

PROGRAM 1.1



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

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. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
1B. (Lower Body Hinge or Deadlift Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
2A. (Lower Body Squat or Lunge Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 2x10-12		
			Wk3. 3x10-12		
			Wk4. 3x10-12		
2B. (Lower Body Hinge or Deadlift Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 2x10-12		
			Wk3. 3x10-12		
			Wk4. 3x10-12		
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		

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Upper Body Lift: Day 2

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)	Upper Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
1B.(Upper Body Vertical or Horizontal Pull Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
2A. (Upper Body Vertical or Horizontal Push Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 2x10-12		
			Wk3. 3x10-12		
			Wk4. 3x10-12		
2B. (Upper Body Vertical or Horizontal Pull Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 2x10-12		
			Wk3. 3x10-12		
			Wk4. 3x10-12		
CONDITIONING (optional)					
	Work Capacity / Body Composition	dyn		Wk1.	
				Wk2.	
				Wk3.	
				Wk4.	

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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. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
1B. (Lower Body Hinge or Deadlift Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
2A. (Lower Body Squat or Lunge Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 2x10-12		
			Wk3. 3x10-12		
			Wk4. 3x10-12		
2B. (Lower Body Hinge or Deadlift Variation)	Lower Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 2x10-12		
			Wk3. 3x10-12		
			Wk4. 3x10-12		
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		

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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)	Upper Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
1B.(Upper Body Vertical or Horizontal Pull Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 3x10-12		
			Wk3. 3x10-12		
			Wk4. 4x10-12		
2A. (Upper Body Vertical or Horizontal Push Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 2x10-12		
			Wk3. 3x10-12		
			Wk4. 3x10-12		
2B. (Upper Body Vertical or Horizontal Pull Variation)	Upper Body Strength / Hypertrophy	301	Wk1. 2x10-12		-3 second lowering phase -up fast
			Wk2. 2x10-12		
			Wk3. 3x10-12		
			Wk4. 3x10-12		
CONDITIONING (optional)					
	Work Capacity / Body Composition	dyn		Wk1.	
			Wk2.		
			Wk3.		
			Wk4.		

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