower body wo	rkout: Phase 2 (s	trenath)	D	Round 2	0	Round 4												
Warm up	Suggested Sets/Reps	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	(deload) Date:												
(check completed)		RPE 10-12																
	3 sets, 5 3 sets, 1-3																	
		Can be bodyweight or holding DB at					*watch this to											
	3 sets. 8-10/	chest (goblet position)				9	nake sure form s awesome											
3 Ham curl	3 sets. 8-10/																	
Cool down (check	3 sets. 8-10/	Towel variation																
completed)																		

HAGE 3 FOW	tvanced Training F er Building Phase	·				Empowere Performan	d ice			Workout Exam Option 1:	ple Order:	Option 2:	workouts in 1	Option 3:	everv other dav	/ Dav: 9	Rest
	Technique is st Our intervals be Recovery betwo	ill important. Note ecome shorter and een sets and sess	that you may required in the sport speci	aire more rest betw fic. The addition of	een sets becau sweeping inter	als prepares for getting b	I system we are adapting with		rics	Day 1 Day 2 Day 3 Day 4 Day 5 Day 6	Core cardio Upper Body cardio Lower body	Day 1 Day 2 Day 3 Day 4 Day 5 Day 6	Core & Upper Body Hip workout & interval cardio Rest day/ Active recovery Lower body & Bonus brushing w Cardio endurance	Dav 6	Ladder Rest Core Rest Cardio intervals Rest	Dav 13	Upper body Rest Lower body Rest Cardio enduranc
n: Date, e r to the Pro	gram Guide for F.	ons chosen, wei AQ's	Link	eps & time compl	leted where ap	plicable.				Day 7	recoverv/rest	Day 7	Rest day/ Active recovery	Day 7	Hip	Day 14 Repeat	Rest
ı can comple	ete 1 workout/day	, or pair 2 workout	is together.	-				-	-			-					
arm-up Ro ogested ro	utine utine, link here rkout with a com	volato dunomia u	000 10		Cool-down Suggested r	Routine outine, link here			Athlete Goals:				Considerations:				
e this warm	-up prior to othe	er activities.	ie your warm-ups	8.													
					s a deload, mea	aning complete less sets	or reps but keep intensity high										
dder Endura	ance workout: Ph	ase 3 (Power)	Round 1	Round 2	Round 3	(deload)	In Block 3 you Session 1 -end	r focus shifts to	interval training,	curling specific Round 1	sweeping interva	lls, and recover	(deland)				
heck	Sets/Reps	Notes RPE 10-12	Date:	Date:	Date:	Date:	(check	Suggested		Date:	Date:	Date:	Date:				
dder example and thruster	10-8-6-4-2	RPE 13-15 weight in each					Cardio choice Work:Rest ratio	min of work. 1	RPE 12-14								
airs. hills. hinup	distance 10-8-6-4-2 Facepull option	Farmer carry					Total time (check										
tal Time	- accpuir option																
heck mpleted)																	
ore workout:	Phase 3 (Power)	-core stability co	onnecting to limb	movement specifi	ic to curling	Round 4	Session 2 -Swe	eping intervals		Round 1	Round 2	Round 3	Round 4 (deload)				
			Round 1	Round 2	Round 3	(deload)	Warm up	Suggested	Notes	Date:	Date:	Date:	Date:				
arm up	Suggested Sets/Reps	Notes	Date:	Date:	Date:	Date:	(check completed)		RPE 10-12								
heck (moleted)	3 sets, 10-15	RPE 10-12					Cardio choice	5-10 x	RPE -work: 15,								
a. Hard plank b. Side plank w	sec/ 3 sets, 10-15/						Work:Rest ratio	30 sec : 30 sec	rest: 11								
	3 sets, max hol	Or advance the Id previous phase					Cool down										
a. Hanging anana B. Mountain	w/ good form. 20-60 sec	banana exercis (see video)	e				(check completed)										
imbers ool down heck	3 sets. 10-20/																
mpleted)																	
ip workout: P	hase 3 (Power)						Session 3 -Car	dio Interval		Round 1	Round 2	Round 3	Round 4 (deload)				
			Round 1	Round 2	Round 3	Round 4 (deload)	Warm up	Suggested	Notes	Date:	Date:	Date:	Date:				
farm up	Suggested Sets/Reps	Notes	Date:	Date:	Date:	Date:	(check completed)	Can also be									
heck mpleted)		RPE 10-12					Cardio choice	brushing	RPE -work:								
a. Band squat press	3 sets. 10						Work:Rest ratio	5-10 x 40 sec: 40 sec	16/17, rest:								
b. Squat t- bine RO	3 sets. 5/						Total time Cool down										
3 way glute omplex a. Banded	3 sets, 10-15/						(check completed)										
ute bridge & od . 90/90 ham	3 sets, 30 total																
idge Mountain	3 sets of 10-15 Tabata 4 min total, 20 sec	/ RPE -work:															
imber (hands evated) ool down	work, 10 sec rest	16/17, rest: 12/13															
heck moleted)																	
oper body w	orkout: Phase 3 //	Power)					Sarrion & (onti			Round 1	Round 2	Round 3	Round 4 (deloard)				
pper body wo	orkout: Phase 3 (I	Power)	Round 1	Round 2	Round 3	Round 4 (deload)	Session 4 (opti	onal) -recovery Succested	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 (deload) Date:				
farm up	orkout: Phase 3 (I Suggested Sets/Reps	Power) Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 (deload) Date:	Session 4 (opti Warm up (check completed)		Notes RPE 10-12				(deload)				
farm up heck impleted)	Suggested Sets/Reps					(deload)	Warm up (check	Succested					(deload)				
farm up heck impleted)		Notes RPE 10-12	Date:			(deload)	Warm up (check completed)	Succested 5 min easy, 1 min walk, x3-5					(deload)				
farm up heck ampleted) a. Band cross all apart 2. Progress.	Suggested Seta/Reps 3 sets. 10/ x	Notes RPE 10-12 Tempo: 4 sec to lower, 3	Date:			(deload)	Warm up (check completed) Cardio choice	Succested 5 min easy, 1 min walk, x3-5	RPE 10-12				(deload)				
farm up heck xmpleted) a. Band cross all apart b. Progress ashups lower ands & chang mpo	Suggested Sets/Reps 3 sets. 10/ x 3 sets of 3-5 reps	Notes RPE 10-12 Tempo: 4 sec to lower, 3 sec pause at bottom, 1 sec power up	Date:			(deload)	Warm up (check completed) Cardio choice Work:Rest ratio	Succested 5 min easy, 1 min walk, x3-5	RPE 10-12				(deload)				
arm up heck mpleted) a. Band cross al abart program shups lower shups lower program po Explosive shups	Supposted Sec./Rups 3 sets. 10/ x a sets of 3-5 reps 3 sets of 3-5 reps 3 sets of 3-5	Notes RPE 10-12 Tempo: 4 sec to lower, 3 sec pause at bottom, 1 sec power up	Date:			(deload)	Warm up (check completed) Cardio choice Work-Rest ratio	Succested 5 min easy, 1 min walk, x3-5	RPE 10-12				(deload)				
arm up heck impleted) a. Band cross all abart b. Progress ishups lower inde & chang mpo Explosive ishups b. Push press	Sugpested Sets/Rups 3 sets. 10/ x a sets of 3-5 reps 3 sets of 3-5 reps 3 sets of 3-5 reps 3 sets of 3-5 reps	Notes RPE 10-12 Tempo: 4 secto to lower, 3 sec pause at bottom, 1 secto power up Rest 30-60 secto	Date:			(deload)	Warm up (check completed) Cardio choice Work:Rest ratio	Succested 5 min easy, 1 min walk, x3-5	RPE 10-12				(deload)				
arm up heck mpleted) . Progress . Shups lower mpo . Progress . Shups lower mpo . Progress . Shups lower . Shups . Single arm. . Single arm. mid chest	Supposted Seta/Reps 3 sets. 10/ x 3 sets of 3-5 reps 3 sets of 3-5	Notes RPE 10-12 Tempo: 4 sec to lower, 3 sec pause at bottom, 1 sec power up Rest 30-60 sec bn sets	Date:			(deload)	Venn (o (check completed) Gardio choice Work-Rest natio Cost down (check completed)	Successed	RPE 10-12	Date:	Date:		(deload)				
arm up heck mpleted) Band cross ill abart Progress Blosive Blosive Blosive Blod or rov Single arm. d chest	Supposted SetSuPage 3 sets of 3-5 reps 3 sets of 3-5 reps	Notes RPE 10-12 Tempo: 4 sec power up Rest 30-60 sec bn sets	Date:			(deload)	Venn (o (check completed) Gardio choice Work-Rest natio Cost down (check completed)	Successed	RPE 10-12 RPE 12	Date:	Date:		(deload)				
farm up heck mpleted) a. Band cross all abart ashups lower mpo task chang mpo Explosive ashups b. Push press a. Bird doa roo b. Single arm and chest ess	Buggested Sets/Reps           3 sets. 10/ x	Notes RPE 10-12 Tempo: 4 sec to lower, 3 sec pause at bottom, 1 sec power up Rest 30-60 sec bn sets	Date:			(deload)	Veren ig (check completed) Cardio choice Work,Rest natio Cardiose	5 min easy, 1 min walk, x35 rounds	RPE 10-12 RPE 12	Date:	Date:	Date:	(deload)				
arm up heck mpleted) <u>a</u> Band cross al abart <u>b</u> Progress <u>b</u> Bings lower <u>reds &amp; chang</u> <u>mpo</u> <u>Explosive</u> <u>ishups</u> <u>b</u> Ding Lower <u>ishups</u> <u>b</u> Bind doo rev <u>b</u> Single arm <u>ishups</u> <u>c</u> Single arm <u>c</u> Sin	Copyonad Extensions 3 sets. 10' x 3 sets. 10' x 3 sets. 10' x 3 sets. 10' x 3 sets. 10' 3 sets. 10' 3 sets. 10' 3 sets. 10' 3 sets. 10'	Notes RPE 10-12 Tempo: 4 sec power up Rest 30-60 sec bn sets	Date:			(deload)	Vana jo (check completed) Cardio choice Work,Rest ratio Cold dam Cold dam C	Successed 5 min easy, 1 min walk, x3-5 rounds	RPE 10-12 RPE 12 Nn workout. or foll 1-20/ week RPE 10-12	Date:	Date:	Date:	(deloar) Date:				
farm up heck mmpleted) a Band cross all apart b - Push press b - Single arm and chest. Circuit B ushup	Buggested Sets/Reps           3 sets. 10/ x	Notes RPE 10-12 Tempo: 4 sec power up Rest 30-60 sec bn sets	Date:			(deload)	Veran op (check completed) Cardio choice Work-Rest ratio (check (check completed) Rokus Posteard behavior (check (check completed) Rokus	5 min easy, 1 min walk, x35 rounds	RPE 10-12 RPE 12 1-2d week RPE 10-12 1-2d week RPE 10-12 Simog upper body and core, n lose, half	Date: owing a cardio se Round 1	Date: ssion or workout Round 3	Date:	(deloar) Date: Round 4 (rebact)				
farm up heck xmpleted) a. Band cross all abart b. Progress ushups lower ande & chang mpo Explosive ushups b. Push press	Bagemand           Base Stage           3 sets - 10' x           a 3 sets - 10' x           a 3 sets of 3-5 reps           3 sets of 3-5 reps           3 sets of 3-6 reps           a 3 sets of 3-6 reps           3 sets of 3-6 reps           3 sets of 3-5 reps           3 sets - 10'           (any variation)           (any variation)	Notes RPE 10-12 Tempo: 4 sec power up Rest 30-60 sec bn sets	Date:			(deload)	Warn to (check completed) Gardio choice Work Rest ratio Code an (Code an (C	Successed 5 min easy, 1 min walk, x35 rounds	RPE 10-12 RPE 12 www.workout.or foll 1-2w/week RPE 10-12 Simong upper body and core,	Date: owing a cardio se Round 1	Date: ssion or workout Round 3	Date:	(deloar) Date: Round 4 (rebact)				
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