

BJJ STRENGTH TRAINING SYSTEMS  
PRESENTS THE

# **30 DAY** **NO GYM** **NO PROBLEM** **BJJ BODYWEIGHT** **WORKOUT PROGRAM**

*Roll with more strength, endurance and flow*



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## **Disclaimer**

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this workout. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use this workout, please follow your doctor's orders.

Dear Fellow BJJ Addict,

Thanks for signing up for the free 30 Day BJJ Bodyweight Workout. My hope is that it will help increase not only your strength and cardio but also your overall body awareness and control.

Like you I love to learn new stuff on the mat and, more importantly, be able to use it when I roll. The thrill of pulling off a new move or catching someone off guard who usually has your number is priceless and one of the main reasons I train and drill so much.

However, like a lot of you I am not a “natural” on the mats. I didn’t come from a wrestling background and I didn’t start BJJ until I was 37. I’ve had to work hard to earn whatever progress I’ve gained on the mats and I can say that it all starts with being able to move well and be able to back that movement up with some strength and cardio.

While I may be new on the BJJ scene I’ve been working as a high level strength coach for over a decade and I’ve seen that the lessons I’ve learned there translate very well to my new passion. I’ve also noticed the same problems with movement and strength issues hindering techniques on the mat that I’ve seen in the other sports I’ve worked with.

Because of that I know that strength and conditioning holds the key to your long term progress in BJJ and the sooner you take advantage of it the sooner you can avoid the frustration that comes with performance plateaus, nagging injuries and techniques you can’t seem to grasp.

By looking at “strength training” as a form of movement practice you can create much more carryover from your exercises into your BJJ practice. When you improve your fundamental ability to move off the mat you’ll improve your potential to move on the mat and bodyweight training is one of the best ways to do that.

In fact, many times it isn’t a lack of understanding a technique that is holding you back as much as an inability to create the basic movements you need to apply the technique properly. Fix the movement and you’ll fix the technique as well.

Now, once you move like you’re supposed to you need to work hard and improve your strength and cardio – all things being equal, the stronger guy (or gal) will win and being able to outpace your opponent can cause them to make mistakes. This means that while technique is King, your strength and cardio can still make a big difference.

So, when you consider that you’ll be able to improve your technique, increase your strength and develop better cardio, why wouldn’t you want to take advantage of strength training?

Time to get started with your first workout, let me know if you have any questions and hope to slap hands with you on the mat someday.

Until then...

Roll Strong,

James Wilson

BJJ Strength Training Systems

# **No Gym, No Problem Workout Program**

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# The No Gym, No Problem Workouts

Below you will find the workout overviews for the 30 Day No Gym, No Problem BJJ Workout Program. You can print these sheets off for a quick reference when training.

Each workout will follow this basic format:

**Warm Up:** You will perform the Warm Up/ Movement Prep Drill provided in this manual before each workout.

**Bodyweight Flows:** The exercises are a new addition to the bodyweight training toolbox and represent a fun and challenging way to train the core. By using your arms and legs to propel your body in a variety of different ways you create a unique core challenge that is unmatched in functional carryover to the trail. Practice each of the 3 forms for 2 minutes (6 minutes total practice).

**Strength Training:** Here you will perform 4 bodyweight exercises in a circuit fashion. You will go through the circuit 2-3 times, rest 30-60 seconds between exercises. You will see a rep range listed for each exercise, which means that you want to perform at least the lowest number of reps but no more than the highest number of reps. While you can find all of the exercises in the Coaching Cue Handouts be sure to watch the video demos for more in depth info on each routine.

**Cardio Training:** At the end of each workout you will pick from 1 of 3 cardio workouts provided for this 30 day phase. The workouts vary so be sure to watch the video demos for more info on the specifics of each one.

You will find the supporting materials you need on the following pages. Remember that in addition to the video demos you also have access to a Coaching Cue Handout for each exercise. These have pictures and coaching cues and you can print them off for easy reference when training.

## **Phase 1 Overview**

### **Movement Prep** – pg. 10

### **Bodyweight Flows – 2 Minutes of Practice on Each Form**

- Front/ Backwards OR Sideways Bear Crawls
- Front/ Backwards OR Sideways Ape Walks
- Side Kickthroughs

### **Strength Training**

#### **Workout A**

<b><u>Exercise</u></b>	<b><u>Rep Range</u></b>
Push Up	X 5-20 reps
Chin Up	X 3-15 reps
Squat	X 5-30 reps
Single Leg Hip Lift	X 5-15 reps per leg

#### **Workout B**

<b><u>Exercise</u></b>	<b><u>Rep Range</u></b>
Flat Knee Raise	X 5-20 reps
Marching Glute Bridge	X 3-15 reps
Kneeling Walkout	X 10-60 seconds/ 3-15 reps
Stagger Stance Squat	X 5-15 reps per leg

Go through the circuit 2-4 times, rest 30-60 seconds between exercises.

### **Cardio Training**

Choose a Phase 1 Cardio Workout – pg. 12

# Movement Prep

Before we train we need to improve hips range of motion, shoulder stability and overall mobility. This will ensure that we are able to move freely during training, improving strength and efficiency. It will also reduce wear and tear on the joints, resulting in less aches and pains from riding and training. Your increased mobility will also help on the trail as you'll find yourself with improved balance and sense of "flow".

You will accomplish this with a Movement Prep Routine. Unlike a simple Warm Up where you are just going through the motions to get loose and increase your body temperature, a Movement Prep Routine will improve the quality of your movement so you can make sure that you are getting the most out of your strength training and Energy Systems Development workouts.

The Movement Prep Routine consists of 4 parts:

**1- Crocodile Breathing & Warm Up:** You will start each workout off with 10-15 Crocodile Breaths. This drill will help re-set your breathing so that you are driving your breathe with your diaphragm and not your chest. To perform a Crocodile Breath simply lie on your stomach with your hands stacked on each other under your forehead - your forehead should be resting easily on the back of your stacked hands.

Breathing only through the nose, drive your breath into your low back area and into the obliques (those muscles on the sides of your core). You should not feel your chest rising and falling but instead feel your low back ride and the side of your abdomen expanding laterally.

After you have finished your Crocodile Breathing you will warm up with 3 minutes on a stationary bike, rower or jumping rope. However, you must "self-regulate" your pace by breathing only through your nose during your warm up - if you must slow down or even stop to get your breathing under control then do so.

**2- Foam Rolling:** While foam rolling is optional, I highly recommend investing in a high density foam roller and spending some time before each workout working on the tension levels in some key muscles. Much like a massage, foam rolling will help get rid of tight muscles and trigger points, allowing your joints to move more freely. You can find the foam rollers I use in my facility by clicking on the link below (I use the 3 foot length):

<http://tinyurl.com/foamrollersmtb>



**3- Stretching and Dynamic Mobility:** This part of the routine will increase the range of motion in the hips and work on the dynamic control of your range of motion in all the major joints.

**4- Correctives:** Most riders have some sort of issue with shoulders and/ or hips, even if they don't realize it. You don't have to have pain in an area to have dysfunction and most low back, knee and neck pain is also linked to dysfunction in the hips and low back. These two areas are also at the heart of everything you do on your bike - if they are not moving adequately then you will struggle to achieve proper body position and execute your skills on the trail. The Corrective Drills will ensure that you are not just laying fitness on top of those dysfunctions during your workout.

A couple of things to keep in mind about this section of the Movement Prep Routine - first, don't go as deep into a stretch or DynMo exercise as you can right off the bat. Instead, go until you start to feel yourself approaching the end of your range of motion and then stop there. You are looking for a moderate stretch/ range of motion and then you want to work on going deeper from there.

Second, use your breathe to help you relax deeper into the stretches. Breathe deeply through you nose into your belly - you should feel your belly expand, not your chest rising. As you breathe into your belly you should feel the tension of the stretch increase, and as you release your breathe you will feel it decrease slightly. That is when you want to sink a little deeper into the stretch. If you have done any type of yoga before then you should know exactly what I am talking about.

You will find your sets and reps for your Movement Prep Routine below as well as Coaching Cue Handouts for everything in your routine on page XX. You should print these off and use them as a quick reference at the gym.

# Warm Up/ Movement Prep Routine

## **Warm Up**

Crocodile Breathing	X 10–15 breathes
Bike/ Rower/ Jump Rope	X 3 min.

## **Foam Rolling**

Glutes	X 10 strokes
Upper Back	X 10 strokes
Lats	X 10 strokes
Quads	X 10 strokes
Inner Thigh	X 10 strokes

## **Stretches**

Chest Stretch	X 15– 30 seconds per side
Hip Flexor	X 15– 30 seconds per side

## **Mobility Exercise**

3 Way Neck	X 5–10 reps each way
Seated T Spine Twist	X 5–10 reps each way
Wrist Circles	X 5–10 reps each way
Elbow Circles	X 5–10 reps each way
Hula Hoop Circles	X 5–10 reps each way
Knee Circles	X 5–10 reps each way
Touch the Wall Deadlift	X 10 reps

## **Corrective Exercises**

Shoulder MOBS	X 5 reps each way
Cook Hip Lift	X 5 reps each leg

# Cardio Workouts

Below you will find 3 levels of cardio workouts. In each level there are 3 different types of cardio workouts, giving you 9 total cardio workouts to choose from. I suggest changing your specific cardio workout at least every other workout to avoid overuse injuries.

## Phase 1 Cardio Workouts

**Intervals** – Perform the prescribed exercise as fast as you can with good form and control for the length of the Work Interval, stop and recover for the length of the Rest Interval and repeat that process for the suggested number of rounds.

Exercise	Work Interval	Rest Interval	Rounds
Burpees	20 seconds	40 seconds	5-10

-----

**Countdowns** – Do 20 Seal Jacks, 10 Burpees, 15 Seal Jacks, 8 Burpees and finally 10 Seal Jacks and 6 Burpees. Go as fast as you can with good form and control. Rest as long as you need before repeating 1-2 more times for 2-3 rounds total.

Exercise	Set 1 Reps	Set 2 Reps	Set 3 reps	Rounds
Seal Jacks + Burpees	20 + 10	15 + 8	10 + 6	2-3

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**Bodyweight Flow Cardio** – Perform Bodyweight Flow 1 for 6-10 reps, stand up and do Exercise 1, get back down and do Bodyweight Flow 2 back to your starting point and then stand up and do Exercise 2. Set a timer for 5-10 minutes and see how many rounds you can get in that time period.

Bodyweight Flow 1	Exercise 1	Bodyweight Flow 2	Exercise 2	Rounds
Forward Ape	10 Jumping Jacks	Backwards Ape	10 Jumping Jacks	AMRAP in 5-10 minutes

# Intensity Cycling & Weekly Training Schedules

I suggest cycling Hard and Moderate workouts in order to help with long term progress and avoid overtraining. Remember that training breaks you down and that always doing the hardest workouts possible will make it hard to recover effectively. By cycling your intensity levels you can speed up recovery and greatly improve your results.

A Hard Workouts is one in which you do the most reps and circuits that you can. While I strongly discourage you from training to failure and missing reps you would want to challenge yourself and take yourself to the edge of what you can do. This is where keeping a training journal helps so you can look back and see how you did last time and how many total reps you would need to do to beat your last effort.

A Moderate Workouts are where you do stop each set with at least 2-3 reps left in the tank. Moderate Workouts should be "re-charge" workouts - you should walk away from it feeling a better than you did when you started it.

## Weekly Schedules

I suggest that for every 2 Hard Workouts you put in you do 1 Moderate Workout. What follows are some weekly plans for you to use based on how many days per week you have to train.

Each weekly plan will also show you how to structure your weekly workouts based on the Intensity Cycling concept mentioned above. The first row tells you the day of the week, the second row tells you which workout to do and the third row tells you the intensity level you should use. Each schedule is 2 or 3 weeks long - when you get to the end of the cycle just start over with Week 1 and repeat the sequence.

Just see what workout/ intensity level is listed below each day of the week throughout the 2 or 3 week cycle and do it - pretty simple and hard to go wrong.

## 2 X Week

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Workout A		Workout B	
	Hard		Hard	

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
	Workout A		Workout B	
	Moderate		Hard	

### Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
	Workout A		Workout B	
	Hard		Moderate	

## 3 X Week

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Workout A		Workout B		Workout A
Hard		Hard		Moderate

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Workout B		Workout A		Workout B
Hard		Hard		Moderate

## 4 X Week

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Workout A	Workout B		Workout A	Workout B
Hard	Hard		Moderate	Hard

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Workout A	Workout B		Workout A	Workout B
Hard	Hard		Moderate	Hard

### Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Workout A	Workout B		Workout A	Workout B
Moderate	Hard		Hard	Moderate

# BJJ

## Nutrition & Supplements

Nutrition is one of those subjects that everyone knows is important but they can rarely muster more than a passing interest in it. One of the reasons for this is that it tends to get overcomplicated and confusing and we like to spend our time rolling rather than counting calories and munching on a celery stick.

While nutrition is an immensely complex subject it can actually be boiled down to some very simple steps. The most important thing to remember is that what you eat fuels your body. Understanding that there are times that you want to eat for purpose and not for pleasure is very important. You will roll much stronger and sustain it longer if you have the right fuel in your body.

You also want to keep in mind that you do not have to eat perfectly to gain the benefits of proper nutrition. It is called the Rule of 90% - doing something right 90% of the time will gain you almost all of the benefits of doing it right 100% of the time. The idea is to change your junk food diet with some good food thrown in into a good food diet with some junk food thrown in. This means that if you have some post roll beer and pizza every once in while you are not totally sabotaging your efforts

It all boils down to the 123's of Nutrition. This is the basic plan I use with all of my new clients to help them easily get their nutrition back on track and dialed in...

**Step 1:** Make sure that you are having 5 feedings a day spaced about 3-4 hours apart. Nothing else really matters if you are not getting up, eating breakfast and then making sure to eat something every 3-4 hours after that.

Not that this is the best scenario but if you have a choice between a Snickers bar and nothing at all, eat the Snickers bar. Of course, having some nuts, fruit or beef jerky on hand to fill in those gaps would be better but the take home message is to make sure that you are eating every 3-4 hours, period.

This is actually much easier than you may think. If you eat breakfast, lunch and dinner and throw in a protein shake or other healthy snack in-between meals you've got it covered. Once you have Step 1 down and are consistently eating every 3-4 hours you are ready for the next step.

**Step 2:** Make sure that you are eating some protein with each meal. For most people getting some protein with each meal is a new concept and takes some practice. Sometimes I talk to clients and they are not really sure about where to get protein.

Protein comes from eggs, beef, chicken, fish, yogurt, cottage cheese or a protein supplement. The easiest way to fill in protein gaps is to have a serving of whey protein as this will give you 20-30 grams of protein and really help to balance out any meal. Once you have Step 1 & 2 down then you are ready for Step 3.

**Step 3:** Stop eating refined carbs and eat more fruits and vegetables. Breads and pastas are metabolic nightmares for your body and are very calorie dense and nutrient poor. Simply cutting them out will do wonders for your energy levels and body fat.

If you want to eat refined carbs like breads and pastas you should try to eat them earlier in the day since your metabolism is higher. You also want to look for whole grain options since they have a higher fiber content and help control the blood sugar spikes you usually get from refined carbs. A word of advice though – look at the label and make sure that your “whole grain” carbs contain at least 3-5 grams of fiber per serving. Otherwise it is just regular carbs in disguise.

So there you have it - the 1 2 3's of good nutrition. Don't try to implement all 3 steps at once as this is a good way to frustrate yourself. See where you currently are - if you don't even eat 5 times a day then start by making a commitment to do that for the next 3 weeks. Once that is a habit move to Step 2 for 3 weeks and then to Step 3.

Trying to do too much too soon can sabotage even the best of intentions so don't fall into that trap. If you take it one step at a time you will find your eating habits getting much better with minimal frustration. After a while these steps will simply be a habit and you won't even think about it anymore, it will just be how you eat.

While there is a lot more than can go into your nutrition plan, these basic steps will gain you most of the benefits you want. I never tell someone to count a single calorie or measure out a single portion of food until they have these things down. The funny thing is, I rarely need to go any deeper than this – everything just seems to fall into place when these steps are followed.

You don't realize how much bad nutrition affects you until you start to eat better. Everyone thinks that their diet of beer and fast food is sufficient but the truth is that you are holding yourself back. Implement these simple steps and you'll be amazed at how much more energy and focus you have on the mat.



Here are a few more things to keep in mind when it comes to nutrition:

- **Drink plenty of water.** Most people are dehydrated and this will impact energy and performance levels. While the old “8 glasses of water a day” advice is good, trying to get 100+ ounces of water a day is even better. And this needs to be water – juice, tea, coffee and Red Bull do not count. Using Crystal Light to add some flavor to your water will make this more tolerable for those of you that need some flavor in your beverages.
- **Refuel after training.** Training breaks you down, recovering from training builds you up and increases your fitness levels. A post workout drink with 15-20 grams of protein and 30-40 grams of carbs will help jump start this process. There are a lot of good supplements for this purpose out there but here is a trick I use a lot – mix a half scoop of vanilla whey protein into a cup of orange juice and you’re all set.
- **Get some fat in your diet.** Your body needs good fats to function optimally. Fish oil, extra virgin olive oil, flax seed oil and nuts are all good sources healthy fats and should be a part of your diet. I usually recommend eating 5-10 grams of fish oil a day and using extra virgin olive oil to cook with as easy ways to get this vital component of your diet covered.
- **Write it down.** It is very easy to fool yourself about how much and when you are really eating. If you are serious about getting your nutrition on track write down what you eat and when you eat it for few days. It will give you a look at where you really are so you can better decide what your next step should be.
- **Use protein shakes to fill in nutrition gaps.** Using nutrient dense protein smoothies to help you fit in a nutritious meal when you would otherwise skip eating is an easy way to keep on top of your nutrition plan. Fast and delicious, smoothies like the recipe below are a “must have” in the busy mountain biker's nutrition arsenal.

### **The BJJ Strength Training Systems “Super Shake”**

- 1 medium banana and/ or ½ cup yogurt
- 1 tbsp lemon flavored fish oil
- 1 scoop vanilla whey protein powder
- 1 handful of frozen fruit
- 4-6 oz low fat milk, orange juice or water

## **Nutrient Timing - The Secret to Maximizing Your Workouts and Results**

Nutrient timing is the practice of eating certain things at key times. This helps us maximize both strength levels during your workouts *and* recovery after your workouts. In essence there is a 3-4 hour window where what you eat will make a huge impact on your workouts and results.

Food is viewed as fuel to your body, nothing more and nothing less. You must understand that without adequate and proper fuel your body will not operate at full capacity. While there are things you want to do on a continual basis the 3-4 hour window surrounding a workout requires a different approach. Maximizing this “workout window” is a simple 2 step process -

- 1) **Top off your fuel supply with high quality “racing fuel” for your workout.**



If you don't eat for an hour or more before training then you go in with low blood sugar and amino acid levels. This means that you will “hit the wall” sooner in your workout. Since intensity of effort is a key to your results, having the quality fuel needed to achieve and maintain high intensity levels is of utmost importance.

- 2) **Consume plenty of “building blocks” to help your body repair and regenerate after the workout.**



Hopefully you understand that workouts break your body down and how well you recover, or “rebuild”, from those workouts is what really dictates your results. In the 2 hours following a workout your body desperately needs the building blocks to start the rebuilding and regenerating process. The more you can take advantage of this window the better your recovery.

So, here is how proper Nutrient Timing for your workouts should break down -

- **60 minutes Pre- Workout:** Start to drink plenty of water. Hydration plays an important role in your exercise performance so you want to avoid coming in dehydrated. Drink 10-20 ounces of water in the hour leading up to your workout.

- **15 minutes Pre- Workout:** Start to drink a mix of fast acting proteins and carbs. You want to top off your blood sugar and amino acid levels so that your body has fuel available when you start your workout. Research has shown that a liquid supplement with 2:1 ratio of carbs to protein works best. You want to avoid fiber and fat with this feeding since this will slow down the absorption rate of the proteins and carbs.

- **During Your Workout:** Continue to sip on your protein/ carb drink as needed, making sure to finish by the end of your workout.

- **30 minutes Post Workout:** Consume another serving of your protein/ carbs supplement.

- **90-120 minutes Post Workout:** Eat a regular meal. Within this post-workout window your body metabolizes carbohydrates more efficiently, making the inclusion of a refined carb beneficial.

While you can use any supplement that you like for your pre-/ post-workout supplement, you need to make sure that it meets these criteria:

- 1) Does not contain fiber or fat.
- 2) Sits well on your stomach.
- 3) Is easy to drink during your workout.

While several supplements are on the market for this purpose I use and recommend **ProGrade Workout**. I have tried a lot of supplements and have found this one to taste the best while also sitting well on the stomach during a hard workout.

<http://dominateyoursport.getprograde.com/>

The key to getting the best results in the least amount of time is by taking advantage of opportunities to supercharge certain aspects of your program. While the science behind nutrient timing is complex, actually applying it does not have to be. By simply consuming the right things at the right time you can supercharge both your workouts and recovery which ultimately leads to better results.

## **BREAKFAST OPTIONS**

1. Spinach Feta Omelet
  - 1 Omega 3 Egg
  - ¼ C Egg Whites
  - Spinach
  - 2 T Feta cheese
2. Fresh Fruit with Plain yogurt or cottage cheese
3. Omelet
  - 1 Omega 3 Egg
  - ¼ C Egg Whites
  - Red Peppers
  - Cilantro
  - Swiss Cheese
  - Onion
  - Mushrooms
4. Oatmeal
  - Old fashioned or steel cut oats *only!*
  - Cinnamon
  - Raisins
  - Sweetened with 1tsp pure maple syrup or honey.
  - Add 1 scoop protein powder into cooked oats, or have glass of water or milk with protein mixed in

## **LUNCH OPTIONS**

1. Grilled Chicken Breast Salad
  - Mixed Greens
  - Grilled Chicken Breast
  - Raw Nut mix
  - Feta cheese
  - Homemade Extra Virgin Olive Oil and Balsamic Vinaigrette
  
2. Turkey Breast Sandwich
  - Mixed Greens
  - Avocado
  - **Ezekiel** Bread (or whole grain)
  - Canola Mayo (Check ingredients. No soybean oil)
  - Sliced Tomato
  - Turkey breast
  
3. Hamburger and spinach salad
  - Lean beef, preferably grass fed
  - Avocado
  - **Ezekiel** Bread (or whole grain) or no bread
  - Canola Mayo (Check ingredients. No soybean oil)
  - Sliced Tomato
  - Slice Swiss Cheese

## **DINNER OPTIONS**

1. Chicken Burrito
  - Broiled Chicken, sliced or shredded (with bell peppers and onions)
  - Refried beans
  - Whole grain tortilla (or no tortilla at all)
  - Swiss Cheese
  - Mixed greens
  - Quinoa
2. Chicken Soup \*Made Ahead in Crock Pot
  - Chicken Breasts
  - Diced Potatoes
  - Diced Carrots
  - Onions
  - Celery
  - Quinoa
  - Chicken Broth
  - Coconut Milk
  - 1 can Kidney beans
  - 1 can black beans
3. Roast \*Made Ahead in Crock Pot
  - Chuck Roast
  - Carrots
  - Onions
  - Celery
  - Potatoes
  - S & P to taste
  - 1 tsp Thyme
  - 1 tsp Oregano

## **SNACK OPTIONS**

1. Protein Shake
2. String cheese and veggies or fruit
3. Hard boiled egg and veggies or fruit
4. Beef Jerky and veggies or fruit

# Warm Up/ Movement Prep Exercises

## Foam Rolling

- Glutes (left and right side)



- Upper Back (avoid the lower back)



- Lats (left and right side)



- Quads (left and right side)



- Inner Thigh (left and right side)





# **Stretches**

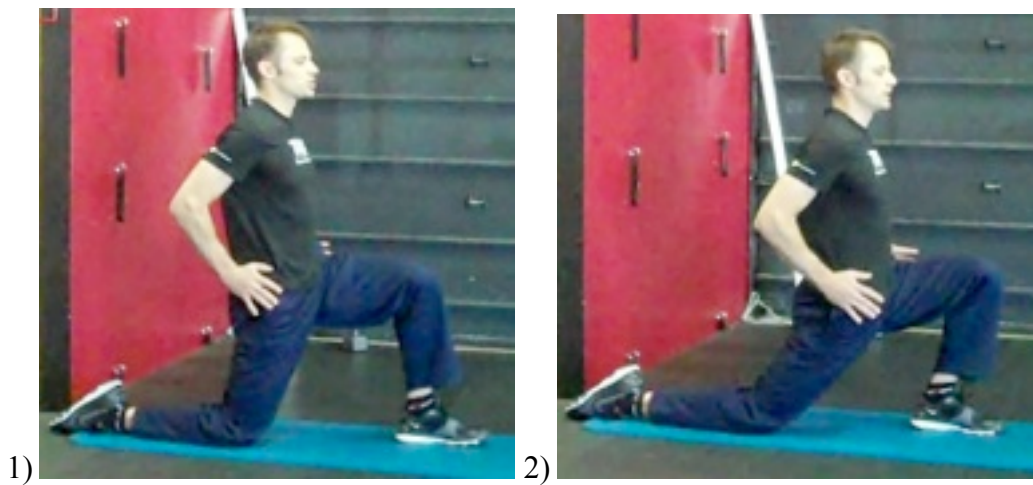
## **Chest Stretch**



- Start with your arm parallel to the ground, hand on a wall behind you and feet shoulder width apart, toes pointed in the opposite direction of your fingertips. Make sure that you have no stretch on the chest yet and that your shoulder is pushed down away from your ear.

- Rotate your hips and chest away from your hand to engage the stretch. Make sure that you only rotate around as far as you can while keeping your shoulder down. Hold for the prescribed number of breathes before switching sides.

## Hip Flexor Stretch



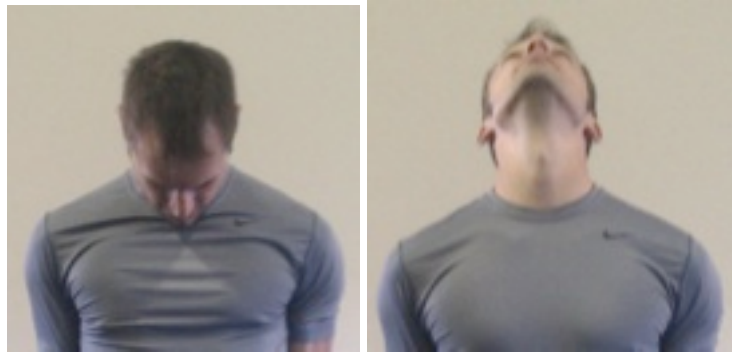
- Start out in a half kneeling position with your hands on your hips. Get your shoulders pulled back and down and your core compacted.
- Squeeze the glute on the trail leg side, push the hips forward. Make sure that you are pushing the hips forward and not leaning back.
- Once you reach a moderate stretch, stop and take one deep belly breathe. When you release, it comes back to the starting position and repeat this sequence for the prescribed number of reps.

## **Dynamic Mobility Exercises**

### **3 Way Neck**

Start with your feet shoulder width apart and your fingers laced behind your back, palms facing the ceiling and your elbows locked out.

#1: Tuck your chin into your chest and then point it up at the ceiling.



#2: Turn your head left and right

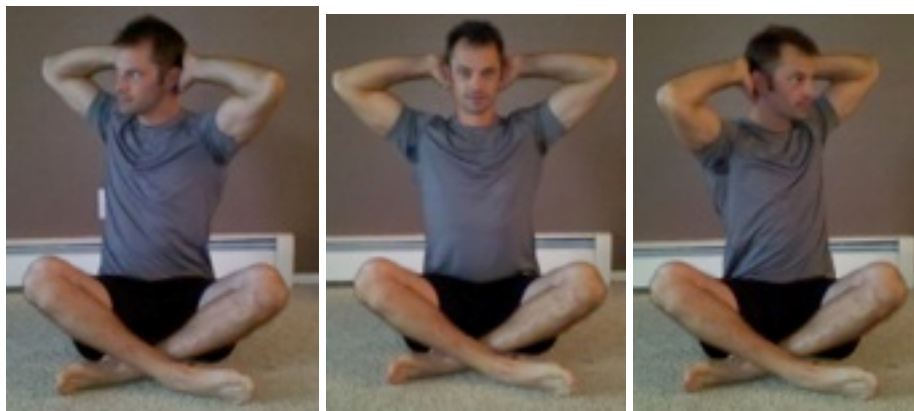


#3: Pull your ear down to the shoulder on one side and then the other



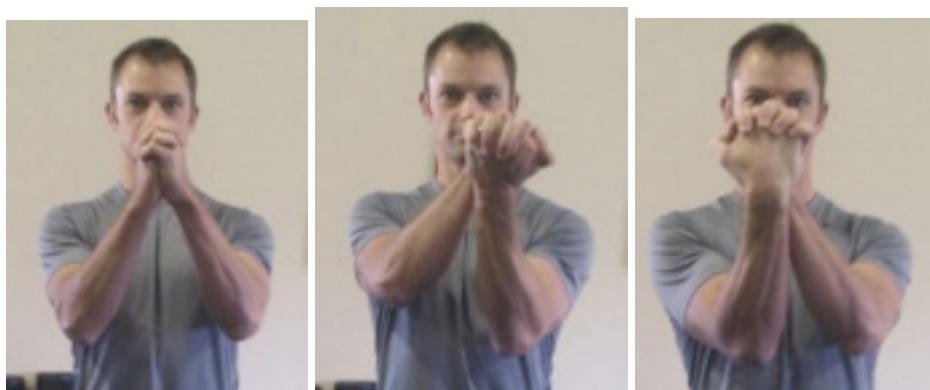
### Seated T-Spine Twist

Start out by sitting cross-legged on the ground with the top of your head pointed straight up at the ceiling and your hands behind your head with your elbows flared out. Keeping your head pointed straight up and your elbows flared as far apart as possible, twist your upper body from side to side.



### Wrist Circles

Clasp your hands in front of you, pressing your palms together. Keeping the palms pressed together move your wrists around in a circle in one direction and then the other.



### **Elbow Circles**

Start with your arms held out to the side parallel to the ground and your thumbs facing the ceiling. Keeping your elbows up, bend your elbows and "punch" yourself in the armpit. Keeping pushing your fists under your armpits and straighten them back out to the start position. Once you have done all your reps then "reverse punch" your armpits and go the other way.



### **Hula Hoop Circles**

Start with your feet shoulder width apart and your knees locked out. Keeping your knees locked out circle your hips in direction for the prescribed number of reps and then go the other direction.



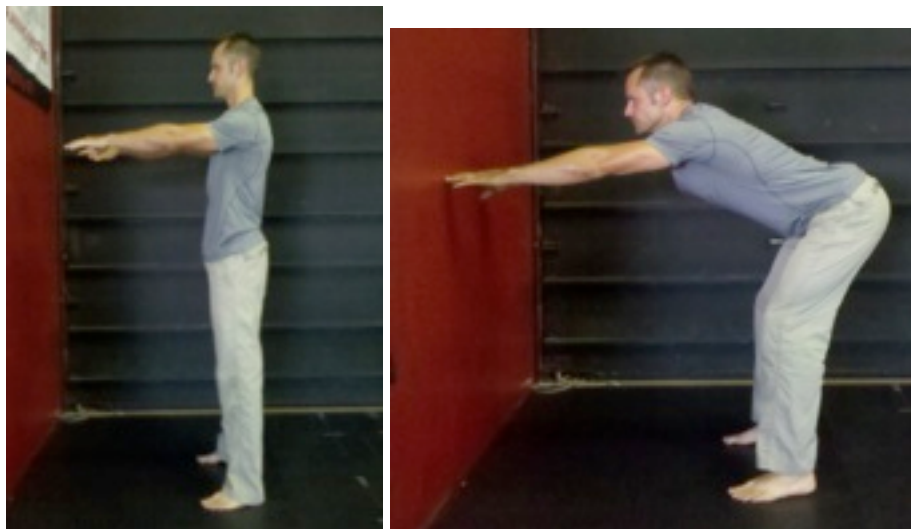
### **Knee Circles**

Start with your feet and knees together, bending down with a straight back to place your hands on top of your bent knees (not on top of the kneecaps). Keeping your back straight and your feet planted on the ground circle your knees one direction for the prescribed number of reps and then go the other direction.



### **Touch the Wall Deadlifts**

Start with your feet shoulder width apart facing a wall a few feet in front of you. Pushing your butt back behind your heels and letting your chest come down towards the ground reach for the wall in front of you. Keep your shins vertical as you descend and look for your glutes/ hamstrings to "load" as you come down. When you feel your glutes/ hamstrings get tight then stop, drive your heels into the ground and squeeze your butt cheeks together to come back to the starting position.





## Corrective Drills

### Shoulder MOB



- Get down into the 1<sup>st</sup> position shown. Place your hand on the back of your head and point your elbow up at the ceiling and then under the opposite armpit for the prescribed number of reps. Repeat on the other side.



- Place the back of your hand against the your lower back as shown in the second position and point your shoulder up to the ceiling and then under the opposite armpit for the prescribed number of reps. Repeat on the other side.

- If you find one or two positions to be much more difficult than the others then focus on them, doing 2 sets of 5 reps on it (them) and not doing anything on the others.

### **Cook Hip Lift Level**

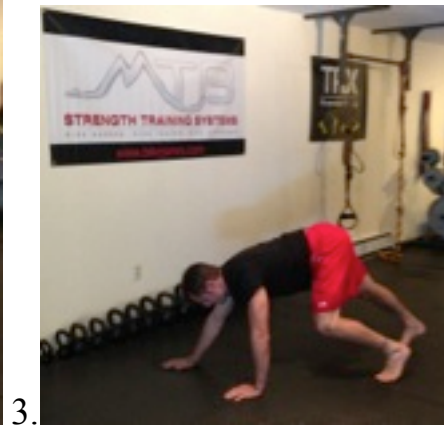
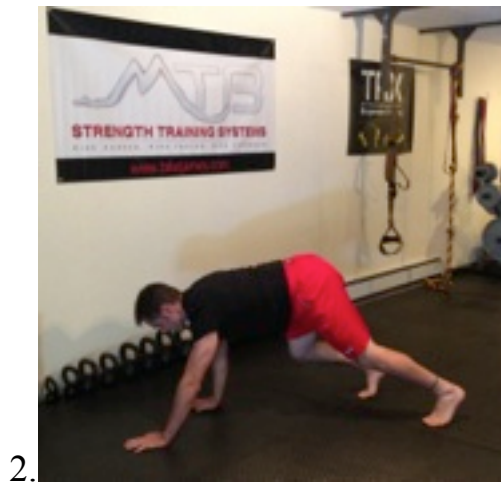


- Start by lying on your back with your feet shoulder width apart and your heels one hand length away from your butt. Take a tennis ball and place it towards the bottom of your ribcage. Take the leg on the side of the tennis ball and bring your knee towards your chest, holding the ball in place by actively holding your leg in place.
- Brace your core and get the glute on the leg still in contact with the ground tight. Drive through your heel and squeeze your glute harder to raise your hips off the ground. Come up as high as you can without letting your knee come away from your chest and while keeping the tension in your glute—feeling too much in the hamstring is not what we want out of this exercise.
- Hold for a 3 count before lowering yourself back down to the start position and repeating for the prescribed number of reps.



# Bodyweight Flows

## Forward/ Backward Bear Crawl



1. Start out on your hands and feet. Make sure you have your shoulder set away from your ears and chest in a strong position.
2. Picking up your opposite arm and leg at the same time move them forward and place them on the ground at the same time.
3. Picking up the other arm and leg move them forward and continue to alternate this pattern for 5-15+ steps before reversing the pattern to walk back to your starting position.

## Sideways Bear Crawl

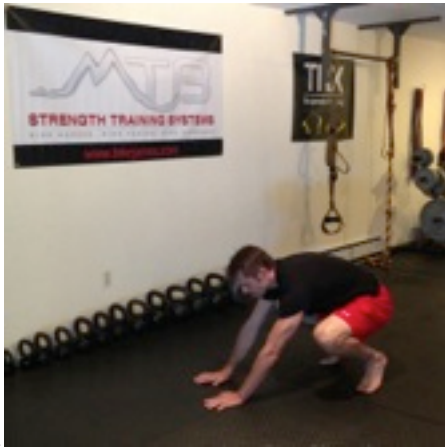


1. Start out on your hands and feet with your hands close together and your feet spread apart. Make sure you have your shoulder set away from your ears and chest in a strong position.
2. Picking up your opposite arm and leg at the same time move them to the side and place them on the ground at the same time. You will basically spread your hands apart and bring your feet together.
3. Picking up the other arm and leg move them forward and continue to alternate this pattern for 5-15+ steps before reversing the pattern to walk back to your starting position.

## Forward/ Backward Ape Walks



1.



2.



3.

1. Start out on your hands and feet. Make sure are leaning slightly forward on your hands and loading your shoulders, keeping them strong.
2. Reach forward and "grabbing" the ground, locking your elbows out and loading your lats in the process.
3. Pulling forward, lightly hop your feet up to the starting position. Repeat this pattern for 5-15+ steps before reversing the pattern to walk back to your starting position.

## Sideways Ape Walks



1. Start out on your hands and feet with your feet spread apart. Shift your weight over to one foot and place both hands in front of it, leaning most of your weight onto your arms.
2. Leaning heavy into your arms hop your hips and switch your feet, bringing the extended leg under you and kicking the leg under you out.
3. Staying as low as possible shift your weight back over to the other foot, ending up in you're the original position. Continue this pattern for 5-15+ steps before reversing the pattern to walk back to your starting position.

## Side Kickthroughs



- Start out on your hands and toes with your knees just off the ground.
- Picking up your opposite hand and leg kick your leg through and bring your hand up to the position shown in the second picture.
- Come back to the starting position and then repeat the pattern on the opposite side.
- As you get better you can skip the middle position and simply hop from one side kickthrough to the other side.

# Workout A Exercises

## Push Up



- Start with your feet together, your hands slightly wider than shoulder width and lined up under your chest. Squeeze your glutes, brace your abs and pull your shoulders down away from your ears. Keeping these areas tight and braced during the movement is important in getting everything you can from this exercise.
- Pick a spot about 4-5 feet in front of you to keep your eyes on and slowly lower yourself down to the floor until your chin and/ or chest touch the ground. You must maintain a strong planked position which means not letting your butt push up to the ceiling or your belly to sag to the floor.
- Keeping everything braced drive your hands into the ground to push yourself back up to the start position and repeat for the desired number of reps.

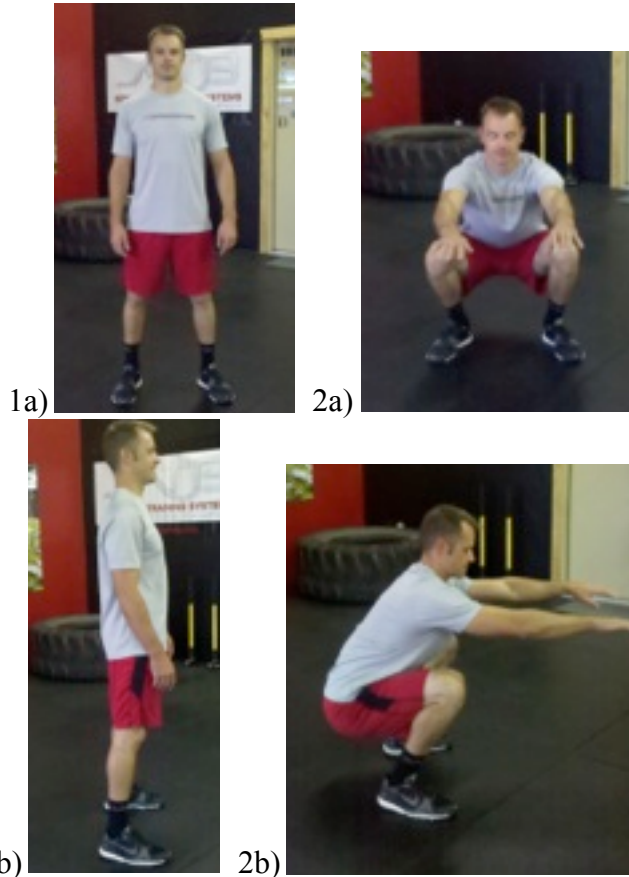


## Chin Up



- Start by hanging from a bar with your palms facing you, your arms fully extended and your shoulder up by your ears.
- Bracing your glutes and abs, drive your shoulders and elbows down towards to floor. Pull your chin all the way over the bar, aiming to get your collarbone to the bar.
- Staying tight lower yourself all the way down to the start position.

## Bodyweight (BW) Squat



- Start with your feet shoulder width apart and your toes pointed slightly outward. Make sure that you have your shoulder blades locked down to the back of your hips and a strong arch in your lower back.

- Keeping your shoulder blades locked down and arch in your lower back, pull yourself down into the squat. You can raise your arms in front of you to help you balance on the way down. Make sure that you sit down and back, keeping your weight back on you heels as you descend - imagine that you are trying to sit on a curb behind your heels.

- At the bottom, drive through your heels, pull your kneecaps high, squeeze your glutes and get tall and thin at the top before repeating for the prescribed number of reps. Make sure that you are driving straight up out of the bottom position with no forward lean on the way up.



## Uni Hip Lift



- Start by lying on your back with your feet hip width apart and your heels one hand away from your butt. Straighten one leg out, keeping your thighs parallel to each other. Brace your abs and get your glute tight on the leg that is still on the ground.
- Keeping your abs braced squeeze your glute tighter, push through your heel and drive your hips off the ground. Lock your hips out and squeeze your glute as tight as you can at the top.
- Keeping your core braced, lower yourself back down to the start position and repeat for the prescribed number of reps before switching sides. Your thighs should stay parallel to each other the entire rep.

# Workout B Exercises

## Flat Knee Raise



- Start by lying on your back with your hands on the floor and your head, upper back, lower back and tailbone on the floor. Smash your palms and lower back into the floor to activate your core.
- Slowly raise your knees up, while keeping your head, lower back and tailbone pressed into the ground. Continue to "smash" your lower back into the floor and only come up as high as you can without breaking one of those "rules".
- Slowly lower your legs back down to the start position, stopping just short of letting your feet touch the ground. Pause for a second before lifting them again, repeating for the prescribed number of reps.
- Don't use momentum on this exercise - slowly raise and lower your legs with a pause at both the top and bottom position.

## Marching Glute Bridge



1)



2)



3)

- Start by lying on your back with your heels one hand length from your butt and your feet shoulder width apart. Make sure that you have your shoulder tucked up under you and then squeeze your glutes and raise your hips up until they are locked out at the top.
- While keeping your hips locked out, slowly raise one leg and bring your knee towards your chest. Lower that leg back down to the starting position and then repeat with the other leg to complete one rep.
- Keep the bend at your knee consistent and stay on your heels. Check your hips after every few reps to make sure that they are still locked out.

## Kneeling Walkouts



- Start out on your hands and knees.
- Walk your hands out as far as you can, ending up with your arms extended out over your head.
- Walk your hands back in to the starting position.

## Stagger Stance Squat



- Start with your feet hip width apart and staggered as pictured above (they should feel similar to how they are placed when standing on your pedals). Get most of your weight on your lead leg and keep your trail leg heel up and off the ground.
- Keeping your weight on your lead leg squat down until your lead leg thigh is parallel with the ground. Drive you lead leg heel into the ground and stand back up to the starting position. Repeat for the prescribed number of reps before switching legs.
- It is very important that you do not lean back onto your trail leg and start to press through the trial leg toes as you stand back up. This can put a lot of stress on the trail leg knee and result in pain. The trail leg should be used for balance and not to help drive the movement.

# Cardio Exercises

## Burpee



- Start with your feet hip width apart. Squat down and place the dumbbells on the ground just in front of your feet.

- Jump back into a position similar to the top of a push up. Lower your chest down towards the ground, making sure that you do not push your head towards the floor – touch your chest, not your chin at the bottom.

- Come back up to the top position of the push up. Jump your feet back up towards the dumbbells and then drive through your heels, pull your kneecaps high, squeeze your glutes and get tall and thin at the top. This completes 1 rep, repeat for the prescribed number of reps.

\*Please note that you can hold a pair of dumbbells like I do in the pictures for an added challenge, however doing them with just bodyweight is best for this program.