



TPS Method Week 11 TFL Pandemic Block

Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. BGSS x 8 each + V-Up x 12 x 5 rounds 2. Single Leg Hardwood Hamstring Curl x 10 each + Jump Lunges x 12 each + Windmill x 12 each x 4 rounds 3. 8 minutes AMRAP x 2 rounds: Squat x 8 + T-Push Up x 4 each + High Knees x 8 each 	<ol style="list-style-type: none"> 1. Push Ups: Tempo: 5 seconds down/5 seconds up x 6 + Russian Twist x 20 each x 4 rounds 2. Squat Hold with Press Out x 30 + Hand Stand Push Ups x 10 with 3 second hold at the top + Superplank x 10 x 4 rounds 3. 16 minutes: 30 seconds/on 30 seconds off: Flutter Kicks + Single Leg Glute Bridge (R) + Hollow Rock + Single Leg Glute Bridge (L) 	<ol style="list-style-type: none"> 1. Single Leg Box Squat x 12 each + Hardwood Hamstring Curl x 10-15 Deadbug x 8 each x 5 rounds 2. Walking Lunge x 10 each + Inchworms x 10 + Kneeling Hip Thrust x 25 x 5 rounds 3. Burpee x 6 minutes/Max reps



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Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
1. BGSS x 8 each + V-Up x 12 x 5 rounds 2. Single Leg Lying Leg Curl x 20 each + Jump Lunges x 12 each + Windmill x 12 each x 4 rounds 3. 8 minutes AMRAP x 2 rounds: Squat x 8 + T-Push Up x 4 each + High Knees x 8 each	1. Push Ups tempo 5 seconds down/5 seconds up x 6 + Russian Twist x 20 each x 4 rounds 2. Hammer Curl Overhead Press x 25 + Facepull x 15 with 3 second hold at the top + Superplank x 10 x 4 rounds 3. 16 minutes: 30 seconds/on 30 seconds off: Flutter Kicks + Banded Curl + Hollow Rock + Banded Kickbacks	1. Single Leg Box Squat x 12 each + Hardwood Hamstring Curl x 10-15 + Deadbug x 8 each x 5 rounds 2. Walking Lunge x 10 each + DB Floor Press x 10 + Seated Goodmorning x 25 x 5 rounds 3. Burpee x 6 minutes/Max reps



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Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. 1/1000 Pause Squat 3 x 4 RPE 7 2. Single Leg Lying Leg Curl x 20 each + Jump Lunges x 12 each + Windmill x 12 each x 4 rounds 3. 8 minutes: AMRAP x 2 rounds: Squat x 8 + T-Push Up x 4 each + High Knees x 8 each 	<ol style="list-style-type: none"> 1. Overhead Press 5 x 4 RPE 6 2. Hammer Curl Overhead Press x 25 + Facepull x 15 with 3 second hold at the top + Superplank x 10 x 4 rounds 3. 16 minutes: 30 seconds/on 30 seconds off: Flutter Kicks + Banded Curl + Hollow Rock + Banded Kickbacks 	<ol style="list-style-type: none"> 1. Deadlift 5 x 3 RPE 7 + Deadbug x 8 each AR 2. Walking Lunge x 10 each + DB Floor Press x 10 + Seated Goodmorning x 25 x 5 rounds 3. Burpee x 6 minutes/Max reps



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Bodybuilding

Legs	Beach Muscles	Recovery
1. Walking Lunge x 12 each side + DB Farmers Walk x 1 minute x 3 2. Tempo Squat 2 seconds down/2 seconds pause/ 2 seconds up x 8 + Sit Ups x 20 x 3 3. Stability Ball Leg Curl with 3 second hold x 8 + Single Leg Glute Bridge x 15 each x 3	1. Tempo Push Ups : 5 seconds down 1 second up x 15 x 4 2. DB Overhead Press x 12 Tempo DB Front Raise : Tempo: 2 seconds up/ 2 seconds down x 8 x 3 3. Seated Banded Row with 3 second hold x 10 + FacePull x 20 x 3 4. AFAP: 100 each Pull Aparts + Push Downs + Banded Curls	<p style="text-align: center;">Walk 20-40 minutes</p>

