



## TPS Method Week 10 TFL Pandemic Block

### Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. Squat 3 stances close, medium, wide x 6 reps each + <a href="#">Chinese Plank</a> x 30-45 breaths x 5 sets</li> <li>2. <a href="#">Single Leg Squat with Heel Touch</a> x 6 each + <a href="#">Glute Bridge</a> with 5 count hold x 8 + <a href="#">McGill crunch</a> x 12 each x 5 sets</li> <li>3. <a href="#">Single Leg RDL</a> Tempo 5 down 1 up x 8 each + <a href="#">Mountain Climber</a> x 20 each + <a href="#">Flutter Kicks</a> x 20 each x 4 sets</li> <li>4. Finisher: 4 minutes 20 seconds on/10 seconds off Squats: AMRAP in 20 seconds, rest hold bottom position of squat 10 seconds, resume.</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Push Ups</a> x 60 seconds + <a href="#">Seal Hops</a> x 20 AR x 3 sets</li> <li>2. <a href="#">Hand Stand Push Ups</a> x 8 + <a href="#">Drag Across Plank</a> x 8 each + <a href="#">Chair/Table Row</a> with 3 second hold x 8 x 5 rounds</li> <li>3. 24 minutes AMRAP x 12 on all: <a href="#">Burpee</a> + <a href="#">Straight Leg Sit Up</a> + <a href="#">Knee to Elbow Plank</a> + <a href="#">Crucifix Hold</a> x 10-20 seconds</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Single Leg glute Bridge</a> (shoulder on chair/couch) with 3 second hold at top x 8 each + <a href="#">Reverse Lunge</a> x 10 each side + <a href="#">Deadbug</a> x 10 each x 4 rounds</li> <li>2. <a href="#">TGU</a> x 1 each + <a href="#">Side Plank</a> x 30-45 seconds each + <a href="#">Step-up</a> x 12 each x 4 rounds</li> <li>3. Ladder 1-10-1: <a href="#">Push Ups</a> + <a href="#">Squat Jumps</a></li> </ol>



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### Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. Squat 3 stances close, medium, wide x 6 reps each + <a href="#">Chinese Plank</a> x 30-45 breaths x 5 sets</li> <li>2. <a href="#">Single Leg Squat with Heel Touch</a> x 6 each + <a href="#">Goodmorning</a> x 20 + <a href="#">McGill Crunch</a> x 12 each x 5 rounds</li> <li>3. <a href="#">Single Leg RDL</a> Tempo 5 down 1 up x 8 each + <a href="#">Mountain Climber</a> x 20 each + <a href="#">Flutter Kicks</a> x 20 each x 4 sets</li> <li>4. Finisher: 4 minutes 20 seconds on/10 seconds off Squats: AMRAP in 20 seconds, rest hold bottom position of squat 10 seconds, resume.</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Push Ups</a> x 60 seconds + <a href="#">Seal Hops</a> x 20 AR x 3 sets</li> <li>2. <a href="#">DB OHP</a> x 8 + <a href="#">Drag Across Plank</a> x 8 each + <a href="#">Seated Row</a> with 3 second hold x 8 x 5 rounds</li> <li>3. 24 minutes AMRAP x 12 on all: 24 minutes AMRAP x 12 on all: <a href="#">Burpee</a> + <a href="#">Straight Leg Sit Up</a> + <a href="#">Knee to Elbow Plank</a> + <a href="#">Crucifix Hold</a> x 10-20 seconds</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Deadlift</a> x 20 + <a href="#">Reverse Lunge</a> x 10 each side + <a href="#">Deadbug</a> x 10 each x 4 rounds</li> <li>2. <a href="#">TGU</a> x 1 each + <a href="#">Side Plank</a> x 30-45 sec each + <a href="#">Step-Up</a> x 12 each x 4 rounds</li> <li>3. Ladder 1-10-1: <a href="#">Push Ups</a> + <a href="#">Squat Jumps</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 5 x 5 RPE 8</li> <li>2. <a href="#">Single Leg Squat w/ heel touch</a> x 6 each + <a href="#">Goodmorning</a> x 20 + <a href="#">Mcgill crunch</a> x 12 each, x 5</li> <li>3. <a href="#">Single Leg RDL</a> Tempo 5 down 1 up x 8 each + <a href="#">Mountain Climber</a> x 20 each + <a href="#">Flutter Kicks</a> x 20 each x 4</li> <li>4. Finisher: 4 minutes 20 seconds on/10 seconds off Squats: AMRAP in 20 seconds, rest hold bottom position of squat 10 seconds, resume.</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Overhead Press</a> with pause at nose 4 x 6 RPE 7</li> <li>2. <a href="#">DB OHP</a> x 8 + <a href="#">Drag Across Plank</a> x 8 each + <a href="#">Seated Row</a> with 3 second hold x 8 x 5 rounds</li> <li>3. 24 minutes AMRAP x 12 on all: <a href="#">Facepull</a> + <a href="#">Straight Leg Sit Up</a> + <a href="#">Pushdown</a> + <a href="#">Crucifix Hold</a> x 10-20 seconds</li> </ol>	<ol style="list-style-type: none"> <li>1. Deadlift 4 x 5 RPE 8</li> <li>2. <a href="#">Reverse Lunge</a> x 10 each + <a href="#">Deadbug</a> x 10 each x 4 sets</li> <li>3. <a href="#">TGU</a> x 1 each + <a href="#">Side Plank</a> x 30-45 seconds each + <a href="#">Step-up</a> x 12 each x 4 rounds</li> <li>4. Ladder 1-10-1: <a href="#">Push Ups</a> + <a href="#">Squat Jumps</a></li> </ol>



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### Bodybuilding

Legs	Beach Muscles	Recovery
<ol style="list-style-type: none"> <li>1. <a href="#">Step-Ups</a> x 12 each + <a href="#">TKE</a> with 3 second hold x 10 x 3 sets</li> <li>2. <a href="#">RDL</a> DB: Tempo 3 seconds/1 second up x 12 + <a href="#">Lying Ham Curl</a> x 25 + <a href="#">Flutter Kicks</a> x 10 each x 3 rounds</li> <li>3. <a href="#">Standing Calf Raise</a> x 10 with 10 second hold on 10th rep + <a href="#">Tip Toe Farmers</a> x 25 feet x 3 sets</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">DB Floor Press</a>: 30 seconds on/30 seconds off x 5 sets</li> <li>2. DB <a href="#">Rows</a> with band to make harder x15 <a href="#">Reverse Fly</a> x 12 x 4 sets</li> <li>3. <a href="#">DB Tate Press</a> x 10-15 + <a href="#">Banded Tri Push Down</a> x 10 with 10 second hold at 10th rep x 4 sets</li> <li>4. <a href="#">Hammer Curl</a> x15 + (Using same DB's) <a href="#">Reverse Curl</a> x AMAP x 4 sets</li> </ol>	<p><b>Walk 20-40mins</b></p>