



TPS Method Week 21 TFL Pandemic Block

Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> Squat x 8 Tempo 5 seconds down 3 seconds up + Push Up with Shoulder Tap Plank x 5 x 4 sets Step Ups x 12 each side + Single Leg Elevated Glute Bridge x 15 each side + Inverted Plank x 20-30 breaths x 3 sets 1-10-1 Ladder Jump Squat + Straight Leg Sit Up 	<ol style="list-style-type: none"> 25, 50, 100, 150, or 200 total Push Ups in as few sets as possible (choose a number you can reach in 4-6 sets) + Deadbug x 8 each AR HandStand Push Ups x 8-12 + Dips x 10-15 + Side Plank x 15 taps each side x 4 8 rounds As Fast As Possible Burpee x 8 + Chair Table Row x 8 + Squat Hold with press out x 8 	<ol style="list-style-type: none"> Single Leg Box Squat x 10 each side + Jump Lunge x 8 each side + Russian Twist Tempo 3 seconds out 3 seconds back x 8 each side x 4 Elevated Glute Bridge x 30 TGU x 3 each side + Reverse Crunch x 12 x 4 12 minutes: 40 seconds on 20 seconds off Glute Bridge March + Mountain Climber + Bicycle Crunch



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Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> Squat x 8 Tempo 5 seconds down 3 seconds up + Push Up with Shoulder Tap Plank x 5 x 4 Step Ups x 12 each side Single Leg Lying Hamstring Curl x 15 each side + Inverted Plank x 20-30 breaths x 3 1-10-1 Ladder Jump Squat + Straight Leg Sit Up 	<ol style="list-style-type: none"> 25, 50, 100, 150, or 200 total Push Ups in as few sets as possible (choose a number you can reach in 4-6 sets) + Deadbug x 8 each AR Hammer Curl Overhead Press x 8-12 + Tate Press x 10-15 + Banded Side Bend x 15 each side x 4 8 rounds As Fast As Possible Burpee x 8 + Standing Banded Row x 8 + Banded Front Raise x 8 	<ol style="list-style-type: none"> Single Leg Box Squat x 10 each side + Jump Lunge x 8 each side + Russian Twist Tempo 3 seconds out 3 seconds back x 8 each side x 4 Deadlift x 30 TGU x 3 each side + Reverse Crunch x 12 x 4 12 minutes: 40 seconds on 20 seconds off Glute Bridge March + Mountain Climber + Bicycle Crunch



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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 3 RPE 8 2. Step Ups x 12 each side + Single Leg Lying Hamstring Curl x 15 each side + Push Up with Shoulder Tap Plank x 5 + Inverted Plank x 20-30 breaths x 3 3. 1-10-1 Ladder Jump Squat Straight Leg Sit Up 	<ol style="list-style-type: none"> 1. Overhead Press 5 x 6 RPE 8 2. Hammer Curl Overhead Press x 8- 12 + Tate Press x 10-15 + Banded Side Bend x 15 each side x 4 3. 8 rounds As Fast As Possible Burpee x 8 + Standing Banded Row x 8 + Banded Front Raise x 8 	<ol style="list-style-type: none"> 1. Deadlift 4 x 3 RPE 9 2. Single Leg Box Squat x 12 each side + TGU x 3 each side + Reverse Crunch x 12 x 4 3. 12 minutes: 40 seconds on 20 seconds off Glute Bridge March + Mountain Climber + Bicycle Crunch



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Bodybuilding

Legs	Beach Muscles	Recovery
1. Cossack Squat x 12 each side + Kneel to Squat x 8 each side x 3 2. Banded Good Morning Tempo 3 seconds down 3 seconds up x 8 + Pullthrough x 20 x 3 3. Single Leg Calf Raise x 20 each side + Front Rack Kettlebell March x 60 seconds x 3	1. Single Arm Dumbbell Floor Press Max Reps 60 seconds x 3 2. Banded Reverse Fly with 3 seconds hold x 10 + Pushups x 10 Active Rest x 3 3. Dumbbell Rollback x 20 + Hammer Curl x 20 + Dumbbell Reverse Fly x 20 x 3	<p style="text-align: center;">Walk 20-40 minutes</p>