

# WEEK 4 PLANNER



## DAY 1: Strength Training

Train: Strength Workout #1 from week 4

## DAY 2: Mobility Training

Train: Mobility Workout #1 from week 4

## DAY 3: Strength Training

Train: Strength Training Workout #2 from week 4

## DAY 4: Mobility Training

Train: Mobility Workout #2 from week 4

## DAY 5: Accessory Training

Train: Accessory Workout from week 4

## 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 move with speed and power for all of the reps?

☐ Yes

☐ No (try a slightly lighter band next week)

## NOTES: Mobility Workout #1

Were you able to feel the right tissues during the Hip Internal Rotation PAILs and RAILs?

☐ Yes

☐ No

Were you able to do the Swimmer Hovers pain-free or without any pinching?

☐ Yes

☐ No

## NOTES: Strength Workout #2

Which bands did you use for:

Lunge: \_\_\_\_\_ Good Morning: \_\_\_\_\_ EMOM: \_\_\_\_\_

Were you able to move with speed and power for all of the reps?

☐ Yes

☐ No (try a slightly lighter band next week)

## NOTES: Mobility Workout #2

Were you able to feel the right tissues during the Shoulder Sleeper PAILs and RAILs?

☐ Yes

☐ No

Were you able to feel your inner and outer thighs during the Butterfly PAILs and RAILs?

☐ Yes

☐ No

## NOTES: Accessory Workout

Did you feel like you were able to move each vertebrae individually during the Jefferson Curl?

☐ Yes

☐ No (then keep practicing, it's worth it!)

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

☐ Yes

☐ No (try a slightly lighter band next week)