

Traditional Muscle Mass Workout WEEK #5

DAY 1 - Upper (decrease weights by 20-30%)

DATE:

WARM UP:

Exercise	Weight	Sets/Reps	Active Recovery	feedback
1a plank		3 x 60-90 seconds	1 min	
1b side plank		3 x 45-60 sec each side	1 min	
Wide grip lat pull downs		2 x 8	1 min	
DBell Floor press - watch your elbows		2 x 8	1 min	
Military press -alternate and keep the		2 x 8	1 min	
Rolling Tricep Press		2 x 8	1 min	
Isohold DBell Curls		2 x 8	1m	
Push Ups		50-100 total	ALAP	
ALAP - AS LITTLE AS POSSIBLE				

DAY 2 - Lower(decrease weights by 20-30%)

DATE:

WARM UP:

Exercise	Weight	Sets/Reps	Active Recovery	feedback
anti-rotation static hold(band or cable)		2 x 30 sec each side	10 s bw sets	
elevated plank		3 x 20 seconds	10 s bw sets	
Kneeling Jumps		3 x 3	30s	
Trap Bar Deadlift or Box Squats		2 x 8	60s	
Rear Foot Elevated Split Squats		2 x 6/leg	60s	
Swiss Ball Ham Curls	Body	2 x 12	60s	
STAIRS - walk down and jog up		5-10 min	NA	
stretching and foam rolling			5 min	

DAY 3 Pre Hab (decrease weights by 20-30%)

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	
I, Y, T, W on the TRX		3 x 30-45s	60s	
Wrist Roller		3 x Rope	60s	
Cook Hip Lift		3 x 8 / leg	60s	
Standing step over banded leg raises	Red	3 x 12-15/leg	60s	
Munford Matrix (Use DBells)		3 rounds	2x the set	
Skipping		5-10 minutes		

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DAY 4 Upper(decrease weights by 20-30%)

DATE:

WARM UP:

Exercise	Weight	Sets/Reps	Active Recovery	feedback
Push Up Walk outs with hands		3 x 6	60s	
Dumbbell or barbell bench Press		2 x 8	60s	
Seated Row		2 x 8	60s	
Seated Military Press		2 x 8	60s	
Wide Grip Lat Pull Downs		2 x 8	60s	
Rolling Tricep Press		2 x 8	60s	
Chin Ups - use bands or gravitron if needed		Your Max plus 20% as fast as possible	ALAP	
stretching and foam rolling				
ALAP - AS LITTLE AS POSSIBLE				

DAY 5 Lower (decrease weights by 20-30%)

DATE:

WARM UP:

Exercise	Weight	Sets/Reps	Active Recovery	feedback
Kneeling Jumps	BW	3x3	30s	
Standing Core Routine		2 Rounds	1 min	
Standing Cable Choppers		3 x 12/side	1 min	
Front/Goblet Squats		3 x 12	1 min	
Dbell single-leg deadlift		2 x 6/leg	1 min	
DBell Reverse Lunges		2 x 6/leg	1 min	
Swiss Ball Hamstring Curls - single leg if possible		2 x 6/leg	1 min	
Body Weight Complex		3 Rounds	1m	
stretching and foam rolling			5 min	
Body Weight Complex - 30 Mt Climbers, 20 Push Ups, 10 Groiners, 5 Burpees				

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