

PROGRAM 1.1



Phase: Foundation 1.1	Objectives:
Date:	
Duration: 4 weeks	Notes:
Frequency:	

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

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 Mobility / Strength	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
1B. (Upper Body Horizontal or Vertical Push Variation)	Upper Body Strength	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
2A. (Core Stability or Muscle Building Variation)	Core	I/E or 131 or 151	Wk1. 2x5-10		
			Wk2. 2x5-10		
			Wk3. 3x5-10		
			Wk4. 3x5-10		
2B. (Lower Body Hinge or Deadlift Variation)	Lower Body Mobility / Strength	301	Wk1. 2x8-12		-3 second lowering phase -up fast
			Wk2. 2x8-12		
			Wk3. 3x8-12		
			Wk4. 3x8-12		
2C. (Upper Body Horizontal or Vertical Pull Variation)	Upper Body Strength	301	Wk1. 2x10-15		-3 second lowering phase -up fast
			Wk2. 2x10-15		
			Wk3. 3x10-15		
			Wk4. 3x10-15		
CONDITIONING (optional)					
	Work Capacity / Body Composition	dyn		Wk1.	
			Wk2.		
			Wk3.		
			Wk4.		

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COVAL – Physician Vitality Playbook

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1A. (Lower Body Hinge or Deadlift Variation)	Lower Body Mobility / Strength	301	Wk1. 2x10-12		-3 second lowering phase -up fast
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			Wk3. 3x10-12		
			Wk4. 4x10-12		
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			Wk3. 3x10-12		
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			Wk2. 2x5-10		
			Wk3. 3x5-10		
			Wk4. 3x5-10		
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			Wk3. 3x8-12		
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			Wk3. 3x10-15		
			Wk4. 3x10-15		
CONDITIONING (optional)					
	Work Capacity / Body Composition	dyn		Wk1.	
			Wk2.		
			Wk3.		
			Wk4.		

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			Wk2.		
			Wk3.		
			Wk4.		

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