



## TPS Method Week 25 TFL Pandemic Block

### Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. <a href="#">Squat</a> x 20 reps x 4 sets</li> <li>2. <a href="#">Single Leg Glute Bridge</a> x 12 each side + <a href="#">Russian Twist</a> x 15 each side + <a href="#">Plank</a> x 30 seconds x 5 sets</li> <li>3. 12 minute AMRAP: 12 reps each exercise: <a href="#">Reverse Lunge</a> Left side + <a href="#">Super Plank</a> + <a href="#">Reverse Lunge</a> Right side</li> <li>4. 100 Reps As Fast as Possible: <a href="#">Jump Squats</a></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Push Ups</a> x AMAP x 4 sets</li> <li>2. <a href="#">Dips</a> x 12 + <a href="#">Side Plank</a> x 15 seconds each side x 5 sets</li> <li>3. 3 Rounds As Fast As Possible <a href="#">Jumping Jacks</a> x 12 + <a href="#">Straight Leg Sit Up</a> x 12 + <a href="#">Inchworm</a> x 12 + <a href="#">Burpees</a> x 12</li> <li>4. 4 minutes: 20 seconds on 10 seconds off <a href="#">Bicycle Crunch</a></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Single Leg Glute Bridge</a> (Shoulders elevated) x 15 reps x 4 sets</li> <li>2. <a href="#">Squat</a> Tempo 5 seconds down 5 seconds up x 8 + <a href="#">Forward Lunge</a> x 10 each side x 3 sets</li> <li>3. <a href="#">Step Ups</a> x 10 each side + <a href="#">Lateral Lunge</a> x 8 each side + <a href="#">Shoulder Tap Plank</a> x AMAP x 3 sets</li> <li>4. 6 Minutes: 40 seconds on 20 seconds off <a href="#">Hollow Rock</a> + <a href="#">Flutter Kicks</a></li> </ol>



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### Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. <a href="#">Squat</a> x 20 reps x 4 sets</li> <li>2. <a href="#">Dumbbell/Kettlebell Snatch</a> x 12 each side + <a href="#">Russian Twist</a> x 15 each side + <a href="#">Plank</a> x 30 seconds x 5 sets</li> <li>3. 12 minute AMRAP: 12 reps each exercise: <a href="#">Reverse Lunge</a> Left side + <a href="#">SuperPlank</a> + <a href="#">Reverse Lunge</a> Right side</li> <li>4. 100 Reps As Fast as Possible: <a href="#">Jump Squats</a></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Push Ups</a> x AMAP x 4 sets</li> <li>2. <a href="#">Dips</a> x 12 + <a href="#">Side Plank</a> x 15 seconds each side x 5 sets</li> <li>3. 3 Rounds As Fast As Possible <a href="#">Banded Pullaparts</a> x 12 + <a href="#">Straight Leg Sit Up</a> x 12 + <a href="#">Hammer Curl Overhead Press</a> x 12 + <a href="#">Burpees</a> x 12</li> <li>4. 4 minutes: 20 seconds on 10 seconds off <a href="#">Bicycle Crunch</a></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Dumbbell Banded Romanian Deadlift</a> x 20 reps x 4 sets</li> <li>2. <a href="#">Squat</a> Tempo 5 seconds down 5 seconds up x 8 + <a href="#">Forward Lunge</a> x 10 each side x 3 sets</li> <li>3. <a href="#">Step Ups</a> x 10 each side + <a href="#">Lateral Lunge</a> x 8 each side + <a href="#">Shoulder Tap Plank</a> x AMAP x 3 sets</li> <li>4. 6 Minutes: 40 seconds on 20 seconds off <a href="#">Hollow Rock</a> + <a href="#">Flutter Kicks</a></li> </ol>



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### Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. Squat with 1/1000 pause 3 sets x 5 reps RPE 6</li> <li>2. <a href="#">Dumbbell/Kettlebell Snatch</a> x 12 each side + <a href="#">Russian Twist</a> x 15 each side + <a href="#">Plank</a> x 30 seconds x 5 sets</li> <li>3. 12 minute AMRAP: 12 reps each exercise: <a href="#">Reverse Lunge</a> Left side + <a href="#">SuperPlank</a> + <a href="#">Reverse Lunge</a> Right side</li> <li>4. 100 Reps As Fast as Possible: <a href="#">Jump Squats</a></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Overhead Press</a> 4 sets x 5 reps RPE 6</li> <li>2. <a href="#">Dips</a> x 12 + <a href="#">Side Plank</a> x 15 seconds each side x 5 sets</li> <li>3. 3 Rounds As Fast As Possible <a href="#">Banded Pullaparts</a> x 12 + <a href="#">Straight Leg Sit Up</a> x 12 + <a href="#">Hammer Curl Overhead Press</a> x 12 + <a href="#">Burpees</a> x 12</li> <li>4. 4 minutes: 20 seconds on 10 seconds off <a href="#">Bicycle Crunch</a></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Deadlift</a> 4 sets x 4 reps RPE 6</li> <li>2. <a href="#">Squat</a> Tempo 5 seconds down 5 seconds up x 8 + <a href="#">Forward Lunge</a> x 10 each side x 3 sets</li> <li>3. <a href="#">Step Ups</a> x 10 each side + <a href="#">Lateral Lunge</a> x 8 each side + <a href="#">Shoulder Tap Plank</a> x AMAP x 3 sets</li> <li>4. 6 Minutes: 40 seconds on 20 seconds off <a href="#">Hollow Rock</a> + <a href="#">Flutter Kicks</a></li> </ol>



## TPS Method Week 25 TFL Pandemic Block

### Bodybuilding

Legs	Beach Muscles	Recovery
<ol style="list-style-type: none"> <li>1. <a href="#">Cossack Squat</a> x 12 each side + <a href="#">Kneel to Squat</a> x 8 each side x 4 sets</li> <li>2. Tempo <a href="#">Banded Good Morning</a> 3 seconds down 3 seconds up x 8 + <a href="#">Pullthrough</a> x 20 x 4 sets</li> <li>3. <a href="#">Single Leg Calf Raise</a> x 20 each side + <a href="#">Front Rack Kettlebell March</a> x 60 seconds x 4 sets</li> </ol>	<ol style="list-style-type: none"> <li>1. Tempo <a href="#">Dumbbell Floor Press</a> 3 seconds down 1 seconds up x 12 + <a href="#">Banded Front Raise</a> x AMAP x 3 sets</li> <li>2. <a href="#">Single Arm Tate Press</a> with 2 second pause at bottom x 8 each side + <a href="#">Banded KickBacks</a> x 12 x 3 sets</li> <li>3. Dumbbell <a href="#">Pullovers</a> x 20 + <a href="#">Lateral Raise</a> x 20 + <a href="#">Facepull</a> x 20 x 3 sets</li> </ol>	<p><b>Walk 20-40 minutes</b></p>