

## Traditional Muscle Mass Workout WEEK #3

<b>DAY 1 - Upper</b>			<b>DATE:</b>	
<b>WARM UP:</b>				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1a plank with alternating shoulder touches		2 x 60 seconds	none	
1b side plank		2 x 45-60 sec each side	1 min	
TRX Rows or Inverted Barbell Rows		5 x 8	none	
TRX Chest Press/BBell Bench/DBell Bench		5 x 8	1 min	
3 way shoulder raises (Front,side,rear)		5 x 8	1 min	
Tricep Press Downs		5 x 8	1 min	
Iso Hold Dumbbell Curls		5 x 8 /arm	1m	
Push Ups (full range)		50-100 total	ALAP	
ALAP - AS LITTLE AS POSSIBLE				
<b>DAY 2 - Lower</b>			<b>DATE:</b>	
<b>WARM UP:</b>				
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		5 x 4	30s	
Trap Bar Deadlift or Box Squats		5 x 8	60s	
Rear Foot Elevated Split Squats		5 x 8/leg	60s	
TRX Hamstring Curls - heels in cradles	Body	5 x 8-15	60s	
STAIRS - walk down and jog up		5-10 min	NA	
stretching and foam rolling			5 min	
<b>DAY 3 Pre Hab</b>			<b>DATE:</b>	
<b>WARM UP:</b>				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
Side Lying External Rotation		3 x 8/arm	60s	
5 Point Munford Toe Reach	BW	3 x around /set 3 sets/leg	60s	
Blackburns	2.5 or 5	2 rounds 15s/ 4 positions	60s	
Cossack Squats		3 x 8/side	60s	
Hex DBell Hold -		2 x ALAP	90s	
Cook Hip Lift		4 x 8/leg	90s	
<a href="#">Standing step over banded leg raises</a>		3 x 8/side	2x the set	
Stairs 5-10 min		walk down and run up		

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stretching and foam rolling				
<b>DAY 4 Upper</b>			<b>DATE:</b>	
<b>WARM UP:</b>				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
Push Up Walk outs with hands		5 x 8	60s	
Dumbbell or barbell bench Press/ Opposite of Day 1		5 x 8	60s	
3A Seated Row		5 x 8	none	
3B Seated Military Press		5 x 8	60s	
4A Wide Grip Lat Pull Downs		5 x 8	none	
4B Rolling Tricep Extensions		5 x 8	60s	
Chin Ups - use bands or gravitron if needed		Your Max plus 60% as	<b>ALAP</b>	
stretching and foam rolling		fast as possible		
<b>ALAP - AS LITTLE AS POSSIBLE</b>				

<b>DAY 5 Lower</b>			<b>DATE:</b>	
<b>WARM UP:</b>				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
Kneeling Jumps	BW	4 x 4	30s	
Standing Core Routine		2 Rounds	1 min	
Standing Cable Choppers		4 x 8/side	1 min	
Front/Goblet Squats		5 x 8 - 5 s lowering	1 min	
dbell single-leg deadlift		5 x 8/leg	1 min	
DBell Reverse Lunges		5 x 8/leg	1 min	
Swiss Ball Hamstring Curls - single leg if possible		5 x 8/leg	1 min	
Skipping		5-10 min	NA	
stretching and foam rolling			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
<b>Date</b> • recorded the date each day		<b>Weights &amp; Exercises</b> • recorded accurate weights for each exercise		<b>Feedback</b> • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used)		<b>Self-Evaluation</b> • 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