



OG TRAINING Wk5: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
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>
a	Isometric Goblet Squat	3x5	Heavy. Bottom Hold 5s.
a	Front Plank Row	3x6 each	
a	Deadbug Alt Overhead Reach	3x6 each	
b	Isometric DB Flat Bench Press	3x5	Halfway Down Hold 5s.
b	Tall Kneel Anti Rotation Hold	3x15s	
b	Isometric 1 Leg Bench Hip Lift	3x5 each	
c	Bench Supported DB Row	3x5 each	
c	Push Up	3x8	
c	Side Elbow Plank Fwd/Back Taps	3x6 each	
d	Conditioning: 75yd Shuttle run	4 rounds	25yd increments
			Run 25yd, turn, run back, turn, run back. Walk back and then rest another 30s. Alternate which leg you are planting and turning with every round to avoid overusing one side.

Daily Emphasis: Mobility + Full Body + Anaerobic Conditioning



OG TRAINING Wk5: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 Wk5: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
3. Activate: 5minutes		<u>Sets/Reps</u>	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
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Isometric Split Squat	3x5 each	Hold Bottom 5s.
a	Cable/Band Side Elbow Plank Row	3x8	
a	Supine Alt Leg Lowering	3x6 each	Rest 60s
b	Isometric Chin Up	3x5	Hold Top 5s.
b	Full Plank Lateral Crawl	3x10 each	10yd each direction
b	Cable/Band Single Leg Deadlift	3x8 each	Rest 60s
c	Standing Landmine Press	3x8	Sub Split Stance DB Press if no Landmine
c	Isometric Bent Over DB Row	3x5 each	Hold Top 5s.
c	Straight Leg Sit Up	3x6	Rest 60s
d	Conditioning: Airbike	8x20/40	20s on/40s off
			20s on/40s off = 65-85 RPMs/Slow, easy pace.

Daily Emphasis: Mobility + Full Body + Anaerobic Conditioning



OG TRAINING Wk5: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 Wk5: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	KB Swing	3x8	No rest b/w exercises in any superset
a	Front Plank Row	3x6	
a	Stick Alt Lower Extremity Deadbug	3x6 each	Rest 60s
b	Isometric TRX/Inverted Row	3x5	Hold Top 5s.
b	Tall Kneel Anti Rotation Hold	3x4 each	Perform actual reps, hold each 5s instead of one 15s hold.
b	Lateral Squat	3x8 each	1 DB Rest 60s
c	Isometric 1 Leg Bench Hip Lift	3x5	Hold Top 5s.
c	Isometric Push Up	3x5	Hold Bottom 5.
c	Suitcase Carry	3x30yd	Rest 60s
d	Conditioning: Run OR Row OR Airbike	8rounds	15s on/30s off 15s on/30s 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 Conditioning



OG TRAINING Recommended Cardio Wk5: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	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<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 Wk6: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
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	Isometric Goblet Squat	3x5	Heavy. Bottom Hold 5s.
a	Front Plank Row	3x7 each	No rest b/w exercises in any superset
a	Deadbug Alt Overhead Reach	3x7 each	Rest 60s
b	Isometric DB Flat Bench Press	3x5	Halfway Down Hold 5s.
b	Tall Kneel Anti Rotation Hold	3x20s	
b	Isometric 1 Leg Bench Hip Lift	3x5 each	Rest 60s
c	Bench Supported DB Row	3x5 each	
c	Push Up	3x10	
c	Side Elbow Plank Fwd/Back Taps	3x7 each	Rest 60s
d	Conditioning: 75yd Shuttle run	5 rounds	25yd increments
			Run 25yd, turn, run back, turn, run back. Walk back and then rest another 30s. Alternate which leg you are planting and turning with every round to avoid overusing one side.

Daily Emphasis: Mobility + Full Body + Anaerobic Conditioning



OG TRAINING Wk6: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 Wk6: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
3. Activate: 5minutes		<u>Sets/Reps</u>	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
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Isometric Split Squat	3x5 each	Hold Bottom 5s.
a	Cable/Band Side Elbow Plank Row	3x9	
a	Supine Alt Leg Lowering	3x7 each	Rest 60s
b	Isometric Chin Up	3x5	Hold Top 5s.
b	Full Plank Lateral Crawl	3x10 each	10yd each direction
b	Cable/Band Single Leg Deadlift	3x8 each	Rest 60s
c	Standing Landmine Press	3x8	Sub Split Stance DB Press if no Landmine
c	Isometric Bent Over DB Row	3x5 each	Hold Top 5s.
c	Straight Leg Sit Up	3x7	Rest 60s
d	Conditioning: Airbike	8x20/40	20s on/40s off
			20s on/40s off = 65-85 RPMs/Slow, easy pace.

Daily Emphasis: Mobility + Full Body + Anaerobic Conditioning



OG TRAINING Wk6: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 Wk6: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	
WU	3. Activate: 5minutes		4. Level Change & Plyo: 3 Rounds, Circuit Style, Rest As Needed	
WU	MiniBand Glute Bridge	5	Ball Slam	10
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	KB Swing	3x8		No rest b/w exercises in any superset
a	Front Plank Row	3x7		
a	Stick Alt Lower Extremity Deadbug	3x7 each		Rest 60s
b	Isometric TRX/Inverted Row	3x5	Hold Top 5s.	
b	Tall Kneel Anti Rotation Hold	3x5 each		Perform actual reps, hold each 5s instead of one 15s hold.
b	Lateral Squat	3x10 each	1 DB	Rest 60s
c	Isometric 1 Leg Bench Hip Lift	3x5	Hold Top 5s.	
c	Isometric Push Up	3x5	Hold Bottom 5.	
c	Suitcase Carry	3x30yd		Rest 60s
d	Conditioning: Run OR Row OR Airbike	9 rounds	15s on/30s off	15s on/30s 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 Conditioning



OG TRAINING Recommended Cardio Wk6: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 Wk7: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	10yds	
<u>Exercise</u>		<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Isometric Goblet Squat	3x6	Heavy. Bottom Hold 5s.	No rest b/w exercises in any superset
a	Front Plank Row	3x8 each		
a	Deadbug Alt Overhead Reach	3x8 each		Rest 60s
b	Isometric DB Flat Bench Press	3x6	Halfway Down Hold 5s.	
b	Tall Kneel Anti Rotation Hold	3x25s		
b	Isometric 1 Leg Bench Hip Lift	3x6 each		Rest 60s
c	Bench Supported DB Row	3x5 each		
c	Push Up	3x12		
c	Side Elbow Plank Fwd/Back Taps	3x8 each		Rest 60s
d	Conditioning: 75yd Shuttle run	6 rounds	25yd increments	Run 25yd, turn, run back, turn, run back. Walk back and then rest another 30s. Alternate which leg you are planting and turning with every round to avoid overusing one side.

Daily Emphasis: Mobility + Full Body + Anaerobic Conditioning



OG TRAINING Wk7: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 Wk7: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	<u>Sets/Reps</u>	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
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Isometric Split Squat	3x6 each	Hold Bottom 5s.
a	Cable/Band Side Elbow Plank Row	3x10	
a	Supine Alt Leg Lowering	3x8 each	Rest 60s
b	Isometric Chin Up	3x6	Hold Top 5s.
b	Full Plank Lateral Crawl	3x10 each	10yd each direction
b	Cable/Band Single Leg Deadlift	3x8 each	Rest 60s
c	Standing Landmine Press	3x8	Sub Split Stance DB Press if no Landmine
c	Isometric Bent Over DB Row	3x6 each	Hold Top 5s.
c	Straight Leg Sit Up	3x8	Rest 60s
d	Conditioning: Airbike	10x20/40	20s on/40s off
			20s on/40s off = 65-85 RPMs/Slow, easy pace.

Daily Emphasis: Mobility + Full Body + Anaerobic Conditioning



OG TRAINING Wk7: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 Wk7: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	
WU	3. Activate: 5minutes		4. Level Change & Plyo: 3 Rounds, Circuit Style, Rest As Needed	
WU	MiniBand Glute Bridge	5	Ball Slam	10
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	KB Swing	3x8		No rest b/w exercises in any superset
a	Front Plank Row	3x8		
a	Stick Alt Lower Extremity Deadbug	3x8 each		Rest 60s
b	Isometric TRX/Inverted Row	3x6	Hold Top 5s.	
b	Tall Kneel Anti Rotation Hold	3x5 each		Perform actual reps, hold each 5s instead of one 15s hold.
b	Lateral Squat	3x12 each	1 DB	Rest 60s
c	Isometric 1 Leg Bench Hip Lift	3x6	Hold Top 5s.	
c	Isometric Push Up	3x6	Hold Bottom 5.	
c	Suitcase Carry	3x30yd		Rest 60s
d	Conditioning: Run OR Row OR Airbike	10 rounds	15s on/30s off	15s on/30s 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 Conditioning



OG TRAINING Recommended Cardio Wk7: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	5 each		
WU	MiniBand Squat	5	Yoga Table	5		
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5		
	<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 Wk8: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	10yds	
<u>Exercise</u>		<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Isometric Goblet Squat	3x6	Heavy. Bottom Hold 5s.	No rest b/w exercises in any superset
a	Front Plank Row	3x9 each		
a	Deadbug Alt Overhead Reach	3x9 each		Rest 60s
b	Isometric DB Flat Bench Press	3x6	Halfway Down Hold 5s.	
b	Tall Kneel Anti Rotation Hold	3x30s		
b	Isometric 1 Leg Bench Hip Lift	3x6 each		Rest 60s
c	Bench Supported DB Row	3x5 each		
c	Push Up	3x12		
c	Side Elbow Plank Fwd/Back Taps	3x9 each		Rest 60s
d	Conditioning: 75yd Shuttle run	6 rounds	25yd increments	Run 25yd, turn, run back, turn, run back. Walk back and then rest another 30s. Alternate which leg you are planting and turning with every round to avoid overusing one side.

Daily Emphasis: Mobility + Full Body + Anaerobic Conditioning



OG TRAINING Wk8: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 Wk8: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		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	
Exercise		Sets/Reps	Weight/Intensity	Comments
a	Isometric Split Squat	3x6 each	Hold Bottom 5s.	No rest b/w exercises in any superset
a	Cable/Band Side Elbow Plank Row	3x11		
a	Supine Alt Leg Lowering	3x9 each		Rest 60s
b	Isometric Chin Up	3x6	Hold Top 5s.	
b	Full Plank Lateral Crawl	3x10 each	10yd each direction	Maintain flat back plank position
b	Cable/Band Single Leg Deadlift	3x8 each		Rest 60s
c	Standing Landmine Press	3x8		Sub Split Stance DB Press if no Landmine
c	Isometric Bent Over DB Row	3x6 each	Hold Top 5s.	
c	Straight Leg Sit Up	3x9		Rest 60s
d	Conditioning: Airbike	10x20/40	20s on/40s off	20s on/40s off = 65-85 RPMs/Slow, easy pace.

Daily Emphasis: Mobility + Full Body + Anaerobic Conditioning



OG TRAINING Wk8: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 Wk8: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	KB Swing	3x8	No rest b/w exercises in any superset
a	Front Plank Row	3x9	
a	Stick Alt Lower Extremity Deadbug	3x9 each	Rest 60s
b	Isometric TRX/Inverted Row	3x6	Hold Top 5s.
b	Tall Kneel Anti Rotation Hold	3x6 each	Perform actual reps, hold each 5s instead of one 15s hold.
b	Lateral Squat	3x12 each	1 DB Rest 60s
c	Isometric 1 Leg Bench Hip Lift	3x6	Hold Top 5s.
c	Isometric Push Up	3x7	Hold Bottom 5.
c	Suitcase Carry	3x30yd	Rest 60s
d	Conditioning: Run OR Row OR Airbike	11 rounds	15s on/30s off 15s on/30s 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 Conditioning



OG TRAINING Recommended Cardio Wk8: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