



## TPS Method Week 17 TFL Pandemic Block: Week of July 13, 2020

### Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. <a href="#">Bulgarian Split Squat</a>: Tempo 3 seconds down 3 seconds up x 6 each side + <a href="#">Deadbug</a> x 12 each side x 5</li> <li>2. <a href="#">Kneel to Squat</a> x 8 each side + <a href="#">Supermans</a> x 20 + <a href="#">Box Plank</a> x 20-30 breaths x 5</li> <li>3. <a href="#">Squat</a>: Tempo 3 seconds down 3 seconds up x 8 + <a href="#">Single Arm Row</a> with whatever you've got x 15 each side x 4</li> <li>4. 4 minutes: 20 seconds on 10 seconds off <a href="#">Shoulder Tap Planks</a></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Push Ups</a>: Tempo 3 seconds down 3 seconds hold 3 seconds up x 8 + <a href="#">Straight Leg Sit Up</a> x 30 seconds Active Rest x 4</li> <li>2. <a href="#">Reverse Lunge with Press Out</a> x 12 each side + <a href="#">Handstand Push Up</a> hold at top x 20-30 seconds + <a href="#">Russian Twist</a> x 20 seconds x 3</li> <li>3. 18 minutes AMRAP <a href="#">Push Ups</a> x 10 + <a href="#">Jumping Jacks</a> x 10 + <a href="#">Knee to Elbow Plank</a> x 10 each side + <a href="#">Bicycle Crunch</a> x 10 each side</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Lateral Lunges</a> x 8 each side + <a href="#">Single Leg Deadlift</a> x 8 each side x 5</li> <li>2. <a href="#">TGU</a> x 2 each side + <a href="#">Squat with Curl</a> x 10 + <a href="#">Side Plank</a> with 10 Taps each side + <a href="#">Burpee</a> x 30 seconds x 4</li> <li>3. EMOM: Every Minute on the Minute: 16 minutes total 8 <a href="#">Jump Squats</a> + 8 <a href="#">Push Ups</a></li> </ol>



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### Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. <a href="#">Bulgarian Split Squat</a>: Tempo 3 seconds down 3 seconds up x 6 each side + <a href="#">Deadbug</a> x 12 each side x 5</li> <li>2. <a href="#">Pullthrough</a> x 20 + <a href="#">Seated Banded Good Morning</a> x 20 + <a href="#">Box Plank</a> x 20-30 breaths x 5</li> <li>3. <a href="#">Squat</a>: Tempo 3 seconds down 3 seconds up x 8 + <a href="#">Single Arm Row</a> x 15 each side x 4</li> <li>4. 4 minutes: 20 seconds on 10 seconds off <a href="#">Shoulder Tap Planks</a></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Push Ups</a> Tempo 3 seconds down 3 seconds hold 3 seconds up x 8 + <a href="#">Straight Leg Sit Up</a> x 30 seconds Active Rest x 4</li> <li>2. <a href="#">Lat Pullover</a> x 25 + <a href="#">Braced Hold with Kettlebell Overhead</a> x 20-30 seconds each side + <a href="#">Russian Twist</a> x 30 seconds x 3</li> <li>3. 18 minutes AMRAP: <a href="#">Tricep Pushdown</a> x 20 + <a href="#">Facepull</a> x 20 + <a href="#">Knee to Elbow Plank</a> x 10 each side + <a href="#">Bicycle Crunch</a> x 10 each side</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Lateral Lunges</a> x 8 each side + <a href="#">Single Leg Deadlift</a> x 8 each side x 5</li> <li>2. <a href="#">TGU</a> x 2 each side + <a href="#">Squat with Curl</a> x 10 + <a href="#">Side Plank</a> with 10 Taps each side + <a href="#">Burpee</a> x 30 seconds x 4</li> <li>3. EMOM: Every Minute on the Minute 16 minutes total 8 <a href="#">Jump Squats</a> + 8 <a href="#">Push Ups</a></li> </ol>



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### Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. Squat 5 x 5 RPE 7</li> <li>2. <a href="#">Pullthrough</a> x 20 + <a href="#">Seated Banded Good Morning</a> x 20 + <a href="#">Box Plank</a> x 20-30 breaths x 5</li> <li>3. <a href="#">Bulgarian Split Squat</a>: Tempo 3 seconds down 3 seconds up x 8 + <a href="#">Single Arm Row</a> x 15 each x 4</li> <li>4. 4 minutes: 20 seconds on 10 seconds off <a href="#">Shoulder Tap Planks</a></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Overhead Press</a> 4 x 5 RPE 7</li> <li>2. <a href="#">Lat Pullover</a> x 25 + <a href="#">Braced Hold with Kettlebell Overhead</a> x 20-30 seconds each side + <a href="#">Russian Twist</a> x 30 seconds x 3</li> <li>3. 18 minutes AMRAP: <a href="#">Tricep Pushdown</a> x 20 + <a href="#">Facepull</a> x 20 + <a href="#">Knee to Elbow Plank</a> x 10 each side + <a href="#">Bicycle Crunch</a> x 10 each side</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Deadlift</a> 5 x 3 RPE 8</li> <li>2. <a href="#">TGU</a> x 2 each side + <a href="#">Squat with Curl</a> x 10 + <a href="#">Side Plank</a> with 10 Taps each side + <a href="#">Burpee</a> x 30 seconds x 4</li> <li>3. EMOM: Every Minute on the Minute 16 minutes total 8 <a href="#">Jump Squats</a> + 8 <a href="#">Push Ups</a></li> </ol>



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### Bodybuilding

Legs	Beach Muscles	Recovery
1. <a href="#">Step-ups</a> x 12 each + <a href="#">TKE</a> with 3 second hold x 10 x 3 2. <a href="#">RDL</a> Dumbbell: Tempo 3 seconds down 1 second up x 12 + <a href="#">Lying Ham Curl</a> x 25 + <a href="#">Flutter kicks</a> x 10 each x 3 3. <a href="#">Standing Calf Raise</a> x 10 with 10 second hold on 10th rep + <a href="#">Tip Toe Farmers</a> x 25 feet x 3	1. <a href="#">Dumbell Floor Press:</a> 30 seconds on 30 seconds off x 4 2. Dumbell <a href="#">Rows</a> with band to make harder x15 + <a href="#">Reverse Fly</a> x 12 x 3 3. <a href="#">Dumbell Tate Press</a> x 10-15 + <a href="#">Banded Tricep Push Down</a> x 10 with 10 seconds hold at 10th rep x 3 4. <a href="#">Hammer Curl</a> x15 + (Using same Dumbells) <a href="#">Reverse Curl</a> x AMAP x 3	<p style="text-align: center;"><b>Walk 20-40mins</b></p>