



# FOUNDATIONS | Workout A - Day 1

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>			
	<b>1. Foam Roll: 10 Rolls/30s Each Area</b>	<b>2. Mobility: 5minutes</b>			
WU	Glute & Piriformis	Abdominal Brace	10 contractions (3s hold)		
WU	Hamstring & Calves	Cat-Cow	20		
WU	Thoracic Spine	Quadruped Hip CARs	5 each		
WU	Adductor & Quad	Bird Dog	5 each		
WU	IT Band	MiniBand Shoulder ER	10		
WU		MiniBand Glute Bridge	10 + 10s hold at top of last rep		
WU		Alt Spider Lunge w/T-spine Rotation	5 each		
	<u>Exercise</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>
	5151 Tempo = 5s lower, 1s pause, 5s raise, 1s pause	Connective Tissue Remodeling	Hypertrophy	Strength	Endurance + Energy Loading
	Rest b/w Sets	60	90	120	30-60
1	DB Bent Over Row	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
2	DB Incline Fly	2x7, 5151	3x10, 3311	3x6, 3311	3x15, 1010
3	Bulgarian Split Squat	2x7, 5151	3x10, 3331	3x6, 3311	3x15,1010
4	DB RDL w/Hip Band	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
5	Cossack Squat	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
<b>Active Isolated Stretching</b> - Cossack Squat: 2 sets of 10 repetitions, each side (2-second hold in stretched position)					

**Daily Emphasis: Mobility + Full Body**



# FOUNDATIONS I Recommended Cardio - Day 2

Exercise: Consider Rolling Before Bed Instead		Exercise		
<b>1. Foam Roll: 10 Rolls/30s Each Area</b>		<b>2. Mobility: 2 Rounds, Circuit Style, No Rest</b>		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	<b>3. Activate: 3minutes</b>	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
Exercise		Exercise		
S1	<b>Zone 2 Steady Cardio</b> Treadmill/Rower/Airbike: Find Zone 2 [(220 - Age) * .70 = Zone 2 HR]. Choose Incline/Speed/RPM that achieves this HR and perform for 30-60minutes	<b>Incline Treadmill Pyramids</b> Choose speed b/w 3-3.5mph. Perform 1 minute at the following incline settings. Repeat to achieve 30-45minutes total. 3-6-3-9-3-12-3-15-3-15-3-12-3-9-3-6	<b>Bike Watt Repeats</b> Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.	
	<b>Rucking/Weighted Vest Jog</b> 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.	<b>15s on/45s off Bike/Row/Run Intervals</b> 15s on/45s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	<b>2min on/1min off Bike/Row/Run Intervals</b> 55-65RPMs/30-40RPMs. 3 Rounds = 12minutes. Increase number of rounds by 1 each week you perform this up to a max of 7 rounds. Then just increase your RPMs.	
S3	<b>10s on/20s off Bike/Run Tabata</b> 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.	<b>20s on/40s off Bike/Row/Run Intervals</b> 20s on/40s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	<b>Metabolic Complex/Gear Workout</b> See Metabolic Complex list OR non-lifting Gear Workout.	
	<b>Mobility Only</b> See Mobility Page on wesbite OR reference any of the mobility warm-ups from this program or other workout programs.	<b>Brisk Walk: 60 minutes/Manual Labor</b>	<b>Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)</b>	
AR				

Daily Emphasis: Optional Cardio OR Active Recovery

Choose S1 or Active Recovery (AR) for all optional days during 1st 4 weeks.

Choose 2-3 S1 or S2 and 1-2 AR for all optional days during 2nd 4 weeks (if doing program twice)



# FOUNDATIONS I Recommended Cardio - Day 3

<b>Exercise: Consider Rolling Before Bed Instead</b>		<b>Exercise</b>		
<b>1. Foam Roll: 10 Rolls/30s Each Area</b>		<b>2. Mobility: 2 Rounds, Circuit Style, No Rest</b>		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	<b>3. Activate: 3minutes</b>	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<b>Exercise</b>		<b>Exercise</b>		
S1	<b>Zone 2 Steady Cardio</b> Treadmill/Rower/Airbike: Find Zone 2 [(220 - Age) * .70 = Zone 2 HR]. Choose Incline/Speed/RPM that achieves this HR and perform for 30-60minutes	<b>Incline Treadmill Pyramids</b> Choose speed b/w 3-3.5mph. Perform 1 minute at the following incline settings. Repeat to achieve 30-45minutes total. 3-6-3-9-3-12-3-15-3-15-3-12-3-9-3-6	<b>Bike Watt Repeats</b> Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.	
	<b>Rucking/Weighted Vest Jog</b> 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.	<b>15s on/45s off Bike/Row/Run Intervals</b> 15s on/45s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	<b>2min on/1min off Bike/Row/Run Intervals</b> 55-65RPMs/30-40RPMs. 3 Rounds = 12minutes. Increase number of rounds by 1 each week you perform this up to a max of 7 rounds. Then just increase your RPMs.	
S3	<b>10s on/20s off Bike/Run Tabata</b> 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.	<b>20s on/40s off Bike/Row/Run Intervals</b> 20s on/40s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	<b>Metabolic Complex/Gear Workout</b> See Metabolic Complex list OR non-lifting Gear Workout.	
AR	<b>Mobility Only</b> See Mobility Page on wesbite OR reference any of the mobility warm-ups from this program or other workout programs.	<b>Brisk Walk: 60 minutes/Manual Labor</b>	<b>Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)</b>	

**Daily Emphasis: Optional Cardio OR Active Recovery**

Choose S1 or Active Recovery (AR) for all optional days during 1st 4 weeks.

Choose 2-3 S1 or S2 and 1-2 AR for all optional days during 2nd 4 weeks (if doing program twice)



# FOUNDATIONS I Workout B - Day 4

Exercise: Consider Foam Rolling Before Bed Instead		Exercise			
	<b>1. Foam Roll: 10 Rolls/30s Each Area</b>	<b>2. Mobility: 5minutes</b>			
WU	Glute & Piriformis	Thread the Needle	5 each		
WU	Hamstring & Calves	MiniBand Glute Bridge	10 + 10s hold at top of last rep		
WU	Thoracic Spine	Half Kneel Ankle Mob	10 each		
WU	Adductor & Quad	Toe Touch to Squat	10		
WU	IT Band	Alt Spider Lunge w/T-spine Rotation	5 each		
WU		Pronation/Supination, Elbows 90 deg	20 each		
WU		MiniBand Shoulder ER	10		
WU		Standing Cable/Band Facepull	10		
Exercise		Week 1	Week 2	Week 3	Week 4
5151 Tempo = 5s lower, 1s pause, 5s raise, 1s pause		Connective Tissue Remodeling	Hypertrophy	Strength	Endurance + Energy Loading
Rest b/w Sets		60	90	120	30-60
1	Box Stepdown (4-12 inch box)	3x10, 3131	3x15, 3131	3x10, 3111	3x15, 1010
2	DB Goblet Squat	2x7, 5151	3x10, 3111	3x6, 3111	3x15, 1010
3	Seated Cable/Band Facepull	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
4	Bottoms-Up KB Shoulder Press	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
5	Bench Supported DB Row	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
<b>Active Isolated Stretching</b> - Anchored Lat Stretch: 2 sets of 10 repetitions (2s hold in stretched position) gentle stretch, 10s stretch pulses, 10s stretch hold					*10s

**Daily Emphasis: Mobility + Full Body**



# FOUNDATIONS I Recommended Cardio - Day 5

<b>Exercise: Consider Rolling Before Bed Instead</b>		<b>Exercise</b>		
<b>1. Foam Roll: 10 Rolls/30s Each Area</b>		<b>2. Mobility: 2 Rounds, Circuit Style, No Rest</b>		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	<b>3. Activate: 3minutes</b>	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<b>Exercise</b>		<b>Exercise</b>		
S1	<b>Zone 2 Steady Cardio</b> Treadmill/Rower/Airbike: Find Zone 2 [(220 - Age) * .70 = Zone 2 HR]. Choose Incline/Speed/RPM that achieves this HR and perform for 30-60minutes	<b>Incline Treadmill Pyramids</b> Choose speed b/w 3-3.5mph. Perform 1 minute at the following incline settings. Repeat to achieve 30-45minutes total. 3-6-3-9-3-12-3-15-3-15-3-12-3-9-3-6	<b>Bike Watt Repeats</b> Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.	
	<b>Rucking/Weighted Vest Jog</b> 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.	<b>15s on/45s off Bike/Row/Run Intervals</b> 15s on/45s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	<b>2min on/1min off Bike/Row/Run Intervals</b> 55-65RPMs/30-40RPMs. 3 Rounds = 12minutes. Increase number of rounds by 1 each week you perform this up to a max of 7 rounds. Then just increase your RPMs.	
S3	<b>10s on/20s off Bike/Run Tabata</b> 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.	<b>20s on/40s off Bike/Row/Run Intervals</b> 20s on/40s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	<b>Metabolic Complex/Gear Workout</b> See Metabolic Complex list OR non-lifting Gear Workout.	
	<b>Mobility Only</b> See Mobility Page on wesbite OR reference any of the mobility warm-ups from this program or other workout programs.	<b>Brisk Walk: 60 minutes/Manual Labor</b>	<b>Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)</b>	
AR				

**Daily Emphasis: Optional Cardio OR Active Recovery**

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# FOUNDATIONS I Recommended Cardio - Day 6

<b>Exercise: Consider Rolling Before Bed Instead</b>		<b>Exercise</b>		
<b>1. Foam Roll: 10 Rolls/30s Each Area</b>		<b>2. Mobility: 2 Rounds, Circuit Style, No Rest</b>		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	<b>3. Activate: 3minutes</b>	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<b>Exercise</b>		<b>Exercise</b>		
S1	<b>Zone 2 Steady Cardio</b> Treadmill/Rower/Airbike: Find Zone 2 [(220 - Age) * .70 = Zone 2 HR]. Choose Incline/Speed/RPM that achieves this HR and perform for 30-60minutes	<b>Incline Treadmill Pyramids</b> Choose speed b/w 3-3.5mph. Perform 1 minute at the following incline settings. Repeat to achieve 30-45minutes total. 3-6-3-9-3-12-3-15-3-15-3-12-3-9-3-6	<b>Bike Watt Repeats</b> Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.	
	<b>Rucking/Weighted Vest Jog</b> 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.	<b>15s on/45s off Bike/Row/Run Intervals</b> 15s on/45s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	<b>2min on/1min off Bike/Row/Run Intervals</b> 55-65RPMs/30-40RPMs. 3 Rounds = 12minutes. Increase number of rounds by 1 each week you perform this up to a max of 7 rounds. Then just increase your RPMs.	
S3	<b>10s on/20s off Bike/Run Tabata</b> 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.	<b>20s on/40s off Bike/Row/Run Intervals</b> 20s on/40s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	<b>Metabolic Complex/Gear Workout</b> See Metabolic Complex list OR non-lifting Gear Workout.	
AR	<b>Mobility Only</b> See Mobility Page on wesbite OR reference any of the mobility warm-ups from this program or other workout programs.	<b>Brisk Walk: 60 minutes/Manual Labor</b>	<b>Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)</b>	

**Daily Emphasis: Optional Cardio OR Active Recovery**

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**Choose 2-3 S1 or S2 and 1-2 AR for all optional days during 2nd 4 weeks (if doing program twice)**