



STRENGTH & CONDITIONING GUIDE

Total Body Strength

TB12SPORTS.COM



TB12

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01

OUR FUNCTIONAL STRENGTH AND CONDITIONING PHILOSOPHY

No two athletes train the same.

Marathon runners train differently than football players.
Powerlifters train differently than casual gym-goers.

So, our approach to functional strength and conditioning focuses on these differences. We target muscle groups that you use in your daily life and sport with exercises for your body's specific movements. Combined with pliability, these targeted exercises help you maintain your muscle health over long periods of time.



BREAKING IT **DOWN**

Train At Your Speed



It's crucial to train with movements that mimic the demands that your sport or activity puts on your body — both in what you're doing and the speed at which you're doing it. Your training should prepare you for your sport or activity by mimicking the demands placed on your body.

Form is Critical



When you're focused on proper form, you're only engaging the specific muscles you need for the movement you're doing. By contrast, improper form develops when you get tired and your brain enlists other muscles to accomplish the task. Develop good habits in your training and you'll keep your mind and body sharp.

No Gym Required



We prioritize one piece of equipment: resistance bands. Why? Because they allow for a big, fluid range of motion. Resistance bands build strength and power while keeping your muscles more supple and less dense than if you used heavy weights. By targeting accelerating and decelerating muscle groups at the same time without overload, bands can mirror your body's everyday functional movements.



02

PLIABILITY AND TRAINING

Pliability is the most critical part of the TB12 Method. It's essential to making the most of your training and recovery. But what is pliability?

Pliability is the state in which your muscles are long, resilient and able to move without restriction. Pliable muscles — achieved through hands-on bodywork, vibrating pliability devices, and pliability movements — are better at absorbing force, allowing the body to withstand the impact of sport and daily life.

Pliability primes your muscles for efficient performance, so you can warm up faster, train efficiently, prevent injury and optimize your recovery.



Feel the Difference

Whether you're training for a specific sport or maintaining your general fitness, adding pre- and post-exercise pliability work improves your muscles' ability to more efficiently expand and contract.

Here's what to expect during your workout when you start and end with pliability:



Work is Evenly Distributed

Feeling fatigued in one leg but not the other? Able to lift more on your right side than your left? With pliability work, you'll notice that forces are absorbed and dispersed through your entire body, and your muscles will contract (and fatigue) more evenly.



Muscles Are Fresher, Longer

Pliability brings oxygen to the muscles and helps to flush toxins more efficiently. Your muscles will feel quicker, lighter, less tense, and less sore.



Movement Feels Automatic

Pliability stimulates the brain. The deep pressure combined with individual-specific movements creates new neural pathways and primes the nervous system to make dynamic movement feel more automatic.

What to Use

Vibrating pliability devices are the most efficient way to practice pre and post-workout pliability at home. Muscle-stimulating vibrations develop positive brain-to-muscle neural pathways, improving muscle pliability and recovery.

Here's how to pick the perfect pliability device for your body:



Vibrating Pliability Roller

Designed for large muscle groups like quads, hamstrings, and the back.



Vibrating Pliability Sphere

Perfect for mid-sized areas like shoulders, lower back, IT band, glutes, and calves.



Vibrating Pliability Mini Sphere

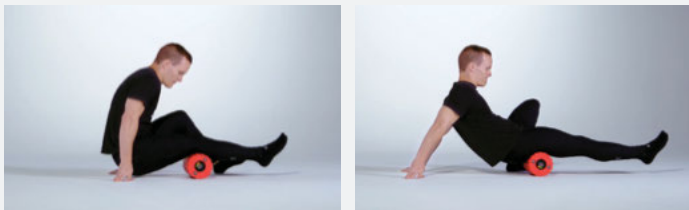
Ideal for pinpointing areas that need the deepest force, including feet, calves, back, and legs.

Your Pre & Post-Workout Pliability Routine

Like most things related to training, consistency is key. Make pliability work a daily habit in order to maintain pliable muscle tissue and reduce the soreness and tightness throughout your body. Dedicate five to fifteen minutes before and after each workout, and on recovery days, to thoroughly rolling out your muscle groups.

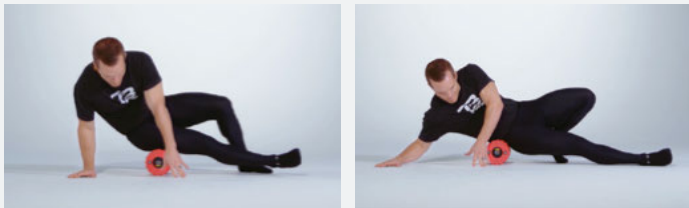
PRE-WORKOUT PLIABILITY

Make foam rolling a daily habit in order to maintain pliable muscle tissue and reduce the soreness and tightness throughout your body. Dedicate 5 minutes **before** each workout, as well as on recovery days, to thoroughly foam rolling the following muscle groups.



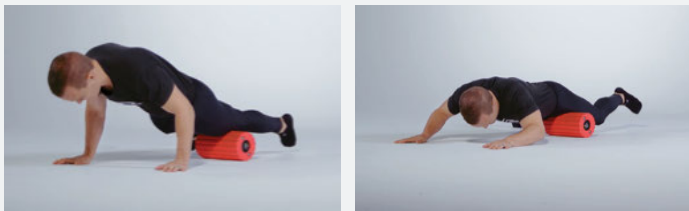
Hamstrings

Begin by sitting on the ground with the device behind your knee. Roll from the back of your knee up to the base of your bottom, then down to the back of your knee. Be sure to hit the middle, outside, and inside of the muscles. Repeat this motion until you feel a change in the tissue, then switch legs.



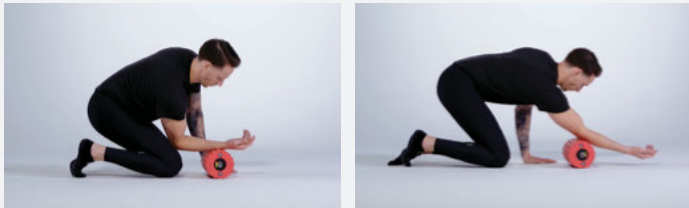
Gluteus Maximus/Medius

Begin by sitting on the device with one side of your buttocks. Roll from the back part of your leg up to the top of your hip (just below the low back). Be sure to rotate your leg and trunk as you roll to cover all parts of the muscles. Repeat this motion until you feel a change in the tissue, then switch sides. You can enable deeper pressure by crossing one leg over the other.



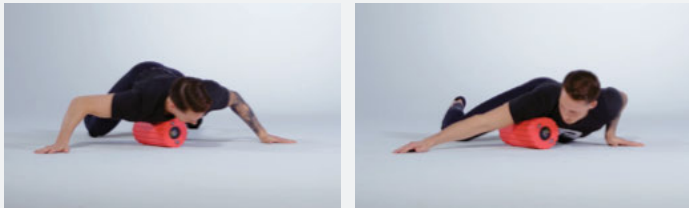
Quadriceps

Begin face down, propped up on your elbows with the device on your front thigh right above the knee. Roll from the top of your knee to the front of your hip – just below your pelvis – then back down to the starting position. Be sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch legs.



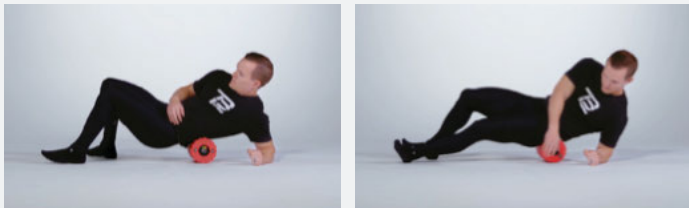
Outer Forearm

Roll from the top of your forearm down to your wrist, being sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch arms.



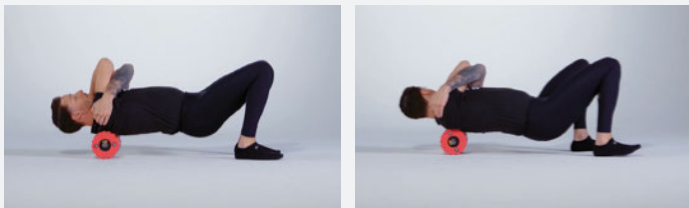
Chest

Begin by lying face down with the device positioned on your chest and your arm extended to the side. Roll from the middle of your chest to the front of your shoulder, then back to the starting position. Repeat this motion until you feel a change in the tissue, then switch sides.



Lower Back

Begin with the device on the ground, positioned on your low back – avoiding going directly over the spine. Roll from the top of your buttocks to the mid-back, then down to the top of the buttocks. Repeat this motion until you feel a change in the tissue, then switch sides.

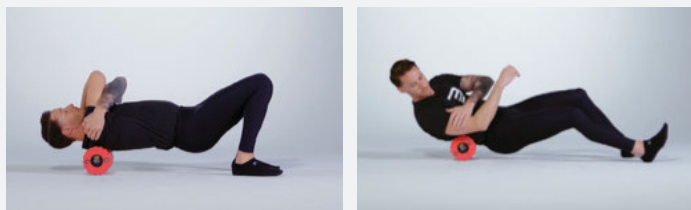


Back and Shoulder

Begin by lying on your side with the device contacting the back of your shoulder between your torso and upper arm. Roll from the back of your shoulder down the side of your trunk to mid-rib level, then back. Rotate your trunk to cover the middle, front, and back parts of the muscle. Repeat this motion until you feel a change in the tissue, then switch sides.

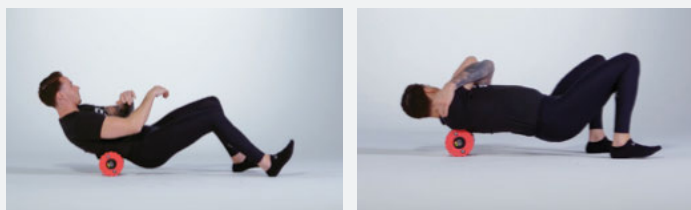
POST-WORKOUT PLIABILITY

Make foam rolling a daily habit in order to maintain pliable muscle tissue and reduce the soreness and tightness throughout your body. Dedicate 5 minutes **after** each workout, as well as on recovery days, to thoroughly foam rolling the following muscle groups.



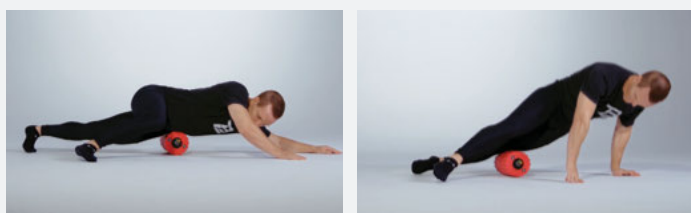
Back and Shoulder

Begin by lying on your side with the device contacting the back of your shoulder between your torso and upper arm. Roll from the back of your shoulder down the side of your trunk to mid-rib level, then back. Rotate your trunk to cover the middle, front, and back parts of the muscle. Repeat this motion until you feel a change in the tissue, then switch sides.



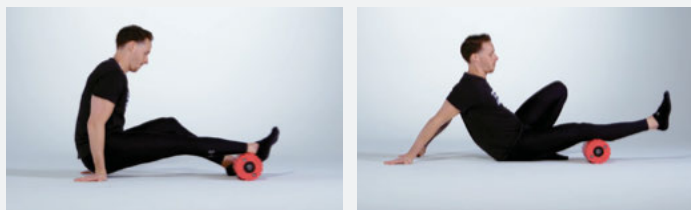
Mid to Upper Back

Begin by sitting in front of the device, then lean back until your mid back is in contact with it. Roll from your mid back up to the base of your neck, then back down to your mid back. Rotate from side-to-side, making sure to hit both sides of the musculature on the side of your spine.



Iliotibial Band (ITB)

Begin propped up on both arms with one leg crossed in front of your body and the device between your other thigh and the ground, right above the knee. Roll up to the top outside of your hip, then return to the outside of your thigh just above the knee. Repeat this motion until you feel a change in the tissue, then switch legs.



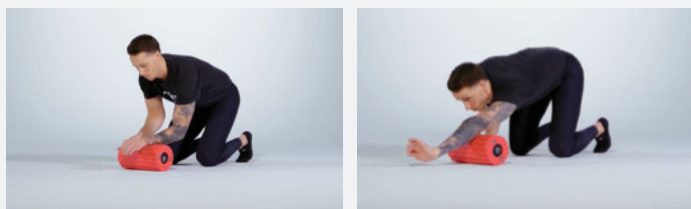
Gastrocnemius/Soleus

Place the device above the ankle joint. Roll towards the knee, then back down to just above ankle. Be sure to cover the middle, outside, and inside of the muscles. You can enable deeper pressure by crossing one leg over the other. Repeat this motion until you feel a change in the tissue, then switch legs.



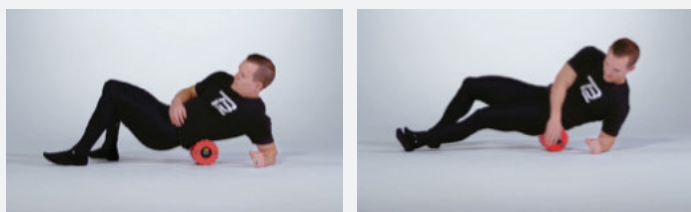
Quadriceps

Begin face down, propped up on your elbows with the device on your front thigh right above the knee. Roll from the top of your knee to the front of your hip – just below your pelvis – then back down to the starting position. Be sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch legs.



Inside of Forearm

Begin by kneeling with the device under the inside of your forearm just below the elbow. Roll from the top of your forearm down to your wrist, being sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch arms.



Lower Back

Begin with the device on the ground, positioned on your low back — avoiding going directly over the spine. Roll from the top of your buttocks to the mid-back, then down to the top of the buttocks. Repeat this motion until you feel a change in the tissue, then switch sides.

03

THE RESISTANCE BAND

Traditional weights can make for a great workout. But, they have a few drawbacks compared to resistance bands.

A quick anecdote: Tom Brady lifted weights throughout college and into the early years of his NFL career. But, he realized that traditional weight training was leaving him sorer than he wanted to be. In his words:

“Most of the time, my workouts left me hurting. Sure, I was getting stronger, but I was a long way away from allocating the right proportion of my workout time to what could allow me to improve performance.”

After using resistance bands almost exclusively for more than seven years, he saw drastically better results. “The difference is profound,” he explains. “My muscles are more balanced and functional, especially for the movements I need to perform as an NFL quarterback. **Resistance bands clearly work better for me.**”



Resistance bands bring more to the table than a few Super bowl rings. They also:



Allow For Fluid Motion

Bands give you a big, fluid range of motion. They build strength and power while keeping your muscles more supple and less dense than they would be if you used heavy weights.



Limit Inflammation

Bands condition you aerobically while complementing your pliability, limiting inflammation and overload as you work out.



Mirror Everyday Movements

By targeting accelerating and decelerating muscle groups at the same time without overload, they also mirror your body's normal, everyday functional movements.

Coupled with pliability training, bands build a balanced approach to staying healthy in the long run.



Why Resistance Bands?

A resistance band training program might feel odd or too easy for someone who mostly exercises with weights. But, don't let that feeling fool you. Your body needs to get used to bearing resistance rather than load, which is the major difference between bands and weights.

Tom describes it like this:



Imagine your body is a pickup truck. It's weighed down with a thousand pounds of bricks in its cargo bed. This is what weight lifting does to your muscles, ligaments, and joints.

Now imagine your body as a pickup truck that's towing a thousand pounds of bricks behind it. There's minimal weight on your structure.

It's simple. Why put that excess load on your joints when you really don't need to? In the same way that you need to choose the right dumbbell for a traditional strength workout, you have to choose the right band for a resistance workout. In both cases, finding the right weight or resistance is the key to making the most of your training.

Exercises shouldn't be so easy that you can't build strength, or so challenging that you start to lose good form.

THE RIGHT BAND FOR THE JOB

From high-intensity intervals to slow, controlled movements, upper body strength training to lower body conditioning, there's a resistance band to support your workout. These three basic resistance band types cover most bases for functional movement.

Handle Bands



Handle bands have (you guessed it) handles. They're used primarily for exercises that work the upper body (though you can use them to target other areas, too). They come with a strap that fits around a door or can be anchored to a solid surface, allowing you to position the band at different heights.

Long Looped Bands



Long looped bands come in different thicknesses, which correspond to different intensity levels. These bands can go around your knees, ankles, or waist, and allow you to perform the same motions as you would do with bars and free weights.

Short Looped Bands



These bands are smaller and thicker, and loop around your ankles and knees. They're a great way to add resistance and difficulty to agility skills or squats.



HERE'S THE BREAKDOWN

While there's only three types of bands, there are variants of each including short, long, light, medium, heavy, etc.



LENGTH	BAND	WEIGHT (lbs)	EXERCISES
Short	Light / Gray	7-33	Lateral Band Walks
Short	Medium / Red	11-54	
Long	Light / Gray	4-19	<ul style="list-style-type: none"> • Band Resisted Push-Up • Hip Thrusters • Resisted Lateral Lunge • Band Deadlifts • Squat Overhead Press • Lat Row
Long	Medium / Red	7-32	
Long	Heavy / Blue	11-52	
Long	X Heavy / Black	16-72	
Long	XX Heavy / Green	26-105	

HANDLE RESISTANCE BANDS



Long	Gray, Handle Band	1-12	<ul style="list-style-type: none"> • Chest Fly • Shoulder Row • Triceps Pulldown • Single Arm Row • Goblet Squat • Lunge Pullovers • Cross Body Press
Long	Red Handle Band	1-20	
Long	Blue Handle Band	1-25	
Long	Black Handle Band	1-33	



STRENGTH ASSESSMENT

Since different workouts use different bands, and some muscles are stronger than others, there's no single catch-all solution to determine which band you should use for every exercise. For example, selecting the right band for a deadlift won't help you choose the right band for a bicep curl or chest press.

In the beginning, you'll need to assess your form, stability, and fatigue with each new exercise. This strength assessment will help you do just that.



STRENGTH ASSESSMENT

01

Set Up Your Space

Choose an area in your home with enough space to roll out a mat and set up your bands. Try to find a place in front of a mirror so you can watch your form.

06

Keep an Eye On Form

Throughout an entire set, your knees should be over your feet, your hips should be over your knees, and your core should be engaged. If your form starts to break down before the timer goes off, stop.

02

Select an Exercise

Choose an upper body, lower body, or core exercise you want to assess.

07

Rate Your Exhaustion

After the 20-second set, use breath, your ability to speak, and how your muscles feel to give yourself a score from 1-10 based on a scale of exhaustion.

03

Pick a Starting Resistance

Pick up the corresponding resistance band to the exercise you picked. Choose the resistance (light, medium, heavy, etc.) that you think is the best fit for you. Don't worry too much about accuracy. For now, you're only using this band to establish a baseline.

08

Assess and Adjust Your Resistance

Drop one resistance level if:

- Your form broke down before the 20 seconds were up.
- You completed the 20 seconds but rated yourself a 9 or 10 for exhaustion (exception: you're doing HIIT training).

Increase one resistance level if:

- You completed the 20 seconds with good form, but rated 6 or below for exhaustion.

Keep your resistance if:

- You completed the 20 seconds with good form and rated yourself between 7 and 8 for exhaustion.

04

Set a Timer for 20 Seconds

That's how long you should aim to do each exercise.

05

Start Moving

Do the exercise for the full twenty seconds.

04

THE TB12 STRENGTH AND CONDITIONING TRAINING PROGRAM

Training Overview

Now that you're in the know, it's time to put your strength and conditioning skills to work.

Over the next 30 days, you'll complete 42 different resistance and bodyweight exercises designed to enhance your functional strength and cardiovascular conditioning. Every workout combines high-intensity intervals with strength-building resistance to elevate your heart rate, stabilize key muscle groups, and guide you to becoming a more dynamic functional athlete.

Each week, you'll complete five workouts, including two days of upper body, two days of lower body, and one day of full-body HIIT. Over time, you'll build progressive, balanced total-body strength.



Who's This Program For?

This program is for anyone who wants to feel their best, max out their strength and mobility, and stay healthy despite the intensive physical impact of training. We've included beginner, intermediate, and advanced ways to complete each workout, so you can make the most of this program regardless of your ability level.

Workout Format

Each day starts with 5-10 minutes of pliability work that re-educates your brain-body connection and primes your muscles to move without restriction during exercise. Performing your workout with pliable muscles means that your muscles will fire in a balanced way through a full range of motion, with the benefits of full muscle-pump function.

Each workout has two sets of four exercises. Perform each exercise for 20 seconds before you advance to the next. Repeat each set three times before moving to the next set.

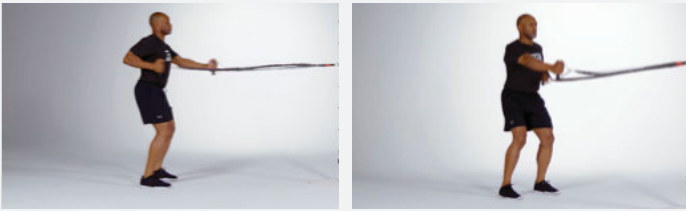
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	Upper Body 1	Lower Body 1	Full Body HIIT	Upper Body 1	Lower Body 1
WEEK 2	Upper Body 2	Lower Body 2	Full Body HIIT	Upper Body 2	Lower Body 2
WEEK 3	Upper Body 1	Lower Body 1	Full Body HIIT	Upper Body 1	Lower Body 1
WEEK 4	Upper Body 2	Lower Body 2	Full Body HIIT	Upper Body 2	Lower Body 2

BEGINNER	INTERMEDIATE	ADVANCED
Grey and Red Bands	Red and Blue Bands	Blue and Black Bands



DAY 1: UPPER BODY

SET 1: Repeat 3 times before moving to set 2

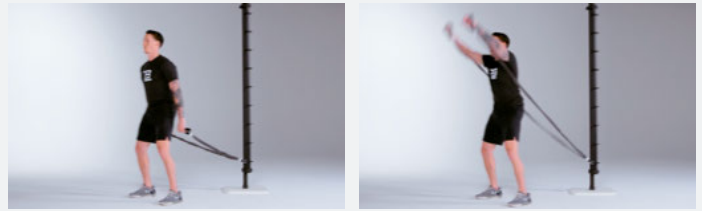


Alternating Rows

Pull one arm in toward your body until your elbow touches your side. Straighten that arm, then pull your other arm in toward your body. Straighten that arm, then repeat the full motion continuously.



SET 2: Repeat 3 times before moving to set 2



Shoulder Front Raise

Raise both arms away from the attachment and over your head, then lower your arms back down to your hips. Repeat this motion continuously being sure to keep your arms straight.

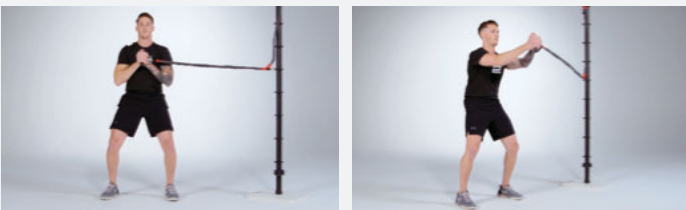


Frontal Flys

Raise your arms straight up from your sides to overhead, then lower them back down to your hips. Repeat this motion continuously, being sure to keep your arms straight and not move them forward or backward.

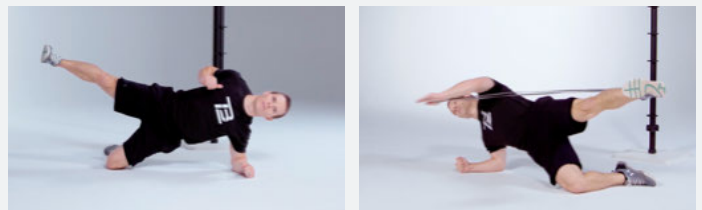
Resisted OverHead Walkout

Walk away from the attachment, holding your body upright until the band reaches its full length. Then walk backwards toward the attachment. Repeat this motion continuously, increasing your pace as you progress.



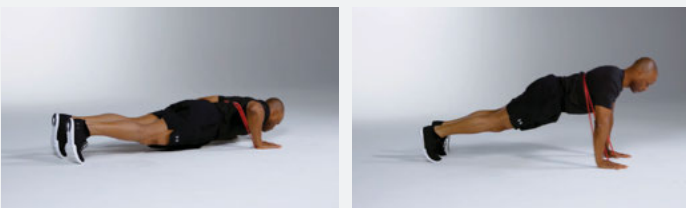
Pallof Press

Press both arms straight out from your chest, then bring your arms back in. Repeat this motion continuously, being sure to not move your lower body. Turn 180 degrees and repeat this motion on your other side. Move your arms quickly and fluidly throughout.



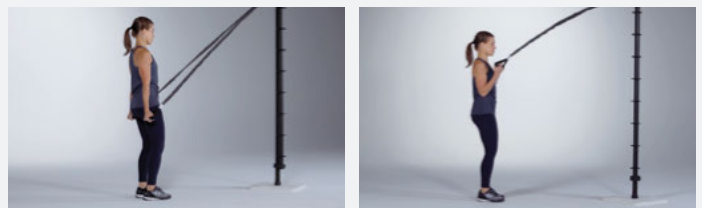
GMSP with Press*

Press your top arm straight out from the attachment, then return your arm to your side. Do not move your top leg. Repeat this motion continuously.



Banded Push-Ups

Lower your body by bending your elbows. Once you reach 90 degrees, push up with your arms and chest and straighten your arms. Repeat this motion continuously.

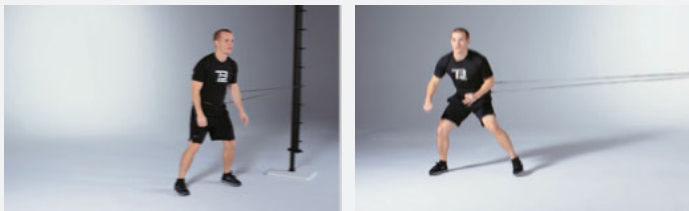


Triceps Pulldown

Pull your arms down toward the ground until they're straight. Then bend your elbows and return your arms to the starting position. Repeat this motion continuously.

DAY 2: LOWER BODY 1

SET 1: Repeat 3 times before moving to set 2



Resisted Side Shuffle

Push off your inside leg and shuffle sideways away from the attachment for 2 to 3 steps, keeping your feet apart. Return toward the attachment. Repeat this motion continuously. Turn 180 degrees and repeat this motion on your other side.



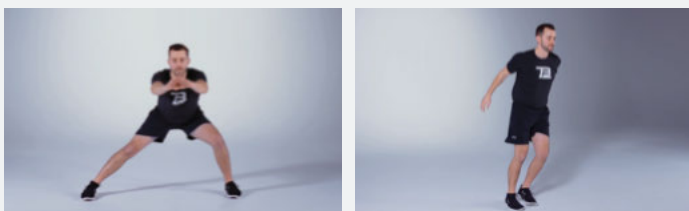
Banded Glute Bridge

Contract your glutes and core to lift your hips off the ground until they're straight, being sure to not flex your hamstrings. Then lower your hips to the ground. Repeat this motion continuously.



Banded Deadlift

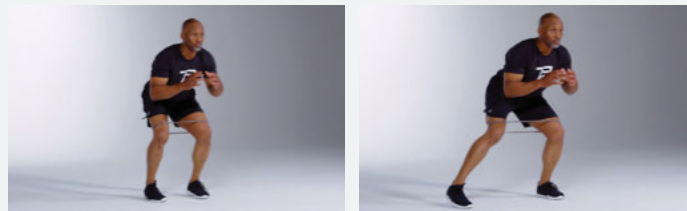
Push up with your legs and glutes and stand straight up quickly, making sure to not bend your arms. Lower back down to a half squat, then repeat this motion continuously.



Lateral Lunge & Hop

This exercise is lateral lunge and hop. Stand upright in a stable position with your hands straight out in front of you. Step to one side into a lateral lunge, sitting back on your glutes, then return to the top by pushing off your stepping leg. Then explosively push off your plant leg and hop to the side, landing on your opposite leg with stability. Repeat on the other side, then repeat this sequence continuously.

SET 2: Repeat 3 times before moving to set 2



Lateral Band Walks

Step to your right by pushing off of your left leg for 3 steps, then return to your left by pushing off your right leg for 3 steps. Keep your feet apart throughout the movement and do not move your upper body from center. Repeat this motion continuously.



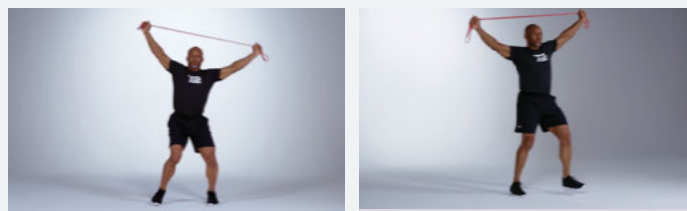
Squat to OH Press

Sit back into a squat position with both hands still at your shoulders. Move quickly straight up into an upright standing position while extending your arms straight overhead. Return your arms to shoulder height while sitting back into a squat. Repeat this motion continuously.



Reverse Lunge Pallof

Hold the handle at mid chest height and complete alternating reverse lunges, ensuring the handle does not move. Maintain an upright posture and do not lean to one side or allow your knees to collapse inward. Turn 180 degrees and complete the alternating reverse lunges on this side. Move at a smooth pace and keep your core engaged.



Overhead Core Shuffle

Bounce from foot to foot without bending your hips or arms. Engage your core and stay on your toes while bouncing. Repeat this motion continuously.

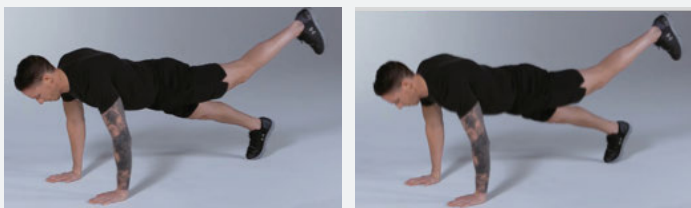
DAY 3: FULL BODY HIIT

SET 1: Repeat 3 times before moving to set 2



Alternating Arm Punches

Keeping your lower body stable, punch one arm straight out into a fully extended position, then bring that arm back in to your side. Then punch your other arm straight out and bring it back. Alternate arms continuously, maintaining a quick pace.



Front Plank with Leg Lifts

Keeping your body stationary, maximally engage your glutes and core and keep your back and hips level. Lift one leg straight off the ground. Lower that leg back down, then lift your other leg. Repeat continuously, alternating legs.



Bodyweight Squat

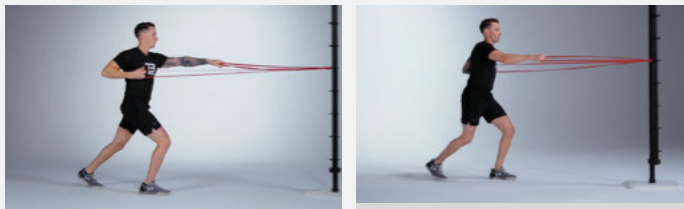
Bend your knees and hips while lowering your bottom toward the ground until your knees reach a 90-degree angle. Then extend your knees and hips to return to the starting position. Repeat this motion continuously.



Seal Jacks

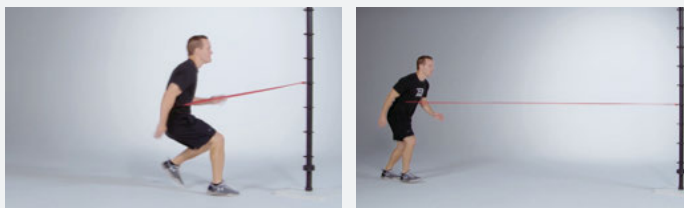
Separate your legs into a wide stance while pulling the long looped band apart until your arms are past the sides of your body, then return to the starting position. Continue this motion continuously at a quick pace.

SET 2: Repeat 3 times before moving to set 2



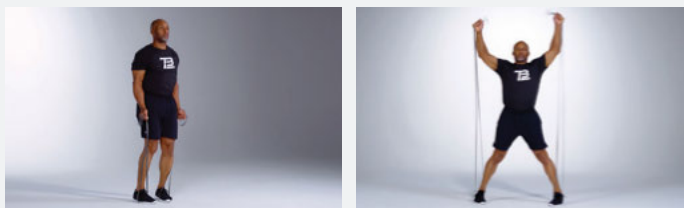
Step and Pull

Step back with one leg while pulling your opposite arm in toward your body, then return your leg and arm to the starting position. Then pull your other arm in while stepping back with your other leg. Alternate sides continuously.



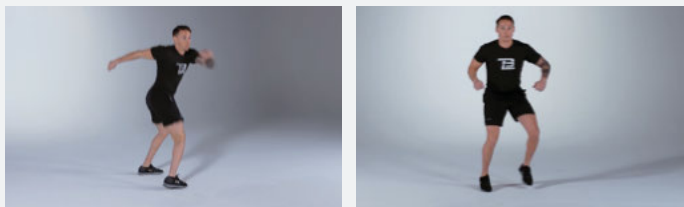
Resisted Back Peddle

Backpedal away from the attachment for 3 to 5 steps, then walk slowly forward, towards the attachment. Repeat this motion continuously, being sure to transition from each direction as quickly as possible.



Band Jumping Jacks

Maintaining upright posture, complete a jumping jack where your arms and legs separate at the same time, then come back together. Repeat this motion continuously and quickly. Keep the bottom of the band looped around your midfoot so it doesn't slip.

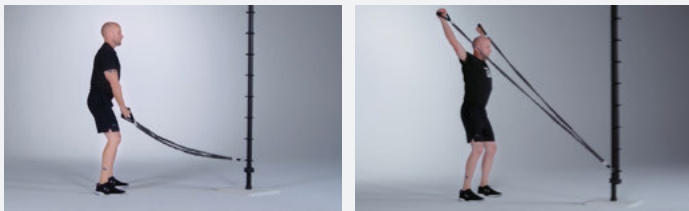


Foot Fire to Hip Turn

Rapidly tap your feet up and down, then quickly turn your hips to one side, keeping your upper body facing forward. Still tapping your feet, return your hips to the starting position, then quickly turn your hips in the other direction. Repeat this motion continuously.

DAY 4: UPPER BODY

SET 1: Repeat 3 times before moving to set 2



Band Big V

Raise your arms straight over your head and hold your arms in a "V" position. Then lower your arms back down to your hips. Repeat this motion continuously.



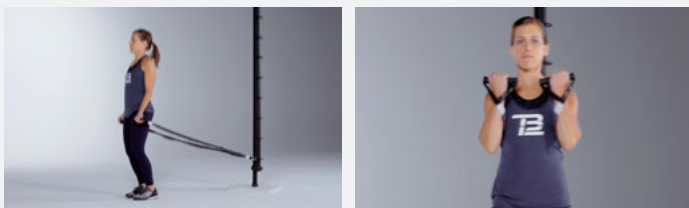
Low-to-High Rotation

Attach the bands low and stand upright. Side face the attachment, holding one or two handles with both hands, down at your inside hip. Rotate your arms up and across your body, away from the attachment. Keep your arms straight and point your hands away from your body, then rotate your arms back down to your inside hip. Repeat this motion continuously.



Shoulder Front Raise

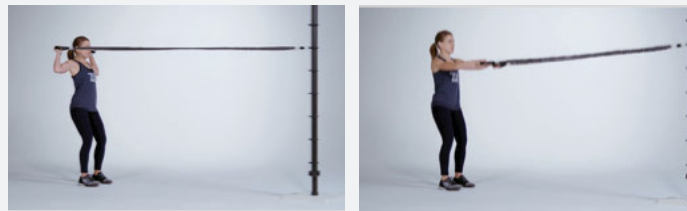
Raise your arms up and away from the attachment until they're overhead, then return your arms to your sides. Repeat this motion continuously, being sure to keep your arms straight.



Banded Bicep Curls

Bend your elbows and curl your arms up so that your palms face your chest. Then, lower your arms back down until they're straight. Repeat this motion continuously.

SET 2: Repeat 3 times before moving to set 2



Shoulder Row to External Rotation

Pull both hands toward your chest while rotating your shoulders until your palms are facing up. Then rotate your shoulders back down until your palms are facing the ground and return your arms to the starting position. Repeat this motion continuously.



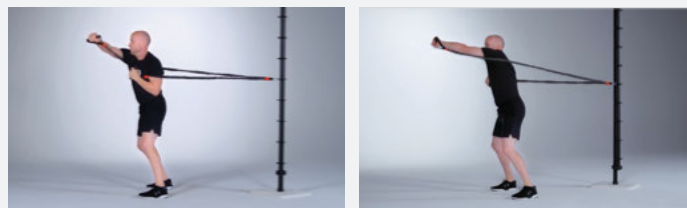
Alternating Arm Punches

Keeping your lower body stable, punch one arm straight out into a fully extended position, then bring that arm back in to your side. Then punch your other arm straight out and bring it back. Alternate arms continuously, maintaining a quick pace.



Anti Rotation Get Up

Step up with your right leg and then stand up straight. Then lower back down to your knees. Step up with your left leg and stand up straight. Do not move your arm from the extended position. Alternate sides continuously. Switch the band to your other hand and repeat the same motion on your other side. Do not let your knees go over your toes and do not lean forward during the motion.

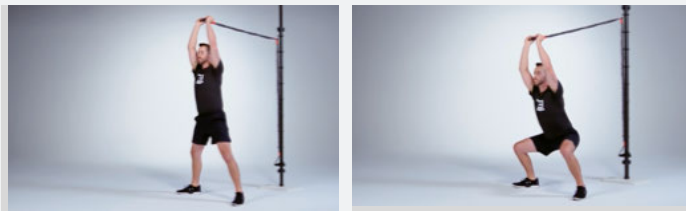


Alternating Cross Body Press

Punch your right arm away from your body across your chest, then return it to the starting position. Repeat this movement with your left arm. Alternate arms continuously.

DAY 5: LOWER BODY

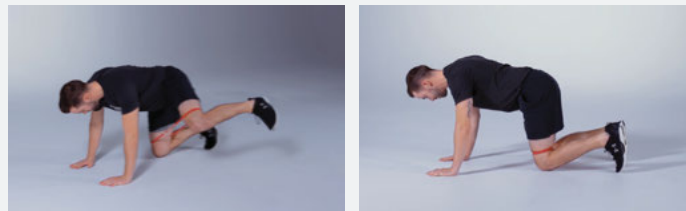
SET 1: Repeat 3 times before moving to set 2



Goblet Squat

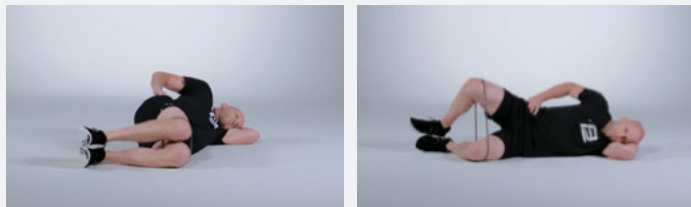
Sit back into a half squat, keeping your upper body upright and arms straight, then return to the top of the squat. Repeat this motion continuously.

SET 2: Repeat 3 times before moving to set 2



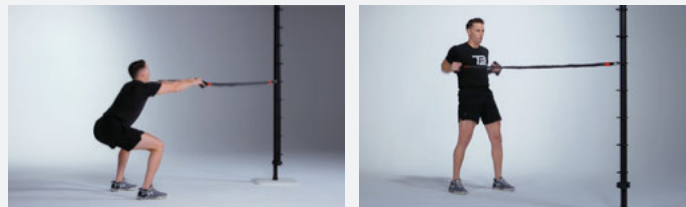
Resisted Fire Hydrant

Move one of your knees out and up toward the sky to open your hips. Return your knee to the starting position. Repeat this motion continuously on this side. Move your other knee out and up, repeating the movement continuously. Be sure to not raise your hips when moving your knees outward.



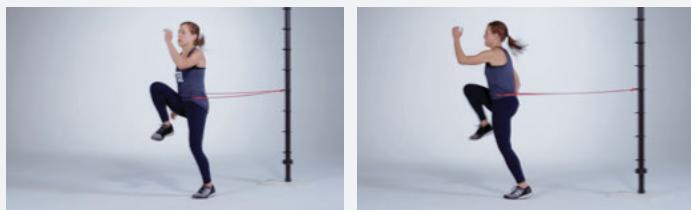
Banded Clamshells

Keep your ankles together and lift your top knee up and away from your bottom knee by contracting your glutes. Touch your top knee to your bottom knee. Repeat this motion continuously. Switch sides. Repeat this motion continuously with your opposite knee. Flex your glutes on the top side of each repetition.



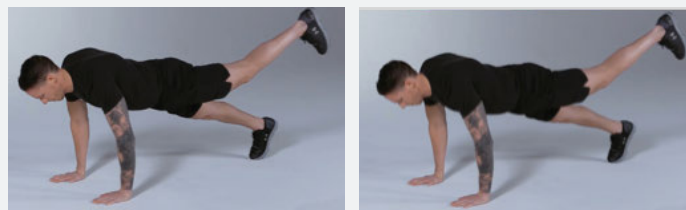
Squat to Double Arm Row

Sit back into a half squat, then push back up with your legs and pull both arms in toward your body. Then lower your body back into a squat while extending your arms away from your body. Repeat this motion continuously.



Resisted High Knees

Run in place, focusing on driving your knees up to the sky, and raising your arms so your hands reach head height. Stay in one place when running and keep your feet light and quiet.



Front Plank with Leg Lifts

Keeping your body stationary, maximally engage your glutes and core and keep your back and hips level. Lift one leg straight off the ground. Lower that leg back down, then lift your other leg. Repeat continuously, alternating legs.



Band Reverse Lunge

Step away from the attachment with your outside leg and sit back into a lunge, keeping your inside leg straight. Then push off your outside leg and stand back up on both legs evenly. Repeat this motion continuously. Turn 180 degrees and repeat the lunges on your other side. Do not let your outside knee go over your toes during the lunges.



Lateral Lunge & Hop

This exercise is lateral lunge and hop. Stand upright in a stable position with your hands straight out in front of you. Step to one side into a lateral lunge, sitting back on your glutes, then return to the top by pushing off your stepping leg. Then explosively push off your plant leg and hop to the side, landing on your opposite leg with stability. Repeat on the other side, then repeat this sequence continuously.

05

RECOVERY

Training and recovery are two halves of a whole. You need to put as much effort into recovery as you put into training to fully maximize the impact of both.

Allocating enough time to recover isn't always easy. **But, it's a crucial part of your preparation, and ultimately, your performance.**

We view recovery as an active process that requires daily dedication to healthy habits. It doesn't just start when your workout ends – it's a 24/7 process. The effort you put into preparing your body before a workout can dramatically improve the way you feel after.

When you're recovering, you provide your body with the nutrients, hydration, blood flow, and time it needs to repair itself and prepare for more exertion.



HOW TO **RECOVER**



Pre and Post-Workout Pliability

Spend 5-10 minutes before and after each workout rolling your calves, hamstrings, glutes, quads, lower back, and mid-to-upper back.



Active Recovery Workouts

On rest days, engage in lower-intensity resistance band and bodyweight exercises that accelerate the recovery process by promoting enhanced blood flow throughout your body.



Hydration

Drink half of your body weight in fluid ounces of water every day. We refer to this as establishing a “hydration baseline.” Your daily goal should be to reach your hydration baseline at minimum.



Protein

Eating or drinking protein within 30 minutes of your workout gets your body into optimal recovery mode. Depending on your size, 20 to 30 grams of protein will give your body what it needs to jumpstart the essential process of muscle repair.



Sleep

Sleep is a time for rest, recovery, and natural regeneration. Aim for 7-8 hours of sleep per night.

POST-WORKOUT NUTRITION

The ideal nutrition plan varies from person to person. But, there are lots of common elements that make up healthy dietary habits.

No matter what you do in your day-to-day life, no matter what sport you play or how you exercise, you need to fuel your body for the task. Your body needs nutrients, water, and energy that allow you to perform and recover as fast as possible so you can do it all over again.

We prioritize local, nutrient-rich whole foods like organic fruits and vegetables, as well as hormone and antibiotic-free lean meats. This commitment to healthy eating is even more important after a workout. Remember that food is your body's fuel, and you'll only get as much out of your body as you put into it.



Here are a few of our favorite post-workout foods

FATS	CARBOHYDRATES	PROTEINS
Avocados	Sweet Potatoes	Turkey
Chia Seeds	Quinoa	Free-Range Chicken
Flax Seeds	Millet	Grass-Fed Beef
Hemp Seeds	Cauliflower	Bison
Coconut Oil	Mangoes	Lentils
Pumpkin Seeds	Bananas	Kale
Walnuts	Legumes	Chickpeas
Almonds	Steel-Cut Oats	Raw Nuts
Macadamia Nuts	Apples	Sunflower Seeds
Almond Butter	Spinach	Wild Fish
Salmon	Broccoli	Organic Eggs
Extra Virgin Olive Oil (cold)	Blueberries	Supplemental TB12 Protein
Tuna	Squash	Spirulina
Anchovies	Chickpeas	Non-Dairy Yogurt

06

YOUR NEXT STEPS

Strength and conditioning training is key to building and maintaining muscle pliability. Strong, resilient muscles perform better under pressure, and keep you doing what you do for longer.

Conditioning your muscles is a process. It won't happen overnight. You'll have to keep at it, put your focus on it, and grind. It's work. But it's work that will change not only your ability to perform, but your day-to-day life.

You have the tools. Now, it's time to use them. Kick off your training plan, and start building strength.





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