



TPS Method Week 15 TFL Pandemic Block

Week of June 29, 2020

Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Squat x 20 + Plank x 15-20 breaths x 4 2. Step Ups x 8 each side + Reverse Lunge x 8 each side + Flutter Kicks x 20 x 3 3. Single Leg Deadlift Tempo 3 seconds down 3 seconds up x 8 + Chair/Table Row x 10 + x 4 4. 6 minutes: 40 seconds on 20 seconds off Inchworms Hardwood Hamstring Curl 	<ol style="list-style-type: none"> 1. Push Ups with 3 second hold at the bottom x AMAP + Bicycle Crunch x 15 each side Active Rest x 4 2. Dips x 15-20 + Handstand Push Up x 5-8 + Side Plank x 30 seconds each x 3 3. 12 minutes: 40 seconds on 20 seconds off Mountain Climber + Crucifix Hold + Shoulder Tap Planks 	<ol style="list-style-type: none"> 1. Single Leg Box Squat x 15 each side + Elevated Glute Bridge x 20 x 4 2. TGU x 1 each side + Jump Squat x 30 seconds + Crunch x 12 Reverse Crunch x 12 x 4 3. 10 Rounds as Fast as Possible 5 Push Ups + 5 Burpee + 5 Straight Leg Sit Up



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Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
1. Squat x 20 + Plank x 15-20 breaths x 4 2. Step Ups x 8 each side + Reverse Lunge x 8 each side + Flutter Kicks x 20 x 3 3. Single Leg Deadlift Tempo 3 seconds down 3 seconds up x 8 + Bentover Banded Row x 10 x 4 4. 6 minutes: 40 seconds on 20 seconds off Inchworms + Hardwood Hamstring Curl	1. Push Ups with 3 second hold at the bottom x AMAP + Bicycle Crunch x 15 each side Active Rest + x 4 2. Dips x 15-20 + Hammer Curl Overhead Press x 8- 12 + Side Plank x 30 seconds each x 3 3. 12 minutes: 40 seconds on 20 seconds off Mountain Climber + Crucifix Hold + Shoulder Tap Planks	1. Single Leg Box Squat x 15 each side + Pullthrough x 20 + x 4 2. TGU x 1 each side + Jump Squat x 30 seconds + Crunch x 12 + Reverse Crunch x 12 x 4 3. 10 Rounds as Fast as Possible 5 Push Ups + 5 Burpee + 5 Straight Leg Sit Up



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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 7 2. Step Ups x 8 each side + Reverse Lunge x 8 each side + Flutter Kicks x 20 x 3 3. Single Leg Deadlift Tempo 3 seconds down 3 seconds up x 8 + Bentover Banded Row x 10 x 4 4. 6 minutes: 40 seconds on 20 seconds off Inchworms + Hardwood Hamstring Curl 	<ol style="list-style-type: none"> 1. Overhead Press 4 x 6 RPE 7 2. Dips x 15-20 + Hammer Curl Overhead Press x 8- 12 + Side Plank x 30 seconds each x 3 3. 12 minutes: 40 seconds on 20 seconds off Mountain Climber + Crucifix Hold + Shoulder Tap Planks 	<ol style="list-style-type: none"> 1. Deadlift 4 x 5 RPE 6 2. Single Leg Box Squat x 8 each side + Pullthrough x 10 x 3 3. TGU x 1 each side + Jump Squat x 30 seconds + Crunch x 12 + Reverse Crunch x 12 x 3 4. 10 Rounds as Fast as Possible 5 Push Ups + 5 Burpee + 5 Straight Leg Sit Up



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Bodybuilding

Legs	Beach Muscles	Recovery
1. Cossack Squat x 12 each + Kneel to Squat x 8 each x 4 2. Tempo Banded Good Morning 3 seconds down 3 seconds up x 8 + Pullthrough x 20 x 4 3. Single Leg Calf Raise x 20 each + Front Rack Kettlebell March x 60 seconds x 4	1. Tempo Dumbbell Floor Press 3 seconds down 1 seconds up x 12 Banded Front Raise x AMAP x 3 2. Single Arm Tate Press with 2 second pause at bottom x 8 each + Banded KickBacks x 12 x 3 3. Dumbbell Pullovers x 20 + Lateral Raise x 20 + Facepull x 20 x 3	<p style="text-align: center;">Walk 20-40mins</p>