

# APPROACH



## APPROACH 1

WEEK 1,2,3

DAY

1 DAILY STRETCHES			
Exercise	SETS	REPS	LOAD
I SUPINE KNEE HUG	1	:20s. e.	
II QUADRUPED LAT STRETCH	1	3e	
III PUSH UP TO PUSH BACK	1	5	
IV 2 WAY LUNGES	1	5e	
V SIT UPS	1	10	
VI TOE TOUCH & REACH	1	5	

1 DAILY MOVEMENT TARGET			
Exercise	TIME	MODE	
I TRAINING DAY			
10-30m. Walk or light sport			
II NON TRAINING DAY			
30-60m. Walking or light sport			

2 CONDITIONING			
Exercise	IN/OUT	DIST.	TIME
a WALK #1 Steady HR outputs, no high spikes or rests.			30m.
b WALK #2 2:00 high HR 3:00 resting HR 5 rounds			25m.
c RUN #1 Steady HR outputs, no high spikes or rests.			30m.
d RUN #2 2:00 high HR 3:00 resting HR 5 rounds			25m.

2 CONDITIONING			
Exercise	IN/OUT	DIST.	TIME
a BIKE #1 Steady HR outputs, no high spikes or rests.			30m.
b BIKE #2 2:00 high HR 3:00 resting HR 5 rounds			25m.
c HIKE #1 Steady HR outputs, no high spikes or rests.			30m.
d HIKE #2 2:00 high HR 3:00 resting HR 5 rounds			25m.

3 WORKOUT #1				
Exercise	SETSxREPS	WEEK1	WEEK2	WEEK3
1A REVERSE LUNGE <i>Knee to over toe, hip to heel. Chest up tall.</i>	4 x 5e	5 x 5e	6 x 5e	7 x 5e
1B PUSH UPS <i>Back flat, chest to floor</i>	4 x 10	5 x 10	6 x 10	7 x 10
1C FULL SIT UPS <i>Head to floor, hands to toes every rep.</i>	4 x 10	5 x 10	6 x 10	7 x 10
1D PULL UPS <i>Fully extend the arms</i>	4 x max	5 x max	6 x max	7 x max

3 WORKOUT #2				
Exercise	SETSxREPS	WEEK1	WEEK2	WEEK3
1A PRISONER SQUAT <i>Knee to over toe, hip to Chest up tall.</i>	4 x 8	5 x 8	6 x 8	7 x 8
1B DB OH PRESS <i>Touch shoulder with every rep</i>	4 x 5e	5 x 5e	6 x 5e	7 x 5e
1C BENT ROW <i>Use a cable or a band row to belly button</i>	4 x 8	5 x 8	6 x 8	7 x 8
1D PLANK <i>Elbow or palm on ground</i>	3x10s	3x15s	3x20s	3x30s

3 GUN-SHOW : optional addition to both #1 and #2				
Exercise	SETSxREPS	WEEK1	WEEK2	WEEK3
1A DB BICEP CURLS	4x10e			
1B TRICEP DIPS	4x10			
1C CABLE CURLS	4x10e			
1D PLATE PINCH	3x15s.e.			

## APPROACH



# HOW TO USE THIS PROGRAM

## APPROACH: A Preparatory Program

This is a 7 day per week training program. You will need to find time every single day of the week to dedicate for some type of training. Here is an example of how you will follow this program in a 7 day week.

Monday -

- 1 - Daily Movement and Stretches
- 3 - Workout #1

Tuesday -

- 1 - Daily Movement and Stretches
- 2 - Walk #1

Wednesday -

- 1 - Daily Movement and Stretches
- 3 - Workout #2

Thursday -

- 1 - Daily Movement and Stretches
- 2 - Run #2

Friday -

- 1 - Daily Movement and Stretches
- 3 - Workout #3

Saturday -

- 1 - Daily Movement and Stretches
- 2 - Bike #2

Sunday -

- 1 - Daily Movement and Stretches
- 2 - Walk #1

All of your work is  
NUMBERED

1's are daily activity  
2's are conditioning  
3's are strength training

## WEEKLY TRAINING CONTENT

