



## TPS Method Week 19 TFL Pandemic Block

### Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li><a href="#">Squat</a> 2 second pause in hole x 12 + <a href="#">Side Plank</a> x 15-20 breaths + <a href="#">Flutter Kicks</a> x 10 each side x 4</li> <li><a href="#">Lateral Lunges</a> x 10 each side + <a href="#">Elevated Glute Bridge</a> 2 second squeeze at top x 8 each side + <a href="#">Shoulder Tap Planks</a> x 12 each side x 3</li> <li>10 minutes AMRAP <a href="#">Reverse Lunge</a> Body weight x 5 each side + <a href="#">Hardwood Hamstring Curl</a> x 10</li> </ol>	<ol style="list-style-type: none"> <li>10 Minute EMOM (every minute on the minute) 10 <a href="#">Push Ups</a></li> <li><a href="#">Chair/Table Row</a> x 12 + <a href="#">Birddog</a> x 12 each side + <a href="#">TGU</a> x 2 each side + <a href="#">Dips</a> with a 3 second hold at bottom x 8 x 4</li> <li><a href="#">Burpee</a> x18 + <a href="#">Straight Leg Sit Up</a> x18+ <a href="#">Burpee</a> x12 + <a href="#">Straight Leg Sit Up</a> x12 + <a href="#">Burpee</a> x6 + <a href="#">Straight Leg Sit Up</a> x6 +</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Walking Lunge</a> x 12 each side + <a href="#">Russian Twist</a> x 15 each side x 4</li> <li><a href="#">Single Leg Glute Bridge</a> x 15 each side + <a href="#">Inchworms</a> with shoulder tap x 8 + <a href="#">Squat with Curl</a> and Press out x 8+ <a href="#">Mountain Climber</a> x 15 each side x 4</li> <li>4 Minutes: 20 seconds on 10 seconds off <a href="#">Supermans</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="#">Squat</a> 2 second pause in hole x 12 + <a href="#">Side Plank</a> + x 15-20 breaths + <a href="#">Flutter Kicks</a> x 10 each side x 4</li> <li>2. <a href="#">Lateral Lunges</a> x 10 each side + <a href="#">Pullthrough</a>: 2 second squeeze at top x 12 + <a href="#">Shoulder Tap Planks</a> x 12 each side x 3</li> <li>3. 10 minutes AMRAP <a href="#">Reverse Lunge</a> x 5 each side + <a href="#">Hardwood Hamstring Curl</a> x 10</li> </ol>	<ol style="list-style-type: none"> <li>1. 10 Minute EMOM (every minute on the minute) 10 <a href="#">Push Ups</a></li> <li>2. <a href="#">Seated Banded Row</a> x 12 + <a href="#">Birddog</a> x 12 each side + <a href="#">TGU</a> x 2 each side + <a href="#">Dips</a> with a 3 second hold at bottom x 8 x 4</li> <li>3. <a href="#">Burpee</a> x18 + <a href="#">Straight Leg Sit Up</a> x18+ <a href="#">Burpee</a> x12 + <a href="#">Straight Leg Sit Up</a> x12 + <a href="#">Burpee</a> x6 + <a href="#">Straight Leg Sit Up</a> x6 +</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Walking Lunge</a> x 12 each side + <a href="#">Russian Twist</a> x 15 each side x 4</li> <li>2. <a href="#">Single Leg Romanian Deadlift</a> x 15 each side + <a href="#">Inchworms</a> with shoulder tap x 8 + <a href="#">Hammer Curl Overhead Press</a> x 8 + <a href="#">Mountain Climber</a> x 15 each side x 4</li> <li>3. 4 Minutes: 20 seconds on 10 seconds off <a href="#">Supermans</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 sets x 3 reps RPE 6</li> <li>2. <a href="#">Lateral Lunges</a> x 10 each side + <a href="#">Pullthrough</a>: 2 second squeeze at top x 12 + <a href="#">Shoulder Tap Planks</a> x 12 each side x 3</li> <li>3. 10 minutes AMRAP <a href="#">Reverse Lunge</a> x 5 each side + <a href="#">Hardwood Hamstring Curl</a> x 10</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Overhead Press</a> 6 sets x 4 reps RPE 7</li> <li>2. <a href="#">Seated Banded Row</a> x 12 + <a href="#">Birddog</a> x 12 each side + <a href="#">TGU</a> x 2 each side + <a href="#">Dips</a> with a 3 second hold at bottom x 8 x 4</li> <li>3. <a href="#">Burpee</a> x18 + <a href="#">Straight Leg Sit Up</a> x18+ <a href="#">Burpee</a> x12 + <a href="#">Straight Leg Sit Up</a> x12 + <a href="#">Burpee</a> x6 + <a href="#">Straight Leg Sit Up</a> x6 +</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Deadlift</a> 6 sets x 3 reps RPE 7</li> <li>2. <a href="#">Single Leg Romanian Deadlift</a> x 15 each side + <a href="#">Inchworms</a> with shoulder tap x 8 + <a href="#">Hammer Curl Overhead Press</a> x 8 + <a href="#">Mountain Climber</a> x 15 each side x 4</li> <li>3. 4 Minutes: 20 seconds on 10 seconds off <a href="#">Supermans</a></li> </ol>



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### Bodybuilding

Legs	Beach Muscles	Recovery
<ol style="list-style-type: none"> <li>1. <a href="#">Walking Lunge</a> x 12 each side + DB <a href="#">Farmers Walk</a> x 1 minute x 3</li> <li>2. <a href="#">Squat</a>: Tempo 2 seconds down 2 seconds pause 2 seconds up x 8 + <a href="#">Straight Leg Sit Ups</a> x 20 x 3</li> <li>3. <a href="#">Stability Ball Leg Curl</a> with 3 second hold x 8 + <a href="#">Single Leg Glute Bridge</a> x 15 each x 3</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Push Ups</a>: Tempo 5 seconds down 1 second up x 15 x 4</li> <li>2. <a href="#">DB Overhead Press</a> x 12 + <a href="#">DB Front Raise</a>: Tempo 2 seconds up 2 seconds down x 8 x 3</li> <li>3. <a href="#">Seated Banded Row</a> with 3 second hold x 10 + <a href="#">FacePull</a> x 20 x 3</li> <li>4. AFAP: 100 <a href="#">Pull Aparts</a> + 100 <a href="#">Push Downs</a> + 100 <a href="#">Banded Curls</a></li> </ol>	<p style="text-align: center;"><b>Walk 20-40 minutes</b></p>