

WEEK 5 PLANNER



DAY 1: Strength Training

Train: Strength Workout #1 from week 5

DAY 2: Mobility Training

Train: Mobility Workout #1 from week 5

DAY 3: Strength Training

Train: Strength Training Workout #2 from week 5

DAY 4: Mobility Training

Train: Mobility Workout #2 from week 5

DAY 5: Accessory Training

Train: Accessory Workout from week 5

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 not only with speed, but with control for your floor press and bent over row?

☐ Yes

☐ No (try a slightly lighter band next week)

NOTES: Mobility Workout #1

Were you able to block your pelvis from the hip exercises so only your hip was moving?

☐ Yes

☐ No

Are you getting more comfortable in the new versions of the CARs (neck, ankle, and scapula)?

☐ Yes

☐ No

NOTES: Strength Workout #2

Which bands did you use for:

Lunge: _____ Good Morning: _____ EMOM: _____

Were you able to move not only with speed, but with control for your lunge and Good Morning?

☐ Yes

☐ No (try a slightly lighter band next week)

NOTES: Mobility Workout #2

Did your hip flexors cramp on the Straight Leg Lift-Offs? (it's ok if they did!)

☐ Yes

☐ No (try leaning your torso forward next time to challenge yourself)

Were you able to keep your torso still during the Quad Ped Shoulder Extension Circles?

☐ Yes

☐ No

NOTES: Accessory Workout

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

☐ Yes

☐ No (try a slightly lighter band next week)