



TPS Method TFL Block

Body weight only-no equipment

Day 1	Day 2	Day 3
<p>1. Stationary Lunges x 15 each side + Straight Leg Sit up x10 AR x 5 sets</p> <p>2. Elevated Glute Bridge x 15 Hardwood Hamstring Curl x 15 + Lateral Step-ups x10 Each Side X 4 sets</p> <p>3. 6 Minute Density x 2 rounds</p> <p>Side Plank with tap (Right) x 6 + Bicycle Crunches x 6 each side + Side Plank with tap (Left) x 6 + Squat Hold with press out x 12</p> <p>4. 100 reps of Supermans</p>	<p>1. Handstand Pushup 5 sets x AMAP (shoot for 10-12) + Deadbug x 8 Breaths AR</p> <p>2. Push Ups x 12 + Chair/Table Row x 10 + Dips (off chair/couch/table) x 12 X 5 rounds</p> <p>3. Circuit: All x 12 reps x 5 rounds Shoulder Tap Plank + Bear Crawl + Mountain Climber</p>	<p>1. Step Ups 5 sets x 12 reps each side + Kneeling Hip Thrust AR x 20</p> <p>2. Bulgarian Split Squat 5 seconds down +1 second up x 8 + Single Leg Box Squat x 12 each side + Crunches x 15 X 4 rounds</p> <p>3. Body Weight Single Leg Deadlift x 12 each side + Kneel to Squat x 8 each side X 4 sets</p> <p>4. Finisher 8 minutes: 40 seconds on 20 seconds off High Knees + Glute Bridge March</p>



TPS Method TFL Block
Dumbbell/Kettlebell/Bands

Day 1	Day 2	Day 3
<p>1. Stationary Lunges x 15 each side + Straight Leg Sit up x10 AR x 5 sets</p> <p>2. Banded GM x 15 + Leg Curl x 15 + Lateral Step-ups x 10 Each Side X 4 rounds</p> <p>3. 6 Minute Density x2</p> <p>Side Plank with tap (Right) x 6 +</p> <p>Bicycle Crunches x 6 each +</p> <p>Side Plank with tap (Left) x 6 + Squat Hold with Press out x 12</p> <p>4. 100 reps of Supermans</p>	<p>1. DB Floor Press 5 sets x AMAP (shoot for 10-12) + Deadbug for 8 Breaths AR</p> <p>2. DB/KB Overhead Press x 12 + Rows x 10 + Dips (off chair/couch/table) x 12</p> <p>X 5 rounds</p> <p>3. Circuit: All x 15 reps x 5 rounds Shoulder Tap Plank + Tate Press + Rear Delt Fly</p>	<p>1. KB Deadlift 5 sets x 15 reps + Pullthrough AR x 20 reps</p> <p>2. Bulgarian Split Squat 5 seconds down 1 second up x 8 reps + Single Leg Box squat x 12 each side Crunches x 15 X 4 rounds</p> <p>3. Single Leg Deadlift x 12 each side + Kneel to Squat x 8 each side X 4 sets</p> <p>4. Finisher 8 minutes: 40 seconds on 20 seconds off High Knees + Glute Bridge March</p>



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Power Rack/Dumbbell/Kettlebell/Bands

Day 1	Day 2	Day 3
<p>1. 2/1000 Pause Squat</p> <p>2 sets x3 reps RPE 7 2 sets x3 reps RPE 8</p> <p>2. Good Mornings x 8 + Leg Curl x 15 + Lateral Step-ups x10 Each Side X 5 rounds</p> <p>3. 6 Minute Density x2</p> <p>Side Plank with tap (Right) x 6 + Thrusters x 6 + Side Plank with tap (Left) x 6 + Squat Hold with Press Out x 12</p>	<p>1. Overhead Press</p> <p>2 sets x 5 reps RPE 7 2 sets x 4 reps RPE 8</p> <p>2. DB Floor Press x 12 + Pushups x 8 + BB Row x 12</p> <p>x 5 Rounds</p> <p>3. Circuit: All x 15 reps x 5 rounds Shoulder Tap Plank + Tate Press + Rear Delt Fly</p>	<p>1. Deadlift+Deadlift Below the Knee 2x4 RPE 7 2x3 RPE 8</p> <p>2. Zercher Squat x 8 + Bulgarian Split Squat x 10 each X 4 sets</p> <p>3. Single Leg Deadlift 12 each side + Weighted Glute Bridge x 15 X 4 sets</p> <p>4. Finisher 8 minutes: 40 seconds on 20 seconds off High knees + Glute bridge March</p>



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Extra Bodybuilding Sessions

Legs	Beach Muscles	Recovery
<ol style="list-style-type: none">1. Cossack Squat x 12 each + Kneel to Squat x 8 each x 3 sets2. Tempo Banded Good Morning 3 seconds down + 3 seconds up x 8 + Pullthrough x 20 x 3 rounds3. Single Leg Calf Raise x 20 each + Front Rack KB March x 60 sec x 3 sets	<ol style="list-style-type: none">1. Single Arm DB Floor Press Max Reps 60 seconds x 3 sets2. Banded Fly with 3 second hold x 10 + Pushups x 10 AR x 3 sets3. DB Rollback x 20 + Hammer Curl x 20 + DB Reverse Fly x 20 x 3 rounds	<p>Walk 20-30mins</p>