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

LEVEL METHOD™

Supplemental Program

UPPER BODY PUSH

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

Warmup

General Warmup - Ski/Bike 2 min

Directions: On a bike or ski erg move for 2 minutes to bring your body temperature up. Go at a consistent pace so that by the end your breathing and heart rate are elevated. You shouldn't be tired, you should be ready to work.

Mobility Preparation

Banded Lateral Opener
90s each side

Directions: This is a play off the classic pec stretch, but with a band. Loop a band to a post at about mid-chest height. Hooked to a band, rotate your hand upward. Keep the shoulder externally rotated and back. Create tension in the band by turning away from it. You will feel this in the pecs — a quick, easy way to prep them for serious work.

Activation Preparation

Scap Pushups - 1-3 sets of 3-5 at tempo: 3131. Rest no more than 1 min b/t sets.

Directions:

Start in the top of a push up position. Hands and toes touching the floor, with hands directly underneath shoulders. You should form a straight line from shoulders to ankles. Keep your arms straight with no elbow bend. Drop your chest towards floor (retract) and push your chest away from the floor (protract) by using your shoulder blades. The range of motion should be small on this, don't sag!

Working Sets

24" BOX

3 x 8-12 ; 90s rest b/t

Directions:

Bend forward and place hands on edge of box shoulder width apart. With arms fully extended, walk feet back to toe position (hips fully extended) so when you descend your sternum touches the box. Maintaining a rigid torso (hips, knees, and shoulders all inline), lower your body down until the chest touches the box. After making contact with the box push torso back up until arms are fully extended and back into the starting positon

Instructions

Make sure to include 2 warmup sets on the Wall for 5-8 reps. Start with the low end of the reps and steadily increase from session to session. Once you've maxed out the reps for 3 sets, increase the sets, but to no more than 5. Be sure to stay conservative and maintain perfect form! This will allow your body to adapt between session, and keep you progressing for longer.

Accessory Work - Banded Pushdown - 2 sets of 10-30; rest as needed b/t to maintain form

Attach a band to a pullup bar - start light at first. Grasp the band with your hands close togethr and keep elbows pinned to your sides. Extend your arms under control to a locked out position position and spread the band out at the bottom to get a full contraction of the triceps. Return under control to the start position.