

Thoughts: Going to start loading the body...SLOWLY, always slow cook, allow the body a chance to adapt and grow.

No real changes to the “warmup” stuff. The Activation portion changes some. Do the entire activation circuit 2 x’s through.

AMAP = as many good reps as possible. Nothing sloppy.

Mini Band Shuffle: Band above the knees, sit back into the hips slightly, knees soft, feet straight ahead. Keep the knees in line with the toes. PUSH through the back heel and “shuffle” across. NEVER allow the knees to move into the midline.

<https://www.youtube.com/watch?v=kLEhNEj0btk> ←-you, put the band above the knees

Day 1:

Inverted Row: Plank position, shoulders down in the joint, hips up in neutral, belly full of air. Straight line ear through ankles. Pull through the nipple line. As you’re pulling actively think about pushing the chest out.

<https://www.youtube.com/watch?v=ijVw5MMM2HQ>

> 10 means: set the bar at a level that you can DEFINITELY get 10 or more reps. 10 is enough as long as they’re good.

Pushups: Again, tight plank line to start, shoulders down, stay on the toes, dont get into the balls of the feet. Tightline ears through ankles, belly full of air and butt tight. Move “over” the bar slightly so the bar touches around the nipple line. Chest up but ribcage on the abs the whole time.

<https://www.youtube.com/watch?v=qr0Cjneb4II>

Goblet Box Squat With Band: Blue band under the knees. Toes turned out very slightly. Dumbbell held in front of the chest, elbows tight to the bell/ ribs. Hips move 1st slightly, OPEN the hips (push on the band, maintaining a stable foot) keep the knees OUT hard the whole time. PULL the hips through the top and stand on the glutes.

McGill Side Plank: Hips up, feet 4-6 inches apart.

Day 2:

1a) 90/90 Split Squat: Remember to take a slightly longer than comfortable stance. Drop the back knee/ hip straight down. Press through the front heel/ hip to stand.

1b) Pushup Plank: low back flat and tight. Shoulders in the joint, glutes tight.

2a) Incline DB Bench Row: Incline a bench to the lowest angle you can and still get a full range of motion. CRUSH the bells and row through the ribcage. Focus on shoulders down and pinching the scapula hard in the back . Squeeze the butt the whole time, it'll help keep you from overarching the low back.

<https://www.youtube.com/watch?v=-VPfPm-F0VM>

<https://www.youtube.com/watch?v=zZeHxFwd2QE>

2b) Front Loaded Hip Hinge: Weight high on the chest, chin in neutral, elbows tight to the body. Shins vertical, push back into the hips as far as you can without the shins coming forward or dropping the chest down.

<https://www.youtube.com/watch?v=hN8LjfkfGvE>

https://www.youtube.com/watch?v=jA_ExdIUvcY ←---same thought