



**DP BALLISTIC
PERFORMANCE**

STARTER PACK

HOW TO EAT

THE PLATE METHOD

BP BALL
PERFOR
CARING | CONFIDEN



HOW TO EAT

THE PLATE METHOD

Building Your Plate

We did not create the Plate Method, but in our experience, it is the most simple and sustainable way to eat.

Start with a standard size dinner plate...

- Fill 1/2 with vegetables (and fruit)
- Fill 1/4 with protein
- Fill 1/4 with starchy carbohydrates

Lastly, if you choose a leaner protein source such as chicken, white fish, turkey, or even venison, you'll need to add a thumb-sized portion of fat to the meal by cooking the vegetables in extra virgin olive oil, grass-fed butter, etc. Or, you can incorporate nuts and seeds as the fat source.

Food quality and quantity

We recommend that you eat real, nutrient-dense foods (see examples on the next slide) 90% of the time. Enjoy and indulge in your favorite foods, and be a normal human being 10% of the time.

Staying Hydrated

We recommend that you drink 1/2 of your body weight in ounces per day. If you're a highly-active individual or live/work in a hot climate, we recommend consuming an additional 10-15 ounces per hour of activity.

Sources:

- Water
- Soda Water
- Electrolyte Drinks
- Unsweetened decaf or herbal tea
- Coconut Water

How to increase fluid intake

- Drink one full glass of water first thing in the morning
- Carry a water bottle with you AT ALL TIMES
- Flavor water with fruit, electrolytes, MiO, etc.
- Bubbles (i.e. drink soda water)
- Set alarms on your phone
- Chase every beverage with a glass of water
- Track/log your intake

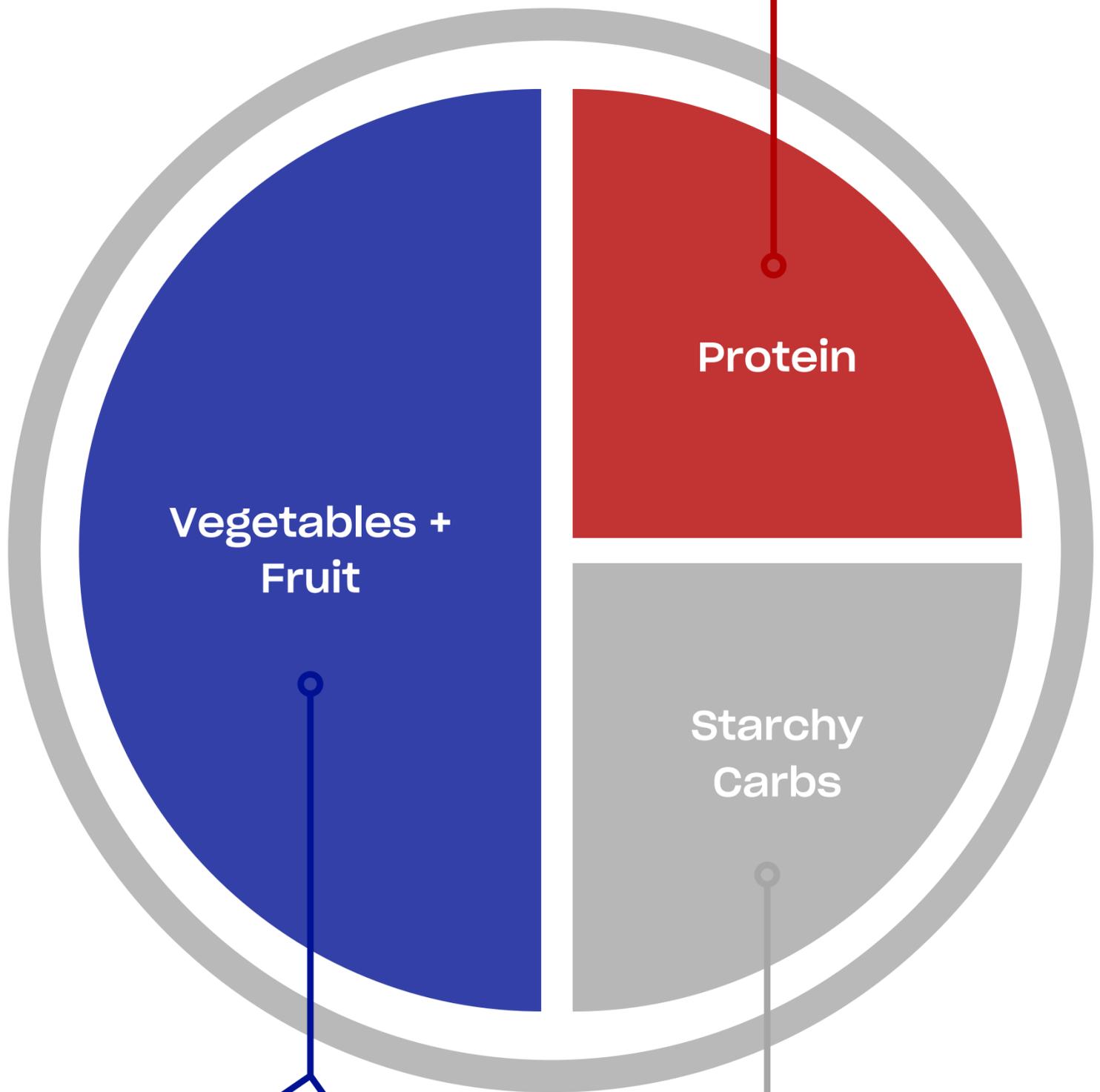
THE PLATE METHOD

Lean Beef
Bison
Chicken Breast
Chicken Thigh
Eggs
Fish + Seafood

Greek Yogurt
Lamb
Pork
Steak
Turkey
Venison



Drink half your
body weight in
ounces per day



Apples
Asparagus
Bananas
Bell Peppers
Berries
Broccoli
Brussel Sprouts
Butternut Squash
Carrots
Cauliflower
Citrus Fruits
Cucumber
Green Beans

Mangos
Mushrooms
Onions
Pears
Snow peas
Spaghetti Squash
Spinach
Sugar Snap Peas
Watermelon
Zucchini

Black-eyed Peas
Bread
Brown Rice
Chickpeas
Corn
Lentils
Pasta
Potatoes
Sweet Potato
White Rice





HOW TO TRAIN

INTERVAL-BASED WORKOUTS

HOW TO TRAIN

HOW THE PROGRAM WORKS

Frequency + Time

There are four sessions per week (two full-body resistance training and two conditioning). Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery. The full-body RT sessions are repeated across the four weeks.

The sessions are designed to be performed as follows:

Monday - Day 1

Tuesday - Day 2

Wednesday - Rest

Thursday - Day 3

Friday - Day 4

Saturday - Rest

Sunday Rest

You do not need to perform the sessions on the exact days listed above, but you **NEED** to take a rest day between days 2 and 3, and you **NEED** to rest at least 24 hours (ideally 48 hours) between days 4 and 1.

Resistance Training Format

The clock is going to be your guide. There are three sets per exercise, all sets are performed on a one-minute interval, and there is a one-minute rest between exercises.

For example, the first exercise runs from the 6:00 minute mark until the 9:00 minute mark. So, you would perform one set between 6:00 and 7:00, one set between 7:00 and 8:00, and the final set between 8:00 and 9:00. Then, you would rest from 9:00-10:00 before starting the next exercise.

Conditioning Format

Once again, the clock will be your guide, but the format of the intervals will vary across each week. The intended stimulus and Rate Perceived Exertion are listed below each session. This is how the workout should feel (e.g., how many reps should be completed without resting, how heavy the loads should be, how quickly each round should be completed, etc.). Scaling options and modifications are listed below the stimulus for each session.

Instructions

There are four sessions per week (two full-body resistance training and two conditioning). Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery. The full-body RT sessions are repeated across the four weeks.

The clock is going to be your guide. There are three sets per exercise, all sets are performed on a one-minute interval, and there is a one-minute rest between exercises. For example, the Dumbbell Hang Muscle Clean runs from the 6:00 minute mark until the 9:00 minute mark. So, you would perform one set between 6:00 and 7:00, one set between 7:00 and 8:00, and the final set between 8:00 and 9:00. Then, you would rest from 9:00-10:00 before starting the next exercise.

Lastly, it's essential to take note of the prescribed tempo (TMP) or rate perceived exertion (RPE) for each exercise. Tempo is always written in the same order: the first number is the eccentric phase (i.e., the way down), the second number is the first isometric phase (i.e., the hold), the third number is the concentric phase (i.e., the way up), and the fourth number is the second isometric phase (i.e., the second hold). "X" means eXplode up.

Prep

Time	
0:00-5:00	<p>One round:</p> <p>Minute One - Inchworm</p> <p>Minute Two - Push-up + Down Dog</p> <p>Minute Three - World's Greatest Stretch, 30sec/side</p> <p>Minute Four - Alternating Pigeon Pose</p> <p>Minute Five - Burpee + Air Squat</p>

Training

Time	Exercise	INT	RPE	TMP	SET	REP	WT
6:00-9:00	Dumbbell Hang Muscle Clean	1:00	7-8		3	5	
10:00-13:00	Goblet Squat	1:00		31X1	3	5	
14:00-17:00	Dumbbell Glute Bridge	1:00		10X1	3	10	
18:00-21:00	Dumbbell Bench Press	1:00		10X1	3	10	
22:00-25:00	Three-point Dumbbell Row	1:00		30X0	3	5ea	

Recovery

Time	
26:00-30:00	<p>Two-minute Couch Stretch, one minute per side</p> <p>Two-minute Elevated Pigeon pose, one minute per side</p>

Modifications

Exercise	Option 1	Option 2	Option 3
Hang Clean	Decrease load	Russian DB Swing	Band Pull-through
Goblet Sqt	Decrease load	Goblet Squat to box	Air Squat to box
Glute Bridge	Decrease load	Glute Bridge, no wt.	
Bench Press	Decrease load	DB Floor Press	Push-up
3-Pt. Row	Decrease load	Decrease reps	



Instructions

There are two conditioning sessions per week, the movements and formats will change each week, and the intensities will vary each session. Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery.

Once again, the clock will be your guide, but the format of the intervals will vary across each week. The intended stimulus is listed below each session. This is how the workout should feel (e.g., how many reps should be completed without resting, how heavy the loads should be, how quickly each round should be completed, etc.). Scaling options and modifications are listed below the stimulus for each session.

Lastly, it's essential to take note of the prescribed RPE for each session. RPE stands for Rate Perceived Exertion (i.e., the intensity of the session). We utilize the OMNI RPE scale which ranges from 1-10. "1" is the equivalent of sitting on the couch binge watching Netflix. "10" is all-out, blackout, and redline status.

Prep

Time	
0:00-5:00	One round: Minute One - Rocking Calf Raise Minute Two - Lunge + Torso Rotation Minute Three - Single-leg RDL, 30sec/side Minute Four - Groiner Stretch Minute Five - Run

Training

Time	
6:00-26:00	Every five minutes, for 20 minutes: 200-ft Farmer Carry 400-meter Run 20x Sit-up RPE 4-5
Stimulus	Farmer Carry - moderate load; unbroken distance Run - completed in ~1:30-2:00 Sit-up - steady, continuous movement; unbroken reps Goal - complete each round in ~3:15-3:45
Scaling	Farmer Carry - decrease load; decrease distance Run - decrease distance; modify to bike (2x distance); modify to row (same distance) Sit-up - decrease reps

Recovery

Time	
27:00-30:00	Two-minute Wall-supported Calf Stretch



Instructions

There are four sessions per week (two full-body resistance training and two conditioning). Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery. The full-body RT sessions are repeated across the four weeks.

The clock is going to be your guide. There are three sets per exercise, all sets are performed on a one-minute interval, and there is a one-minute rest between exercises. For example, the Dumbbell Hang Muscle Clean runs from the 6:00 minute mark until the 9:00 minute mark. So, you would perform one set between 6:00 and 7:00, one set between 7:00 and 8:00, and the final set between 8:00 and 9:00. Then, you would rest from 9:00-10:00 before starting the next exercise.

Lastly, it's essential to take note of the prescribed tempo (TMP) or rate perceived exertion (RPE) for each exercise. Tempo is always written in the same order: the first number is the eccentric phase (i.e., the way down), the second number is the first isometric phase (i.e., the hold), the third number is the concentric phase (i.e., the way up), and the fourth number is the second isometric phase (i.e., the second hold). "X" means eXplode up.

Prep

Time	
0:00-5:00	<p>One round:</p> <p>Minute One - Inchworm + Push-up + Groiner Stretch</p> <p>Minute Two - Alternating Samson Stretch</p> <p>Minute Three - Alternating Pigeon Pose</p> <p>Minute Four - Single-leg Glute Bridge, 30sec/side</p> <p>Minute Five - Reverse Lunge</p>

Training

Time	Exercise	INT	RPE	TMP	SET	REP	WT
6:00-9:00	Dumbbell Push Press	1:00	7-8		3	5	
10:00-13:00	Dumbbell RDL	1:00		11X1	3	10	
14:00-17:00	Dumbbell Split Squat	1:00		30X1	3	5ea	
18:00-21:00	Dual Dumbbell Bent-over Row	1:00		20X1	3	10	
22:00-25:00	Half-kneeling Single-arm DB Press	1:00		30X1	3	5ea	

Recovery

Time	
26:00-30:00	<p>Two-minute T-spine Mobilization</p> <p>Two-minute Sink Stretch</p>

Modifications

Exercise	Option 1	Option 2	Option 3
Push Press	Decrease load	Single-arm	
DB RDL	Decrease load	Single-dumbbell	
Split Squat	Decrease load	Decrease reps	Split Squat, no wt.
Bent-over R.	Decrease load	Decrease reps	Three-point DB Row
Half-kneel P.	Decrease load	Tall-kneeling	Standing Single-arm



Instructions

There are two conditioning sessions per week, the movements and formats will change each week, and the intensities will vary each session. Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery.

Once again, the clock will be your guide, but the format of the intervals will vary across each week. The intended stimulus is listed below each session. This is how the workout should feel (e.g., how many reps should be completed without resting, how heavy the loads should be, how quickly each round should be completed, etc.). Scaling options and modifications are listed below the stimulus for each session.

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Prep

Time	
0:00-5:00	One round: Minute One - FHL Calf Raise Minute Two - Inchworm + Push-up Minute Three - Shoot-the-moon Minute Four - Single-arm Dumbbell Push Press, 30sec/side Minute Five - Single-arm Overhead DB Carry, 30sec/side

Training

Time	
6:00-26:00	Six Cycles Complete as many repetitions as possible in one minute: 30x Ali Shuffle 9x Dumbbell Snatch Max Rep Burpee RPE 6-7 Rest one two minutes between cycles.
Stimulus	Ali Shuffle - fast, continuous movement Dumbbell Snatch - moderate-to-heavy load; unbroken reps Burpee - steady, continuous movement Goal - reach the burpee with ~30 seconds remaining
Scaling	Ali Shuffle - decrease reps Dumbbell Snatch - decrease load; decrease reps; Single-arm Dumbbell Push Press Burpee - Up-down

Recovery

Time	
27:00-30:00	Two-minute Prone Pec Smash w/ lacrosse ball



Instructions

There are four sessions per week (two full-body resistance training and two conditioning). Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery. The full-body RT sessions are repeated across the four weeks.

The clock is going to be your guide. There are three sets per exercise, all sets are performed on a one-minute interval, and there is a one-minute rest between exercises. For example, the Dumbbell Hang Muscle Clean runs from the 6:00 minute mark until the 9:00 minute mark. So, you would perform one set between 6:00 and 7:00, one set between 7:00 and 8:00, and the final set between 8:00 and 9:00. Then, you would rest from 9:00-10:00 before starting the next exercise.

Lastly, it's essential to take note of the prescribed tempo (TMP) or rate perceived exertion (RPE) for each exercise. Tempo is always written in the same order: the first number is the eccentric phase (i.e., the way down), the second number is the first isometric phase (i.e., the hold), the third number is the concentric phase (i.e., the way up), and the fourth number is the second isometric phase (i.e., the second hold). "X" means eXplode up.

Prep

Time	
0:00-5:00	<p>One round:</p> <p>Minute One - Inchworm</p> <p>Minute Two - Push-up + Down Dog</p> <p>Minute Three - World's Greatest Stretch, 30sec/side</p> <p>Minute Four - Alternating Pigeon Pose</p> <p>Minute Five - Burpee + Air Squat</p>

Training

Time	Exercise	INT	RPE	TMP	SET	REP	WT
6:00-9:00	Dumbbell Hang Muscle Clean	1:00	7-8		3	5	
10:00-13:00	Goblet Squat	1:00		31X1	3	5	
14:00-17:00	Dumbbell Glute Bridge	1:00		10X1	3	10	
18:00-21:00	Dumbbell Bench Press	1:00		10X1	3	10	
22:00-25:00	Three-point Dumbbell Row	1:00		30X0	3	5ea	

Recovery

Time	
26:00-30:00	<p>Two-minute Couch Stretch, one minute per side</p> <p>Two-minute Elevated Pigeon pose, one minute per side</p>

Modifications

Exercise	Option 1	Option 2	Option 3
Hang Clean	Decrease load	Russian DB Swing	Band Pull-through
Goblet Sqt	Decrease load	Goblet Squat to box	Air Squat to box
Glute Bridge	Decrease load	Glute Bridge, no wt.	
Bench Press	Decrease load	DB Floor Press	Push-up
3-Pt. Row	Decrease load	Decrease reps	



Instructions

There are two conditioning sessions per week, the movements and formats will change each week, and the intensities will vary each session. Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery.

Once again, the clock will be your guide, but the format of the intervals will vary across each week. The intended stimulus is listed below each session. This is how the workout should feel (e.g., how many reps should be completed without resting, how heavy the loads should be, how quickly each round should be completed, etc.). Scaling options and modifications are listed below the stimulus for each session.

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Prep

Time	
0:00-5:00	One round: Minute One - Inchworm, no Push-up Minute Two - Alternating Samson Stretch Minute Three - Cossack Squat, 30sec/side Minute Four - Roller V Minute Five - Glute Bridge

Training

Time	
6:00-26:00	Three rounds: 20x Dumbbell Russian Swing 20x Skater Jump 20x Plank Pull-through —Six-minute Rest— For time: 60x Dumbbell Russian Swing 60x Skater Jump 60x Plank Pull-through RPE 6-7
Stimulus	Dumbbell Russian Swing - moderate to heavy load; unbroken reps Skater Jump - steady, continuous movement Plank Pull-through - light to moderate load (it does NOT need to be the same as the Russian Swing); completed in 1-2 attempts per round Goal - complete the first three-round piece in ~6:00-6:45
Scaling	Dumbbell Russian Swing - decrease load; decrease reps Skater Jump - decrease reps; modify to lateral line hop (2x reps) Plank Pull-through - decrease load; decrease reps; Low Front Plank (45-60sec)

Recovery

Time	
27:00-30:00	Two-minute PNF Hamstring Stretch



Instructions

There are four sessions per week (two full-body resistance training and two conditioning). Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery. The full-body RT sessions are repeated across the four weeks.

The clock is going to be your guide. There are three sets per exercise, all sets are performed on a one-minute interval, and there is a one-minute rest between exercises. For example, the Dumbbell Hang Muscle Clean runs from the 6:00 minute mark until the 9:00 minute mark. So, you would perform one set between 6:00 and 7:00, one set between 7:00 and 8:00, and the final set between 8:00 and 9:00. Then, you would rest from 9:00-10:00 before starting the next exercise.

Lastly, it's essential to take note of the prescribed tempo (TMP) or rate perceived exertion (RPE) for each exercise. Tempo is always written in the same order: the first number is the eccentric phase (i.e., the way down), the second number is the first isometric phase (i.e., the hold), the third number is the concentric phase (i.e., the way up), and the fourth number is the second isometric phase (i.e., the second hold). "X" means eXplode up.

Prep

Time	
0:00-5:00	<p>One round:</p> <p>Minute One - Inchworm + Push-up + Groiner Stretch</p> <p>Minute Two - Alternating Samson Stretch</p> <p>Minute Three - Alternating Pigeon Pose</p> <p>Minute Four - Single-leg Glute Bridge, 30sec/side</p> <p>Minute Five - Reverse Lunge</p>

Training

Time	Exercise	INT	RPE	TMP	SET	REP	WT
6:00-9:00	Dumbbell Push Press	1:00	7-8		3	5	
10:00-13:00	Dumbbell RDL	1:00		11X1	3	10	
14:00-17:00	Dumbbell Split Squat	1:00		30X1	3	5ea	
18:00-21:00	Dual Dumbbell Bent-over Row	1:00		20X1	3	10	
22:00-25:00	Half-kneeling Single-arm DB Press	1:00		30X1	3	5ea	

Recovery

Time	
26:00-30:00	<p>Two-minute T-spine Mobilization</p> <p>Two-minute Sink Stretch</p>

Modifications

Exercise	Option 1	Option 2	Option 3
Push Press	Decrease load	Single-arm	
DB RDL	Decrease load	Single-dumbbell	
Split Squat	Decrease load	Decrease reps	Split Squat, no wt.
Bent-over R.	Decrease load	Decrease reps	Three-point DB Row
Half-kneel P.	Decrease load	Tall-kneeling	Standing Single-arm



Instructions

There are two conditioning sessions per week, the movements and formats will change each week, and the intensities will vary each session. Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery.

Once again, the clock will be your guide, but the format of the intervals will vary across each week. The intended stimulus is listed below each session. This is how the workout should feel (e.g., how many reps should be completed without resting, how heavy the loads should be, how quickly each round should be completed, etc.). Scaling options and modifications are listed below the stimulus for each session.

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Prep

Time	
0:00-5:00	One round: Minute One - Tibialis Raise Minute Two - FHL Calf Raise Minute Three - Alternating Samson Stretch Minute Four - Inchworm + Groiner Stretch Minute Five - Devil's Press

Training

Time	
6:00-26:00	Eight rounds, each for time: 4x Single-arm Dumbbell Hang Clean and Push Press 100-yard Shuttle Run (50x50-yards) RPE 8-10 Rest two minutes between rounds.
Stimulus	Single-arm Dumbbell Hang Clean and Push Press - moderate load; unbroken reps Shuttle Run - all-out effort Goal - complete each round in ~25-30 seconds.
Scaling	Single-arm Dumbbell Hang Clean and Push Press - decrease load; Single-arm Dumbbell Push Press Shuttle Run - decrease distance; modify to Bike or Row (10-15sec)

Recovery

Time	
27:00-30:00	Two-minute Wall-supported Calf Stretch



Instructions

There are four sessions per week (two full-body resistance training and two conditioning). Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery. The full-body RT sessions are repeated across the four weeks.

The clock is going to be your guide. There are three sets per exercise, all sets are performed on a one-minute interval, and there is a one-minute rest between exercises. For example, the Dumbbell Hang Muscle Clean runs from the 6:00 minute mark until the 9:00 minute mark. So, you would perform one set between 6:00 and 7:00, one set between 7:00 and 8:00, and the final set between 8:00 and 9:00. Then, you would rest from 9:00-10:00 before starting the next exercise.

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Prep

Time	
0:00-5:00	<p>One round:</p> <p>Minute One - Inchworm</p> <p>Minute Two - Push-up + Down Dog</p> <p>Minute Three - World's Greatest Stretch, 30sec/side</p> <p>Minute Four - Alternating Pigeon Pose</p> <p>Minute Five - Burpee + Air Squat</p>

Training

Time	Exercise	INT	RPE	TMP	SET	REP	WT
6:00-9:00	Dumbbell Hang Muscle Clean	1:00	7-8		3	5	
10:00-13:00	Goblet Squat	1:00		31X1	3	5	
14:00-17:00	Dumbbell Glute Bridge	1:00		10X1	3	10	
18:00-21:00	Dumbbell Bench Press	1:00		10X1	3	10	
22:00-25:00	Three-point Dumbbell Row	1:00		30X0	3	5ea	

Recovery

Time	
26:00-30:00	<p>Two-minute Couch Stretch, one minute per side</p> <p>Two-minute Elevated Pigeon pose, one minute per side</p>

Modifications

Exercise	Option 1	Option 2	Option 3
Hang Clean	Decrease load	Russian DB Swing	Band Pull-through
Goblet Sqt	Decrease load	Goblet Squat to box	Air Squat to box
Glute Bridge	Decrease load	Glute Bridge, no wt.	
Bench Press	Decrease load	DB Floor Press	Push-up
3-Pt. Row	Decrease load	Decrease reps	



Instructions

There are two conditioning sessions per week, the movements and formats will change each week, and the intensities will vary each session. Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery.

Once again, the clock will be your guide, but the format of the intervals will vary across each week. The intended stimulus is listed below each session. This is how the workout should feel (e.g., how many reps should be completed without resting, how heavy the loads should be, how quickly each round should be completed, etc.). Scaling options and modifications are listed below the stimulus for each session.

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Prep

Time	
0:00-5:00	One round: Minute One - Rocking Calf Raise Minute Two - Split Squat + Single-leg RDL, 30sec/side Minute Three - Lateral Shuffle Minute Four - Dumbbell Russian Swing Minute Five - Low Front Plank

Training

Time	
6:00-26:00	Every five minutes, for 20 minutes: 60x Ali Shuffle 30x Side-to-Side Dumbbell Swing 300-ft Single-arm Farmer Carry 60sec Hollow Rock RPE 4-5
Stimulus	Ali Shuffle - steady, continuous movement Side-to-Side Dumbbell Swing - light-to-moderate load; 15 reps per side; unbroken reps Single-arm Farmer Carry - moderate to heavy load (should be heavier than the Swing); 150-ft per side Hollow Rock - steady, continuous movement Goal - complete each round in ~3:30-4:00
Scaling	Ali Shuffle - decrease reps Side-to-Side Dumbbell Swing - decrease load; decrease reps Single-arm Farmer Carry - decrease load; decrease distance Hollow Rock - decrease reps; modify to Hollow Rock, tuck position; Low Front Plank

Recovery

Time	
27:00-30:00	Two-minute TFL Mobilization w/ lacrosse ball



Instructions

There are four sessions per week (two full-body resistance training and two conditioning). Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery. The full-body RT sessions are repeated across the four weeks.

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Prep

Time	
0:00-5:00	<p>One round:</p> <p>Minute One - Inchworm + Push-up + Groiner Stretch</p> <p>Minute Two - Alternating Samson Stretch</p> <p>Minute Three - Alternating Pigeon Pose</p> <p>Minute Four - Single-leg Glute Bridge, 30sec/side</p> <p>Minute Five - Reverse Lunge</p>

Training

Time	Exercise	INT	RPE	TMP	SET	REP	WT
6:00-9:00	Dumbbell Push Press	1:00	7-8		3	5	
10:00-13:00	Dumbbell RDL	1:00		11X1	3	10	
14:00-17:00	Dumbbell Split Squat	1:00		30X1	3	5ea	
18:00-21:00	Dual Dumbbell Bent-over Row	1:00		20X1	3	10	
22:00-25:00	Half-kneeling Single-arm DB Press	1:00		30X1	3	5ea	

Recovery

Time	
26:00-30:00	<p>Two-minute T-spine Mobilization</p> <p>Two-minute Sink Stretch</p>

Modifications

Exercise	Option 1	Option 2	Option 3
Push Press	Decrease load	Single-arm	
DB RDL	Decrease load	Single-dumbbell	
Split Squat	Decrease load	Decrease reps	Split Squat, no wt.
Bent-over R.	Decrease load	Decrease reps	Three-point DB Row
Half-kneel P.	Decrease load	Tall-kneeling	Standing Single-arm



Instructions

There are two conditioning sessions per week, the movements and formats will change each week, and the intensities will vary each session. Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery.

Once again, the clock will be your guide, but the format of the intervals will vary across each week. The intended stimulus is listed below each session. This is how the workout should feel (e.g., how many reps should be completed without resting, how heavy the loads should be, how quickly each round should be completed, etc.). Scaling options and modifications are listed below the stimulus for each session.

Lastly, it's essential to take note of the prescribed RPE for each session. RPE stands for Rate Perceived Exertion (i.e., the intensity of the session). We utilize the OMNI RPE scale which ranges from 1-10. "1" is the equivalent of sitting on the couch binge watching Netflix. "10" is all-out, blackout, and redline status.

Prep

Time	
0:00-5:00	One round: Minute One - Ricking Calf Raise Minute Two - Lunge + Torso Rotation Minute Three - Single-leg RDL Minute Four - Air Squat Minute Five - Burpee

Training

Time	
6:00-26:00	Five Cycles Complete as many repetitions as possible in two minutes: 200-meter Run 8x Devil's Press Max Rep Dumbbell Front Squat Rest two minutes between cycles. RPE 6-7
Stimulus	Run - completed in ~35-45 seconds Devil's Press - light-to-moderate load; unbroken reps Dumbbell Front Squat - ideally the same load as the Devil's Press; fast, continuous reps Goal - reach the Dumbbell Front Squat with ~30 seconds remaining
Scaling	Run - decrease distance; modify to bike (2x distance)' modify to Row (same distance) Devil's Press - decrease load; Burpee Dumbbell Front Squat - decrease load; Squat to box

Recovery

Time	
27:00-30:00	Two-minute Figure-four Glute Smash w/ lacrosse ball



Instructions

There are four sessions per week (two full-body resistance training and two conditioning). Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery. The full-body RT sessions are repeated across the four weeks.

The clock is going to be your guide. There are three sets per exercise, all sets are performed on a one-minute interval, and there is a one-minute rest between exercises. For example, the Dumbbell Hang Muscle Clean runs from the 6:00 minute mark until the 9:00 minute mark. So, you would perform one set between 6:00 and 7:00, one set between 7:00 and 8:00, and the final set between 8:00 and 9:00. Then, you would rest from 9:00-10:00 before starting the next exercise.

Lastly, it's essential to take note of the prescribed tempo (TMP) or rate perceived exertion (RPE) for each exercise. Tempo is always written in the same order: the first number is the eccentric phase (i.e., the way down), the second number is the first isometric phase (i.e., the hold), the third number is the concentric phase (i.e., the way up), and the fourth number is the second isometric phase (i.e., the second hold). "X" means eXplode up.

Prep

Time	
0:00-5:00	<p>One round:</p> <p>Minute One - Inchworm</p> <p>Minute Two - Push-up + Down Dog</p> <p>Minute Three - World's Greatest Stretch, 30sec/side</p> <p>Minute Four - Alternating Pigeon Pose</p> <p>Minute Five - Burpee + Air Squat</p>

Training

Time	Exercise	INT	RPE	TMP	SET	REP	WT
6:00-9:00	Dumbbell Hang Muscle Clean	1:00	7-8		3	5	
10:00-13:00	Goblet Squat	1:00		31X1	3	5	
14:00-17:00	Dumbbell Glute Bridge	1:00		10X1	3	10	
18:00-21:00	Dumbbell Bench Press	1:00		10X1	3	10	
22:00-25:00	Three-point Dumbbell Row	1:00		30X0	3	5ea	

Recovery

Time	
26:00-30:00	<p>Two-minute Couch Stretch, one minute per side</p> <p>Two-minute Elevated Pigeon pose, one minute per side</p>

Modifications

Exercise	Option 1	Option 2	Option 3
Hang Clean	Decrease load	Russian DB Swing	Band Pull-through
Goblet Sqt	Decrease load	Goblet Squat to box	Air Squat to box
Glute Bridge	Decrease load	Glute Bridge, no wt.	
Bench Press	Decrease load	DB Floor Press	Push-up
3-Pt. Row	Decrease load	Decrease reps	



Instructions

There are two conditioning sessions per week, the movements and formats will change each week, and the intensities will vary each session. Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery.

Once again, the clock will be your guide, but the format of the intervals will vary across each week. The intended stimulus is listed below each session. This is how the workout should feel (e.g., how many reps should be completed without resting, how heavy the loads should be, how quickly each round should be completed, etc.). Scaling options and modifications are listed below the stimulus for each session.

Lastly, it's essential to take note of the prescribed RPE for each session. RPE stands for Rate Perceived Exertion (i.e., the intensity of the session). We utilize the OMNI RPE scale which ranges from 1-10. "1" is the equivalent of sitting on the couch binge watching Netflix. "10" is all-out, blackout, and redline status.

Prep

Time	
0:00-5:00	<p>One round:</p> <p>Minute One - Inchworm + Groiner Stretch</p> <p>Minute Two - Kneeling Dynamic Hamstring Stretch, 30sec/side</p> <p>Minute Three - Single-leg Glute Bridge, 30sec/side</p> <p>Minute Four - Single-arm Dumbbell Push Press, 30sec/side</p> <p>Minute Five - Run</p>

Training

Time	
6:00-26:00	<p>Eight rounds, each for time:</p> <p>4x Dumbbell Snatch</p> <p>6x Single-dumbbell Squat</p> <p>60-yard Shuttle Run (30x30-yards)</p> <p>Rest two minutes between rounds.</p> <p>RPE 8-10</p>
Stimulus	<p>Dumbbell Snatch - moderate-to-heavy load; unbroken reps</p> <p>Single-dumbbell Squat - ideally the same load as the Snatch; unbroken reps</p> <p>Shuttle Run - all-out effort</p> <p>Goal - complete each round in ~25-30 seconds</p>
Scaling	<p>Dumbbell Snatch - decrease load; Single-arm Dumbbell Push Press</p> <p>Single-dumbbell Squat - decrease load</p> <p>Shuttle Run - decrease distance; modify to Bike or Row (10-15sec)</p>

Recovery

Time	
27:00-30:00	Two-minute 1st Rib Mobilization



Instructions

There are four sessions per week (two full-body resistance training and two conditioning). Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery. The full-body RT sessions are repeated across the four weeks.

The clock is going to be your guide. There are three sets per exercise, all sets are performed on a one-minute interval, and there is a one-minute rest between exercises. For example, the Dumbbell Hang Muscle Clean runs from the 6:00 minute mark until the 9:00 minute mark. So, you would perform one set between 6:00 and 7:00, one set between 7:00 and 8:00, and the final set between 8:00 and 9:00. Then, you would rest from 9:00-10:00 before starting the next exercise.

Lastly, it's essential to take note of the prescribed tempo (TMP) or rate perceived exertion (RPE) for each exercise. Tempo is always written in the same order: the first number is the eccentric phase (i.e., the way down), the second number is the first isometric phase (i.e., the hold), the third number is the concentric phase (i.e., the way up), and the fourth number is the second isometric phase (i.e., the second hold). "X" means eXplode up.

Prep

Time	
0:00-5:00	<p>One round:</p> <p>Minute One - Inchworm + Push-up + Groiner Stretch</p> <p>Minute Two - Alternating Samson Stretch</p> <p>Minute Three - Alternating Pigeon Pose</p> <p>Minute Four - Single-leg Glute Bridge, 30sec/side</p> <p>Minute Five - Reverse Lunge</p>

Training

Time	Exercise	INT	RPE	TMP	SET	REP	WT
6:00-9:00	Dumbbell Push Press	1:00	7-8		3	5	
10:00-13:00	Dumbbell RDL	1:00		11X1	3	10	
14:00-17:00	Dumbbell Split Squat	1:00		30X1	3	5ea	
18:00-21:00	Dual Dumbbell Bent-over Row	1:00		20X1	3	10	
22:00-25:00	Half-kneeling Single-arm DB Press	1:00		30X1	3	5ea	

Recovery

Time	
26:00-30:00	<p>Two-minute T-spine Mobilization</p> <p>Two-minute Sink Stretch</p>

Modifications

Exercise	Option 1	Option 2	Option 3
Push Press	Decrease load	Single-arm	
DB RDL	Decrease load	Single-dumbbell	
Split Squat	Decrease load	Decrease reps	Split Squat, no wt.
Bent-over R.	Decrease load	Decrease reps	Three-point DB Row
Half-kneel P.	Decrease load	Tall-kneeling	Standing Single-arm



Instructions

There are two conditioning sessions per week, the movements and formats will change each week, and the intensities will vary each session. Each session is 30 minutes and consists of a 5-minute prep, 20 minutes of exercise, and 3-4 minutes of recovery.

Once again, the clock will be your guide, but the format of the intervals will vary across each week. The intended stimulus is listed below each session. This is how the workout should feel (e.g., how many reps should be completed without resting, how heavy the loads should be, how quickly each round should be completed, etc.). Scaling options and modifications are listed below the stimulus for each session.

Lastly, it's essential to take note of the prescribed RPE for each session. RPE stands for Rate Perceived Exertion (i.e., the intensity of the session). We utilize the OMNI RPE scale which ranges from 1-10. "1" is the equivalent of sitting on the couch binge watching Netflix. "10" is all-out, blackout, and redline status.

Prep

Time	
0:00-5:00	One round: Minute One - Inchworm, no Push-up Minute Two - Groiner Stretch Minute Three - Kneeling Dynamic Hip Opener, 30sec/side Minute Four - Low Front Plank Minute Five - Up-down + Air Squat

Training

Time	
6:00-26:00	Every seven minutes, for 21 minutes: 10x Dumbbell Burpee 150-ft Dual Dumbbell Overhead Carry 150-ft Dual Dumbbell Front Rack Carry 300-ft Farmer Carry 50x Sit-up RPE 4-5
Stimulus	Dumbbell Burpee - light-to-moderate load; steady, continuous reps Dual Dumbbell Overhead Carry - moderate-to-heavy load; completed in 1-2 attempts per round Dual Dumbbell Front Rack Carry - ideally the same load as the Overhead carry; completed in 1-2 attempts per round Farmer Carry - ideally the same load as the previous carries; completed in 1-2 attempts per round Sit-up - steady, continuous movement Goal - complete each round in ~5:15-6:00
Scaling	Dumbbell Burpee - decrease load; decrease reps; Up-Down Dual Dumbbell Overhead Carry - decrease load; decrease distance; modify to Front Rack Carry Dual Dumbbell Front Rack Carry - decrease load; decrease distance; modify to Farmer Carry Farmer Carry - decrease load; decrease distance Sit-up - decrease reps

Recovery

Time	
27:00-30:00	Two-minute TFL Mobilization w/ lacrosse ball

