

Traditional Muscle Mass Workout WEEK #9

DAY 1 - Upper			DATE:	
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1a plank		2 x 60-90 seconds	1 min	
1b side plank		2 x 45-60 sec each side	1 min	
TRX Single Arm, Single Leg Row		4 x 12 (3sec. eccentric)	1 min	
Bench Press/BBell or DBell		4 x 12 (3sec. eccentric)	1 min	
3 way shoulder raises (Front,side,rear)		4 x 10	1 min	
Tricep Press Downs		4 x 8	1 min	
TRX Single Arm Isolated Bicep Curl		4 x 10/arm (3sec. eccentric)	1m	
Push Ups - Record Time: _____		50-100 AFAP	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	
12' Plyo Box Drop Jumps		20-24 total jumps	60s	
Rear Foot Elevated Split Squats		3 x 8/leg	60s	
Glute Ham Raise	Body	4 x 8-12	60s	
Skipping		5-10 minutes	as needed	
stretching and foam rolling				
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				
stretching and foam rolling				

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DAY 4 Upper			DATE:	
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
TRX Hip Ups - 2 feet in the cradles		4 x 12	60s	
Single Arm Dumbbell Chest Press		4 x 10/arm (3s eccentric)	60s	
Close Grip Bench Press		4x10 (3sec. eccentric)	60s	
1/2 kneeling Dbell Press		4 x 10/arm	60s	
a) Wide Grip Lat Pull Downs		4 x 10	60s	
b) Explosive Band Pulldowns		4 x20*as fast as possible	60s	
Seated Row		2x max reps	ALAP	
Push Ups		15, 14, 13, ...,1		
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		3 x 12/side	1 min	
Front/Goblet Squats		3 x 12	1 min	
Dbell single-leg deadlift		4 x 8/leg (3s eccentric)	1 min	
DBell Reverse Lunges		4 x 8/leg (3s eccentric)	1 min	
Glute Ham raise (use purple band if needed)	Body	3 x 8	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