

WEEK 2 PLANNER



DAY 1: Strength Training

Train: Strength Workout #1 from week 2

DAY 2: Mobility Training

Train: Mobility Workout #1 from week 2

DAY 3: Strength Training

Train: Strength Training Workout #2 from week 2

DAY 4: Mobility Training

Train: Mobility Workout #2 from week 2

DAY 5: Accessory Work

Train: Accessory Workout from week 2

DAY 6: Rest/Catch Up

Take a rest day or catch up on training you may have missed

Day 7: Rest/Catch Up

Take a rest day or catch up on training you may have missed

NOTES: Strength Workout #1

Which bands did you use for:

Chest press: _____ Row: _____ EMOM: _____

Were you able to complete the EMOM with the addition of the 1 1/2 reps?

☐

Yes

☐

No (try a slightly lighter band next week)

NOTES: Mobility Workout #1

Were you able to feel the right tissue in the 90/90?

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Yes

☐

No

Were you able to keep a tall posture in the Butterfly to Bear Pose Transfer?

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Yes

☐

No

NOTES: Strength Workout #2

Which bands did you use for:

Lunge: _____ Good Morning: _____ EMOM: _____

Were you able to complete all the reps in the EMOM?

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Yes

☐

No (try a slightly lighter band next week)

NOTES: Mobility Workout #2

Did you feel more control over your scapula and ankles today?

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Yes

☐

No

Are the Hip, Shoulder, and Spine CARs starting to feel smoother and move with more control?

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Yes

☐

No

NOTES: Accessory Workout

Were you able to complete all of the reps in the EMOM?

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Yes

☐

No (try a slightly lighter band next week)

On a scale of 1-10, how well were you able to keep up your pace for the EMOM? _____