



TPS Method Week 12-June 8, 2020 TFL Pandemic Block

Body Weight Only/No Equipment

| Day 1 | Day 2 | Day 3 |
|--|--|---|
| <ol style="list-style-type: none"> 1. Squat x 45 seconds + Shoulder Tap Plank x 12 each AR x 4 2. Single Leg Glute Bridge (shoulder on chair/couch) 2 count hold at top x 10 + Lateral Lunge x 8 each + Straight Leg Sit up x 15 x 4 3. 45 seconds on/15 seconds off 12 minutes: McGill Crunch + Mountain Climber + Reverse Lunge | <ol style="list-style-type: none"> 1. Push Ups x AMAP + Plank x 30-60 seconds x 5 2. Dips x 12-15 + Reverse Lunge with Press Out x 10 each + Inchworms with Shoulder Tap x 8 x 4 3. 10 minutes AMRAP: T-Push Up x 4 each + Chair/Table Row x 8 + Side Plank with 8 taps each 4. Tabata: 4 minutes 20 seconds on/10 seconds off: Bicycle Crunch or If you have access to stationary bike or rower you can do that instead | <ol style="list-style-type: none"> 1. Elevated Glute Bridge x 20 + Hardwood Hamstring Curl tempo 3 seconds up/3 seconds down x 5 + Birdog x 8 each side x 4 2. Tempo Squat 3 seconds down/3 second hold/3 seconds up x 5 + TGU x 2 each + Supermans x 15 + Hand Stand Push Ups x 10 x 4 3. 14 minutes AMRAP: Mountain Climbers x 10 each + Bodyweight Squat x 10 + Russian Twist x 10 each + Push Ups x 10 |



TPS Method Week 12 TFL Pandemic Block

Dumbbell/Kettlebell/Band

| Day 1 | Day 2 | Day 3 |
|---|--|--|
| <ol style="list-style-type: none"> Goblet Squat x 45 seconds + Shoulder Tap Plank x 12 each AR x 4 Pullthrough 2 count hold x 20 + Lateral Lunge x 8 each + Straight Leg Sit up x 15 x 4 45 seconds on/15 seconds off 12 minutes: McGill Crunch + Mountain Climber + Reverse Lunge | <ol style="list-style-type: none"> Push Ups x AMAP + Plank x 30-60 seconds x 5 Dips x 15 + DB Rollback x 20 + Front Raise x 20 + Facepull x 25 x 4 10 minutes AMRAP: T-Push Up x 4 each + Row x 8 + Side Plank with 8 taps each Tabata: 4 minutes 20 seconds on/10 seconds off: Bicycle Crunch or If you have access to stationary bike or rower you can do that instead | <ol style="list-style-type: none"> Deadlift x 20 + Lying Leg Curl tempo 3 seconds up/3 seconds down x 5 + Bird dog x 8 each side x 4 Tempo Squat: 3 seconds down/3 second hold/ 3 seconds up x 5 + TGU x 2 each + Supermans x 15 + KB Clean and Press x 10 x 4 14 minute AMRAP: Mountain Climbers x 10 each + Bodyweight Squat x 10 + Russian Twist x 10 each + Push Ups x 10 |



TPS Method Week 12 TFL Pandemic Block

Power Rack/Dumbbell/Kettlebell/Band

| Day 1 | Day 2 | Day 3 |
|---|---|---|
| <ol style="list-style-type: none"> 1. 1/1000 Pause Squat 3 sets x 4 reps RPE 8 2. Pullthrough 2 count hold x 20 + Lateral Lunge x 8 each + Straight Leg Sit Up x 15 x 4 3. Circuit: 40 seconds on/ 20 seconds off 12 minutes: McGill Crunch + Mountain Climber + Reverse Lunge | <ol style="list-style-type: none"> 1. Overhead Press 5 sets x 4 reps RPE 7 2. Dips x 15 + DB Rollback x 20 + Front Raise x 20 + Facepull x 25 x 4 3. 10 minutes AMRAP: T-Push Up x 4 each + Row x 8 + Side Plank with 8 taps each 4. Tabata: 4 minutes 20 seconds on/10 seconds off: Bicycle Crunch or If you have access to stationary bike or rower you can do that instead | <ol style="list-style-type: none"> 1. Deadlift 5 sets x 3 reps RPE 8 2. Tempo Lying Leg Curl 3 seconds up/3 seconds down x 5 + Bird dog x 8 each side x 4 3. Tempo Squat 3 seconds down/3 second hold/ 3 seconds up x 5 + TGU x 2 each + Supermans x 15 + KB Clean and Press x 10 x 4 4. 14 minute AMRAP: Mountain Climbers x 10 each + Bodyweight Squat x 10 |



| | | |
|--|--|--|
| | | Russian Twist x 10 each Push Ups x 10 |
|--|--|--|

TPS Method Week 9 TFL Pandemic Block

Bodybuilding

| Legs | Beach Muscles | Recovery |
|---|--|-----------------------|
| 1. Walking Lunge x 12 each side + DB Farmers Walk 1 min x 3 2. Tempo Squat 2 seconds down 2 seconds pause 2 seconds up x 8 + Sit Ups x 20 x 4 3. Stability ball Leg Curl with 3 seconds hold x 8 + Single Leg Glute Bridge x 15 each x 4 | 1. Tempo Pushups 5 seconds down 1 second up x 15 x 5 2. DB Overhead Press x 12 + DB Front Raise tempo 2 seconds up 2 seconds down x 8 x 4 3. Seated Banded Row with 3 second hold x 10 + Face Pull x 20 x 4 4. AFAP: 100 Pull Aparts 100 Push Downs , 100 Banded Curls | Walk 20-40mins |

