

Traditional Muscle Mass Workout WEEK #7

DAY 1 - Upper			DATE:	
WARM UP:				
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 other arm high		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	
stretching and foam rolling				
ALAP - AS LITTLE AS POSSIBLE				
DAY 2 - Lower			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	
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	
DAY 3 Pre Hab			DATE:	
WARM UP:				
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	
7. Munford Matrix -use a lighter weight		2 rounds	2x the set	
Skipping		5-10 minutes		
stretching and foam rolling				

Traditional Muscle Mass Workout WEEK #7

DAY 4 Upper			DATE:	
WARM UP:				
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	
stretching and foam rolling				
ALAP - AS LITTLE AS POSSIBLE				

DAY 5 Lower			DATE:	
WARM UP:				
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		4 x 8	1 min	
Dbell single-leg deadlift		4 x 8/leg	1 min	
DBell Reverse Lunges		4 x 8/leg	1 min	
Swiss Ball Hamstring Curls - single leg if possible		3 x 8	1 min	
Body Weight Complex		3 Rounds	1m	
stretching and foam rolling				
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		Weights & Exercises		Feedback		Self-Evaluation	
• recorded the date each day		• recorded accurate weights for each exercise		• provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used)		• completed for the week • assessed effort, performance, time on task, preparedness	
Done	Not Done	Done	Not Done	Thorough	Incomplete	Done	Not Done
1	0	3	2	1	0	1	0