



# FOUNDATIONS 3 Workout A - Day 1

Exercise: Consider Foam Rolling Before Bed Instead		Exercise			
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes			
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		
WU		Reaching 1 Leg SLDL	5 each		
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	Cable/Band Pull Through	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
2	Bulgarian Split Squat	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
3	DB RDL w/Hip Band	2x7, 5151	3x10, 3331	3x6, 3311	3x15,1010
4	Cossack Squat	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
5	Single Leg Calf Raise from Step, Straight Knee	2x7, 5151	3x10, 3131	3x15, 3111	3x15, 1010
Active Isolated Stretching - Cossack Squat: 2 sets of 10 repetitions, each side (2-second hold in stretched position)					

**Daily Emphasis: Mobility + Lower Back/Posterior Chain Focus**



# FOUNDATIONS 3 Workout B - Day 2

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	Cat-Cow	20		
WU	Thoracic Spine	Anchored Lat Stretch	10-10-10*		
WU	Adductor & Quad	Thoracic Extension on Foam Roller	15		
WU	IT Band	Band Pass Through	15		
WU		Pronation/Supination, Elbows 90 deg	20 each		
WU		MiniBand Shoulder ER	10		
WU		Band Pull Apart	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	TRX OR Inverted Row	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
2	Push Up Plus w/Band	2x7, 5555	3x10, 1515	3x6, 5555	3x15, 1010
3	DB Incline Row	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
4	DB Incline Fly	2x7, 5551	3x10, 3311	3x6, 3311	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 + Upper Body Horizontal Focus**



# FOUNDATIONS 3 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
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation
WU	MiniBand Squat	5	Yoga Table
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat
<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 2 S1 or S2 and 1 Active Recovery (AR) for all optional days during 1st 4 weeks.**

**Choose 1 S1 or S2, 1 S3 and 1 AR for all optional days during 2nd 4 weeks (if doing program twice)**



# FOUNDATIONS 3 Workout C - 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	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		
WU		Reaching 1 Leg SLDL	5 each		
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	2x10, 3131	3x15, 3131	3x10, 3111	3x15, 1010
2	DB Spanish Squat	2x7, 5151	3x10, 3333	3x6, 1115	3x20, 1010
3	Swiss Ball/Med Ball Hamstring Curl	2x7, 5555	3x10, 3311	3x10, 3111	3x20, 1010
4	DB Goblet Squat	2x7, 5151	3x10, 3111	3x6, 3111	3x15, 1010
5	Single Leg Calf Raise from Step, Bent Knee	2x7, 5151	3x10, 3131	3x15, 3111	3x15, 1010
Active Isolated Stretching - Pigeon Stretch: 2 sets of 10 repetitions, each side (2s hold in stretched position)					

**Daily Emphasis: Mobility + Lower Body Anterior Chain**



# FOUNDATIONS 3 Workout D - Day 5

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	Cat-Cow	20		
WU	Thoracic Spine	Anchored Lat Stretch	10-10-10*		
WU	Adductor & Quad	Thoracic Extension on Foam Roller	15		
WU	IT Band	Band Pass Through	15		
WU		Pronation/Supination, Elbows 90 deg	20 each		
WU		MiniBand Shoulder ER	10		
WU		Band Pull Apart	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	Seated Cable/Band Facepull	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
2	DB Scapular Plane Raise	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
3	Split Stance DB 1 Arm Row	2x7, 5151	3x10, 3131	3x6, 3111	3x15,1010
4	Bottoms-Up KB Shoulder Press	2x7, 5151	3x10, 3131	3x6, 3111	3x15, 1010
5	Standing Supinated Grip Cable/Band Pulldown	2x7, 5151	3x10, 3131	3x15, 3111	3x15, 1010
Active Isolated Stretching - Anchored Lat Stretch: 2 sets of 10 repetitions (2s hold in the stretched position)					

**Daily Emphasis: Mobility + Upper Body Shoulder Stability Focus**



# FOUNDATIONS 3 Recommended Cardio - Day 6

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 2 S1 or S2 and 1 Active Recovery (AR) for all optional days during 1st 4 weeks.

Choose 1 S1 or S2, 1 S3 and 1 AR for all optional days during 2nd 4 weeks (if doing program twice)



# FOUNDATIONS 3 Optional Cardio - Day 7 OR Rest

d	<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>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.	
S2	<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>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>	
S3			<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.	
AR			<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.	
			<b>Metabolic Complex/Gear Workout</b> See Metabolic Complex list OR non-lifting Gear Workout.	
			<b>Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)</b>	

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

**Choose 2 S1 or S2 and 1 Active Recovery (AR) for all optional days during 1st 4 weeks.**

**Choose 1 S1 or S2, 1 S3 and 1 AR for all optional days during 2nd 4 weeks (if doing program twice)**