



TPS Method Week 14 TFL Pandemic Block

Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Bulgarian Split Squat Tempo 3 seconds down 3 seconds up x 8 each side + Deadbug x 8 each side x 4 2. Kneel to Squat x 8 each side + Supermans x 20 + Box Plank x 20-30 breaths x 4 3. Squat Tempo 5 seconds down 5 seconds up x 5 + Single Arm Row with whatever you've got x 12 each side x 4 4. 4 minutes: 20 seconds on 10 seconds off Shoulder Tap Planks 	<ol style="list-style-type: none"> 1. Push Ups Tempo 2 seconds down 2 seconds hold 2 seconds up x 10 + Straight Leg Sit Up x 30 seconds Active Rest x 4 2. Reverse Lunge with Press Out x 10 each side + Handstand Push Up hold at top x 20-30 seconds + Russian Twist x 30 seconds x 4 3. 16 minutes: AMRAP Push Ups x 10 + Jumping Jacks x 10 + Knee to Elbow Plank x 10 each side + Bicycle Crunch x 10 each side 	<ol style="list-style-type: none"> 1. Lateral Lunges x 10 each side + Single Leg Deadlift x 10 each side x 4 2. TGU x 2 each side + Squat with Curl x 10 + Side Plank with 10 Taps each side + Burpee x 30 seconds x 3 3. Every Minute on the Minute: 16 minutes total 8 Jump Squats 8 Push Ups



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Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Bulgarian Split Squat Tempo 3 seconds down 3 seconds up x 8 each side + Deadbug x 8 each side x 4 2. Pullthrough x 20 + Seated Banded Good Morning x 20 + Box Plank x 20-30 breaths x 4 3. Squat Tempo 5 seconds down 5 seconds up x 5 + Single Arm Row x 12 each side x 4 4. 4 minutes: 20 seconds on 10 seconds off Shoulder Tap Planks 	<ol style="list-style-type: none"> 1. Push Ups Tempo 2 seconds down 2 seconds hold 2 seconds up x 10 + Straight Leg Sit Up x 30 seconds Active Rest x 4 2. Lat Pullover x 20 + Braced Hold with Kettlebell Overhead x 20-30 seconds each side + Russian Twist x 30 seconds x 4 3. 16 minutes: AMRAP Tricep Pushdown x 20 + Facepull x 20 + Knee to Elbow Plank x 10 each side + Bicycle Crunch x 10 each side 	<ol style="list-style-type: none"> 1. Lateral Lunges x 10 each side + Single Leg Deadlift x 10 each side x 4 2. TGU x 2 each side + Squat with Curl x 10 + Side Plank with 10 Taps each side + Burpee x 30 seconds x 3 3. Every Minute on the Minute: 16 minutes total 8 Jump Squats 8 Push Ups



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Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Squat 5 x 5 RPE 6 2. Pullthrough x 20 + Seated Banded Good Morning x 20 + Box Plank x 20-30 breaths x 4 3. Bulgarian Split Squat Tempo 5 seconds down 5 seconds up x 5 + Single Arm Row x 12 each x 4 4. 4 minutes: 20 seconds on 10 seconds off Shoulder Tap Planks 	<ol style="list-style-type: none"> 1. Overhead Press 5 x 8 RPE 6 2. Lat Pullover x 20 + Braced Hold with Kettlebell Overhead x 20-30 seconds each side + Russian Twist x 30 seconds x 4 3. 16 minutes: AMRAP Tricep Pushdown x 20 + Facepull x 20 + Knee to Elbow Plank x 10 each side + Bicycle Crunch x 10 each side 	<ol style="list-style-type: none"> 1. Deadlift 4 x 5 RPE 6 2. TGU x 2 each side + Squat with Curl x 10 + Side Plank with 10 Taps each side + Burpee x 30 seconds x 3 3. Every Minute on the Minute: 16 minutes total 8 Jump Squats 8 Push Ups



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Bodybuilding

Legs	Beach Muscles	Recovery
<p>1. Cossack Squat x 12 each + Kneel to Squat x 8 each x 4</p> <p>2. Tempo Banded Good Morning 3 seconds down 3 seconds up x 8 + Pullthrough x 20 x 4</p> <p>3. Single Leg Calf Raise x 20 each + Front Rack Kettlebell March x 60 seconds x 4</p>	<p>1. Single Arm Dumbbell Floor Press Max Reps 60 seconds x 4</p> <p>2. Banded Reverse Fly with 3 seconds hold x 10 + Pushups x 10 Active Rest x 4</p> <p>3. Dumbbell Rollback x 20 + Hammer Curl x 20 + Dumbbell Reverse Fly x 20 x 5</p>	<p>Walk 20-40mins</p>