

## Traditional Muscle Mass Workout WEEK #11

<b>DAY 1 - Upper</b>		<b>DATE:</b>		
<b>WARM UP:</b>				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1a Standing Core Routine		1 Round	1 min	
1b side plank		2 x 30-45 sec each side	1 min	
TRX Single Arm, Single Leg Row		5 x 12 (3sec. eccentric)	1 min	
Bench Press/BBell or DBell		5 x 8 (3sec. eccentric)	1 min	
3 way shoulder raises (Front,side,rear)		5 x 10	1 min	
Tricep Press Downs		5 x 8	1 min	
Barbell Curls		4 x 10 (3sec. eccentric)	1m	
Burpees and swings		10 each to 1 each	ALAP	
stretching and foam rolling				
<b>ALAP - AS LITTLE AS POSSIBLE</b>				
<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 s bw sets	
Standing Core Routine - blue signs		1 complete set	60s	
KBell Jump Squats		4 x 4	30s	
12' Plyo Box Drop Jumps		24-30 total jumps	ALAP	
Rear Foot Elevated Split Squats		5 x 10/leg	60s	
Glute Ham Raise - use band if needed	Body	5 x 8	60s	
Skipping		5-10 minutes	as needed	
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
1. Single Leg Squats with band at 90'	orange	3 x 6/leg	60s	
2. Black burns - 4 positions	2.5 or 5	3 x 15s/position	60s	
3. Side Plank against wall with leg lift		3 x 8-10/leg	60s	
4. Diagonal Band Pull Aparts - thumbs up		3 x 20-25	60s	
5. Standing Fwd and Bkwd Leg swings		3 x 15/leg	60s	
6. Cossack Squats		3 x 8/side	60s	
<b>7. Munford Matrix -use a lighter weight</b>		3 rounds	2x the set	
Skipping		5-10 minutes		
stretching and foam rolling				

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<b>DAY 4 Upper</b>			<b>DATE:</b>	
<b>WARM UP:</b>				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
TRX Hip Ups		4 x 12- 20	60s	
Single Arm Dumbbell Chest Press		5 x 10/arm (3s eccentric)	60s	
Close Grip Bench Press		5 x10 (3sec. eccentric)	60s	
1/2 kneeling Dbell Press		5 x 10	60s	
a) Wide Grip Lat Pull Downs		5 x 10	60s	
Tate Press		4 x 8	60s	
Seated Row		2x max reps	ALAP	
15 5 s lowering chin ups		3 x 5 or 5 x 3		
stretching and foam rolling				
<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	3x3	30s	
Standing Core Routine		1 Round	1 min	
Standing Cable Choppers		4 x 8 / side	1 min	
Front/Goblet Squats		5 x 8	1 min	
Dbell single-leg deadlift		5 x 8/leg	1 min	
DBell Reverse Lunges		5 x 8/leg	1 min	
Glute Ham raise (use purple band if needed)	Body	5 x 8/leg	1 min	
<b>Body Weight Complex</b>		3 sets	1m	
stretching and foam rolling			5 min	
<b>Body Weight Complex - 30 Mt Climbers, 20 Push Ups, 10 Groiners, 5 Burpees</b>				

**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