



TPS Method Week 18 TFL Pandemic Block

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 5 2. Step Ups x 10 each side + Reverse Lunge x 10 each side + Flutter Kicks x 20 x 3 3. Single Leg Deadlift: Tempo 5 seconds down 2 seconds up x 6 + Chair/Table Row x 10 x 4 4. 8 minutes: 40 seconds on 20 seconds off Inchworms + Hardwood Hamstring Curl 	<ol style="list-style-type: none"> 1. Push Ups with 5 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 4 3. 15 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 10 each side + Elevated Glute Bridge x 25 x 5 2. TGU x 1 each side + Jump Squat x 30 seconds + Crunch x 12 + Reverse Crunch x 12 x 5 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 5 2. Step Ups x 10 each side + Reverse Lunge x 10 each side + Flutter Kicks x 20 x 3 3. Single Leg Deadlift Tempo 5 seconds down 2 seconds up x 6 + Bentover Banded Row x 10 x 4 4. 8 minutes: 40 seconds on 20 seconds off Inchworms + Hardwood Hamstring Curl	1. Push Ups with 5 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 4 3. 15 minutes: 40 seconds on 20 seconds off Mountain Climber + Crucifix Hold + Shoulder Tap Planks	1. Single Leg Box Squat x 10 each side + Pullthrough x 25 x 5 2. TGU x 1 each side + Jump Squat x 30 seconds + Crunch x 12 + Reverse Crunch x 12 x 5 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 4 x 4 RPE 8 2. Step Ups x 10 each side + Reverse Lunge x 10 each side + Flutter Kicks x 20 x 3 3. Single Leg Deadlift Tempo 5 seconds down 2 seconds up x 6 + Bentover Banded Row x 10 x 4 4. 8 minutes: 40 seconds on 20 seconds off Inchworms + Hardwood Hamstring Curl 	<ol style="list-style-type: none"> 1. Overhead Press 4 x 5 RPE 8 2. Dips x 15-20 + Hammer Curl Overhead Press x 8- 12 + Side Plank x 30 seconds each x 4 3. 15 minutes: 40 seconds on 20 seconds off Mountain Climber + Crucifix Hold + Shoulder Tap Planks + 	<ol style="list-style-type: none"> 1. Deadlift 5 x 2 RPE 8 2. Single Leg Box Squat x 10 each side + Pullthrough x 25 x 3 3. TGU x 1 each side + Jump Squat x 30 seconds + Crunch x 12 + Reverse Crunch x 12 x 4 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
<ol style="list-style-type: none"> 1. Step-ups x 12 each + TKE with 3 second hold x 10 x 4 2. RDL Dumbbell: Tempo 3 seconds down 1 second up x 12 + Lying Ham Curl x 25 + Flutter Kicks x 10 each x 4 3. Standing Calf Raise x 10 with 10 second hold on 10th rep + Tip Toe Farmers x 25 feet x 4 	<ol style="list-style-type: none"> 1. Dumbbell Floor Press: 30 seconds on 30 seconds off x 5 2. Dumbell Rows with band to make harder x15 + Reverse Fly x 12 x 4 3. Dumbell Tate Press x 10-15 + Banded Tricep Push Down x 10 with 10 seconds hold at 10th rep x 4 4. Hammer Curl x15 + (Using same Dumbells) + Reverse Curl x AMAP x 4 	<p>Walk 20-40 minutes</p>