



TPS Method Week 9 TFL Pandemic Block

Body Weight Only/No Equipment

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Squat x 30 seconds + Shoulder Tap Plank x 8 each AR x 4 2. Tempo Single Leg Glute Bridge (shoulder on chair/couch) 3 seconds/up 3 seconds down x 6 + Lateral Lunge x 8 each + Straight Leg Sit up x 12 x 4 rounds 3. 40 seconds on/20 seconds off for 12 minutes: McGill crunch + Mountain Climber + Reverse Lunge 	<ol style="list-style-type: none"> 1. Push Ups x AMAP + Plank x 30-60 seconds x 4 2. Dips x 8-12 + Reverse Lunge with Press Out x 8 each + Inchworms x 8-12 x 4 rounds 3. 8 minutes: AMRAP: T-Push Up x 4 each + Chair/Table Row x 8 + Side Plank with 8 taps each 4. 4 minutes: 20 seconds on/10 seconds off: Bicycle Crunch or If you have access to stationary bike or rower you can do that instead 	<ol style="list-style-type: none"> 1. Elevated Glute Bridge x 20 + Hardwood Hamstring Curl - tempo 3 seconds/up 3 seconds down x 5 + Birdog x 8 each side x 3 2. Tempo Squat 3 seconds down/3 seconds hold/3 seconds up x 5 + TGU x 1 each + Supermans with 3 second hold x 10 + Hand Stand Push Ups x 8-12 x 4 3. 14 minute AMRAP: Mountain Climbers x 10 each + BW squat x 10 + Russian Twist x 10 each + Push Ups x 10



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Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol style="list-style-type: none"> Goblet Squat x 30 seconds + Shoulder Tap Plank x 8 each AR x 4 Pullthrough: Tempo 3 seconds up/3 seconds down x 15 + Lateral Lunge x 8 each + Straight Leg Sit up x 12 x 4 rounds 40 seconds on 20 seconds off x 12 minutes: McGill crunch + Mountain Climber + Reverse Lunge 	<ol style="list-style-type: none"> Push Ups x AMAP + Plank x 30-60 seconds x 4 Dips x 8-12 + DB Rollback x 15-20 + Front Raise x 10-15 + Facepull x 20 x 4 rounds 8 minutes AMRAP: T-Push Up x 4 each side + Row x 8 + Side Plank x 8 taps each 4 minutes: 20 seconds on/10 seconds off: Bicycle Crunch or If you have access to stationary bike or rower you can do that instead 	<ol style="list-style-type: none"> Deadlift x 20 + Lying Leg Curl: Tempo- 3 seconds up/ 3 seconds down x 5 + Birdog x 8 each side x 3 Tempo Squat: 3 seconds down/3 second hold/ 3 seconds up x 5 + TGU x 1 each + Supermans with 3 second hold x 10 + KB Clean and Press x 8-12 x 4 rounds 14 minute AMRAP: Mountain Climbers x 10 each + BW Squat x 10 + Russian Twist x 10 each side + Push Ups x 10



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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 4 RPE 8 2. Pull through: Tempo 3 seconds up/3 seconds down x 15 + Lateral Lunge x 8 each + Straight Leg Sit Up x 12 x 4 rounds 3. 40 seconds on/20 seconds off 12 minutes: McGill Crunch + Mountain Climber + Reverse Lunge 	<ol style="list-style-type: none"> 1. Overhead Press with pause at nose 5 x 5 RPE 7 2. Dips x 8-12 + DB Rollback x 15-20 + Front Raise x 10-15 + Facepull x 20 x 4 rounds 3. 8 minutes AMRAP: T-Push Up x 4 each side + Row x 8 + Side Plank x 8 total taps 4. 4 minutes: 20 seconds on/10 seconds off: Bicycle Crunch or If you have access to stationary bike or rower you can do that instead 	<ol style="list-style-type: none"> 1. Deadlift 3 x 5 RPE 7 2. Lying Leg Curl: Tempo- 3 seconds up/3 seconds down x 5 + Birddog x 8 each side x 3 3. Tempo Squat: 3 seconds down/ 3 second hold/ 3 seconds up x 5 + TGU x 1 each + Supermans with 3 second hold x 10 + KB Clean and Press x 8-12 x 4 rounds 4. 14 minute AMRAP: Mountain Climbers x 10 each + BW squat x 10 + Russian Twist x 10 each side + Push Ups x 10



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Bodybuilding

Legs	Beach Muscles	Recovery
<ol style="list-style-type: none"> Step-ups x 12 each + TKE with 3 second hold x 10 x 3 RDL DB Tempo: 3 seconds down/1 second up x 12 + Lying Ham Curl x 25 + Flutter Kicks x 10 each x 3 rounds Standing Calf Raise x 10 with 10 second hold on 10th rep + Tip Toe Farmers x 25 feet x 3 	<ol style="list-style-type: none"> DB Floor Press: 30 seconds on/30 seconds off x 4 DB Rows with band to make harder x 15 + Reverse Fly x 12 x 3 DB Tate Press x 10-15 + Banded Tricep Push Down x 10 with 10 second hold at 10th rep x 3 Hammer Curl x15 + (Using same DB's) Reverse Curl x AMAP x 3 	<p>Walk 20-40mins</p>