

Gotham Backs.....3 day option

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Monday...Day 1
Tuesday...off or mobility
Wednesday...Day 2
Thursday...off or mobility
Friday...Day 3
Saturday ...off or mobility
Sunday...Off

Day 1

A) Mobility

A1) Bird dog x 10 per side
A2) Primal squat sequence x 5
A3) Lunge rotation x 5 per side
X 3

B) Activation

B1) Band Pull aparts x 25
B2) Glute Bridges x 50
B3) Balance on one leg with eyes closed x 60 secs
X 2

C) Power

C1) Box jumps 4x5
Rest 30 secs
C2) Med ball slams 4x8
Rest 90 secs

D) Strength

D1) Bulgarian split squat 4x8
Rest 30 secs
D2) One arm dumbbell row 4x8
Rest 90 secs

-Bulgarians....First set is lowering with a 5 second eccentric phase.
-Second and third sets are heavy 1 second down, as fast as possible up.

E) Core

Gotham Backs.....3 day option

E1) DB or KB Farmers carry x 1 min

Rest 60 secs

E2) Swiss ball rollouts x 1 min

X 3

F) Flexibility

F1) Hip flexor x 90 secs per side

F2) Hang from bar x 1 min

F3) Primal squat x 90 secs

Gotham Backs.....3 day option

Day 2

A) Mobility

A1) Cat Cow x 15

A2) Primal squat sequence x 5

A3) Deadbug x 10 per side

X 3

B) Activation

B1) Face pulls x 25

B2) Glute Bridges x 50

B3) Balance on one leg with eyes closed x 60 secs

X 2

C) Power

C1) Skater Hops 3x8 per side

Rest 30 secs

C2) Plyo Push ups 3x8 per

Rest 90 secs

D) Strength

D1) Chin ups 3x5 (add weight if necessary)

Rest 45 secs

D2) Dips 3x5 (add weight if necessary)

Rest 45 secs

D3) Swiss ball hamstring curls 3x10

Rest 90 secs

E) Conditioning

Rowing sprints

20 seconds flat out, 40 seconds rest x 5

F) Flexibility

F1) Hip flexor x 90 secs per side

F2) Hang from bar x 1 min

F3) Primal squat x 90 secs

Gotham Backs.....3 day option

Day 3

A) Mobility

- A1) Bird dog x 10 per side
- A2) Primal squat sequence x 5
- A3) Lunge rotation x 5 per side
- X 3

B) Activation

- B1) Band Pull aparts x 25
- B2) Glute Bridges x 50
- B3) Balance on one leg with eyes closed x 60 secs
- X 2

C) power

- C1) Jump lunges 3x6 per side (no weight)
- Rest 45 secs
- C2) DB snatch 3x4 per side
- Rest 75 secs

D) Strength

- D1) Seated row 3x8 per side
- Rest 30 secs
- D2) Walking lunges 3x6 per side

E) Core

- E1) Swiss ball jackknives 3x20
- Rest 30 secs
- E2) Swiss ball plank circles 3x10 per side
- Rest 90 secs

F) Flexibility

- F1) Hip flexor stretch x 90 secs per side
- F2) Hang from bar x 1 min
- F3) Primal squat x 90 secs

Gotham Backs.....4 day option

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Ideal Weekly set up:

Monday...Lower 1
Tuesday...Upper 1
Wednesday...off or mobility
Thursday....Lower 2
Friday...off or mobility
Saturday ...Upper 2
Sunday...Off

Day 1....LOWER 1

A) Mobility

A1) Bird dog x 10 per side
A2) Primal squat sequence x 5
A3) Cossack squats x 5 per side
X 3

B) Activation

B1) Glute Bridges x 50
B2) Balance on one leg with eyes closed x 60 secs
X 2

C) Power

C1) Trap bar deadlift x3 @ 40% of Max
Rest 30 secs
C2) Vertical jumps x8
Rest 90 secs and repeat x 3

D) Strength

D1) Front squat x6
Rest 60 secs
D2) DB Romanian deadlift x8
Rest 90-120 secs and repeat x 3

E) Core

E1) Swiss ball Rollouts x15

Gotham Backs.....4 day option

Rest 30 secs

E2) Swiss ball jacknifes x20

Rest 60 secs and repeat x 3

F) Flexibility

F1) Hip flexor stretch x 90 secs per side

F2) Hang from bar x 1 min

F3) Primal squat x 90 secs

Gotham Backs.....4 day option

Day 2....Upper 1

A) Mobility

A1) Arm swings x 20 each way

A2) Cat Cow x 20

A3) Wrist stretch x 30 secs

X 2

B) Activation

B1) Band pull aparts x 50

B2) Upside down KB press x 5 per side

X 2

C) Power

C1) Med ball slams x 8

Rest 30 secs

C2) Plyo Push ups x 6

Rest 90 secs and repeat x 3

D) Strength

D1) DB bench press x6

Rest 60 secs

D2) One Arm dB row x8

Rest 90-120 secs and repeat x 3

E) Conditioning

Row x20 seconds flat out

Rest 40 seconds

X 5

F) Flexibility

F1) Hip flexor stretch x 90 secs per side

F2) Hang from bar x 1 min

F3) Primal squat x 90 secs

Gotham Backs.....4 day option

Day 3...Lower 2

A) Mobility

- A1) Bird dog x 10 per side
- A2) Primal squat sequence x 5
- A3) Cossack squats x 5 per side
- X 3

B) Activation

- B1) Glute Bridges x 50
- B2) Balance on one leg with eyes closed x 60 secs
- X 2

C) Power

- C1) Split squat jump x 3 each side
- Rest 30 secs
- C2) DB Split snatch x 2 per side
- Rest 90 secs and repeat x 4

D) Strength

- D1) Bulgarian split squat X 5 (hold for 5 seconds are 90 degrees then explode up)
- Rest 90 seconds
- D2) Single leg Swiss ball hamstring curl x 8 per leg
- Rest 90-120 secs and repeat x 3

E) Core

- E1) DB Front rack carry x 45 secs
- Rest 30 secs
- E2) Side plank x 45 secs
- Rest 60 secs and repeat x2

F) Flexibility

- F1) Hip flexor stretch x 90 secs per side
- F2) Hang from bar x 1 min
- F3) Primal squat x 90 secs

Gotham Backs.....4 day option

Day 4...Upper 2

A) Mobility

A1) Arm swings x 20 each way

A2) Cat Cow x 20

A3) Wrist stretch x 30 secs

X 2

B) Activation

B1) Band pull aparts x 50

B2) Upside down KB press x 5 per side

X 2

C) Power

C1) One Arm Dumbell Push press x 4 per side

Rest 30 secs

C2) Bent over one arm cable row x 8 per side

Gotham Backs.....4 day option

Rest 90 secs and repeat x 3

D) Strength

D1) Chin ups x6

Rest 60 secs

D2) Dips x8

Rest 90-120 secs and repeat x 3

E) Conditioning

Battle ropes x20 seconds flat out

Rest 40 seconds

X 6.

F) Flexibility

F1) Hip flexor stretch x 90 secs per side

F2) Hang from bar x 1 min

F3) Primal squat x 90 secs