

WEEK 3 PLANNER



DAY 1: Strength Training

Train: Strength Workout #1 from week 3

DAY 2: Mobility Training

Train: Mobility Workout #1 from week 3

DAY 3: Strength Training

Train: Strength Training Workout #2 from week 3

DAY 4: Mobility Training

Train: Mobility Workout #2 from week 3

DAY 5: Accessory Work

Train: Accessory Workout from week 3

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 every exercise and rep in the EMOM?

☐

Yes

☐

No (try a slightly lighter band next week)

NOTES: Mobility Workout #1

in the 90/90 position, did you feel more connected to both internal and external rotation movements, meaning could you feel the right tissues performing each action? ☐ Yes ☐ No

Were you able to move like a ninja, super slow and controlled?

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Yes

☐

No

NOTES: Strength Workout #2

Which bands did you use for:

Lunge: _____ Good Morning: _____ EMOM: _____

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

NOTES: Mobility Workout #2

Were you able to block your ribs and lumbar from moving during the hip exercises, so it was only your hips doing the work? ☐ Yes ☐ No

Can you feel a difference in your day-to-day activities from the mobility work you've been doing?

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Yes

☐

No

NOTES: Accessory Workout

Are you starting to feel a difference in those nooks and crannies of your muscles?

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Yes

☐

No