

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 WEIGHTLIFTING

Starting Level:

YELLOW III

Prepared For:

Frequency:

2x per week for 4 weeks
(8 progressive sessions)

Time Required:

Approx. 20 minutes

Warmup

General Warmup: Airbike/Row

On a bike or rower 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:

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:

Agility Ladder

Instructions

With an agility ladder on the ground in front of you, move through it as fast as possible. Use basic techniques like



Working Sets

Russian Swing 4-6 sets of 30 seconds 53/35; 1 min rest

Directions:

Starting position: Feet approximately hip width, in full extension (fully standing) and grasping kettlebell between legs. Initiate movement with hinge at the hips and then a full extension. At the top of the swing, the bottom of the KB should be at eye level with knees and hips at full extension.

Instructions

Start with a lighter weight before starting on the work sets. Make sure the movement feels good. Then accumulate 4 to 6 sets of 20 seconds of work. Focus on staying tight with your back straight and squeeze your butt at the top (when the KB is at eye level). You should not become so fatigued on this that you lose form. Each set should finish STRONG.



Accessory Work - 3 sets:

1 Explosive Box Jump + 10s max airbike; rest 90s

BOX:

Stand in a jumping stance with your feet under your hips. Jump to the top of the box with a focus on being explosive. Make sure both feet come off the ground at the same time. At the top of the box, make sure your hips and knees are at full extension. Then step down off the box. Take your time in between each rep, no need to rush.

AIRBIKE:

Your goal is to go HARD on this. Coordinate your push & pull to increase the output. By actively pushing and pulling, rather than only pushing or pulling, or by using only arms or legs you will make this exercise more valuable. Focus on feeling & maintaining tension on the bottom of the feet. Don't just go through the motions: actively coordinate all the elements in one flawless flow and go HARD. Rest as needed between sets