

Workout tracker

	W1-D1	W1-D2	W2-D1	W2-D2	W3-D3	W3-D2	W4-D1	W4-D2
General Warmup								
Mobility Preparation								
Activation Preparation								
Work Sets								
Accessory Work								

Notes



Supplemental Program DEADLIFT

Starting Level:	YELLOW III
Prepared For:	
Frequency:	2x per week for 4 weeks (8 progressive sessions)
Time Required:	Approx. 20 minutes

Warmup

General Warmup - Low Box Stepup 2 min

Directions: Find a low box, and step up for 2 minutes. Feel your entire foot and focus on driving through your heel as you stand to the box. Alternate legs on each step and move consistently. This will prepare you for what's to come.

Mobility Preparation -

45s Lizard Right - 45s Lizard Left

45s Pigeon Right - 45s Pigeon Left

Directions:

Lizard:

Get into a deep lunge position with one hand on the ground and the other on the front foot. Relax your back leg and allow the hips to drop towards the ground. Keep your up knee out and use the hand to keep the foot from lifting. If you feel comfortable here you may drop to your elbows to get deeper.



Pigeon:

From a bottom-of-a-'lunge' position, mindfully slide the down-knee back & the up-knee down so the shin is flat in front of you. Lean over the front leg until you feel a stretch in the hip/glute. Be mindful — this is a vulnerable spot for the hip & knee.



Activation Preparation -

Go through this twice, slow and controlled

Glute Bridge x 10 reps

Bird Dog x 8 reps each side

Directions:

Glute Bridge:

Lie on your back with your knees bent and your feet, hips and shoulders in line. Keep your head, neck, shoulders and upper body relaxed. Lift your hips off the floor as high as you can and then slowly lower them back down. Focus on staying smooth and controlled with continuous movement.



Bird Dog:

Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Keep everything stable and reach your right arm forward and left leg back. Stay tight and straight as you extend your leg. Engage the muscles of your legs and butt. As you extend your arm, keep your shoulder "down" in the socket. Return to the starting position and repeat on the other side.



Working Sets

Deadlift: 3 x 8-12; 60-90s rest, start at 155/110

Directions:

Standing with feet hip width apart position bar against your shins. Bend down to grasp the bar, with hands positioned on the bar at shoulder width apart. Keep your back straight and stand up with the bar so your hips and knees are in full extension (locked out).

Lower bar down until it (or plates) touches the ground. The weight is required to touch the ground, but doesn't need to rest on the ground in between repetitions. Make sure to control the tempo and stay focused!

Instructions

Make sure to include warmup sets. Work to steadily increase the weight between sessions and weeks, but stay conservative and maintain perfect form! This will allow your body to adapt between session, and keep you progressing for longer.



Accessory Work - Bent Hollow Hold 3 sets of max hold; rest 1 min b/t

Lie on your back with arms at your sides and legs bent. Press your lower back into the floor by drawing your belly button down and in. With your midsection tight, lift your shoulders off the floor by actively contracting your abs. Also lift your legs and keep your knees bent so your feet are just a few inches above the floor.

