



NOFFS
Navy Operational Fitness and Fueling System

Command PRT Workout

Overview

This workout is designed based on the Navy Operational Fitness and Fueling System (NOFFS) and incorporates the Navy Physical Readiness Test (PRT) modalities (e.g., forearm plank, rower) to improve physical readiness. The NOFFS methodology includes the training components of Pillar Preparation, Movement Preparation, Strength, Energy System Development (ESD), Regeneration, and Fueling.

Duration of Training Sessions

The training sessions are designed to last 60 minutes.

Equipment and Space

The Morale, Welfare and Recreation (MWR) weight room, basketball court or group exercise room provides the space to execute the training sessions. Reservations for MWR spaces should be made before scheduling command physical training (PT) to ensure equipment and space availability. If the equipment is not available, substitute exercises with movements that mimic the same motions or movement patterns. The recommended equipment modality is indicated in the daily workout.

Training Session Format – Components

1. Pillar Preparation

The pillar consists of the hips, torso and shoulders, which collectively represent the foundational structure for all movement. Pillar prep primes these three areas and corresponding muscles to prepare Sailors' bodies for the work ahead, protect them from injury and enhance their performance potential during the training session.

2. Movement Preparation

Movement prep consists of a series of active and dynamic stretches to help lengthen, strengthen and stabilize the body, and prepares the body to move.

3. Strength

Sailors need to optimize movement patterns and strengthen the muscles needed to perform on an operational platform. Close attention should be given to the quality of movement patterns. Sailors should select a resistance that is challenging based on the prescribed number of repetitions.

Circuits: Circuits are designed to develop work capacity by improving muscular endurance and aerobic energy system capacity. The intent of the circuit is to perform each exercise back-to-back with minimal rest between exercises and sets/rounds.



4. Cardiovascular Training

Endurance and speed can be enhanced through a variety of interval-based cardiovascular training blocks. Energy System Development (ESD) consists of movements and modalities designed to target and develop our energy systems and is an effective way to burn calories.

Training zones are the building blocks of the interval workouts. Each cardio workout consists of one or more training zones; each zone represents a level of effort (e.g., easy, medium and hard). But how do you know you're exercising at the right effort? You can perform these interval workouts by measuring your effort in one of two ways: (1) heart rate, or (2) rate of perceived exertion.

Heart Rate Training

One way to calculate your training zones is based on your maximum heart rate (Max HR). If you have a heart rate monitor, you can measure your heart rate as you train to stay in each zone. If you don't know your Max HR, you can estimate it by using this formula: $\text{Max HR} = 220 - \text{your age}$. Once you've calculated your approximate Max HR, use the percentages below to determine your heart rate training zone for each interval.

Rate of Perceived Exertion

Your rate of perceived exertion (RPE) is a simple and effective way to determine your training intensity when performing intervals. RPE uses a scale of 1-10 to rate your effort. A rating of 1 is equivalent to standing still, while a rating of 10 represents the most strenuous level of activity you can sustain. Use these general guidelines to put forth the right effort for each interval

TARGET YOUR TRAINING ZONES

RPE LEVELS

HEART RATE

	Target	Description	Target	My Heart Rates
MAX	10/10	Maximum effort. Give it all you got!	100% Max HR	_____
HARD	9/10	Extremely strenuous and difficult to maintain.	90% Max HR	_____
MODERATE	7/10	Rapid breathing. Can't talk now!	80% Max HR	_____
EASY	5/10	Moving with purpose but still able to talk comfortably.	65% Max HR	_____

5. Regeneration (Cool Down, Stretch, Recover)

A critical component of any training program is regeneration. It brings balance back to the body, helping to relieve tension and associated aches and pains while enhancing the body's response to the training. Regeneration activities will help relieve aches, pains, inflammation, and muscle tension while improving flexibility and tissue quality. Regeneration activities will help after training sessions, keeping the body healthy and balanced.

Regeneration increases your energy, boosts your immune system and helps you get the most out of each training session, which ultimately will improve your performance. So when setting up your schedule, remember to schedule recovery days to break up the grind of hard training. Still want to run on your recovery day? We hear you. Just remember to take it easy. Your recovery is for low-intensity cardio. These workouts should consist of easy intervals. And if you're a runner, why not mix it up and go for a swim or bike ride? The same principle applies for any endurance athlete - that is, choose an activity or surface that will reduce the impact on your body. You'll recover faster and perform better when it matters most.

After completing each workout, we recommend completing the total body regeneration found at <https://www.navyfitness.org/fitness/noffs-training/regeneration>.

6. Fueling

Proper fueling is essential, as good nutrition habits aid in energy, maintaining an optimal body weight, and improved health and performance. For more information on NOFFS fueling and the NOFFS meal builder, please visit <https://www.navyfitness.org/nutrition/noffs-fueling-series>.



Training Frequency

It is recommended that Sailors complete three to four training sessions per week with at least one recovery day for every two training days. On regeneration days, Sailors can include the prescribed recovery training sessions to help recover, regenerate and prepare themselves for the next training session.

Sample 4-Day Training Session Week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Recovery	Workout 3	Workout 4	Rest or Light Activity	Rest or Light Activity

Sample 3-Day Training Session Week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Recovery	Workout 3	Recovery	Rest or Light Activity	Rest or Light Activity





Exercise Session

Each training session has multiple components: pillar prep and movement prep, followed by strength training, ESD and regeneration. Reps, sets, tempo, and rest are all prescribed to assist Sailors in returning to the Navy's physical readiness standards.


Tempo

The tempo of each exercise represents the speed of each movement or time under tension. There are three numbers indicated for those exercises that should be performed at a specific tempo: eccentric (muscle lengthens), isometric (no movement), and concentric (muscle shortens).

For example, if the tempo is 2:1:2, the muscle will lengthen for 2 seconds (eccentric movement), pause for 1 second (isometric movement), followed by 2 seconds of muscle shortening (concentric movement). When applied to push-ups, it is 2 seconds down, a 1-second hold at the bottom, and 2 seconds to return to the starting position.

Contact your Navy MWR Fitness professionals for additional information on NOFFS and other command physical training opportunities.

Workout 1

Pillar Prep			Movement Prep		
<p>1</p> <p>1 SETS</p> <p>6 per side REPS</p> <p>3:1:3 TEMPO</p> <p>--- REST</p> <p>--- EQUIP</p>	<p>90/90 Stretch</p> 	<p>1</p> <p>1 SETS</p> <p>8 per leg REPS</p> <p>--- TEMPO</p> <p>--- REST</p> <p>Mini Band EQUIP</p>	<p>Mini Band - External Rotation</p> 		
<p>2</p> <p>1 SETS</p> <p>6 per leg REPS</p> <p>2:1:2 TEMPO</p> <p>--- REST</p> <p>--- EQUIP</p>	<p>Glute Bridge with Leg Lock</p> 	<p>2</p> <p>1 SETS</p> <p>6 per leg REPS</p> <p>3:1:3 TEMPO</p> <p>--- REST</p> <p>--- EQUIP</p>	<p>Inverted Hamstring</p> 		
<p>3</p> <p>1 SETS</p> <p>4 per side REPS</p> <p>2:1:2 TEMPO</p> <p>--- REST</p> <p>--- EQUIP</p>	<p>Pillar Bridge Rolling</p> 	<p>3</p> <p>1 SETS</p> <p>6 per leg REPS</p> <p>2:1:2 TEMPO</p> <p>--- REST</p> <p>--- EQUIP</p>	<p>Lateral Squat - Alternating</p> 		
<p>4</p> <p>1 SETS</p> <p>8 REPS</p> <p>2:1:2 TEMPO</p> <p>--- REST</p> <p>--- EQUIP</p>	<p>Y's Bent Over</p> 	<p>4</p> <p>1 SETS</p> <p>4 per side REPS</p> <p>--- TEMPO</p> <p>--- REST</p> <p>--- EQUIP</p>	<p>Reverse Lunge Elbow to Instep with Rotation</p> 		
<p>SB = Sandbag</p> <p>DB = Dumbbell</p> <p>BB = Barbell</p> <p>KB = Kettlebell</p> <p>MB = Medicine Ball</p>			<p>5</p> <p>2 SETS</p> <p>3-5 sec TIME</p> <p>--- TEMPO</p> <p>--- REST</p> <p>--- EQUIP</p>	<p>2-Inch Runs</p> 	

Workout 1

Pillar Prep	Movement Prep
<p>1 90/90 Stretch</p> <ul style="list-style-type: none"> • Place a rolled towel (optional) between your knees • Keep arms straight at a 90° angle to your torso • Keep hips still while rotating chest and arm back • Exhale and hold for 2 seconds, return to starting position and repeat • Complete reps and repeat on opposite side 	<p>1 Mini Band - External Rotation</p> <ul style="list-style-type: none"> • Stand in quarter-squat position with feet at hip width and band just above knees • Let one knee drop inward and return to starting position • Complete reps and repeat on opposite side
<p>2 Glute Bridge with Leg Lock</p> <ul style="list-style-type: none"> • Lie face up with knees bent and heels on the ground • Grab one knee with both hands and pull it toward your chest • Lift your hips toward the sky • Hold for 1-2 seconds and lower your hips back down • Complete the set on one leg before repeating on other leg 	<p>2 Inverted Hamstring</p> <ul style="list-style-type: none"> • Keep a straight line from ear to ankle, hinge at waist and elevate your leg behind you • When you feel a stretch, return to the standing position by contracting glute and hamstring • Keep stance leg slightly bent, back flat, and shoulders and hips parallel to ground • Complete reps and repeat on opposite side
<p>3 Pillar Bridge Rolling</p> <ul style="list-style-type: none"> • Lie face down with your forearms on the deck under your chest • Push up off your elbows, supporting your weight on the forearms • Tuck your chin so that your head is in line with your body • Pull your toes toward your shins and hold for 1-2 seconds • With your torso engaged and back flat, roll into a lateral pillar bridge and hold for 1-2 seconds • Return to the start position and repeat on the opposite side; that's one repetition 	<p>3 Lateral Squat - Alternating</p> <ul style="list-style-type: none"> • Stand with feet wider than shoulder-width apart; shift hips to the side and down • Push through your hip to return to start position • Keep your opposite leg straight, back flat and your chest up • Alternate sides each rep
<p>4 Y's Bent Over</p> <ul style="list-style-type: none"> • Hinge at waist, with back flat and chest up • Glide shoulder blades back and down, and raise your arms over your head to form a Y • Initiate movement with shoulder blades, not arms, and keep thumbs up throughout • Lower arms back to start and repeat for rep 	<p>4 Reverse Lunge Elbow to Instep with Rotation</p> <ul style="list-style-type: none"> • In a kneeling position, take a half step forward with your left foot • Contract your back glute at the bottom of the lunge • Rotate your torso toward the direction of your forward leg • Keep chest up and don't let your back knee touch the ground • Alternate sides each rep
	<p>5 2-Inch Runs</p> <ul style="list-style-type: none"> • Start in athletic stance with knees bent, hips back, and arms bent • Run in place, moving your feet 2 inches off the ground as quickly as possible • Allow your arms to move slowly and rhythmically • Continue for the prescribed time

Workout 1

Circuit 1 - 3 Sets			Circuit 2 - 2 Sets		
<p>1</p> <p>8 per side</p> <p>REPS</p> <p>2:1:2</p> <p>TEMPO</p> <p>---</p> <p>REST</p> <p>DB/KB/SB</p> <p>EQUIP</p>	<p>Rotational Squat to Overhead Press</p> 	<p>1</p> <p>10 per side</p> <p>REPS</p> <p>2:1:2</p> <p>TEMPO</p> <p>---</p> <p>REST</p> <p>MB/SB</p> <p>EQUIP</p>	<p>Push-Up – Alternating</p> 		
<p>2</p> <p>10</p> <p>REPS</p> <p>---</p> <p>TEMPO</p> <p>---</p> <p>REST</p> <p>---</p> <p>EQUIP</p>	<p>Hand Walk</p> 	<p>2</p> <p>10 per leg</p> <p>REPS</p> <p>3:1:3</p> <p>TEMPO</p> <p>---</p> <p>REST</p> <p>---</p> <p>EQUIP</p>	<p>1-Leg Glute Bridge</p> 		
<p>3</p> <p>10</p> <p>REPS</p> <p>3:1:3</p> <p>TEMPO</p> <p>---</p> <p>REST</p> <p>DB/KB/SB/BB</p> <p>EQUIP</p>	<p>Romanian Deadlift</p> 	<p>3</p> <p>10 per leg</p> <p>REPS</p> <p>3:1:3</p> <p>TEMPO</p> <p>---</p> <p>REST</p> <p>DB/KB/SB</p> <p>EQUIP</p>	<p>Split Squat – Rear Foot Elevated</p> 		
<p>4</p> <p>8 per arm</p> <p>REPS</p> <p>2:1:2</p> <p>TEMPO</p> <p>---</p> <p>REST</p> <p>DB/KB</p> <p>EQUIP</p>	<p>Pillar Bridge to 1-Arm Row on Bench</p> 	<p>4</p> <p>10 per side</p> <p>REPS</p> <p>2:0:2</p> <p>TEMPO</p> <p>---</p> <p>REST</p> <p>---</p> <p>EQUIP</p>	<p>Lateral Pillar Bridge Dynamic</p> 		
Rest 1 minute			Rest 1 minute		

Workout 1

Circuit 1	Circuit 2
<p>1 Rotational Squat to Overhead Press</p> <ul style="list-style-type: none"> • Stand holding a dumbbell at your shoulder in one hand • Rotate shoulders and hips toward the dumbbell side as you squat back and down • Stand and rotate to face forward as you press the dumbbell overhead • Complete set on one side before repeating on other 	<p>1 Push-Up – Alternating</p> <ul style="list-style-type: none"> • Start in a push-up position with both hands on a sandbag running parallel to your body • Push off the sandbag laterally and lower torso toward ground • Push back up and laterally to return both hands to the sandbag • Repeat in opposite direction and continue alternating to complete the set
<p>2 Hand Walk</p> <ul style="list-style-type: none"> • Stand with your legs straight and hands on the ground in front of you • Keeping legs straight and stomach tight throughout the movement, walk your hands forward • Walk your feet back up to your hands to complete 1 rep 	<p>2 1-Leg Glute Bridge</p> <ul style="list-style-type: none"> • Lying on your back, with knees bent and toes pulled up toward shins, lift one knee to your chest • Lift your hips off the ground until your knee, hips and shoulders are in a straight line – hold for 2 seconds • Keep back flat and torso engaged throughout the movement • Complete reps and repeat on opposite side
<p>3 Romanian Deadlift</p> <ul style="list-style-type: none"> • Stand holding a weight with hands wider than shoulder-width apart • Maintaining a flat back, bend at the waist and lower the barbell, keeping it close to your shins • Stand up by contracting your hamstring and glutes 	<p>3 Split Squat - Rear Foot Elevated</p> <ul style="list-style-type: none"> • Place your rear foot up onto a box or bench behind you • Drop hips toward ground by bending your front knee without letting your back knee touch the ground • Return to starting position by pushing up with your front hip • Complete reps on one leg, then switch legs and repeat
<p>4 Pillar Bridge to 1-Arm Row on Bench</p> <ul style="list-style-type: none"> • Start facedown supporting your weight with your feet and one forearm on the end of a bench, holding a dumbbell in opposite hand with arm extended • Maintain a straight line from ankles to head • Pull the dumbbell to your ribcage and then lower it back down • Complete the set on one side and repeat on the other 	<p>4 Lateral Pillar Bridge Dynamic</p> <ul style="list-style-type: none"> • Lie on your side with your forearm on the ground under your shoulder and feet stacked together • Push your hips off the ground, creating a straight line from ear to ankle; hold for 1-2 seconds and return to starting position • Repeat for reps and repeat on opposite side

Workout 1

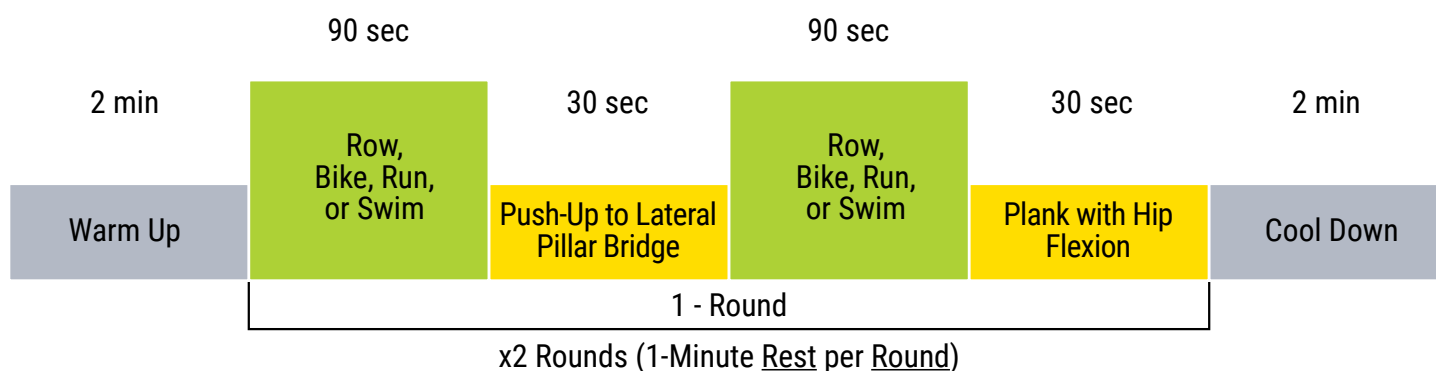
Perform each movement for the time prescribed and then immediately transition into the next movement for the duration of "work." Use the RPE or target heart rate to ensure proper intensity.

RPE LEVELS

	Target	Description
MAX	10/10	Maximum effort. Give it all you got!
HARD	9/10	Extremely strenuous and difficult to maintain.
MODERATE	7/10	Rapid breathing. Can't talk now!
EASY	5/10	Moving with purpose but still able to talk comfortably.

HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____



Exercises



Push-Up to Lateral Pillar Bridge

- Start in a push-up position
- Bend elbows and lower torso toward the ground
- As you push back up, lift one arm to the ceiling as you rotate torso in same direction
- Rotate back to starting position and repeat in opposite direction



Plank with Hip Flexion

- Start in a push-up position with feet shoulder-width apart
- Keeping torso stable, draw one knee toward chest and tap foot on the ground
- Hold for 1-2 seconds and return to the starting position





Workout 2

Pillar Prep			Movement Prep																				
<p>1</p> <table border="1"> <tr><td>1</td><td>SETS</td></tr> <tr><td>4 per side</td><td>REPS</td></tr> <tr><td>3:1:3</td><td>TEMPO</td></tr> <tr><td>---</td><td>REST</td></tr> <tr><td>---</td><td>EQUIP</td></tr> </table>	1	SETS	4 per side	REPS	3:1:3	TEMPO	---	REST	---	EQUIP	<p>90/90 Stretch</p> 	<p>1</p> <table border="1"> <tr><td>1</td><td>SETS</td></tr> <tr><td>8 per direction</td><td>REPS</td></tr> <tr><td>---</td><td>TEMPO</td></tr> <tr><td>---</td><td>REST</td></tr> <tr><td>Mini Band</td><td>EQUIP</td></tr> </table>	1	SETS	8 per direction	REPS	---	TEMPO	---	REST	Mini Band	EQUIP	<p>Mini Band - Lateral Walk (Bent Knees)</p> 
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8	REPS																						
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1	SETS																						
4 per arm	REPS																						
2:1:2	TEMPO																						
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1	SETS																						
8	REPS																						
2:1:2	TEMPO																						
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<p>SB = Sandbag DB = Dumbbell BB = Barbell KB = Kettlebell MB = Medicine Ball</p>		<p>5</p> <table border="1"> <tr><td>2</td><td>SETS</td></tr> <tr><td>3-5 sec</td><td>TIME</td></tr> <tr><td>---</td><td>TEMPO</td></tr> <tr><td>---</td><td>REST</td></tr> <tr><td>---</td><td>EQUIP</td></tr> </table>	2	SETS	3-5 sec	TIME	---	TEMPO	---	REST	---	EQUIP	<p>Base Pogo</p> 										
2	SETS																						
3-5 sec	TIME																						
---	TEMPO																						
---	REST																						
---	EQUIP																						

Workout 2

Pillar Prep	Movement Prep
<p>1 90/90 Stretch</p> <ul style="list-style-type: none"> • Place a rolled towel (optional) between your knees • Keep arms straight at a 90° angle to your torso • Keep hips still while rotating chest and arm back • Exhale and hold for 2 seconds, return to starting position and repeat • Complete reps and repeat on opposite side 	<p>1 Mini Band - Lateral Walk (Bent Knees)</p> <ul style="list-style-type: none"> • Stand in quarter-squat position with feet at hip width and band just above knees • Take small side steps; lead elbows drive back with each step • Push with back leg and don't reach with front leg; keep mild tension on band at all times
<p>2 Glute Bridge</p> <ul style="list-style-type: none"> • With feet shoulder-width apart, lift hips to create a line from knees, hips and shoulders • Keep back flat and torso engaged throughout the movement • Keep toes pulled up to your shins • Complete reps 	<p>2 Lateral Lunge - Alternating</p> <ul style="list-style-type: none"> • Stand with good posture with your hands at your sides and feet shoulder-width apart • Step to the right with your right foot, keeping your toes forward and your feet flat • Squat through your right hip while keeping your left leg straight • Squat as low as possible, holding this position for 2 seconds • Push back to the starting position and repeat for the prescribed number of repetitions, then repeat with the left leg
<p>3 Pillar Bridge with Arm Lift</p> <ul style="list-style-type: none"> • Start in a push-up position with feet shoulder-width apart • Lift one arm up and away from your body, holding for 1-2 seconds • Return your arm to the floor underneath your shoulder and repeat with your opposite arm • Continue alternating to complete the set 	<p>3 Reverse Lunge with Rotation</p> <ul style="list-style-type: none"> • Stand with good posture with your hands at your sides and feet shoulder-width apart • With your feet together, step back with your right leg into a lunge, maintaining your weight primarily on the arch of your front foot • Contract your back glute at the bottom of the lunge • Rotate your torso toward the direction of your forward leg • Keep chest up and don't let your back knee touch the ground • Alternate sides each rep
<p>4 T's Bent Over</p> <ul style="list-style-type: none"> • Hinge at waist, with back flat and chest up • Glide shoulder blades back and down, and raise your arms to your side to form a T • Initiate movement with shoulder blades, not arms, and keep thumbs up throughout • Lower arms back to start and repeat for reps 	<p>4 Hand Walk</p> <ul style="list-style-type: none"> • Stand with your legs straight and hands on the ground in front of you • Keeping legs straight and stomach tight throughout movement, walk your hands forward • Walk your feet back up to your hands to complete 1 rep
	<p>5 Base Pogo</p> <ul style="list-style-type: none"> • Start in athletic stance with knees bent, hips back, and arms bent • Jump rapidly up and down, about 2 inches on each jump • Land on the balls of your feet and repeat without pausing • Continue for the remainder of the set

Workout 2

Circuit 1 - 3 Sets		Circuit 2 - 2 Sets																	
<p>1</p> <table border="1"> <tr><td>10</td><td>REPS</td></tr> <tr><td>2:1:2</td><td>TEMPO</td></tr> <tr><td>--</td><td>REST</td></tr> <tr><td>DB/KB/SB/BB</td><td>EQUIP</td></tr> </table>	10	REPS	2:1:2	TEMPO	--	REST	DB/KB/SB/BB	EQUIP	<p>Squat to Overhead Press</p> 	<p>1</p> <table border="1"> <tr><td>10 per leg</td><td>REPS</td></tr> <tr><td>2:1:2</td><td>TEMPO</td></tr> <tr><td>--</td><td>REST</td></tr> <tr><td>--</td><td>EQUIP</td></tr> </table>	10 per leg	REPS	2:1:2	TEMPO	--	REST	--	EQUIP	<p>1-Leg Push-Up</p> 
10	REPS																		
2:1:2	TEMPO																		
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<p>2</p> <table border="1"> <tr><td>40 sec</td><td>TIME</td></tr> <tr><td>--</td><td>TEMPO</td></tr> <tr><td>--</td><td>REST</td></tr> <tr><td>--</td><td>EQUIP</td></tr> </table>	40 sec	TIME	--	TEMPO	--	REST	--	EQUIP	<p>Pillar Bridge</p> 	<p>2</p> <table border="1"> <tr><td>10</td><td>REPS</td></tr> <tr><td>3:1:3</td><td>TEMPO</td></tr> <tr><td>--</td><td>REST</td></tr> <tr><td>--</td><td>EQUIP</td></tr> </table>	10	REPS	3:1:3	TEMPO	--	REST	--	EQUIP	<p>Glute Bridge</p> 
40 sec	TIME																		
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10 per leg	REPS																		
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10	REPS																		
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--	REST																		
DB/KB/SB/BB	EQUIP																		
35 sec	TIME																		
--	TEMPO																		
--	REST																		
--	EQUIP																		
Rest 1 minute		Rest 1 minute																	

Workout 2

Circuit 1	Circuit 2
<p>1 Squat to Overhead Press</p> <ul style="list-style-type: none">• Stand with your feet shoulder-width apart, holding dumbbells at your shoulders with your elbows facing forward• Squat your hips back and down until your thighs are parallel with the deck• Return to standing by pushing through your hips• At the top of your stance, press the dumbbells overhead• Return to the starting position and repeat for the prescribed number of reps	<p>1 1-Leg Push-Up</p> <ul style="list-style-type: none">• Assume a push-up position with hands and feet on the deck• Keeping your torso engaged and hips square to the deck, slowly lift one foot 2-3 inches off the deck while keeping your leg straight• When you are halfway through the reps, switch legs and complete the set
<p>2 Pillar Bridge</p> <ul style="list-style-type: none">• Push up tall on your elbows and tuck chin so head is in line with body• Maintain a straight line from ears to ankle• Feet should be shoulder-width apart• Complete for time	<p>2 Glute Bridge</p> <ul style="list-style-type: none">• With feet shoulder-width apart, lift hips to create a line from knees, hips and shoulders• Keep back flat and torso engaged throughout the movement• Keep toes pulled up to your shins• Complete reps
<p>3 1-Leg Romanian Deadlift</p> <ul style="list-style-type: none">• Keep straight line from ear to ankle, hinge at waist and elevate your leg behind you• Return to the standing position by contracting your hamstrings and glutes• Keep back flat, shoulder blades back and down during movement, and keep the weight close to your shin• Complete reps and repeat on opposite side	<p>3 Walking Lunges</p> <ul style="list-style-type: none">• Stand holding a weight along your side• Step forward into a lunge and return to starting position• Repeat with opposite leg to complete 1 rep
<p>4 Bent-Over Row</p> <ul style="list-style-type: none">• Stand, hinged over at the waist, with weight in each hand• Slide your shoulder blades toward your spine and then lift the weight to your body by driving your elbow to the ceiling• Return to the starting position and repeat for the prescribed number of repetitions	<p>4 Lateral Pillar Bridge</p> <ul style="list-style-type: none">• Lie on your side with your forearm on the ground under your shoulder and feet stacked together• Keep body in a straight line from your ear to your ankle• Complete for time and repeat on opposite side

Workout 2

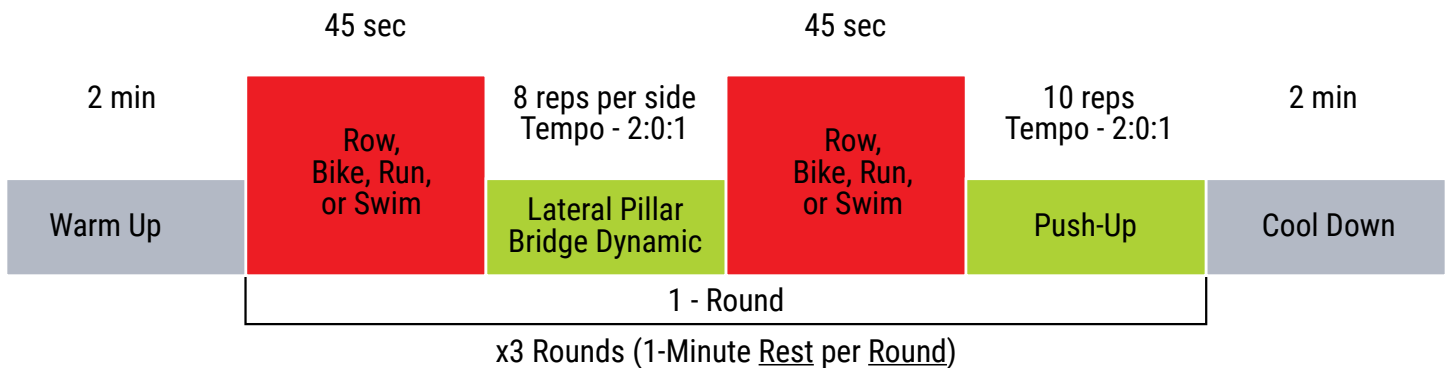
Perform each movement for the time prescribed and then immediately transition into the next movement for the duration of "work." Use the RPE or target heart rate to ensure proper intensity.

RPE LEVELS

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HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____



Exercises



Lateral Pillar Bridge Dynamic

- Lie on your side with your forearm on the ground under your shoulder and feet stacked together
- Push your hips off the ground, creating a straight line from ear to ankle; hold for 1-2 seconds and return to starting position
- Repeat for reps and repeat on opposite side










Push-Up

- Assume a push-up position with your hands and feet on the deck
- Lower your body toward the deck, then reverse the movement without touching the deck
- Keep your body in a straight line

Workout 2 - NOTES

Workout 3

Pillar Prep			Movement Prep																														
<table border="1"> <tr><td>1</td><td>1</td><td>SETS</td></tr> <tr><td>6 per side</td><td></td><td>REPS</td></tr> <tr><td>3:1:3</td><td></td><td>TEMPO</td></tr> <tr><td>---</td><td></td><td>REST</td></tr> <tr><td>---</td><td></td><td>EQUIP</td></tr> </table>	1	1	SETS	6 per side		REPS	3:1:3		TEMPO	---		REST	---		EQUIP	<p>90/90 Stretch</p> 	<table border="1"> <tr><td>1</td><td>1</td><td>SETS</td></tr> <tr><td>8 per leg</td><td></td><td>REPS</td></tr> <tr><td>---</td><td></td><td>TEMPO</td></tr> <tr><td>---</td><td></td><td>REST</td></tr> <tr><td>Mini Band</td><td></td><td>EQUIP</td></tr> </table>	1	1	SETS	8 per leg		REPS	---		TEMPO	---		REST	Mini Band		EQUIP	<p>Mini Band - External Rotation</p> 
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6 per leg		REPS																															
2:1:2		TEMPO																															
---		REST																															
---		EQUIP																															
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3	1	SETS																															
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8		REPS																															
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<p>SB = Sandbag DB = Dumbbell BB = Barbell KB = Kettlebell MB = Medicine Ball</p>		<table border="1"> <tr><td>5</td><td>2</td><td>SETS</td></tr> <tr><td>3-5 sec</td><td></td><td>TIME</td></tr> <tr><td>---</td><td></td><td>TEMPO</td></tr> <tr><td>---</td><td></td><td>REST</td></tr> <tr><td>---</td><td></td><td>EQUIP</td></tr> </table>	5	2	SETS	3-5 sec		TIME	---		TEMPO	---		REST	---		EQUIP	<p>2-Inch Runs</p> 															
5	2	SETS																															
3-5 sec		TIME																															
---		TEMPO																															
---		REST																															
---		EQUIP																															

Workout 3

Pillar Prep	Movement Prep
<p>1 90/90 Stretch</p> <ul style="list-style-type: none"> • Place a rolled towel (optional) between your knees • Keep arms straight at a 90° angle to your torso • Keep hips still while rotating chest and arm back • Exhale and hold for 2 seconds, return to starting position and repeat • Complete reps and repeat on opposite side 	<p>1 Mini Band - External Rotation</p> <ul style="list-style-type: none"> • Stand in quarter-squat position with feet at hip width and band just above knees • Let one knee drop inward and return to starting position • Complete reps and repeat on opposite side
<p>2 Glute Bridge with Leg Lock</p> <ul style="list-style-type: none"> • Lie face up with knees bent and heels on the ground • Grab one knee with both hands and pull it toward your chest • Lift your hips toward the sky • Hold for 1-2 seconds and lower your hips back down • Complete the set on one leg before repeating on other leg 	<p>2 Inverted Hamstring</p> <ul style="list-style-type: none"> • Keep a straight line from ear to ankle, hinge at waist and elevate your leg behind you • When you feel a stretch, return to the standing position by contracting glute and hamstring • Keep stance leg slightly unlocked, back flat, and shoulders and hips parallel to ground • Complete reps and repeat on opposite side
<p>3 Pillar Bridge Rolling</p> <ul style="list-style-type: none"> • Lie face down with your forearms on the deck under your chest • Push up off your elbows, supporting your weight on the forearms • Tuck your chin so that your head is in line with your body • Pull your toes toward your shins and hold for 1-2 seconds • With your torso engaged and back flat, roll into a lateral pillar bridge and hold for 1-2 seconds • Return to the start position and repeat on the opposite side; that's one repetition 	<p>3 Lateral Squat - Alternating</p> <ul style="list-style-type: none"> • Stand with feet wider than shoulder-width apart; shift hips to the side and down • Push through your hip to return to start position • Keep your opposite leg straight, back flat and your chest up • Alternate sides each rep
<p>4 Y's Bent Over</p> <ul style="list-style-type: none"> • Hinge at waist, with back flat and chest up • Glide shoulder blades back and down, and raise your arms over your head to form a Y • Initiate movement with shoulder blades, not arms, and keep thumbs up throughout • Lower arms back to start and repeat for reps 	<p>4 Reverse Lunge Elbow to Instep with Rotation</p> <ul style="list-style-type: none"> • Contract your back glute at the bottom of the lunge • Rotate your torso toward the direction of your forward leg • Keep chest up and don't let your back knee touch the ground • Alternate sides each rep
	<p>5 2-Inch Runs</p> <ul style="list-style-type: none"> • Start in athletic stance with knees bent, hips back, and arms bent • Run in place, moving your feet 2 inches off the ground as quickly as possible • Allow your arms to move slowly and rhythmically • Continue for the prescribed time

Workout 3

Circuit 1 - 3 Sets			Circuit 2 - 2 Sets		
1		Deadlift	1		Push-Up – Alternating
10	REPS		10 per side	REPS	
2:1:2	TEMPO		2:1:2	TEMPO	
---	REST		---	REST	
DB/KB/SB/BB	EQUIP		MB/SB	EQUIP	
2		Hand Walk	2		1-Leg Glute Bridge
12	REPS		10 per leg	REPS	
---	TEMPO		3:1:3	TEMPO	
---	REST		---	REST	
---	EQUIP		---	EQUIP	
3		Overhead Press - High Split Alternating	3		Split Squat - Rear Foot Elevated
10 per arm	REPS		10 per leg	REPS	
2:1:2	TEMPO		3:1:3	TEMPO	
---	REST		---	REST	
DB/KB	EQUIP		KB/DB/SB	EQUIP	
4		Pillar Bridge to 1-Arm Row on Bench	4		Lateral Pillar Bridge Dynamic
10 per arm	REPS		10 per side	REPS	
2:1:2	TEMPO		2:0:2	TEMPO	
---	REST		---	REST	
DB/KB	EQUIP		---	EQUIP	
Rest 1 minute			Rest 1 minute		

Workout 3

Circuit 1		Circuit 2	
1	<h3>Deadlift</h3> <ul style="list-style-type: none"> • Bend hips and knees to grab a barbell on the ground in front of you • Keep the bar close to your legs and shoulder blades back and down • Stand up, pulling the bar up along your thighs • Lower the bar to the floor • Repeat for prescribed reps 	1	<h3>Push-Up - Alternating</h3> <ul style="list-style-type: none"> • Start in a push-up position with both hands on a sandbag running parallel to your body • Push off the sandbag laterally and lower torso toward ground • Push back up and laterally to return both hands to the sandbag • Repeat in opposite direction and continue alternating to complete the set
2	<h3>Hand Walk</h3> <ul style="list-style-type: none"> • Stand with your legs straight and hands on the ground in front of you • Keeping legs straight and stomach tight throughout movement, walk your hands forward • Walk your feet back up to your hands to complete 1 rep 	2	<h3>1-Leg Glute Bridge</h3> <ul style="list-style-type: none"> • Lying on your back, with knees bent and toes pulled up toward shins, lift one knee to your chest • Lift your hips off the ground until your knee, hips and shoulders are in a straight line – hold for 2 seconds • Keep back flat and torso engaged throughout the movement • Complete reps and repeat on opposite side
3	<h3>Overhead Press - High Split Alternating</h3> <ul style="list-style-type: none"> • Stand tall holding a pair of dumbbells straight above your shoulders, palms facing forward • Lower one weight to your shoulder and press it back up • Repeat with opposite arm 	3	<h3>Split Squat - Rear Foot Elevated</h3> <ul style="list-style-type: none"> • Place your rear foot up onto a box or bench behind you • Drop hips toward ground by bending your front knee without letting your back knee touch the ground • Return to starting position by pushing up with your front hip • Complete reps on one leg, then switch legs and repeat
4	<h3>Pillar Bridge to 1-Arm Row on Bench</h3> <ul style="list-style-type: none"> • Start facedown supporting your weight with your feet and one forearm on the end of a bench, holding a dumbbell in opposite hand with arm extended • Maintain a straight line from ankles to head • Pull the dumbbell to your ribcage and then lower it back down • Complete the set on one side and repeat on the other 	4	<h3>Lateral Pillar Bridge Dynamic</h3> <ul style="list-style-type: none"> • Lie on your side with your forearm on the ground under your shoulder and feet stacked together • Push your hips off the ground, creating a straight line from ear to ankle; hold for 1-2 seconds and return to starting position • Repeat for reps and repeat on opposite side

Workout 3

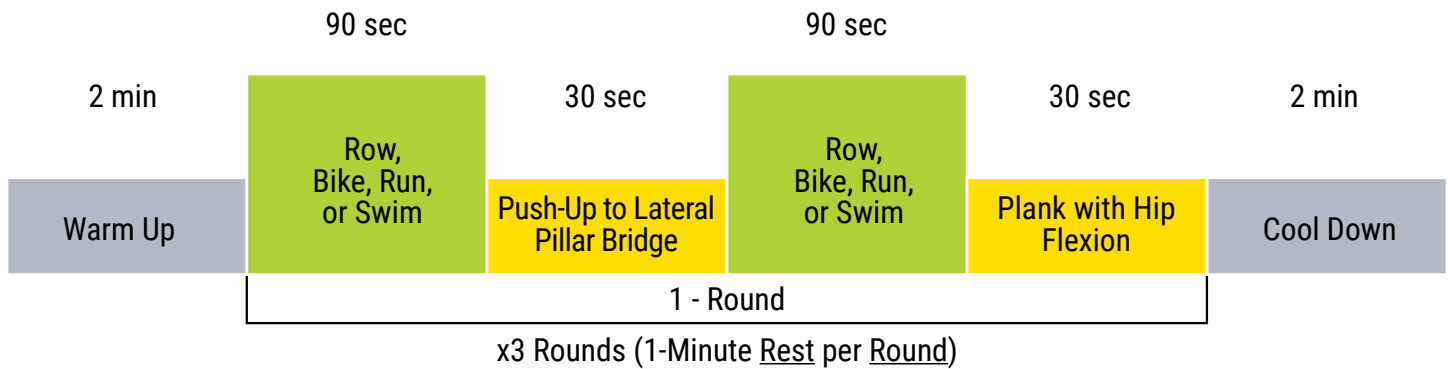
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HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____



Exercises



Push-Up to Lateral Pillar Bridge

- Start in a push-up position
- Bend elbows and lower torso toward the ground
- As you push back up, lift one arm to the ceiling as you rotate torso in same direction
- Rotate back to starting position and repeat in opposite direction











Plank with Hip Flexion

- Start in a push-up position with feet shoulder-width apart
- Keeping torso stable, draw one knee toward chest and tap foot on the ground
- Hold for 1-2 seconds and return to the starting position

Workout 3 - NOTES

Workout 4

Pillar Prep			Movement Prep																				
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--	REST																						
--	EQUIP																						
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<p>SB = Sandbag DB = Dumbbell BB = Barbell KB = Kettlebell MB = Medicine Ball</p>		<p>5</p> <table border="1"> <tr><td>2</td><td>SETS</td></tr> <tr><td>3-5 sec</td><td>TIME</td></tr> <tr><td>--</td><td>TEMPO</td></tr> <tr><td>--</td><td>REST</td></tr> <tr><td>--</td><td>EQUIP</td></tr> </table>	2	SETS	3-5 sec	TIME	--	TEMPO	--	REST	--	EQUIP	<p>Base Pogo</p> 										
2	SETS																						
3-5 sec	TIME																						
--	TEMPO																						
--	REST																						
--	EQUIP																						

Workout 4

Pillar Prep	Movement Prep
<p>1 90/90 Stretch</p> <ul style="list-style-type: none"> • Place a rolled towel (optional) between your knees • Keep arms straight at a 90° angle to your torso • Keep hips still while rotating chest and arm back • Exhale and hold for 2 seconds, return to starting position and repeat • Complete reps and repeat on opposite side 	<p>1 Mini Band - Lateral Walk (Bent Knees)</p> <ul style="list-style-type: none"> • Stand in quarter-squat position with feet at hip width and band just above knees • Take small side steps; lead elbows drive back with each step • Push with back leg and don't reach with front leg; keep mild tension on band at all times
<p>2 Glute Bridge</p> <ul style="list-style-type: none"> • With feet shoulder-width apart, lift hips to create a line from knees, hips and shoulders • Keep back flat and torso engaged throughout the movement • Keep toes pulled up to your shins • Complete reps 	<p>2 Lateral Lunge - Alternating</p> <ul style="list-style-type: none"> • Stand with good posture with your hands at your sides and feet shoulder-width apart • Step to the right with your right foot, keeping your toes forward and your feet flat • Squat through your right hip while keeping your left leg straight • Squat as low as possible, holding this position for 2 seconds • Push back to the starting position and repeat for the prescribed number of repetitions, then repeat with the left leg
<p>3 Pillar Bridge with Arm Lift</p> <ul style="list-style-type: none"> • Start in a push-up position with feet shoulder-width apart • Lift one arm up and away from your body, holding for 1-2 seconds • Return your arm to the floor underneath your shoulder and repeat with your opposite arm • Continue alternating to complete the set 	<p>3 Reverse Lunge with Rotation</p> <ul style="list-style-type: none"> • Stand with good posture with your hands at your sides and feet shoulder-width apart • With your feet together, step back with your right leg into a lunge, maintaining your weight primarily on the arch of your front foot • Contract your back glute at the bottom of the lunge • Rotate your torso toward the direction of your forward leg • Keep chest up and don't let your back knee touch the ground • Alternate sides each rep
<p>4 T's Bent Over</p> <ul style="list-style-type: none"> • Hinge at waist, with back flat and chest up • Glide shoulder blades back and down, and raise your arms to your side to form a T • Initiate movement with shoulder blades, not arms, and keep thumbs up throughout • Lower arms back to start and repeat for reps 	<p>4 Hand Walk</p> <ul style="list-style-type: none"> • Stand with your legs straight and hands on the ground in front of you • Keeping legs straight and stomach tight throughout movement, walk your hands forward • Walk your feet back up to your hands to complete 1 rep
	<p>5 Base Pogo</p> <ul style="list-style-type: none"> • Start in athletic stance with knees bent, hips back, and arms bent • Jump rapidly up and down, about 2 inches on each jump • Land on the balls of your feet and repeat without pausing • Continue for the remainder of the set

Workout 4

Circuit 1 - 3 Sets			Circuit 2 - 2 Sets		
1		Back Squat	1		1-Leg Push-Up
10	REPS		10 per leg	REPS	
2:1:2	TEMPO		2:1:2	TEMPO	
---	REST		---	REST	
DB/KB/SB/BB	EQUIP		---	EQUIP	
2		Pillar Bridge with Arm Lift	2		Glute Bridge
10 per arm	REPS		10	REPS	
2:1:2	TEMPO		3:1:3	TEMPO	
---	REST		---	REST	
---	EQUIP		---	EQUIP	
3		1-Leg Romanian Deadlift	3		Reverse Lunge to Lateral Lunge - Alternating
10 per leg	REPS		8 per side	REPS	
3:1:3	TEMPO		2:1:2	TEMPO	
---	REST		---	REST	
DB/KB/SB	EQUIP		DB/KB/SB	EQUIP	
4		Bent-Over Row	4		Lateral Pillar Bridge
10	REPS		35 sec	TIME	
2:1:2	TEMPO		---	TEMPO	
---	REST		---	REST	
DB/KB/SB/BB	EQUIP		---	EQUIP	
Rest 1 minute			Rest 1 minute		

Workout 4

Circuit 1		Circuit 2	
1	<h3>Back Squat</h3> <ul style="list-style-type: none"> • Stand with a sandbag or barbell across the back of your shoulders • Squat back and down until your thighs are close to parallel to the floor • Push through your hips to return to a standing position • Keep your chest up and back flat throughout the movement 	1	<h3>1-Leg Push-Up</h3> <ul style="list-style-type: none"> • Assume a push-up position with hands and feet on the deck • Keeping your torso engaged and hips square to the deck, slowly lift one foot 2-3 inches off the deck while keeping your leg straight • When you are halfway through the reps, switch legs and complete the set
2	<h3>Pillar Bridge with Arm Lift</h3> <ul style="list-style-type: none"> • Start in a push-up position with feet shoulder-width apart • Lift one arm up and away from your body, holding for 1-2 seconds • Return your arm to the floor underneath your shoulder and repeat with your opposite arm • Continue alternating to complete the set 	2	<h3>Glute Bridge</h3> <ul style="list-style-type: none"> • With feet shoulder-width apart, lift hips to create a line from knees, hips and shoulders • Keep back flat and torso engaged throughout the movement • Keep toes pulled up to your shins • Complete reps
3	<h3>1-Leg Romanian Deadlift</h3> <ul style="list-style-type: none"> • Keep straight line from ear to ankle, hinge at waist and elevate your leg behind you • Return to the standing position by contracting your hamstrings and glutes • Keep back flat, shoulder blades back and down during movement, and keep the weight close to your shin • Complete reps and repeat on opposite side 	3	<h3>Reverse Lunge to Lateral Lunge - Alternating</h3> <ul style="list-style-type: none"> • Stand tall while holding dumbbells on your shoulders • Step back into a lunge and then push through front leg to stand • Step to the side and squat down with same leg, keeping the other leg straight • Stand up and repeat the pattern with opposite leg
4	<h3>Bent-Over Row</h3> <ul style="list-style-type: none"> • Stand, hinged over at the waist, with weight in each hand • Slide your shoulder blades toward your spine and then lift the weight to your body by driving your elbow to the ceiling • Return to the starting position and repeat for the prescribed number of repetitions 	4	<h3>Lateral Pillar Bridge</h3> <ul style="list-style-type: none"> • Lie on your side with your forearm on the ground under your shoulder and feet stacked together • Keep body in a straight line from your ear to your ankle • Complete for time and repeat on opposite side

Workout 4

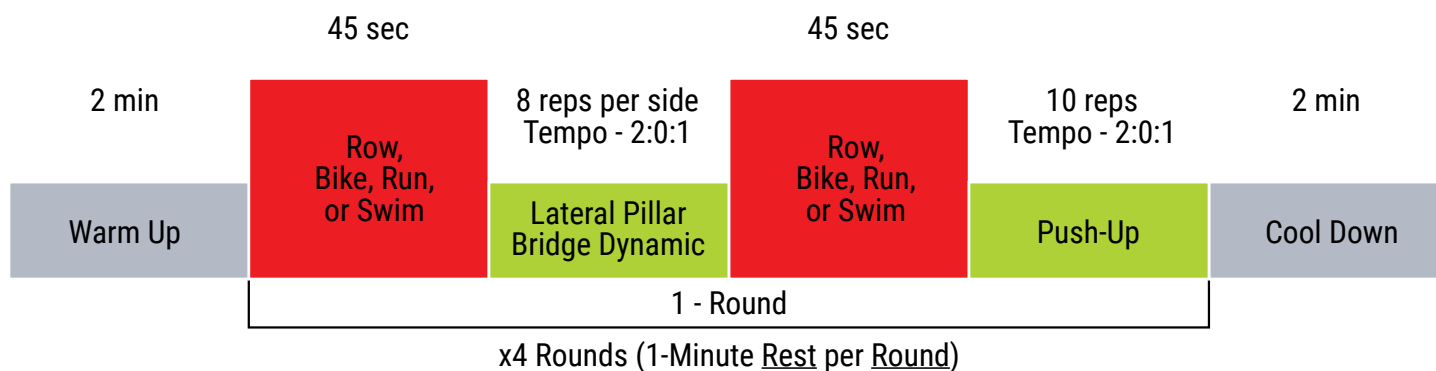
Perform each movement for the time prescribed and then immediately transition into the next movement for the duration of "work." Use the RPE or target heart rate to ensure proper intensity.

RPE LEVELS

	Target	Description
MAX	10/10	Maximum effort. Give it all you got!
HARD	9/10	Extremely strenuous and difficult to maintain.
MODERATE	7/10	Rapid breathing. Can't talk now!
EASY	5/10	Moving with purpose but still able to talk comfortably.

HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____



Exercises



Lateral Pillar Bridge Dynamic

- Lie on your side with your forearm on the ground under your shoulder and feet stacked together
- Push your hips off the ground, creating a straight line from ear to ankle; hold for 1-2 seconds and return to starting position
- Repeat for reps and repeat on opposite side



Push-Up

- Assume a push-up position with your hands and feet on the deck
- Lower your body toward the deck, then reverse the movement without touching the deck
- Keep your body in a straight line

Workout 4 - NOTES
