

Traditional Muscle Mass Workout WEEK #1

DAY 1 - Upper				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1a plank with alternating shoulder touches		2 x 60-90 seconds	none	
1b side plank		2 x 45-60 sec each side	1 min	
TRX Rows or Inverted Barbell Rows		3 x 8-12	1 min	
TRX Chest Press / BBell Bench / DBell Bench		3 x 8-12	1 min	
3 way shoulder raises (Front,side,rear)		3 x 8-12	1 min	
Tricep Press Downs		3 x 8-12	1 min	
Iso Hold Dumbbell Curls		3 x 8 /arm	1m	
Push Ups (full range)		50-100 total	ALAP	
ALAP - AS LITTLE AS POSSIBLE				
DAY 2 - Lower				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
anti-rotation static hold(band or cable)		2 x 30 sec each side	10 sec bw sets	
elevated plank		10 x 10 seconds	10 sec bw sets	
KBell Jump Squats		4 x 4	30s	
Trap Bar Deadlift or Box Squats		3 x 8	60s	
Rear Foot Elevated Split Squats		3 x 8/leg	60s	
TRX Hamstring Curls - heels in cradles	Body	3 x 8	60s	
STAIRS - walk down and jog up		5-10 min	NA	
stretching and cool down			5 min	
DAY 3 Pre Hab				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
Side Lying External Rotation		3 x 12-15/arm	60s	
Banded Terminal Knee extensions (TKE's)	Purple	3 x 12-15/leg	60s	
Shoulder capsule stretch	Black	2 x Full ROM	60s	
Y,T,I - thumbs up		3 x 10s hold	60s	
Hex Dumbbell Holds		2 x ALAP	60s	
Cook Hip Lift		3 x 8 / leg	60s	
Standing step over banded leg raises		3 x 12-15/leg	60s	
Stairs for some extra intervals				

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DAY 4 Upper			DATE:	
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
Push Up Walk outs with hands		3 x 8	60s	
Dumbbell or barbell bench Press/ Opposite of Day 1		3 x 8-10	60s	
Seated Row		3 x 8-10	60s	
Seated Military Press		3 x 8-10	60s	
Wide Grip Lat Pull Downs		3 x 8-10	60s	
Rolling Tricep Extensions		3 x 8-10	60s	
Chin Ups - use bands or gravitron if needed		Your Max plus 50% as fast as possible	ALAP	

DAY 5 Lower			DATE:	
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
Kneeling Jumps	BW	3 x 4	30s	
Standing Core Routine		2 x 60-90 seconds	1 min	
Standing Cable Choppers		3 x 8/side	1 min	
Front/Goblet Squats		3 x 8-10	1 min	
dbell single-leg deadlift		3 x 8/leg	1 min	
DBell Reverse Lunges		3 x 8/leg	1 min	
Swiss Ball Hamstring Curls - single leg if possible		3 x 8/leg	1 min	
Skipping		5-10 min	NA	
stretching and cooldown			5 min	

Self Evaluation for the week: Logbook Mark: /10 Mark for the Week: /20 /25

Arrived on time every day	Proper Clothing every day	Completed Full Roll out every day	Completed Full Warm Up every day	Intensity - used the full period effectively	Worked on a program every day	Filled in Logbook every day	TOTAL
1	1	1	1	0 1 2 3	0 1 2	1	/10
Date • recorded the date each day		Weights & Exercises • recorded accurate weights for each exercise		Feedback • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used)		Self-Evaluation • completed for the week • assessed effort, performance, time on task, preparedness	
Done 1	Not Done 0	Done 3	Not Done 2 1 0	Thorough 5 4 3	Incomplete 2 1 0	Done 1	Not Done 0