



Program By: Sabrina Brellisford, CSCS, FSI

Introduction

Hello! Thank you for checking out this program! I wanted to go through a couple notes about this training program and explain my intention on how it works.

Firstly, there are three days of workouts in this plan, they can be done in order or out of order, but it is important to take at least 48 hours rest in between to give your body the time it needs to recover. This is especially true if you are someone who is new to working out or starting to workout again after an extended period of not working out. The workouts should take roughly 1 hour to 1.5 hours. There is a Warm Up and Cool Down sheet in this program as well. It is important to properly prepare the body for the work being done so before each session, take the time to warm up and after each session, take the time to cool down. Both take roughly 15 minutes of the 1-1.5 hour time.

Layout

The layout of the workouts includes the order of exercises (A1, A2, etc.) name of the exercise, a picture demonstrating the exercise, the tempo, repetitions, sets, rest, and a notes section with a description of the exercise and highlighting key cues. The exercises are in groups of three, these are called "supersets", they are denoted by a letter and number. A superset is used to be more efficient and get more overall work done in a shorter period of time. The three exercises will be done in succession before taking rest.

Tempo

The tempo is indicated as 3 numbers, they represent the seconds spent in different phases of movement - the eccentric phase, isometric phase, and concentric phase. The eccentric phase is when the muscles are lengthening, this is typically the 'downward' movement in an exercise (ex. downward movement of a squat, downward movement of a pull up or push up), this phase of movement is denoted by the first number. The second number denotes the isometric phase of the movement, which is where there is no movement. The third number denotes the concentric phase, where muscles are contracting and shortening, typically the 'upward' movement of an exercise (ex. upward movement in a lunge, upward movement in a push up or pull up). So, for example, a squat that has '2-1-1' as the tempo, the '2' would be 2 seconds on the eccentric "lowering" phase, the '1' would be a 1 second pause at the bottom, and the second '1' would be 1 second on the concentric phase, i.e. standing up.

Reps, Sets and Rest

The repetitions, and sets are denoted as ranges, the intention is to start at the lower end of the range and work your way to the higher end of the range. Specifically, the number of sets are intended to increase each week. So in week 1, one would do 3 sets of everything, week 2 will be 4 sets, and so on. This program can be done for 4-6 weeks while still progress by way of increasing the repetitions performed or the number of sets done each week. The rest is to be done at the end of the superset, so after one set of A1, A2, A3, you will take the allotted rest then complete the superset again.

Contact Information

If there are any questions, please do not hesitate to reach out. sabrina.brellisford2@forces.gc.ca
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Warm Up - done before every workout (approx. 15-20 mins)




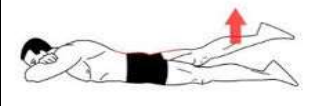
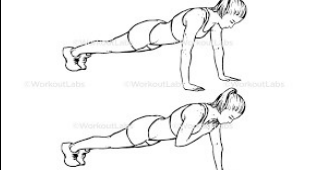
1 | 5 Minutes movement @ RPE 4-5 (e.g. run/skip/row/bike/etc.)

2	Mobility/Activation - pick 2 from top and 2 from bottom each day 10 Reps of each x 2 Sets	Cat/Camel	Wall Angels	Prone T, W, Y, A	Tall Plank Shoulder Taps
		Glute Bridge 10s holds	Groin Rocker	1/2 Kneel Hip Circles - CW & CCW	T-Spine Spirals
3	Dynamic Stretching - 4 Reps each side	World's Greatest Stretch	Figure 4 to Side Lunge Stretch	Inchworm to Cobra to Toe Touch each side	Quad Stretch to Reverse Lunge w/ Reach
		Push Up Position to Downward Dog & Back		Lawn Bowlers	Push Up to Reach on Each Side
Cool Down - done after every workout and cycle (approx. 15-20 minutes)					
1 3 mins Recovery Movement @ RPE 3 (e.g. bike/row)					
2	Foam Roll (if available to you) 30s each spot/each side	Quads (front of thigh)	Hamstrings (back of thigh)	Glutes (bum; cross leg over, roll side that's crossed)	
		Calves	Chest	Mid-Back	Latissimus Dorsi (side of back - waist to armpit)
3	Static Stretching 30s each side	Seated Figure 4 Hamstring Stretch	Side Lying Quad Stretch	Pigeon Stretch	1/2 Kneel Hip Flexor Stretch w/ Same Side Reach
		Neck Stretch	Chest Stretch on Wall	Figure 4, Reach Arm Over to Touch Toes	Latissimus Dorsi Stretch Holding onto Railing






Day 1


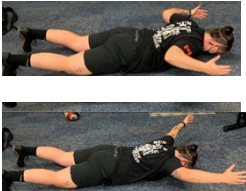




	Exercise	Picture	Tempo	Reps	Sets	Rest	Notes
A1	Push Ups		2-1-1	12-15	3-5	-	- ensure tension is kept throughout the body - regress to knees or elevate hands to make easier
A2	Inverted Row		2-1-1	12-15	3-5	-	- set up under a bar with legs bent (easier) or straight (harder); pull body up to bar at chest level, squeeze shoulder blades together at top
A3	DeadBug		2-2-2	10 ea	3-5	45 sec	on your back, with legs at 90 deg and arms straight - move opposite arm & leg at same time, other limbs do not move; arms are lowered behind the head and legs are extended and lowered to the ground
B1	Squat		2-1-1	16-20	3-5	-	- position feet shoulder-width apart, keep chest up, neutral spine, bend hips and knees to lower yourself with knees tracking over toes


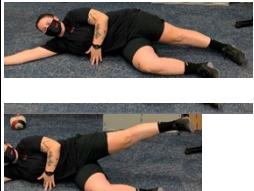
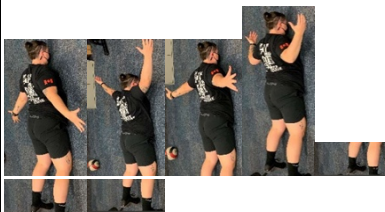
B2	Glute Bridge		2-2-2	16-20	3-5	-	- on your back, bent knees and plant feet on the ground shoulder-width apart, close to the bum; drive feet into ground to lift hips off the ground, squeeze glutes at top
B3	Side Plank		HOLD	30s ea	3-5	45s	- keep shoulders stacked and hips forward - can stack feet or stagger for better balance
C1	Prone ATWY		2-2-2	10-12 each shape	3-5	-	laying down on your stomach, perform the given rep range for each shape - Y: arms extended 45 deg above head - T: arms extended 90 deg to your side - W: arms bent 45 deg at side w/ hands at the level of your shoulder - A: arms extended 45 deg at side w/ palms down - for each rep, lift your arms off the ground by squeezing shoulder blades together
C2	Prone Leg Raise		2-2-2	10-12 ea	3-5	-	- laying on stomach, squeeze bum to lift leg a couple inches off the ground, alternate left to right
C3	Plank Shoulder Taps		2-2-2	10-12 ea	3-5	45s	- in a tall plank, while bracing the core, bring one hand to the opposite shoulder while keeping body still










Day 2

	Exercise	Picture	Tempo	Reps	Sets	Rest	Notes
A1	Reverse Lunge		2-1-1	12-15 ea	3-5	-	- standing upright, take a step backwards, lower yourself until both knees reach 90deg then stand back up driving through front leg, repeat on other leg
A2	Lateral Lunge		2-1-1	12-15 ea	3-5	-	- start standing upright, feet hip width apart, take a large step to one side; with toes facing forward, bend your knee and hips to lower yourself, then stand back up and come back to centre
A3	Bird Dog		2-2-2	10 ea	3-5	45s	- on your hands and knees, lift the opposite arm and leg and reach outward with that arm and leg then bring them back under your body, repeat with the other side

B1	Push Up Negatives		6-1-1	6-8	3-5	-	- for push ups focus on keeping the spine neutral, don't let your hips raise or dip, and keep tension throughout your entire body - very slowly lower down, drop to knees to press up
B2	Prone W to Y		2-2-2	10-12	3-5	-	- laying on your stomach, squeeze shoulder blades and lift arms into W position, then extend arms above head into Y position, transition from W to Y for reps
B3	Plank March		2-2-2	10 ea	3-5	45s	- in a plank position, while keeping the body stable, lift one leg at a time by squeezing the glute, then lower with control - leg only needs to be lifted a few inches off the ground
C1	Hamstring Walkout		SLOW	10-12	3-5	-	- on your back, lift your hips by squeezing the glutes, try to keep hips off the ground and slowly walk your legs out until they are fully extended then slowly walk your legs back in
C2	Singe Leg Glute Bridge Hold		HOLD	30s ea	3-5	-	- on your back, lift one leg off the ground, use the other leg to lift the hips by squeezing the glutes and hold for the allotted time - whats important is to try to keep your hips at the same level throughout the whole movement
C3	Seated Leg Lift		1-1-1	8-10 ea	3-5	45s	- seated up tall, hands rested on the ground, with legs straight contract and lift your entire leg off the ground then lower with control - can use a small waterbottle for a target height or just lift as high as you can

							
Day 3							
Exercise	Picture	Tempo	Reps	Sets	Rest	Notes	
A1	7-way hips		1-1-1	10 each plane	3-5	-	- laying down on your side, bend your bottom leg at 90 degrees - perform the given rep range in 7 planes of motion of the hip: abduction, flexion, extension, flexion+extension, clockwise circle, counterclockwise circle, bicycle motion - perform all reps in one plane before moving to next - move only at the hip, keep knee straight and toes pointed forward
A2	Prone ATWY		2-2-2	10-12 each shape	3-5	-	laying down on your stomach, perform the given rep range for each shape - Y: arms extended 45 deg above head - T: arms extended 90 deg to your side - W: arms bent 45 deg at side w/ hands at the level of your shoulder - A: arms extended 45 deg at side w/ palms down - for each rep, left your arms off the ground by squeezing shoulder blades together

A3	Scapular Push Ups		2-2-2	12-15	3-5	45s	- in a push up position, lower your chest and let your shoulder blades come close together, then push the ground away and raise your chest and let your shoulder blades be pushed apart as much as they can
B1	1.5 Squat		1-1-1	10-12	3-5	-	- position feet shoulder-width apart, keep chest up, neutral spine, bend hips and knees to lower yourself with knees tracking over toes; come up half way, then lower, then come up fully = 1 full rep
B2	Push Up to Downdog		1-1-1	10-12	3-5	-	- starting in a push up position, lower yourself into a push up, then send your hips up to the sky and chest toward your thighs, keeping arms and legs straight, then lower hips back to a push up position
B3	Plank Bodyweight Row		1-1-1	12-15 ea	3-5	45s	- In a tall plank position, lift one arm and bring hand to hip, drive elbow to sky and squeeze shoulder blade at top, lower hand to original position and repeat on other side **picture shows dumbbells in hands, that is not the intention for this movement - use the same body position, without dumbbells**
C1	Single Leg Step Down		2-1-1	12-15 ea	3-5	-	- using a sturdy elevated surface (e.g. box, bench, small table) stand with one foot on the box and the other off the box, lower yourself by bending at the hips and knees, lower to about 90 degrees then stand up
C2	Table Top Holds		HOLD	30s	3-5	-	- table top position: on hands and knees - hands under shoulders and knees under hips - tuck toes under and lift knees 1-2 inches off the ground - brace your core, maintain a neutral spine and hold this position for the allotted time
C3	Single Leg Balance		HOLD	45s ea	3-5	45s	- balance on one leg for the allotted time - can close eyes to increase the difficulty