



TPS Method Week 24 TFL Pandemic Block

Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> Squat x 8 reps Tempo 3 seconds down 5 seconds up + Push Up with Shoulder Tap Plank x 6 reps x 4 sets Step Ups x 12 reps each side Single Leg Elevated Glute Bridge x 15 reps each side + Inverted Plank x 20-30 breaths x 4 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 reps + Dips x 10-15 reps + Side Plank x 15 taps each side x 5 sets 10 rounds As Fast As Possible Burpee x 8 reps + Chair Table Row x 8 reps + Squat Hold with press out x 8 reps 	<ol style="list-style-type: none"> Single Leg Box Squat x 10 reps each side + Jump Lunge x 8 reps each side + Russian Twist Tempo 3 seconds out 3 seconds back x 8 reps each side x 5 sets Elevated Glute Bridge x 30 reps TGU x 3 reps each side + Reverse Crunch x 12 reps x 5 sets 15 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
<p>1. Squat x 8 reps Tempo 3 seconds down 5 seconds up + Push Up with Shoulder Tap Plank x 6 reps x 4 sets</p> <p>2. Step Ups x 12 reps each side Single Leg Lying Hamstring Curl x 15 reps each side + Inverted Plank x 20-30 breaths x 4 sets</p> <p>3. 1-10-1 Ladder Jump Squat + Straight Leg Sit Up</p>	<p>1. 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 reps each AR</p> <p>2. Hammer Curl Overhead Press x 8-12 reps + Tate Press x 10-15 reps + Banded Side Bend x 15 reps each side x 5 sets</p> <p>3. 10 rounds As Fast As Possible Burpee x 8 + Standing Banded Row x 8 + Banded Front Raise x 8</p>	<p>1. Single Leg Box Squat x 10 reps each side + Jump Lunge x 8 reps each side + Russian Twist Tempo 3 seconds out 3 seconds back x 8 each side x 5 sets</p> <p>2. Deadlift x 30 reps TGU x 3 reps each side + Reverse Crunch x 12 reps x 5 sets</p> <p>3. 12 minutes: 40 seconds on 20 seconds off Glute Bridge March + Mountain Climber + Bicycle Crunch</p>



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Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Squat 3 sets x 5 reps RPE 9 2. Step Ups x 12 reps each side Single Leg Lying Hamstring Curl x 15 reps each side + Push Up with Shoulder Tap Plank x 5 reps + Inverted Plank x 20-30 breaths x 4 sets 3. 1-10-1 Ladder Jump Squat Straight Leg Sit Up 	<ol style="list-style-type: none"> 1. Overhead Press 5 sets x 3 Reps RPE 8 2. Hammer Curl Overhead Press x 8-12 reps + Tate Press x 10-15 reps + Banded Side Bend x 15 reps each side x 5 sets 3. 10 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 sets x 2 reps RPE 9 2. Single Leg Box Squat x 12 reps each side + TGU x 3 reps each side + Reverse Crunch x 12 reps x 5 sets 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
<ol style="list-style-type: none"> 1. Single Arm Farmer's x 1 minute each side + Jump Lunges x 10 reps each x 3 sets 2. Lying Banded Leg Curl with 5 second hold at top x 8 reps+ Single Leg Romanian Deadlift x 10 reps each + KB Swing x 20 reps x 3 sets 3. Tempo Front Foot Elevated Split Squat 3 seconds down 1 second up x 8 reps each + Single Leg Chair Squat x 10 reps each X 4 sets 	<ol style="list-style-type: none"> 1. Tempo Dumbbell Floor Press 3 seconds down 1 seconds up x 12 reps + Banded Front Raise x AMAP x 4 sets 2. Single Arm Tate Press with 2 second pause at bottom x 8 reps each + Banded KickBacks x 12 reps x 4 sets 3. Dumbbell Pullovers x 20 reps + Lateral Raise x 20 reps + Facepull x 20 reps + x 4 sets 	<p>Walk 20-40 minutes</p>