

**PROGRAM 1.0**



**Phase: Foundation 1.0**  
**Date:**  
**Duration: 4 weeks**  
**Frequency:**

**Objectives:**

**Notes:**

Release	Sets	Reps	Release	Sets	Reps
Feet-ball	1	15s	Glutes/Piriformis	1	15s
Calves	1	15s	T-Spine	1	15s
Quads/Adductors/TFL	1	15s	Posterior Shoulder Capsule / Pec Minor- ball	1	15s

←----- To view videos, check out my [“Soft Tissue Work”](#) playlist on my YouTube page

Warm Up	Sets	Reps	Tempo	Cues
	1-2	8-15		
	1-2	8-15		
	1-2	8-15		

If you need ideas for your warm-up, then check out my [“Core/Mobility/Resets”](#) playlist on my YouTube page

CLIENT NAME

**Lower Body Lift: Day 1**

Exercise / Lift	Training Target	Tempo	Sets x Reps	Weight x Reps	Notes
Session 1 Date:		Session 2 Date:		Session 3 Date:	
Session 4 Date:					
1A. (Lower Body Squat or Lunge Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
1B. (Lower Body Hinge or Deadlift Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
2A. (Lower Body Squat or Lunge Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
2B. (Lower Body Hinge or Deadlift Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
3A. (Core Stability or Muscle Building Variation)	Core	I/E – 131 – 151 – 303 - dyn	Wk1. 2x5-15		
			Wk2. 2x5-15		
			Wk3. 3x5-15		
			Wk4. 3x5-15		
3B. (Core Stability or Muscle Building Variation)	Core	I/E – 131 – 151 – 303 - dyn	Wk1. 2x5-15		
			Wk2. 2x5-15		
			Wk3. 3x5-15		
			Wk4. 3x5-15		

CLIENT NAME

**Upper Body Lift: Day 2**

<b>Exercise / Lift</b>	<b>Training Target</b>	<b>Tempo</b>	<b>Sets x Reps</b>	<b>Weight x Reps</b>	<b>Notes</b>
<b>Session 1 Date:</b>		<b>Session 2 Date:</b>		<b>Session 3 Date:</b>	
<b>Session 4 Date:</b>					
1A. (Upper Body Vertical or Horizontal Push Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
1B.(Upper Body Vertical or Horizontal Pull Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
2A. (Upper Body Vertical or Horizontal Push Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
2B. (Upper Body Vertical or Horizontal Pull Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
<b>CONDITIONING (optional)</b>					
	Work Capacity / Body Composition	dyn		Wk1.	
				Wk2.	
				Wk3.	
				Wk4.	

CLIENT NAME

**Lower Body Lift: Day 3**

Exercise / Lift	Training Target	Tempo	Sets x Reps	Weight x Reps	Notes
Session 1 Date:		Session 2 Date:		Session 3 Date:	
				Session 4 Date:	
1A. (Lower Body Squat or Lunge Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
1B. (Lower Body Hinge or Deadlift Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
2A. (Lower Body Squat or Lunge Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
2B. (Lower Body Hinge or Deadlift Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast
			Wk2. 2x12-15		
			Wk3. 3x12-15		
			Wk4. 3x12-15		
3A. (Core Stability or Muscle Building Variation)	Core	I/E – 131 – 151 – 303 - dyn	Wk1. 2x5-15		
			Wk2. 2x5-15		
			Wk3. 3x5-15		
			Wk4. 3x5-15		
3B. (Core Stability or Muscle Building Variation)	Core	I/E – 131 – 151 – 303 - dyn	Wk1. 2x5-15		
			Wk2. 2x5-15		
			Wk3. 3x5-15		
			Wk4. 3x5-15		

CLIENT NAME

**Upper Body Lift: Day 4**

Exercise / Lift	Training Target	Tempo	Sets x Reps	Weight x Reps	Notes	
Session 1 Date:		Session 2 Date:		Session 3 Date:		Session 4 Date:
1A. (Upper Body Vertical or Horizontal Push Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast	
			Wk2. 2x12-15			
			Wk3. 3x12-15			
			Wk4. 3x12-15			
1B.(Upper Body Vertical or Horizontal Pull Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast	
			Wk2. 2x12-15			
			Wk3. 3x12-15			
			Wk4. 3x12-15			
2A. (Upper Body Vertical or Horizontal Push Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast	
			Wk2. 2x12-15			
			Wk3. 3x12-15			
			Wk4. 3x12-15			
2B. (Upper Body Vertical or Horizontal Pull Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x12-15		-3 second lowering phase -up fast	
			Wk2. 2x12-15			
			Wk3. 3x12-15			
			Wk4. 3x12-15			
<b>CONDITIONING (optional)</b>						
	Work Capacity / Body Composition	dyn		Wk1.		
				Wk2.		
				Wk3.		
				Wk4.		

CLIENT NAME