



TPS Method Week 8 TFL Pandemic Block

Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. BGSS x 10 each + V-Up x 8 x 4 rounds 2. Single Leg Hardwood Hamstring Curl x 8 each + Jump Lunges x 10 each + Windmill x 10 each x 4 rounds 3. 7 minutes AMRAP x 2 rounds: Squat x 7 + T-Push Up x 7 each + High Knees x 7 each 	<ol style="list-style-type: none"> 1. Push Ups tempo 3 seconds down & 3 seconds up x 8 + Russian Twist x 10 each x 4 rounds 2. Squat Hold with Press Out x 25 + Hand Stand Push Ups x 3 with 10 second hold at the top + Superplank x 10 x 4 rounds 3. 12 minutes: 30 seconds on 30 seconds off: Flutter Kicks + Single Leg Glute Bridge (R) + Hollow Rock + Single Leg Glute Bridge (L) 	<ol style="list-style-type: none"> 1. Single Leg Box Squat x 12 each + Hardwood Hamstring Curl x 10-15 + Deadbug x 8 each x 4 rounds 2. Walking Lunge x 8 each + Inchworms x 8 + Kneeling Hip Thrust x 20 x 5 rounds 3. Burpee: 6 minutes/max reps



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Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. BGSS x 10 each + V-Up x 8 x 4 rounds 2. Single Leg Lying Leg Curl x 15 each + Jump Lunges x 10 each + Windmill x 10 each x 4 rounds 3. 7 minutes AMRAP x 2 rounds: Squat x 7 + T-Push Up x 7 each + High Knees x 7 each 	<ol style="list-style-type: none"> 1. Tempo Push Ups 3 seconds down/ 3 seconds up x 8 + Russian Twist x 10 each x 4 rounds 2. Hammer Curl Overhead Press x 20 + Facepull x 10 with 3 second hold at the top + Superplank x 10 x 4 rounds 3. 12 minutes: 30 seconds on/30 seconds off: Flutter Kicks + Banded Curl + Hollow Rock + Banded Kickbacks 	<ol style="list-style-type: none"> 1. Single Leg Deadlift x 12 each + Hardwood Hamstring Curl x 10-15 + Deadbug x 8 each x 4 rounds 2. Walking Lunge x 8 each + DB Floor Press x 8 + Seated Goodmorning x 20 x 5 rounds 3. Burpee: 6 minutes/max reps



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Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Squat 3 x 5 RPE 7 2. Single Leg Lying Leg Curl x 15 each + Jump Lunges x 10 each + Windmill x 10 each x 4 rounds 3. 7 minutes AMRAP x 2 rounds: Squat x 7 + T-Push Up x 7 each + High Knees x 7 each 	<ol style="list-style-type: none"> 1. Overhead Press with pause at nose 3 x 5 RPE 7 2. Hammer Curl Overhead Press x 20 + Facepull x 10 with 3 second hold at the top + Superplank x 10 x 4 rounds 3. 12 minutes: 30 seconds/on 30 seconds off: Flutter Kicks + Banded Curl + Hollow Rock + Banded Kickbacks 	<ol style="list-style-type: none"> 1. Deadlift 4 x 4 RPE 6 2. Hardwood Hamstring Curl x 10-15 + Deadbug x 8 each x 4 rounds 3. Walking Lunge x 8 each + DB Floor Press x 8 + Seated Goodmorning x 20 x 5 rounds 4. Burpee: 6 minutes/max reps



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Bodybuilding

Legs	Beach Muscles	Recovery
<ol style="list-style-type: none">1. Single Arm Farmers x 1 min each side + Jump Lunges x 10 each x 32. Lying Banded Leg Curl w/ 5 sec hold at top x 8 + SDRDL x 10 each, KB Swing x 20 x 33. Tempo FFE Split Squat 3 s down 1 s up x 8 each + Single Leg Chair Squat x 10 each	<ol style="list-style-type: none">1. Tempo DB Floor Press 3 s down 1 s up x 12 + Banded Front raise x AMAP x 32. Single Arm Tate Press w/ 2 sec pause at bottom x 8 each + Banded Kick Backs x 12 x 33. DB Pull overs x 20 + Lateral Raise x 20 + Facepull x 20 x 3	<p>Walk 20-30 mins</p>