



TPS Method Week 26 TFL Pandemic Block

Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Stationary Lunges x 15 + Straight Leg Sit Up x 8 x 4 sets 2. Elevated Glute Bridge x 15 + Hardwood Hamstring Curl x 15 + x 4 sets 3. 6 Minutes: As Many Rounds As Possible x 2 Side Plank with tap Right side x 6 + Jump Squat x 6 + Side Plank with tap Left Side x 6 4. Supermans x 100 	<ol style="list-style-type: none"> 1. Handstand Push Up x AMAP + Deadbug x 8 Active Rest x 4 sets 2. Push Ups x 12 + Chair/Table Row x 10 + Birdog x 8 each side x 4 sets 3. 4 Rounds As Fast As Possible: Shoulder Tap Plank x 12 + Dips x 12 + Bear Crawl x 12 steps each side 4. 4 minutes: 20 seconds on 10 seconds off Mountain Climbers 	<ol style="list-style-type: none"> 1. Step ups x 15 + Kneeling Hip Thrust x 20 x 4 sets 2. Bulgarian Split Squat Tempo 3 seconds down 3 seconds up x 8 + Single Leg Box Squat x 10 each side + Crunches x 15 x 4 sets 3. Single Leg Deadlift x 12 each side + Kneel to Squat x 8 each side x 3 sets 4. 6 Minutes: 40 seconds on 20 seconds off High Knees + Glute Bridge March



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Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Stationary Lunges x 15 + Straight Leg Sit Up x 8 x 4 sets 2. Good Mornings x 15 + Hardwood Hamstring Curl x 15 + x 4 sets 3. 6 Minutes: As Many Rounds As Possible x 2 Side Plank with tap Right side x 6 + Jump Squat x 6 + Side Plank with tap Left Side x 6 4. Supermans x 100 	<ol style="list-style-type: none"> 1. Dumbbell Floor Press x AMAP + Deadbug x 8 Active Rest x 4 sets 2. Dumbbell Overhead Press x 12 + Dumbbell Row x 10 + Bird dog x 8 each side x 4 sets 3. 4 Rounds As Fast As Possible Shoulder Tap Plank x 12 + Tate Press x 12 + Banded Rear Delt Fly x 12 4. 4 minutes: 20 seconds on 10 seconds off Front Rack March 	<ol style="list-style-type: none"> 1. Kettlebell Deadlift x 15 + Pullthroughs x 20 x 4 sets 2. Bulgarian Split Squat Tempo 3 seconds down 3 seconds up x 8 + Single Leg Box Squat x 10 each side + Crunches x 15 x 4 sets 3. Single Leg Deadlift x 12 each side + Kneel to Squat x 8 each side x 3 sets 4. 6 Minutes: 40 seconds on 20 seconds off High Knees + Glute Bridge March



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Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Squat with 1/1000 pause 4 sets x 5 reps RPE 7 2. Good Mornings x 15 + Hardwood Hamstring Curl x 15 + x 4 sets 3. 6 Minutes: As Many Rounds As Possible x 2 Side Plank with tap Right side x 6 + Jump Squat x 6 + Side Plank with tap Left Side x 6 4. Supermans x 100 	<ol style="list-style-type: none"> 1. Overhead Press 4 sets x 6 reps RPE 7 2. Dumbbell Overhead Press x 12 + Dumbbell Row x 10 + Birddog x 8 each side x 4 sets 3. 4 Rounds As Fast As Possible Shoulder Tap Plank x 12 + Tate Press x 12 + Banded Rear Delt Fly x 12 4. 4 minutes: 20 seconds on 10 seconds off Front Rack March 	<ol style="list-style-type: none"> 1. Deadlift 4 sets x 3 reps RPE 8 2. Bulgarian Split Squat Tempo 3 seconds down 3 seconds up x 8 + Single Leg Box Squat x 10 each side + Crunches x 15 x 4 sets 3. Single Leg Deadlift x 12 each side + Kneel to Squat x 8 each side x 3 sets 4. 6 Minutes: 40 seconds on 20 seconds off High Knees + Glute Bridge March



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Bodybuilding

Legs	Beach Muscles	Recovery
<ol style="list-style-type: none">1. Step ups x 12 each TKE with 3 second hold x 10 x 4 sets2. RDL Dumbell Tempo 3 seconds down 1 second up x 12 Lying Hamstring Curl x 25 Flutter kicks x 10 each x 4 sets3. Standing Calf Raise x 10 with 10 second hold on 10th rep Tip Toe Farmers x 25 ft x 4 sets	<ol style="list-style-type: none">1. Dumbell Floor Press 30 seconds on 30 seconds off x 5 rounds2. Dumbell Rows x15 Reverse Fly x 12 x 4 sets3. Dumbell Tate Press x 10-15, Banded Tricep Push Down x 10 with 10 seconds hold at 10th rep x 4 sets4. Hammer Curl x15 + (Using same Dumbells) Reverse Curl x AMAP x 4 sets	<p>Walk 20-40 minutes</p>