LITE is in Bold can be used as a first week orientation or as a 3rd week deload.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lift** | **Sets** | **Reps** | **Weight** | **X Reps**  | **RI** | **Tempo** |
| **WU** | **Kneeling Hipflexor stretch** | **2** | **8** | **BW** |  | **30-60** |  |
| **WU** | **Bench Glute bridge** | **2** | **8** | **BW** |  | **30-60** |  |
| **WU** | **1 arm Row** | **2** | **8** | **Light** |  | **30-60** |  |

WU warm up

Week 1-4

Weight is (TBD) to be determined. **LITE MON**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lift** | **Sets** | **Reps** | **Weight** | **X Reps**  | **RI** | **Tempo** |
| **A1** | **F Squat** | **3** | **6-8** |  |  | **30-60s** | **40X0** |
| **A2** | **Romanian Deadlift ( RDL)** | **3** | **6-8** |  |  | **30-60s** | **40X0** |
| **B1** | **Military Press** | **2**-4 | **10-12** |  |  | **20-30s** | **40X0** |
| **B2** | **Split Squat** | **2**-4 | **10-12** |  |  | **20-30s** | **30X0** |
| **B3** | **Chin Down** | **2**-4 | **10-12** |  |  | **60-90s** | **40X0** |
| **C1** | **Standing Curls** | **3**-4 | **10-12** |  |  | **20-30s** | **30X0** |
| **C2** | **Leg Raise** | **3**-4 | **10-12** |  |  | **20-30s** | **20X0** |
| **C3** | **Skull Crusher** | **3**-4 | **10-12** |  |  | **90s** | **30X0** |

 **LITE WED**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lift** | **Sets** | **Reps** | **Weight** | **X Reps**  | **RI** | **Tempo** |
| **A1** | **B Squat** | **3** | **6-8** |  |  | **20-30s** | **40X0** |
| **A2** | **Step up**  | **3** | **10-12** |  |  | **90s** | **30X0** |
| **B1** | **Pushup**  | **2**-4 | **10-12** |  |  | **20-30s** | **40X0** |
| **B2** | **Prison Squats Paused**  | **2**-4 | **10-12** |  |  | **90s** | **30X0** |
| **B3** | **Pendelay Row** | **2**-4 | **10-12** |  |  | **20-30s** | **40X0** |
| **C1** | **Wall DB Cuban Press** | **3**-4 | **10-12** |  |  | **20-30s** | **30X0** |
| **C2** | **Roman Chair/ Jack knifes** | **3**-4 | **10-12** |  |  | **20-30s** | **20X0** |
| **C3** | **Cossack Squat** | **3**-4 | **10-12** |  |  | **90s** | **30X0** |

 FRI

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lift** | **Sets** | **Reps** | **Weight** | **X Reps**  | **RI** | **Tempo** |
| A1 | Podium Deadlift | 3 | 6-8 |  |  | 20-30s | 42X0 |
| A2 | Leg Curl | 3 | 6-8 |  |  | 90s | 40X0 |
| B1 | CG Bench | 2-4 | 10-12 |  |  | 20-30s | 40X0 |
| B2 | Bent BB Row Supinated | 2-4 | 10-12 |  |  | 20-30s | 30X0 |
| B3 | Walking Lung | 2-4 | 10-12 per |  |  | 2min | 40X0 |
| C1 | Reverse Curls | 2-4 | 10-12 |  |  | 20-30s | 30X0 |
| C2 | BB role out/ Ab wheel | 2-4 | 4-6 |  |  | 20-30s | 20X0 |
| C3 | Pull over | 2-4 | 10-12 |  |  | 90s | 30X0 |

**It is my preference that any lower body dynamic movement meets the prerequisite of a bodyweight squat to insure knee and hip stability**

 TUE THUR

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lift** | **Sets** | **Reps** | **Weight** | **X Reps**  | **RI** | **Tempo** |
| **A1** | Burpees 20s on 10s off | **6**-8**,6-**8 | **18+** | **BW** |  | **NA** |  |

 **LITE THUR**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lift** | **Sets** | **Reps** | **Weight** | **X Reps**  | **RI** | **Tempo** |
| **A1** | 1 mile jog or **3 mile hike** | **1** | **1** | **BW** |  | **NA** |  |

 **LITE FRI SAT**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lift** | **Sets** | **Reps** | **Weight** | **X Reps**  | **RI** | **Tempo** |
| **A1** | **Warrior Pose**  | **3** | **1 10-20s** | **BW** |  |  |  |
| **A2** | **L/R Ashva**  | **3** | **1 10-20s** | **BW** |  |  |  |
| **A3** | **L/R Turn Crocodile Pose** | **3** | **1 10-20s** |  |  |  |  |
| **A4** | **Frog Pose** | **3** | **1 10-20s** | **BW** |  |  |  |
| **A5**  | **Easy Crow Pose** | **3** | **1 10-20s** |  |  |  |  |
| **A6** | **Camel Pose** | **3** | **1 10-20s**  | **BW** |  |  |  |
| **A7** | **Pigeon Pose** | **3** | **1 10-20s** |  |  |  |  |