



## TPS Method Week 16 TFL Pandemic Block

Week of July 6, 2020

### Body Weight Only/No Equipment

Day 1	Day 2	Day 3
1. <a href="#">Squat</a> x 8 + <a href="#">Reverse Lunge</a> x 6 each x 5 2. <a href="#">Hardwood Hamstring Curl</a> x 15-25 + <a href="#">Elevated Glute Bridge</a> x 25 + <a href="#">Inverted Plank</a> x 30-45 breaths x 3 3. 18 Minutes AMRAP: <a href="#">Jump Squat</a> x 9 + <a href="#">Hollow Rock</a> x 9 + <a href="#">Flutter Kick</a> x 9 each + <a href="#">Plank</a> x 18 breaths	1. 25, 50, or 100 <a href="#">Push Ups</a> in as few sets as possible + <a href="#">Dips</a> x 10-15 Active Rest 2. <a href="#">Hand Stand Push Ups</a> x 10-15 + <a href="#">V-Up</a> x 20-25 + <a href="#">Chair Table Row</a> x 20-25 x 5 3. <a href="#">Push Up</a> with <a href="#">Shoulder Tap Plank</a> x 10 + <a href="#">Inchworm</a> x 10 + <a href="#">Squat Hold with Press Out</a> x 25 x 4 4. 8 minutes: 40 seconds on 20 seconds off <a href="#">Mountain Climber</a> + <a href="#">Russian Twist</a>	1. <a href="#">Step Ups</a> x 12 each side + <a href="#">T-Push Up</a> x 5 each side x 3 2. <a href="#">Windmill</a> x 10 each side + <a href="#">Single Leg Box Squat</a> x 12 each side + <a href="#">Drag Across Plank</a> x 10 each side x 4 3. 1-10-1 Ladder* <a href="#">Burpee</a> + <a href="#">Reverse Lunge</a> each side

**\* Do 1 rep of each, then 2 reps of each, all the way up to 10, then do 9 reps of each, then 8 of each all the way down to 1 of each as fast as possible.**



## TPS Method Week 16 TFL Pandemic Block

### Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
1. <a href="#">Goblet Squat</a> x 8 + <a href="#">Reverse Lunge</a> x 6 each x 5 2. <a href="#">Lying Hamstring Curl</a> x 15-25 + <a href="#">Good Morning</a> x 25 + <a href="#">Inverted Plank</a> x 30-45 breaths x 3 3. 18 Minutes AMRAP: <a href="#">Jump Squat</a> x 9 + <a href="#">Hollow Rock</a> x 9 + <a href="#">Flutter Kick</a> x 9 each + <a href="#">Plank</a> x 18 breaths	1. 25, 50, or 100 <a href="#">Push Ups</a> in as few sets as possible + <a href="#">Dips</a> x 10-15 Active Rest 2. <a href="#">Dumbbell Overhead Press</a> x 10-15 <a href="#">V-Up</a> x 20-25 + <a href="#">Seated Row</a> x 20-25 x 4 3. <a href="#">Push Up</a> with <a href="#">Shoulder Tap Plank</a> x 10 + <a href="#">Facepull</a> x 20 + <a href="#">Dumbbell Rollback</a> x 25 x 4 4. 8 minutes: 40 seconds on 20 seconds off <a href="#">Mountain Climber</a> + <a href="#">Russian Twist</a>	1. <a href="#">Kettlebell Deadlift</a> x 20 + <a href="#">T-Push Up</a> x 5 each side x 3 2. <a href="#">Windmill</a> x 10 each side + <a href="#">Single Leg Box Squat</a> x 12 each side + <a href="#">Drag Across Plank</a> x 10 each side x 4 3. 1-10-1 Ladder* <a href="#">Burpee</a> + <a href="#">Reverse Lunge</a> each side

**\* Do 1 rep of each, then 2 reps of each, all the way up to 10, then do 9 reps of each, then 8 of each all the way down to 1 of each as fast as possible.**



## TPS Method Week 16 TFL Pandemic Block

### Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>Squat 4 x 4 RPE 8</li> <li><a href="#">Lying Hamstring Curl</a> x 15-25 + <a href="#">Good Morning</a> x 25 + <a href="#">Inverted Plank</a> x 30-45 breaths x 3</li> <li>18 Minutes AMRAP: <a href="#">Jump Squat</a> x 9 + <a href="#">Hollow Rock</a> x 9 + <a href="#">Flutter Kick</a> x 9 each + <a href="#">Plank</a> x 18 breaths</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Overhead Press</a> 5 x 4 RPE 8</li> <li><a href="#">Dumbbell Overhead Press</a> x 10-15 + <a href="#">V-Up</a> x 20-25 + <a href="#">Seated Row</a> x 20-25 x 4</li> <li><a href="#">Push Up</a> with <a href="#">Shoulder Tap Plank</a> x 10 + <a href="#">Facepull</a> x 20 + <a href="#">Dumbbell Rollback</a> x 25 x 4</li> <li>8 minutes: 40 seconds on 20 seconds off <a href="#">Mountain Climber</a> + <a href="#">Russian Twist</a></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Deadlift</a> 4 x 3 RPE 8</li> <li><a href="#">Windmill</a> x 10 each side + <a href="#">Single Leg Box Squat</a> x 12 each side + <a href="#">Drag Across Plank</a> x 10 each side x 4</li> <li>1-10-1 Ladder* <a href="#">Burpee</a> + <a href="#">Reverse Lunge</a> each side</li> </ol>



**\* Do 1 rep of each, then 2 reps of each, all the way up to 10, then do 9 reps of each, then 8 of each all the way down to 1 of each as fast as possible.**

**TPS Method Week 16 TFL Pandemic Block**

**Bodybuilding**

<b>Legs</b>	<b>Beach Muscles</b>	<b>Recovery</b>
1. <a href="#">Single Arm Farmer's</a> x 1 minute each side + <a href="#">Jump Lunges</a> x 10 each x 3 2. <a href="#">Lying Banded Leg Curl</a> with 5 second hold at top x 8 + <a href="#">Single Leg Romanian Deadlift</a> x 10 each + <a href="#">KB Swing</a> x 20 x 3 3. Tempo <a href="#">Front Foot Elevated Split Squat</a> 3 seconds down 1 second up x 8 each + <a href="#">Single Leg Chair Squat</a> x 10 each x4	1. Tempo <a href="#">Dumbbell Floor Press</a> 3 seconds down 1 seconds up x 12 + <a href="#">Banded Front Raise</a> x AMAP x 4 2. <a href="#">Single Arm Tate Press</a> with 2 second pause at bottom x 8 each + <a href="#">Banded Kickbacks</a> x 12 x 4 3. Dumbbell <a href="#">Pullovers</a> x 20 + <a href="#">Lateral Raise</a> x 20 + <a href="#">Facepull</a> x 20 x 4	<p style="text-align: center;"><b>Walk 20-40 minutes</b></p>