

Welcome

Welcome to your new training program to get those guns in check. With this blueprint we will steadily build a sleeker pipes to push, pull or press as much as you could want. Following the exercises will help you to maximize the benefits of all your hard work.

Description

This is the program to create speed and muscle memory. Utilize this plan to develop the brain-body connection so you can do what you want exactly when you want to do it. This can be used as a stand alone program or as an addition to your current fitness routine.

Fitness Philosophy


Fitness should be fun. Ok maybe not every bit of it. But if you don't put in the effort then you won't see the results you're after. You should at least enjoy the process of creating a better version of yourself. This idea can be helped along by understanding the **why** behind **what** it is you're doing. With each program that we design we strive to ensure that you understand why you are doing something rather than just jumping around in your workout gear.

How to

Using this guide should be simple and fun. It is broken down into an easy to read format that will lead you toward a healthier, more capable, empowered and energetic life. Each section is labelled and explained. If you have any questions please see our **contact** section and drop us a line- we are here to help!





Your Weekly Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Mobility	Workout A	Mobility	Conditioning	Workout B	Mobility	Conditioning
Week 2	Mobility	Workout A	Mobility	Conditioning	Workout B	Mobility	Conditioning
Week 3	Mobility	Workout A	Mobility	Conditioning	Workout B	Mobility	Conditioning
Week 4	Mobility	Workout A	Mobility	Conditioning	Workout B	Mobility	Conditioning



The Plan

	Workout A	Sets/Reps/Time
Prep:	Movement:	Week 1 = 30 sec
Spider Complex	4-5 rounds	Week 2 = 45 sec
	<u>Stutter Step Skater</u>	Week 3 = 60 sec
	<u>B boy</u>	Week 4 = 75 sec
Goal:	<u>Plank to down dog reach</u>	
Get moving quick	<u>V Up w Roll</u>	
	<u>Squat Hops</u>	3 sets to failure
Homework:		
Breathe and Stretch		
	Hit that <u>core!</u>	Build 2 min
	Workout B	Sets/Reps/Time
Prep:	Movement:	Week 1 = 30 sec
Spider Complex	4-5 rounds	Week 2 = 45 sec
	<u>5 star</u>	Week 3 = 60 sec
	<u>Stutter Step</u>	Week 4 = 75 sec
Goal:	<u>Rainbow Planks</u>	
Keep developing the speed	<u>Jumping Split Lunge</u>	
Homework:		
Breathe and Stretch		
	Hit that <u>core!</u>	Build 2 min
	Workout C	Sets/Reps/Time
Prep:	Movement:	Week 1 = 30 sec
Spider Complex	4-5 rounds	Week 2 = 45 sec
	<u>Super Mario Lunge</u>	Week 3 = 60 sec
	<u>Skier Hops</u>	Week 4 = 75 sec
Goal:	<u>Lateral Shuffle w Touchdown</u>	
Build on speed and plyometrics	<u>Plank Rocker</u>	
Homework:		
Breathe and Stretch		
	Hit that <u>core!</u>	Build 5 min



FAQ

Can I use this program every day?

Yes! The weekly schedule is a suggestion to fill or add to your current fitness routine. This little extra specialize work will pay off in dividends at the end of the month. If you're sore from something else you did that's ok! Remember that's what mobility is for.

What equipment will I need?

Each program will have an equipment needs list at the top of it. This will let you know exactly what is needed before you dive in.

What are the colors about?

This guide should be as easy as possible to use so each day is color coded. The colors represent **splits**. This particular program is a 3 day split: 3 days devoted to strengthening, 1 day to conditioning/cardio and 3 days of mobility. This can also be adjusted to fit your specific needs.

What if I want more?

You don't have to limit your days to what is listed. You could add in the suggested events as you see fit. Think of it as a choose your own adventure. You decide what's right for you.

What if I don't understand the lingo?

By all means click around. The exercises in ***the Plan*** are links to visual descriptions.

Contact

I love answering questions.

If you've got them please don't hesitate to reach out.



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