



OG TRAINING Wk1:D1

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes	
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each
WU	IT Band	Half Kneel Ankle Mob	5 each
3. Activate: 5minutes		4. Level Change & Plyo: 2 Rounds, Circuit Style, Rest As Needed	
WU	MiniBand Glute Bridge	5	Half Kneel Lateral Toss
WU	MiniBand Shoulder ER	10	Box Jump
WU	Split Squat	5 each	Bear Crawl
WU	Lateral Squat	5 each	10yds
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	DB Goblet Squat	2x8	No rest b/w exercises in any superset
a	Half Kneel Cable/Band Chop	2x8	
a	Front Elbow Plank	2x15s	Rest 60s
b	Reaching 1 Leg SLDL	2x8	
b	TRX OR Inverted Row	2x8	Rest 60s
c	Push Up	2x8	
c	Lat Pulldown OR Pull Up	2x8	
c	Get Up to Elbow	2x5 each	Rest 60s
d	Conditioning: Run OR Row OR Airbike	8rounds	15s on/45s off = 75% max effort/Slow, easy pace

Daily Emphasis: Mobility + Full Body + Anaerobic Alactic Conditioning



OG TRAINING Wk1:D2

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Yoga Table	5	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
3. Activate: 3minutes		Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Standing Hip ER	5 each	MiniBand Shoulder ER	10
WU	MiniBand Squat	5	Toe Touch to Squat	5
WU	MiniBand Monster Walk Low	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Bike OR Airbike	25minutes	75% max HR	75% max HR = (220 - age) * .75 Record distance traveled and average speed/RPM if available. Use as a reference for your next ride.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



OG TRAINING Wk1:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes	
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each
WU	IT Band	Half Kneel Ankle Mob	5 each
3. Activate: 5minutes		4. Level Change & Plyo: 2 Rounds, Circuit Style, Rest As Needed	
	Sets/Reps		
WU	MiniBand Glute Bridge	5	Med Ball Chest Pass to Wall 10
WU	Toes Elevated 1 Leg Glute Bridge	5 each	Lateral Bound 5 each
WU	MiniBand Shoulder ER	10	Lateral Bear Crawl 10yds
Exercise	Sets/Reps	Weight/Intensity	Comments
a	KB Deadlift	2x8	No rest b/w exercises in any superset
a	Half Kneel Inline Lift	2x8	
a	Push Up Pos Slider Hip Flexion	2x6 each	
b	Isometric Split Squat	2x15	Rest 60s
b	DB Flat Bench	2x8	
c	Split Stance DB 1 Arm Row	2x8	Rest 60s
c	Lateral Squat	2x8	
c	Farmer Carry	2x60yds	
d	Conditioning: Airbike	2miles	Moderate Pace Should only take 5-8 minutes

Daily Emphasis: Mobility + Full Body + Aerobic Conditioning



OG TRAINING Wk1:D4

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Yoga Table	5	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
3. Activate: 3minutes		Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Standing Hip ER	5 each	MiniBand Shoulder ER	
WU	MiniBand Squat	5	Toe Touch to Squat	
WU	MiniBand Monster Walk Low	5 each	Alt Spider Lunge w/T-spine Rotation	
		5 each		
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	Conditioning: Airbike	15minutes	2min on/1min off	55-65RPMs/30-40RPMs. 5 Rounds = 15minutes.

Daily Emphasis: Mobility + Recovery + Anaerobic Lactic/Aerobic Conditioning



OG TRAINING Wk1:D5

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes		
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each	
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each	
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each	
WU	IT Band	Half Kneel Ankle Mob	5 each	
3. Activate: 5minutes		4. Level Change & Plyo: 2 Rounds, Circuit Style, Rest As Needed		
WU	MiniBand Glute Bridge	5	Ball Slam	
WU	MiniBand Shoulder ER	10	Box Jump	
WU	Split Squat	5 each	Bear Crawl	
WU	Lateral Squat	5 each	10yds	
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Goblet Split Squat	2x8	No rest b/w exercises in any superset	
a	DB Incline Bench	2x8		
a	Front Elbow Plank	2x15s		
b	Reaching 1 Leg SLDL	2x8		
b	Bench Supported DB Row	2x8		
b	Tall Kneel Anti Rotation Hold	2x15s	Rest 60s	
c	Toes Elevated 1 Leg Glute Bridge	2x8		
c	Half Kneel Landmine Press	2x8		
c	Get Up to Elbow	2x5 each	Rest 60s	
d	Conditioning: Run OR Row OR Airbike	8rounds	15s on/45s off	15s on/45s off = 75% max effort/Slow, easy pace. Do a different form of cardio than you did earlier this week.

Daily Emphasis: Mobility + Full Body + Anaerobic Alactic Conditioning



OG TRAINING Recommended Cardio Wkl:D6

<u>Exercise: Consider Rolling Before Bed Instead</u>		<u>Exercise</u>	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest	
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	3. Activate: 3minutes		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
<u>Exercise</u>		<u>Exercise</u>	<u>Exercise</u>
S1	Zone 2 Steady Cardio 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	Incline Treadmill Pyramids 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	Bike Watt Repeats Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.
	Rucking/Weighted Vest Jog 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.	15s on/45s off Bike/Row/Run Intervals 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.	2min on/1min off Bike/Row/Run Intervals 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	10s on/20s off Bike/Run Tabata 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.	20s on/40s off Bike/Row/Run Intervals 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.	Metabolic Complex/Gear Workout See Metabolic Complex list OR non-lifting Gear Workout.
AR	Mobility Only See Mobility Page on wesbite OR reference any of the mobility warm-ups from this program or other workout programs.	Brisk Walk: 60 minutes/Manual Labor	Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)

Daily Emphasis: Optional Cardio OR Active Recovery

Choose 1 Option Based on Desired Intensity. Use Fatigue and Soreness as Your Guide



OG TRAINING Wk2:DI

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes		
WU	Glute & Piriformis	90/90 Hip Rotation Switches		20s each
WU	Hamstring & Calves	Half Kneel Adductor Rock		5 each
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation		5 each
WU	Adductor & Quad	Quadruped T-spine Rotation		5 each
WU	IT Band	Half Kneel Ankle Mob		5 each
3. Activate: 5minutes		4. Level Change & Plyo: 2 Rounds, Circuit Style, Rest As Needed		
WU	MiniBand Glute Bridge	5	Half Kneel Lateral Toss	8 each
WU	MiniBand Shoulder ER	10	Box Jump	5
WU	Split Squat	5 each	Bear Crawl	10yds
WU	Lateral Squat	5 each		
<u>Exercise</u>		<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	DB Goblet Squat	3x8		No rest b/w exercises in any superset
a	Half Kneel Cable/Band Chop	3x8		
a	Front Elbow Plank	3x15s		Rest 60s
b	Reaching 1 Leg SLDL	3x8		
b	TRX OR Inverted Row	3x8		Rest 60s
c	Push Up	3x8		
c	Lat Pulldown OR Pull Up	3x8		
c	Get Up to Elbow	3x5		Rest 60s
d	Conditioning: Run OR Row OR Airbike	9rounds	15s on/45s off	15s on/45s off = 75% max effort/Slow, easy pace.

Daily Emphasis: Mobility + Full Body + Anaerobic Alactic Conditioning



OG TRAINING Wk2:D2

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Yoga Table	5	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Standing Hip ER	5 each	MiniBand Shoulder ER	10
WU	MiniBand Squat	5	Toe Touch to Squat	5
WU	MiniBand Monster Walk Low	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Bike OR Airbike	25minutes	75% max HR	75% max HR = (220 - age) * .75 Record distance traveled and average speed/RPM if available. Use as a reference for your next ride.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



OG TRAINING Wk2:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes	
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each
WU	IT Band	Half Kneel Ankle Mob	5 each
3. Activate: 5minutes		4. Level Change & Plyo: 2 Rounds, Circuit Style, Rest As Needed	
	Sets/Reps		
WU	MiniBand Glute Bridge	5	Med Ball Chest Pass to Wall 10
WU	Toes Elevated 1 Leg Glute Bridge	5 each	Lateral Bound 5 each
WU	MiniBand Shoulder ER	10	Lateral Bear Crawl 10yds
Exercise	Sets/Reps	Weight/Intensity	Comments
a	KB Deadlift	3x8	No rest b/w exercises in any superset
a	Half Kneel Inline Lift	3x8	
a	Push Up Pos Slider Hip Flexion	3x6 each	Rest 60s
b	Isometric Split Squat	3x15s	
b	DB Flat Bench	3x8	Rest 60s
c	Split Stance DB 1 Arm Row	3x8	
c	Lateral Squat	3x8	
c	Farmer Carry	3x60yds	Rest 60s
d	Conditioning: Airbike	2miles	Moderate Pace Should only take 5-8 minutes

Daily Emphasis: Mobility + Full Body + Aerobic Conditioning



OG TRAINING Wk2:D4

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Yoga Table	5	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Standing Hip ER	5 each	MiniBand Shoulder ER	10
WU	MiniBand Squat	5	Toe Touch to Squat	5
WU	MiniBand Monster Walk Low	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Conditioning: Airbike	15minutes	2min on/1min off	55-65RPMs/30-40RPMs. 5 Rounds = 15minutes.

Daily Emphasis: Mobility + Recovery + Anaerobic Lactic/Aerobic Conditioning



OG TRAINING Wk2:D5

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes	
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each
WU	IT Band	Half Kneel Ankle Mob	5 each
3. Activate: 5minutes		4. Level Change & Plyo: 3 Rounds, Circuit Style, Rest As Needed	
WU	MiniBand Glute Bridge	5	Ball Slam
WU	MiniBand Shoulder ER	10	Box Jump
WU	Split Squat	5 each	Bear Crawl
WU	Lateral Squat	5 each	10yds
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Goblet Split Squat	3x8	No rest b/w exercises in any superset
a	DB Incline Bench	3x8	
a	Front Elbow Plank	3x15s	Rest 60s
b	Reaching 1 Leg SLDL	3x8	
b	Bench Supported DB Row	3x8	
b	Tall Kneel Anti Rotation Hold	3x15s	Rest 60s
c	Toes Elevated 1 Leg Glute Bridge	3x8	
c	Half Kneel Landmine Press	3x8 each	
c	Get Up to Elbow	3x5 each	Rest 60s
d	Conditioning: Run OR Row OR Airbike	9rounds	15s on/45s off
15s on/45s off = 75% max effort/Slow, easy pace. Do a different form of cardio than you did earlier this week.			

Daily Emphasis: Mobility + Full Body + Anaerobic Alactic Conditioning



OG TRAINING Recommended Cardio Wk2:D6

<u>Exercise: Consider Rolling Before Bed Instead</u>		<u>Exercise</u>	
	1. Foam Roll: 10 Rolls/30s Each Area	2. Mobility: 2 Rounds, Circuit Style, No Rest	
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	3. Activate: 3minutes	MiniBand Shoulder ER	10
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
	<u>Exercise</u>	<u>Exercise</u>	<u>Exercise</u>
S1	Zone 2 Steady Cardio 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	Incline Treadmill Pyramids 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	Bike Watt Repeats Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.
	Rucking/Weighted Vest Jog 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.	15s on/45s off Bike/Row/Run Intervals 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.	2min on/1min off Bike/Row/Run Intervals 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	10s on/20s off Bike/Run Tabata 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.	20s on/40s off Bike/Row/Run Intervals 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.	Metabolic Complex/Gear Workout See Metabolic Complex list OR non-lifting Gear Workout.
AR	Mobility Only See Mobility Page on wesbite OR reference any of the mobility warm-ups from this program or other workout programs.	Brisk Walk: 60 minutes/Manual Labor	Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)

Daily Emphasis: Optional Cardio OR Active Recovery

Choose 1 Option Based on Desired Intensity. Use Fatigue and Soreness as Your Guide



OG TRAINING Wk3:DI

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes		
WU	Glute & Piriformis	90/90 Hip Rotation Switches		20s each
WU	Hamstring & Calves	Half Kneel Adductor Rock		5 each
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation		5 each
WU	Adductor & Quad	Quadruped T-spine Rotation		5 each
WU	IT Band	Half Kneel Ankle Mob		5 each
WU	3. Activate: 5minutes		4. Level Change & Plyo: 3 Rounds, Circuit Style, Rest As Needed	
WU	MiniBand Glute Bridge	5	Half Kneel Lateral Toss	8 each
WU	MiniBand Shoulder ER	10	Box Jump	5
WU	Split Squat	5 each	Bear Crawl	10yds
WU	Lateral Squat	5 each		
<u>Exercise</u>		<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	DB Goblet Squat	3x10		No rest b/w exercises in any superset
a	Half Kneel Cable/Band Chop	3x10		
a	Front Elbow Plank	3x20s		Rest 90s
b	Reaching 1 Leg SLDL	3x8		
b	TRX OR Inverted Row	3x10		Rest 60s
c	Push Up	3x10		
c	Lat Pulldown OR Pull Up	3x10		
c	Get Up to Elbow	3x5		Rest 90s
d	Conditioning: Run OR Row OR Airbike	10rounds	15s on/45s off	15s on/45s off = 75% max effort/Slow, easy pace.

Daily Emphasis: Mobility + Full Body + Anaerobic Alactic Conditioning



OG TRAINING Wk3:D2

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Yoga Table	5	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Standing Hip ER	5 each	MiniBand Shoulder ER	10
WU	MiniBand Squat	5	Toe Touch to Squat	5
WU	MiniBand Monster Walk Low	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Bike OR Airbike	25minutes	75% max HR	75% max HR = (220 - age) * .75 Record distance traveled and average speed/RPM if available. Use as a reference for your next ride.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



OG TRAINING Wk3:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes		
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each	
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each	
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each	
WU	IT Band	Half Kneel Ankle Mob	5 each	
WU	3. Activate: 5minutes	Sets/Reps	4. Level Change & Plyo: 2 Rounds, Circuit Style, Rest As Needed	
WU	MiniBand Glute Bridge	5	Med Ball Chest Pass to Wall	
WU	Toes Elevated 1 Leg Glute Bridge	5 each	Lateral Bound	
WU	MiniBand Shoulder ER	10	Lateral Bear Crawl	
			10yds	
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	KB Deadlift	3x10	No rest b/w exercises in any superset	
a	Half Kneel Inline Lift	3x10		
a	Push Up Pos Slider Hip Flexion	3x7		
b	Isometric Split Squat	3x20s		
b	DB Flat Bench	3x8	Rest 60s	
c	Split Stance DB 1 Arm Row	3x10		
c	Lateral Squat	3x10		
c	Farmer Carry	3x60yds	Rest 90s	
d	Conditioning: Airbike	2miles	Moderate Pace	Should only take 5-8 minutes

Daily Emphasis: Mobility + Full Body + Aerobic Conditioning



OG TRAINING Wk3:D4

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Yoga Table	5	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Standing Hip ER	5 each	MiniBand Shoulder ER	10
WU	MiniBand Squat	5	Toe Touch to Squat	5
WU	MiniBand Monster Walk Low	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Conditioning: Airbike	18minutes	2min on/1min off	55-65RPMs/30-40RPMs. 6 Rounds = 18minutes.

Daily Emphasis: Mobility + Recovery + Anaerobic Lactic/Aerobic Conditioning



OG TRAINING Wk3:D5

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes	
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each
WU	IT Band	Half Kneel Ankle Mob	5 each
3. Activate: 5minutes		4. Level Change & Plyo: 3 Rounds, Circuit Style, Rest As Needed	
WU	MiniBand Glute Bridge	5	Ball Slam
WU	MiniBand Shoulder ER	10	Box Jump
WU	Split Squat	5 each	Bear Crawl
WU	Lateral Squat	5 each	10yds
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Goblet Split Squat	3x10	No rest b/w exercises in any superset
a	DB Incline Bench	3x8	
a	Front Elbow Plank	3x20s	Rest 60s
b	Reaching 1 Leg SLDL	3x8 each	
b	Bench Supported DB Row	3x10	
b	Tall Kneel Anti Rotation Hold	3x20s	Rest 60s
c	Toes Elevated 1 Leg Glute Bridge	3x10	
c	Half Kneel Landmine Press	3x8	
c	Get Up to Elbow	3x6 each	Rest 60s
d	Conditioning: Run OR Row OR Airbike	9rounds	15s on/45s off
15s on/45s off = 75% max effort/Slow, easy pace. Do a different form of cardio than you did earlier this week.			

Daily Emphasis: Mobility + Full Body + Anaerobic Alactic Conditioning



OG TRAINING Recommended Cardio Wk3:D6

<u>Exercise: Consider Rolling Before Bed Instead</u>		<u>Exercise</u>	
	1. Foam Roll: 10 Rolls/30s Each Area	2. Mobility: 2 Rounds, Circuit Style, No Rest	
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	3. Activate: 3minutes	MiniBand Shoulder ER	10
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
	<u>Exercise</u>	<u>Exercise</u>	<u>Exercise</u>
S1	Zone 2 Steady Cardio 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	Incline Treadmill Pyramids 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	Bike Watt Repeats Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.
	Rucking/Weighted Vest Jog 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.	15s on/45s off Bike/Row/Run Intervals 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.	2min on/1min off Bike/Row/Run Intervals 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	10s on/20s off Bike/Run Tabata 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.	20s on/40s off Bike/Row/Run Intervals 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.	Metabolic Complex/Gear Workout See Metabolic Complex list OR non-lifting Gear Workout.
AR	Mobility Only See Mobility Page on wesbite OR reference any of the mobility warm-ups from this program or other workout programs.	Brisk Walk: 60 minutes/Manual Labor	Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)

Daily Emphasis: Optional Cardio OR Active Recovery

Choose 1 Option Based on Desired Intensity. Use Fatigue and Soreness as Your Guide



OG TRAINING Wk4:DI

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes		
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each	
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each	
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each	
WU	IT Band	Half Kneel Ankle Mob	5 each	
WU	3. Activate: 5minutes	4. Level Change & Plyo: 3 Rounds, Circuit Style, Rest As Needed		
WU	MiniBand Glute Bridge	5	Half Kneel Lateral Toss	
WU	MiniBand Shoulder ER	10	Box Jump	
WU	Split Squat	5 each	Bear Crawl	
WU	Lateral Squat	5 each		
<u>Exercise</u>		<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	DB Goblet Squat	3x12		No rest b/w exercises in any superset
a	Half Kneel Cable/Band Chop	3x12		
a	Front Elbow Plank	3x20s		Rest 90s
b	Reaching 1 Leg SLDL	3x8		
b	TRX OR Inverted Row	3x12		Rest 60s
c	Push Up	3x12		
c	Lat Pulldown OR Pull Up	3x12		
c	Get Up to Elbow	3x7 each		Rest 90s
d	Conditioning: Run OR Row OR Airbike	11rounds	15s on/45s off	15s on/45s off = 75% max effort/Slow, easy pace.

Daily Emphasis: Mobility + Full Body + Anaerobic Alactic Conditioning



OG TRAINING Wk4:D2

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Yoga Table	5	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Standing Hip ER	5 each	MiniBand Shoulder ER	10
WU	MiniBand Squat	5	Toe Touch to Squat	5
WU	MiniBand Monster Walk Low	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Conditioning: Bike OR Airbike	25minutes	75% max HR	75% max HR = (220 - age) * .75 Record distance traveled and average speed/RPM if available. Use as a reference for your next ride.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



OG TRAINING Wk4:D3

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes	
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each
WU	IT Band	Half Kneel Ankle Mob	5 each
WU 3. Activate: 5minutes		4. Level Change & Plyo: 3 Rounds, Circuit Style, Rest As Needed	
WU	MiniBand Glute Bridge	5	Med Ball Chest Pass to Wall
WU	MiniBand Shoulder ER	10	Lateral Bound
WU	Split Squat	5 each	Lateral Bear Crawl
WU	Lateral Squat	5 each	10yds
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	KB Deadlift	3x12	No rest b/w exercises in any superset
a	Half Kneel Inline Lift	3x12	
a	Push Up Pos Slider Hip Flexion	3x8	Rest 90s
b	Isometric Split Squat	3x25s	
b	DB Flat Bench	3x8	Rest 60s
c	Split Stance DB 1 Arm Row	3x12	
c	Lateral Squat	3x8	
c	Farmer Carry	3x60yds	Rest 90s
d	Conditioning: Airbike	2miles	Moderate Pace Should only take 5-8 minutes

Daily Emphasis: Mobility + Full Body + Aerobic Conditioning



OG TRAINING Wk4:D4

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
	1. Foam Roll: 10 Rolls/30s Each Area	2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Yoga Table	5	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	Downward Dog w/Alt Knee Bend	5 each	
WU	MiniBand Standing Hip ER	5 each	MiniBand Shoulder ER	10
WU	MiniBand Squat	5	Toe Touch to Squat	5
WU	MiniBand Monster Walk Low	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Conditioning: Airbike	18minutes	2min on/1min off	55-65RPMs/30-40RPMs. 6 Rounds = 18minutes.

Daily Emphasis: Mobility + Recovery + Anaerobic Lactic/Aerobic Conditioning



OG TRAINING Wk4:D5

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 5minutes	
WU	Glute & Piriformis	90/90 Hip Rotation Switches	20s each
WU	Hamstring & Calves	Half Kneel Adductor Rock	5 each
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	5 each
WU	Adductor & Quad	Quadruped T-spine Rotation	5 each
WU	IT Band	Half Kneel Ankle Mob	5 each
3. Activate: 5minutes		4. Level Change & Plyo: 3 Rounds, Circuit Style, Rest As Needed	
WU	MiniBand Glute Bridge	5	Ball Slam
WU	MiniBand Shoulder ER	10	Box Jump
WU	Split Squat	5 each	Bear Crawl
WU	Lateral Squat	5 each	10yds
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Goblet Split Squat	3x12	No rest b/w exercises in any superset
a	DB Incline Bench	3x8	
a	Front Elbow Plank	3x25s	Rest 90s
b	Reaching 1 Leg SLDL	3x8 each	
b	Bench Supported DB Row	3x12	
b	Tall Kneel Anti Rotation Hold	3x25s	Rest 60s
c	Toes Elevated 1 Leg Glute Bridge	3x12	
c	Half Kneel Landmine Press	3x12	
c	Get Up to Elbow	3x7 each	Rest 60s
d	Conditioning: Run OR Row OR Airbike	11rounds	15s on/45s off
15s on/45s off = 75% max effort/Slow, easy pace. Do a different form of cardio than you did earlier this week.			

Daily Emphasis: Mobility + Full Body + Anaerobic Alactic Conditioning



OG TRAINING Recommended Cardio Wk4:D6

<u>Exercise: Consider Rolling Before Bed Instead</u>		<u>Exercise</u>	
	1. Foam Roll: 10 Rolls/30s Each Area	2. Mobility: 2 Rounds, Circuit Style, No Rest	
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	3. Activate: 3minutes	MiniBand Shoulder ER	10
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
	<u>Exercise</u>	<u>Exercise</u>	<u>Exercise</u>
S1	Zone 2 Steady Cardio 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	Incline Treadmill Pyramids 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	Bike Watt Repeats Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.
	Rucking/Weighted Vest Jog 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.	15s on/45s off Bike/Row/Run Intervals 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.	2min on/1min off Bike/Row/Run Intervals 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	10s on/20s off Bike/Run Tabata 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.	20s on/40s off Bike/Row/Run Intervals 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.	Metabolic Complex/Gear Workout See Metabolic Complex list OR non-lifting Gear Workout.
AR	Mobility Only See Mobility Page on wesbite OR reference any of the mobility warm-ups from this program or other workout programs.	Brisk Walk: 60 minutes/Manual Labor	Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)

Daily Emphasis: Optional Cardio OR Active Recovery

Choose 1 Option Based on Desired Intensity. Use Fatigue and Soreness as Your Guide