

PRIMAL 7 FOUNDATIONS

Weeks 3/4: Coordination

For weeks three and four, complete this session every other day and rest on the weekend. You will **coordinate your breaths with movement**, allowing you to increase the intensity while maintaining form. The **setup is the same as prior weeks**
- band below mid shin, rings locked, and safety covers up.

Video links for more information:



<http://bit.ly/p7foundations5>

If you want to study up on each move before getting started.



<http://bit.ly/p7foundations6>

If you want to follow along with someone as you exercise.



<http://bit.ly/2fGh10H>

If you need help remembering how to lock the rings.



PREPARATION

2 ROUNDS

T-Spine Twist (L/R)	5 reps
Deep Squat	5 reps
Hamstring Stretch (L/R)	5 reps
Shoulder Stretch	5 breaths



TRAINING

3 ROUNDS

Low Row	30 secs
Lunge (L/R)	15 secs
Exaggerated March	30 secs
Pushup	30 secs



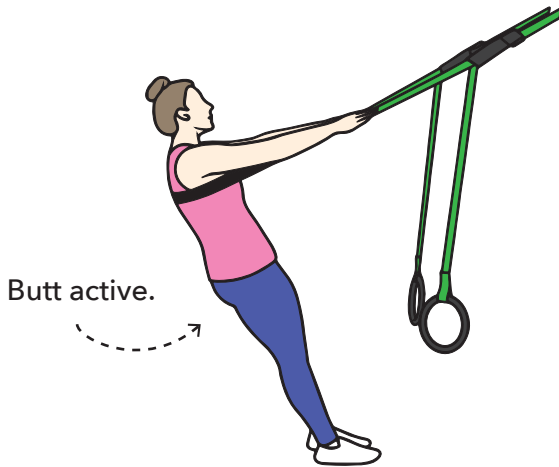
RESTORATION

2 ROUNDS

High-Twist Fold (L/R)	5 breaths
Side Lean (L/R)	5 breaths
Knee Tuck	10 breaths

T-SPINE TWIST

5 REPS (L/R)

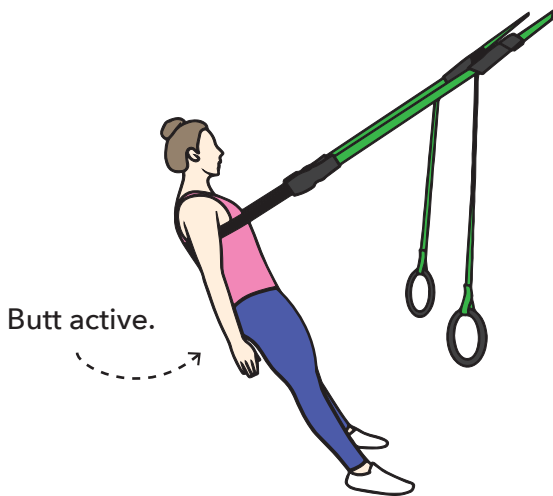


Both hips ----->
face forward.

Both feet
stay planted. ----->

DEEP SQUAT

5 REPS

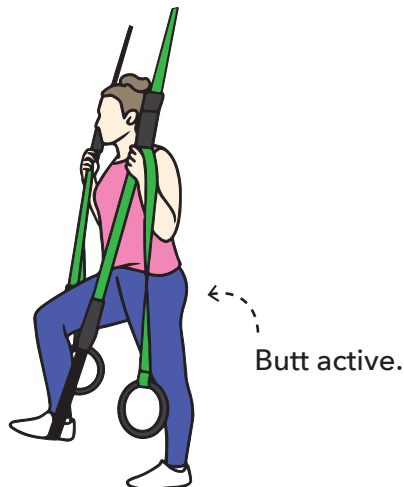


Shoulders
above hips.

Push off
of heels. ----->

HAMSTRING STRETCH

5 REPS (L/R)

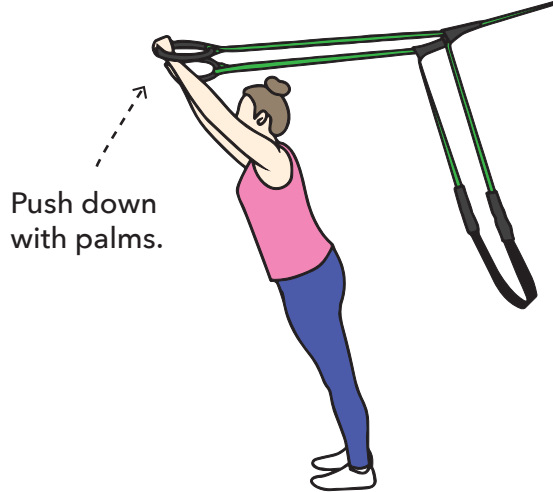


Keep pressure
in band.

Shoulders
above hips.

SHOULDER STRETCH

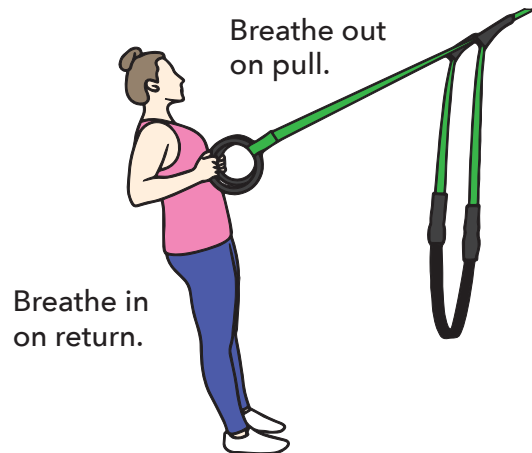
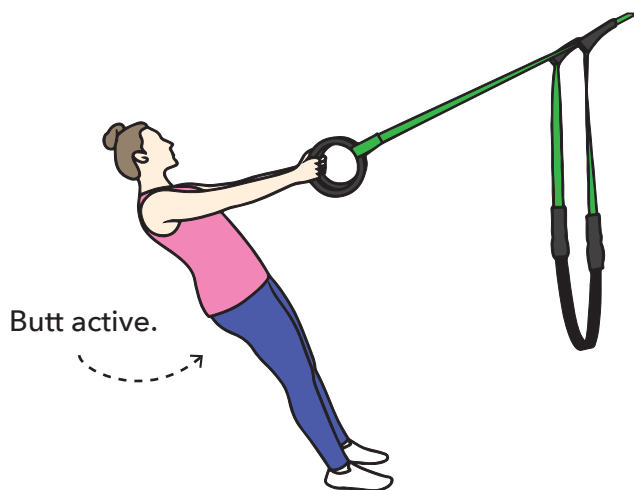
5 BREATHS



After two rounds of preparation, you're ready for training.

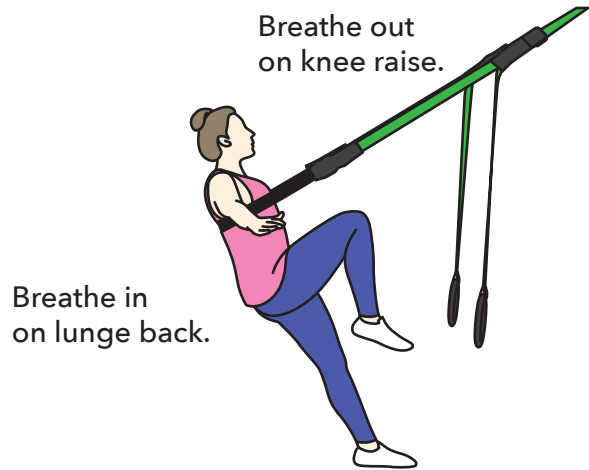
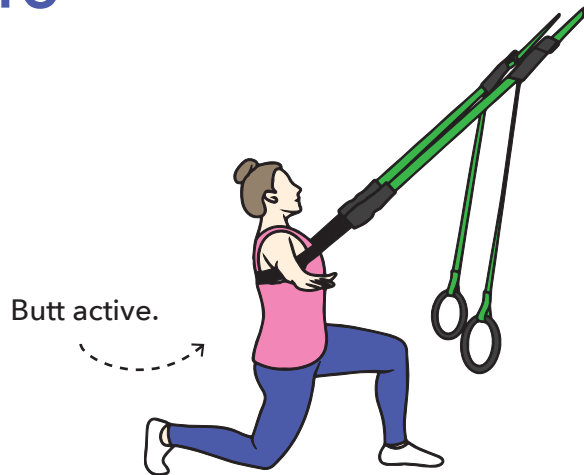
LOW ROW

30 SECS



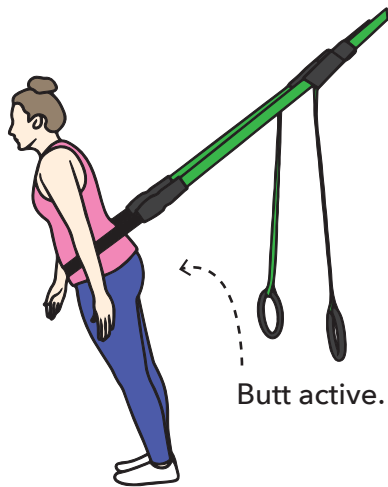
HANDSFREE LUNGE

15 SECS (L/R)



EXAGGERATED MARCH

30 SECS (L/R)

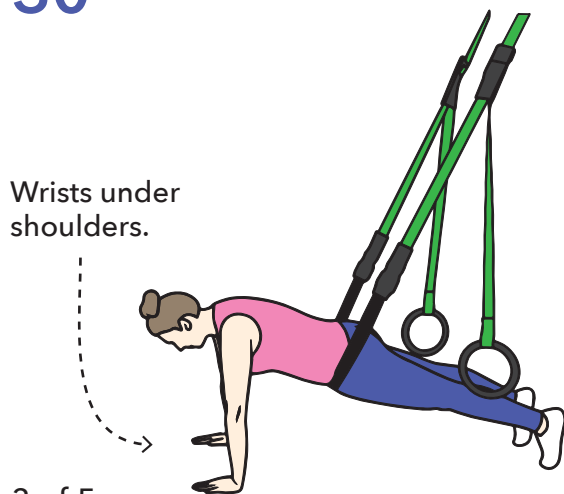


Breathe independent of movement.

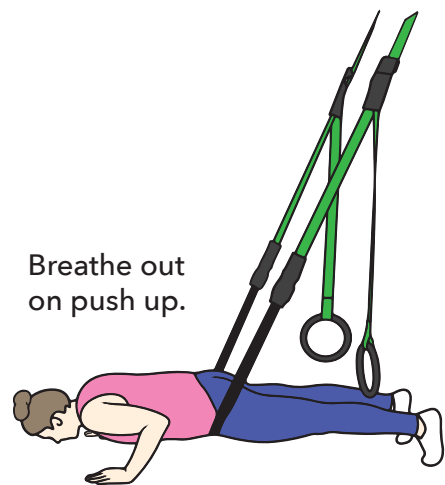


PUSHUP

30 SECS



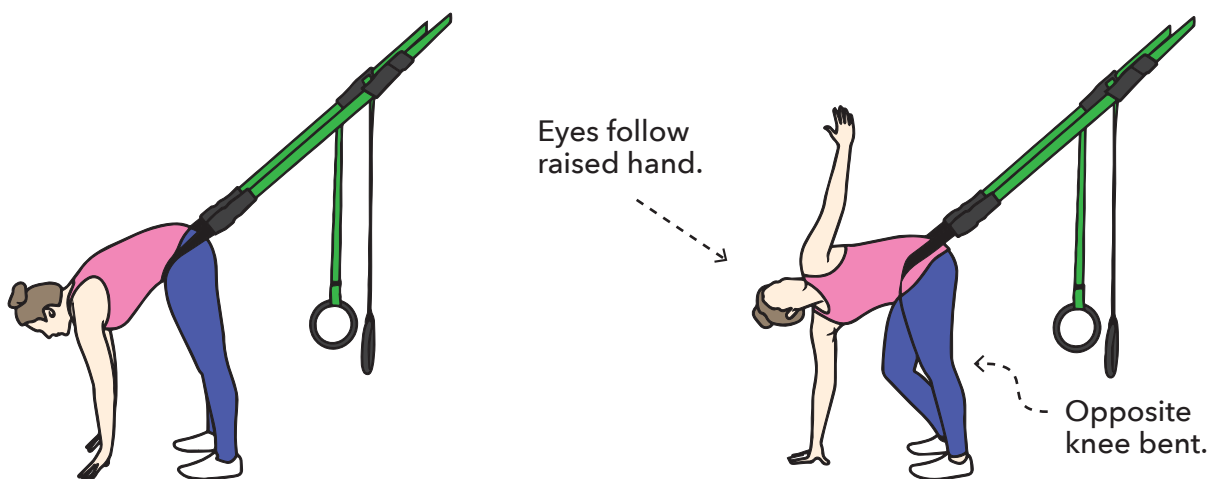
Breathe out on push up.
Breathe in on lower.



After three rounds of training,
it's time for some restoration.

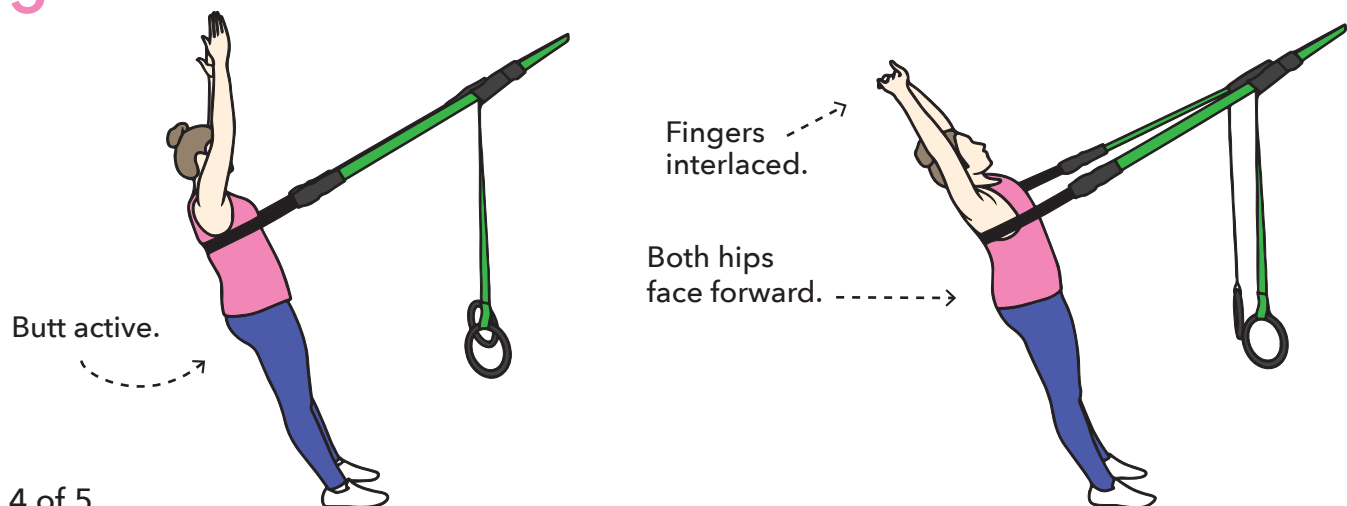
HIGH-TWIST FOLD

5 REPS (L/R)



BACKBEND W/SIDE LEAN

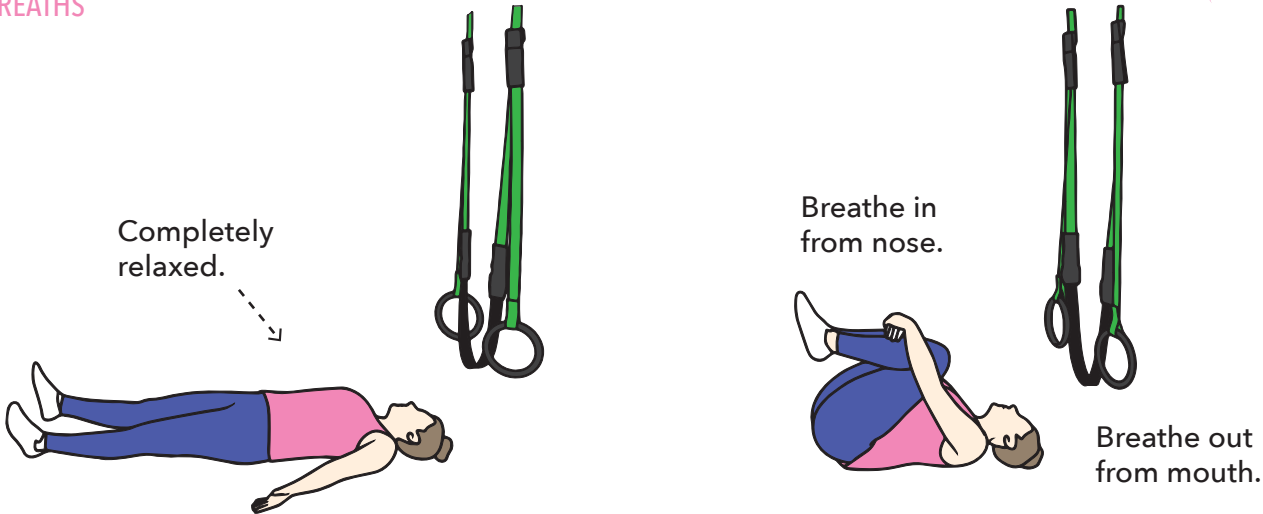
5 REPS (L/R)



After two rounds of restoration,
close out with a knee tuck.

KNEE TUCK

10 BREATHS



Complete this session every other weekday for two weeks.

MONDAY

MONDAY

WEDNESDAY

WEDNESDAY

FRIDAY

FRIDAY