

## Traditional Muscle Mass Workout WEEK #4

<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	1 min	
1b side plank		2 x 45-60 sec each side	1 min	
2 A Wide Grip Seated Row		5 x 8-10	none	
2 B DBell Floor press - watch your elbows		5 x 8-10	1 min	
3 Modified Arnold Press - Out up in down		5 x 8-10	30-60s	
4 A Rolling Tricep Press		5 x 8-10	none	
4 B Iso Hold Dumbbell Curls		5 x 8 /arm	1m	
Push Ups (full range) <b>4 s LOWERING</b>		50-100 total	<b>ALAP</b>	
<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 sec bw sets	
elevated plank (feet)		4 x 20 seconds	10 sec bw sets	
Kneeling Jumps		5 x 4	30s	
Trap Bar Deadlift or Box Squats		5 x 8-10	60s	
Rear Foot Elevated Split Squats		3 x 12/leg	60s	
Swiss Ball Ham Curls	Body	3 x 15-20	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 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				
stretching and foam rolling				

## Traditional Muscle Mass Workout WEEK #4

### DAY 4 Upper

DATE: \_\_\_\_\_

#### WARM UP:

Exercise	Weight	Sets/Reps	Active Recovery	feedback
1 TRX Hip ups		3-5 x 8-10	60s	
2 Dumbbell or barbell bench Press/ Opposite of Day 1		5 x 8-10	60s	
3 A - Seated Row		5 x 8-10	none	
3 B Half Kneeling Military Press		5 x 8-10/arm	60s	
4 A Wide Grip Lat Pull Downs		5 x 8-10	none	
4 B Rolling Tricep Extensions		5 x 8-10		
5 Chin Ups - use bands or gravitron if needed		Your Max plus 70% as	<b>ALAP</b>	
stretching and foam rolling		fast as possible		
<b>ALAP - AS LITTLE AS POSSIBLE</b>				

### DAY 5 Lower

DATE: \_\_\_\_\_

#### WARM UP:

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