



TPS Method Week 13 TFL Pandemic Block

Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> Squat x 10 + Reverse Lunge x 5 each x 4 Hardwood Hamstring Curl x 10-20 + Elevated Glute Bridge x 20 + Inverted Plank x 20-30 breaths x 4 15 Minutes AMRAP: Jump Squat x 15 + Hollow Rock x 15 + Flutter Kick x 15 + Plank x 15 breaths 	<ol style="list-style-type: none"> 25, 50, or 100 Push Ups in as few sets as possible + Dips x 10-15 Active Rest Hand Stand Push Ups x 8-12 + V-Up x 15-20 + Chair Table Row x 15-20 x 4 Push Up with Shoulder Tap Plank x 8 + Inchworm x 8 + Squat Hold with Press Out x 20 x 4 6 minutes: 40 seconds on 20 seconds off Mountain Climber + Russian Twist 	<ol style="list-style-type: none"> Step Ups x 10 each side + T-Push Up x 4 each side x 4 Windmill x 8 each side + Single Leg Box Squat x 8 each side + Drag Across Plank x 8 each side x 4 1-10-1 Ladder Burpee + Reverse Lunge each side



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Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> Goblet Squat x 10 + Reverse Lunge x 5 each x 4 Lying Hamstring Curl x 10-20 + Good Morning x 20 + Inverted Plank x 20-30 breaths x 4 15 Minutes AMRAP: Jump Squat x 15 + Hollow Rock x 15 + Flutter Kick x 15 + Plank x 15 breaths 	<ol style="list-style-type: none"> 25, 50, or 100 Push Ups in as few sets as possible + Dips x 10-15 Active Rest Dumbbell Overhead Press x 8-12 + V-Up x 15-20 + Seated Row x 15-20 x 4 Push Up with Shoulder Tap Plank x 8 + Facepull x 15 + Dumbbell Rollback x 20 + x 4 6 minutes: 40 seconds on 20 seconds off Mountain Climber + Russian Twist 	<ol style="list-style-type: none"> Kettlebell Deadlift x 15 + T-Push Up x 4 each side x 4 Windmill x 8 each side + Single Leg Box Squat x 8 each side + Drag Across Plank x 8 each side x 4 1-10-1 Ladder Burpee + Reverse Lunge each side



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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 4 x 3 RPE 8 2. Lying Hamstring Curl x 10-20 + Good Morning x 20 + Inverted Plank x 20-30 breaths x 4 3. 15 Minutes AMRAP: Jump Squat x 15 + Hollow Rock x 15 + Flutter Kick x 15 + Plank x 15 breaths 	<ol style="list-style-type: none"> 1. Overhead Press 4 x 5 RPE 8 2. Dumbbell Overhead Press x 8-12 + V-Up x 15-20 + Seated Row x 15-20 x 4 3. Push Up with Shoulder Tap Plank x 8 + Facepull x 15 + Dumbbell Rollback x 20 + x 4 4. 6 minutes: 40 seconds on 20 seconds off Mountain Climber + Russian Twist 	<ol style="list-style-type: none"> 1. Deadlift 4 x 2 RPE 8 2. Windmill x 8 each side + T-Push Up x 4 each side + Single Leg Box Squat x 8 each side + Drag Across Plank x 8 each side x 4 3. 1-10-1 Ladder Burpee + Reverse Lunge each side



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Bodybuilding

Legs	Beach Muscles	Recovery
<p>1. Cossack Squat x 12 each + Kneel to Squat x 8 each x 3</p> <p>2. Tempo Banded Good Morning 3 seconds down 3 seconds up x 8 + Pullthrough x 20 x 3</p> <p>3. Single Leg Calf Raise x 20 each + Front Rack Kettlebell March x 60 seconds x 3</p>	<p>1. Single Arm Dumbbell Floor Press Max Reps 60 seconds x 3</p> <p>2. Banded Reverse Fly with 3 second hold x 10 + Pushups x 10 Active Rest x 3</p> <p>3. Dumbbell Rollback x 20 + Hammer Curl x 20 + Dumbbell Reverse Fly x 20 x 3</p>	<p>Walk 20-40 minutes</p>