



## TPS Method Week 7 TFL Pandemic Block

### Bodyweight Only-No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>Squat 3 stances (close, medium, wide) x 5 each + <a href="#">Chinese Plank</a> x 15 breaths x 4 rounds</li> <li><a href="#">Single Leg Squat with Heel Touch</a> x 8 each leg + <a href="#">Glute Bridge</a> with 3 count hold x 10 + <a href="#">McGill Crunch</a> x 10 each x 4 rounds</li> <li><a href="#">Single Leg RDL</a> Tempo 3 down 3 up x 5 each + <a href="#">Mountain Climber</a> x 20 each + <a href="#">Flutter Kicks</a> x 20 each x 3 rounds</li> <li>Finisher: 4 minutes 20 seconds on 10 seconds off <b>Squats!</b> <i>10 seconds rest is to hold the bottom position of the squat</i></li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Push Ups</a> x 30 seconds + <a href="#">Seal Hops</a> x 20 AR x 4 sets</li> <li><a href="#">Hand Stand Push Ups</a> x 8 + <a href="#">Drag Across Plank</a> x 8 each + <a href="#">Chair/Table Row</a> with 5 second hold at top x 5 x 4 rounds</li> <li>20 minutes AMRAP x 10 on all: <a href="#">Burpee + Straight Leg Sit Up + Knee to Elbow Plank + Crucifix Hold</a> x 10-20 seconds</li> </ol>	<ol style="list-style-type: none"> <li><a href="#">Single Leg Glute Bridge</a> (shoulder on chair/couch) with 2 second hold at top x 10 each + <a href="#">Reverse Lunge</a> x 6 each side + <a href="#">Deadbug</a> x 8 each x 4 rounds</li> <li><a href="#">TGU</a> x 1 each + <a href="#">Side Plank</a> x 20 seconds each + <a href="#">Step-up</a> x 8 each x 5 rounds</li> <li>Ladder 1-10-1*: <a href="#">Push Ups + Squat Jumps</a></li> </ol>

**\*Ladder-do 1 rep of each, then 2, all the way up to 10, then go back down doing 9 reps of each, then 8 all the way back to 1 rep.**



## TPS Method TFL Block

### Dumbbells/Kettlebells/Bands

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. Squat 3 stances (close, medium, wide) x 5 each + <a href="#">Chinese Plank</a> x 15 breaths x 4 Runds</li> <li>2. <a href="#">Single Leg Squat with Heel Touch</a> x 8 each + <a href="#">Goodmorning</a> x 10 + <a href="#">McGill crunch</a> x 10 each x 4 rounds</li> <li>3. <a href="#">Single Leg RDL</a> Tempo 3 down 3 up x 5 each + <a href="#">Mountain Climber</a> x 20 each + <a href="#">Flutter Kicks</a> x 20 each x 3 rounds</li> <li>4. Finisher: 4 minutes 20 seconds on 10 seconds off <b>Squats!</b> 10 seconds rest is to hold the bottom position of the squat</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Push Ups</a> x 30 seconds + <a href="#">Seal Hops</a> x 20 AR x 4 sets</li> <li>2. <a href="#">DB OHP</a> x 8 + <a href="#">Drag Across Plank</a> x 8 each + <a href="#">Seated Row</a> with 5 second hold at top x 5 x 4 rounds</li> <li>3. 20 minutes AMRAP x 10 on all: <a href="#">Facepull</a> + <a href="#">Straight Leg Sit Up</a> + <a href="#">Pushdown</a> + <a href="#">Crucifix Hold</a> x 10-20 seconds</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Deadlift</a> x 15 + <a href="#">Reverse Lunge</a> x 6 each side + <a href="#">Deadbug</a> x 8 each x 4 rounds</li> <li>2. <a href="#">TGU</a> x 1 each + <a href="#">Side Plank</a> x 20 seconds each + <a href="#">Step-Up</a> x 8 each x rounds</li> <li>3. Ladder 1-10-1*: <a href="#">Push Ups</a> + <a href="#">Squat Jumps</a></li> </ol>

**\*Ladder-do 1 rep of each, then 2, all the way up to 10, then go back down doing 9 reps of each, then 8 all the way back to 1 rep.**



## TPS Method TFL Block

### Power Rack/ Dumbbells/Kettlebells/Bands

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> <li>1. 1/1000 <a href="#">Pause Squat</a> 5 x 3 RPE 7</li> <li>2. <a href="#">Single Leg Squat with Heel Touch</a> x 8 each + <a href="#">Goodmorning</a> x 10 + <a href="#">McGill Crunch</a> x 10 each x 4 rounds</li> <li>3. <a href="#">Single Leg RDL</a> Tempo 3 down 3 up x 5 each + <a href="#">Mountain Climber</a> x 20 each + <a href="#">Flutter Kicks</a> x 20 each x 3 rounds</li> <li>4. Finisher: 4 minutes 20 seconds on 10 seconds off <b>Squats!</b> <i>10 seconds rest is to hold the bottom position of the squat</i></li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Overhead Press</a> or <a href="#">Floor Press</a> 5 x 3 RPE 8</li> <li>2. <a href="#">DB OHP</a> x 8 + <a href="#">Drag Across Plank</a> x 8 each + <a href="#">Seated Row</a> with 5 second hold at top x 5 x 4 rounds</li> <li>3. 20 minutes AMRAP x 10 on all: <a href="#">Facepull</a> + <a href="#">Straight Leg Sit Up</a> + <a href="#">Pushdown</a> + <a href="#">Crucifix Hold</a> x 10-20 seconds</li> </ol>	<ol style="list-style-type: none"> <li>1. <a href="#">Deadlift with Pause at Knee</a> 4 x 3 RPE 7</li> <li>2. <a href="#">TGU</a> x 1 each + <a href="#">Side Plank</a> x 20 seconds each + <a href="#">Step-U</a> x 8 each x 5 rounds</li> <li>3. Ladder 1-10-1*: <a href="#">Push Ups</a> + <a href="#">Squat Jumps</a></li> </ol>

**\*Ladder-do 1 rep of each, then 2, all the way up to 10, then go back down doing 9 reps of each, then 8 all the way back to 1 rep.**



## TPS Method TFL Block

### Bodybuilding

Legs	Beach Muscles	Recovery
<ol style="list-style-type: none"><li>1. <a href="#">Single Arm Farmers</a> x 1 minute each side + <a href="#">Jump Lunges</a> x 10 each x 3 sets</li><li>2. <a href="#">Lying Banded Leg Curl</a> 5 second hold at top x 8 + <a href="#">SLRDL</a> x 10 each + <a href="#">KB Swing</a> 10 x 3 rounds</li><li>3. Tempo <a href="#">FFE Split Squat</a> 3 seconds down/1 second up x 8 each + <a href="#">Single Leg Chair Squat</a> x 10 each x 4 sets</li></ol>	<ol style="list-style-type: none"><li>1. Tempo <a href="#">DB Floor Press</a> 3 seconds down/1 second up x 12 + <a href="#">Banded Front Raise</a> x AMAP x 3 sets</li><li>2. <a href="#">Single Arm Tate Press</a> with 2 second pause at bottom x 8 each + <a href="#">Banded Kick Backs</a> x 12 x 3 sets</li><li>3. DB <a href="#">Pullovers</a> x 20, <a href="#">Lateral Raise</a> x 20 + <a href="#">Facepull</a> x 20 x 3 rounds</li></ol>	<p><b>Walk 20-30 minutes</b></p>