

Thoughts:

This phase is just to move a bit better/ improve tissue quality and get used to some things/ concepts that will come up time and again in the future. You're a bit tight in a few places and underactive/ weak in others, but nothing glaring and a week of "prep" should go a long way. This is just the "break in" phase and lasts one week.

Goals (Initial):

- Improve Thoracic Mobility (scapular motion)
- Increase Posterior Chain Strength (glutes/ hams)
- Increase Upper/Midback and scapular retractor strength.

The Schedule:

If you can complete these 4 scheduled days in the next week, i'd be happy.

The strength portion of this current phase is just a circuit.

Once you get to the strength portion go **1a-1k** in order and repeat the order 3 times through the circuit. Just move one exercise into the next. Rest as you need, take your time and get things correct. The more videos you send me the better. This should hold you over and start the process of moving better and improving activation/ feel of some concepts/ areas.

How The Sheets Are Set Up:

Every workout is BOTH a reps and wgt column set. Each row of and under an exercise is a set of that exercise.

Strength:	Day 1		Day 2	
	Reps	Wgt	Reps	Wgt
1a) Squat, pair w/ lat stretch <i>Lets focus on getting the upper back tighter and pulling the bar around your shoulders.</i>	3		3	
	3		3	
	3		3	
2a) Deadlift <i>Focus is bending the bar around the shins (lat tension/ activation) using the hips earlier (glutes) to drive forward through the bar.</i>	1		1	
	1		1	
	1		1	
	1		1	
2b) Straight arm Lat Pulldown <i>Arms straight, elbows locked, put the wrist over the bar, dont grab it shoulders down and think about pulling the bar with the lats</i>	15		15	
	15		15	
	15		15	
3a) McGill Side Plank <i>Hips up, feet spread, pull that ribcage into neutral.</i>	ALAP		ALAP	
	ALAP		ALAP	
3b) Sitting Kneeouts <i>Band under knees, sit tall, hinge forward just slightly. Feet stay stable</i>	AMAP		AMAP	
	AMAP		AMAP	

With the alternating super sets. Rest as needed. You dont have to run from one exercise to the next. Typically these will be done with non-competing muscle groups so you'll get more work in in less time.

Abbreviations:

AMAP: As many as possible (good reps only)

AMAP (-1): As many as possible, minus one GOOD rep.

AMAP < (a number): As many reps as possible, but no more than this number

AMAP > (a number): At least this many reps

ALAP: As Long as Possible

ALAP < (a time): As long as possible up to a time

ALAP > (a time): As long as possible, must be at least this long

RPE: Rate of perceived exertion.

- 1: Nothing, lying in bed
- 2: Walking slowly
- 3: Walking normal pace
- 4: Walking up stairs
- 5: Easy exercise/ housework
- 6: Long slow distance cardio work
- 7: Easy (higher rep 15-20, bodybuilding/ pump) weights
- 8: Moderate/ Heavy weights short of failure
- 9: Moderate/ Heavy weights at failure. This effort probably couldn't be repeated this workout.
- 10: This could NOT be completed again this workout.

RM= Rep max

This means the absolute maximal number of reps you can get at a weight. It's an absolute 10 effort.

Weights and Reps:

Are BOTH suggestions. I don't know how you feel each day so this is where YOU need to be responsible and make this call for yourself. Only good reps. Listen to your body.

No suggested weights yet because I want to see what YOU think and feel is a 6,7,8 etc. It gives me a better feel for where to go in the future.

Foam Roller:

Mid/ Upper Back Rolls: Roller under the ribcage, hands behind the head and touch the elbows in front. The idea is to pull the scapula (shoulder blades) out of the midline. Roll from the upper back through the bottom of the ribcage (midback).

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

Thoracic Extensions: Roller under the ribcage (change the position of the roller every 2-3 extensions) Hands behind the head, elbows touching (or close to it) in front, neck in neutral. Hips down, knees up and feet flat. RELAX and allow the ribcage to expand over the roll. After 3-5 seconds come back up to neutral and repeat. Think about the ribcage “melting” over the roller.

<https://www.youtube.com/watch?v=25oHjl4lctU>

Lax Balls:

Upper Back/ Mid Back: Pull the arm across the body to move the scapula out from the midline. Place the ball between the spine and the scapula and roll up and down and very slightly left to right between the scapula and the spine. NEVER roll over the spine or scaps (or any hard surface).

<https://www.youtube.com/watch?v=e6JXPkkrwDM>

Chest: Place the hand behind the back to pull the shoulder back and help “open” the chest. Place the ball in between the chest and the wall and search around for tight areas and “hot spots”, places that are painful or just uncomfortable. Roll over these areas and try to work them out.

<https://www.youtube.com/watch?v=hn95mPC0tcg>

Stretch:

Chest Stretch: Shoulders down in the socket forearms on the door frame and lean in to the frame. Think about “opening” from the middle of the chest. The stretch doesn’t need to be forced, just feel for it. A 6-7 out of 10 is enough.

<https://www.youtube.com/watch?v=co0Qq5YPn38>

Lat Stretch: Grab the side of the doorframe (or something stable), shoulder in the joint, arm long but not locked. Hinge (push back into) the hips and focus on finding a stretch under the armpit and along the ribcage.

<https://www.youtube.com/watch?v=dGA0CT8DFCw>

Hip Flexor Stretch: Take a slightly longer than 90/90 stance. Focus on squeezing the glute to the “down” leg and pressing the hip forward into extension.

<https://www.youtube.com/watch?v=nJqw14Kf7tl> ←-if this isn’t enough stretch, try the one below.

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<https://www.youtube.com/watch?v=M42PNI5sXqg>

90/90 Glute Stretch: I Wish I could describe this, but it never seems to work. The stretch should be across the outside of the front glute/ hip. Just make sure you’re not twisting the low back.

<https://www.youtube.com/watch?v=ahhxa39EJoo>

<https://www.youtube.com/watch?v=5QLdrX9kvDI> ←---this is a very good description...

Calf Stretch: Just focus on keeping the heel down and flexing the ankle.

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

Movement:

Cat Camel: Quadruped Position: On all fours, hands under the shoulders, knees under the hips, hip neutral. Arms stay straight (not locked) Push the scapula to the sides and think about pressing the mid back to the ceiling. Pull yourself back into neutral, shoulders to the midline slightly and down the ribcage pulling the chest up at the bottom. On the bottom position the “T-shirt logo” should be in a position so you could see it if there was a mirror in front of you. Focus on moving through the ribcage and NOT from the low back/ belly button.

<https://www.youtube.com/watch?v=DxCDP4IzxVs>

Thoracic Rotations: Quadruped position, hand behind the head, look at the elbow the entire time. Rotate through the ribcage and think about “opening” the chest. The hips should never rotate and belly button always facing the floor, it never moves,

<https://www.youtube.com/watch?v=S4XAD8N8DH0>

Birdog: Quadruped position, abs braced, reach the alternating arm and leg out straight. Think about PRESSING the leg out through the hips (glutes). The goal is for NOTHING, not the shoulders or hips to move or rotate at all. Smooth, slow, controlled.

<https://www.youtube.com/watch?v=7ywDwPIInEg>

Straight Leg Raise W/ Distraction: Anchor the band above and behind you pull down with both arms, pressing the hands into the floor. Ribs on the abs, legs straight, toes flexed (pointed up) slightly. Press down on one heel, while you raise the other leg straight up as far as you can without moving the hips or bending the knee. Smoothly return to the bottom and repeat. Once you have enough tension that you feel the abs fire, you’re good to go,

<https://www.youtube.com/watch?v=x5aPP7WxTj4>

Strength:

Glute Bridge w/band: Lay on your back, pull the feet up so that when the hips are pressed to the top the knee angle will be 90 degrees. On the bottom, put the ribcage on the abs, hips in neutral. Take a normal breath into the belly, push the heels down, squeeze the glutes hard and PRESS the hips (using the glutes) into full extension. Press out on the band the whole time, just enough to line the knees up with the toes.

Hold the top position for a full second, squeezing hard and return to the start, tapping lightly on the bottom and repeating the motion. Make sure you keep the ribs on the abs and spine neutral the whole time.

<https://www.youtube.com/watch?v=S8os2useV4s>

<https://www.youtube.com/watch?v=HJ6FGij-Fvc> ←-different placement, but you get the idea.

Glute Bridge Kneeouts: Get into the top of a glute bridge. Ribs down, hips in FULL extension, glutes ON. Feet shoulder width apart and toes straight. Band is just under the knees, maintaining a stable foot, press out on the band “opening” the hip. Try not to let the feet roll or the hips fall as you press out.

Be sure not to let the band “snap” you back to the start position, YOU control the band the whole time.

<https://www.youtube.com/watch?v=3d34QcrkV0M>

<https://www.youtube.com/watch?v=Hv2kIKK1TKI>

Ball HS Curl: Heels on the top of a stability ball. Ribcage down, hips up and glutes tight. Press into the ball and bend the knees pulling the ball into the hips. Never let the hips sag.

<https://www.youtube.com/watch?v=iCW27oixG54>

Scap Pushups: Pushup Plank position, hands under the shoulders, they can be slightly wider than shoulder width. Arms straight, but not locked, abs tight, glutes tight. Allow the scapula to come together (or as close as possible) keeping the arms straight. At the bottom, press into the ground and push the scaps to the outside as far as possible.

<https://www.youtube.com/watch?v=Zv8hwx2A04>

Box Squat W/Band under knees: Hands behind the head, elbows pulled back and chest up. Slight arch in the low back, sit into the hips as far as you can without allowing the hips to round over. Concentrate on “opening” the hips (pushing the knees out from the hip, this turns the glutes on) keeping the glutes on the entire time. Stay tall, pull the hips through the top and STAND on the glutes.

<https://www.youtube.com/watch?v=yHWGX5TCy2k>

https://www.youtube.com/watch?v=ACfG7aHy_G8 ←I like the band under the knees, but its a good demo.

<https://www.youtube.com/watch?v=mICaya3MFaE>

Diagonal Pullaparts: Same setup as regular pullaparts. Except the band is pulled across the body at a 45 degree angle. The top hand should be “under” the band (palm facing away), bottom hand “over” palm facing you. Dont allow the ribcage to move or twist.

https://www.youtube.com/watch?v=_u-RYhG2rIM

90/90 Split Squat: Take a slightly longer than 90/90 stance, Focus on dropping the back knee straight down, loading the front side foot (heel to midfoot) and hip. Tap very lightly on the bottom, press through the front heel and hip until standing tall. Focus on keeping the front side knee from collapsing to the midline (externally rotate from the femur slightly) and using the glutes/ maintaining a neutral hip.

<https://www.youtube.com/watch?v=vQ07-DIZ-TA>

<https://www.youtube.com/watch?v=wQ2NQEVAiO8>

Wall Slide: Stand against the wall with the head, upperback and hips against the wall, feet about 6-9 inches away from the wall. Arms bent at the elbows at 90 degrees. Push the forearms into the wall and reach up focusing on keeping the shoulder blades (scapula) down in the joint.

<https://www.youtube.com/watch?v=RI2pgHxsb3Y>

McGill Side Plank: Set up in a side plank, with the top leg over the top and slightly in front of the bottom leg. Take the top arms and reach under the ribcage pulling the ribcage “up” into neutral. Press the hips up the whole time, but maintain the “line”.

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

Band PullAparts: Neutral/ Pillar position: Shoulders down, ribcage on the abs (not rounded down, ,just neutral) hips “under” you (belt buckle flat), standing tall. Arms long tear the band apart not allowing the elbows to bend, focus on moving from the shoulder blades and pinching them together in the back.

Be sure not to allow the band to “snap” you back to the start position.

<https://www.youtube.com/watch?v=haXhpH20eFc>

Pushup Plank: Start in the top position of a pushup. Hands shoulder width apart and under the shoulders, not to the sides or out in front. Shoulders “in” the joint ribcage on the abs, hips in neutral and glutes tight. There should be a straight line from the ears to the ankles.

<https://www.youtube.com/watch?v=hFPN1RT503E>