TPS Method Week 6 TFL Pandemic Block

Bodyweight Only-No Equipment

Day 1	Day 2	Day 3
1. BGSS x 15 each + Shoulder Tap plank x 10 each x 4 rounds 2. Nordic Leg Curl x AMAP or Hardwood Hamstring Curl x 10-15 + Single Leg Glute Bridge (Foot elevated on chair or couch) x 15 each + Rows (whatever you've got) x 20 each x 5 rounds 3. 14 min AMRAP: Mountain Climbers x 10 each + Squat x 10 + Russian Twist x 10 each + Push Ups x 10	1. 25, 50, 100 or 150 total (choose total number based off strength): Push Ups in as few sets as possible + Deadbug x 8 each AR 2. Windmill x 10 each + Chair/Table Row x AMAP + Tempo Dips 3 sseconds/down 3 seconds up x 8 + Leg Lifts x 10 x 5 rounds 3. 15 minutes: 30 seconds on- 30 seconds off: Burpee + Drag Across Plank + Inchworms	1. Tempo Squat: 5 down 5 up x 8, Lateral Lunge x 8 each, Straight Leg Sit up x 12 x 5 rounds 2. Reverse Lunge with Press Out x 8 each + Superplank x 12 + Squat Hold with Press Out x 25 x 4 3. 6 rounds AFAP: Elevated Glute Bridge x 20 + Plank x 30 seconds + Jump Squat x 20 + Hollow Rock x 20

TPS Method TFL Block

Dumbell/Kettlebells/Bands

Day 1	Day 2	Day 3
1. BGSS x 15 each + Shoulder Tap Plank x 10 each x 4 rounds 2. Nordic Leg Curl x AMAP or Ball/Banded Leg Curl x 10-15 + DB/Band RDL x 25 each + Rows x 20 each x 5 rounds 3. 14 min AMRAP: Mountain Climbers x 12 each + Body Weight Squat x 12 + Russian Twist x 12 each + Push Ups x 12	1. 25, 50, 100 or 150 total (choose total number based off strength): Push Ups in as few sets as possible + Deadbug x 8 each AR 2. Windmill x 10 each + Lat Pullover x 20 + DB Rollback x 20 + Leg Lifts x 10 x 5 rounds 3. 15 minutes: 30 seconds on- 30 seconds off: Mini Band Pull Apart + OH Tricep Extension + Lateral Raises	1. Tempo KB/DB Deadlift: 5 seconds down- 5 seconds up x 8 + Lateral Lunge x 8 each + Straight Leg Sit up x 12 x 5 rounds 2. Reverse Lunge with Press Out x 8 each + Superplank x 12 + Pullthrough x 20 x 4 rounds 3. 6 rounds AFAP: Elevated Glute Bridge x 20 + Plank x 30 seconds + Jump Squat x 20 + Hollow Rock x 20

TPS Method TFL Block

Power Rack + Dumbell/Kettlebells/Bands

Day 1	Day 2	Day 3
1. 1/1000 Pause Squat 4 x 5 RPE 7 2. Nordic Leg Curl x AMAP or Ball/Banded Leg Curl x 10-15 + DB/Band RDL x 25 each + Rows x 20 each x 5 rounds 3. 14 min AMRAP: Mountain Climbers x 12 each + Body Weight Squat x 12 + Russian Twist x 12 each + Push Ups x 12	1. Overhead Press or Floor Press 4 x 6 RPE 7 2. Windmill x 10 each + Lat Pullover x 20 + DB Floor Press x 20 + Leg Lifts x 10 x 5 Rounds 3. 15 minutes: 4. 15 minutes: 30 seconds on- 30 seconds off: Mini Band Pull Apart + OH Tricep Extension + Lateral Raises	1. Deadlift with Pause at Knee 4 x 4 RPE 7 2. Reverse Lunge with Press Out x 8 each + Superplank x 12 + Pullthrough x 20 x 4 rounds 3. 6 rounds AFAP: Elevated Glute Bridge x 20 + Plank x 30 seconds + Jump Squat x 20 + Hollow Rock x 20

TPS Method TFL Block

Bodybuilding

Legs	Beach Muscles	Recovery
1. Cossack Squat x 12 each + Kneel to Squat x 8 each x 3 2. Tempo Banded Good Morning: 3 seconds + down 3 seconds up x 8 + Pullthrough x 20 x 3 3. Single Leg Calf Raise x 20 each + Front Rack KB March x 60 seconds x 3	1. Single Arm DB Floor Press Max Reps 60 seconds x 4 2. Banded Fly with 3 second hold x 10 + Pushups x 10 AR x 4 3. DB Rollback x 20 + Hammer Curl x 20 x 3 4. DB Rev Fly x 20 reps x 5 sets	**Walk 20-30 minutes**