

## Traditional Muscle Mass Workout WEEK #6

<b>DAY 1 - Upper</b>				<b>DATE:</b>	
<b>WARM UP:</b>					
Exercise	Weight	Sets/Reps	Active Recovery	feedback	
1a plank		2 x 60-90 seconds	none		
1b side plank		2 x 45-60 sec each side	1 min		
2 A Wide grip lat pull downs		3 x 8	none		
2 B DBell Floor press - watch your elbows		3 x 8	1 min		
3 Military press -alternate and keep the		3 x 8	1 min		
4 A Rolling Tricep Press		3 x 8	None		
4 B Zottman Curls		3 x 8 /arm	1m		
Push Ups		50-100 total	ALAP		
<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		
Trap Bar Deadlift or Box Squats		3 x 8	60s		
Rear Foot Elevated Split Squats		3 x 8/leg	60s		
Swiss Ball Ham Curls - single leg if possible	Body	3 x 12-15	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 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		
Cossack Squats		3 x 8/side	60s		
Standing step over banded leg raises	Red	3 x 12-15/leg	60s		
<b>Munford Matrix -use a lighter weight</b>		3 rounds	2x the set		
Skipping		5-10 minutes			

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<b>DAY 4 Upper</b>			<b>DATE:</b>	
<b>WARM UP:</b>				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1 Push Up to Plank - Up downs		3 x 6	60s	
2 Dumbbell or barbell bench Press		3 x 8-10	60s	
3A Seated Row		3 x 8-10	None	
3B Seated Military Press		3 x 8-10	60s	
4A Wide Grip Lat Pull Downs		3 x 8-10	None	
4B Rolling Tricep Press		3 x 8-10	60s	
Chin Ups - use bands or gravitron if needed		Your Max plus 50% as fast as possible	ALAP	
<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 or DB Squat Jumps	BW/10's	3x3	30s	
Standing Core Routine		1 Round	1 min	
Standing Cable Choppers		3 x 8/side	1 min	
Front/Goblet Squats		3 x 8	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	
Body Weight Complex		3 Rounds	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