

Change Your Body Boot Camps

2010, Phase 5, Recovery Week July 4 to July 11

Day 1: Workout A (31 – 56 minutes)

Foam Roll: 5min (20:10)

1. Quad
2. It-Band
3. Straight Leg Adductor
4. Linear Leg Swings
5. Arm Slings

Movement Prep: 5min (50:10)

1. Inverted Hamstring w/ Y-Raise
2. Inchworm
3. Split Stance Matrix (1-rep; switch ½ way)
4. Push Up to Side Plank to Push Up to ...
5. Jumping Claps & Scissor Jacks

Strength Circuit: 10-20min

10 minute Continuous Circuit or 20 minutes if feel great

2 rounds of 10 reps each or 4 rounds of 10 reps each if feel great

5 count tempo per rep: 1 seconds lift, 1 second pause, 2 seconds lower, 1 second pause

A1: Romanian Dead Lift: Knee, Shin, Shin + Jump Shrug

A2: 1-Arm DB Row, Bent-Over Dual DB Row, Bent-Over Alternate Continuous DB Row

A3: DB Split Squat, DB Reverse Lunge, DB Forward Lunge (Side, Hi-Low, FS Grip)

A4: Push Ups w/ Spider March (pull knee to elbow): kneeling, regular, march with reach

A5: Body Saw (on towel): plank on knees, plank on feet, push up position on feet

A6: DB Side Plank w/ Rotation: knees and forearm, feet and forearm, feet and hand

1min Active Rest: Jumping Jacks x 60-90

Conditioning: 5-20min

5min: 5 rounds of 30sec on, 30 sec off

or

20min: 4 circuits of 5 rounds of 30 sec on, 30sec off, followed by a 1 min active recovery after every 5 rounds if feel great

B1: 10 Yard Shuttle Run

Static Stretch: 5min (15:5) *Mats against wall (perpendicular)

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|-----------------------------------|--|
| 1. Push Up Calf Stretch-Right | 9. Figure-Four Glute Push Against Wall-Right |
| 2. Push Up Calf Stretch-Left | 10. Figure-Four Glute Push Against Wall-Left |
| 3. Stride Back Hip & Toe Raise | 11. ½ Kneel Quad+Hip Flexor-R |
| 4. Stride Back w/ Hip & Toe Raise | 12. ½ Kneel Quad+Hip Flexor-Left |
| 5. Supine Hip IR-Right | 13. Sumo Squat + Forearm Push |
| 6. Supine Hip IR-Left | 14. Partner Hands on Hips Shoulder Stretch |
| 7. Side-Lying T. Roll-Right | 15. Partner Hands on Hips Shoulder Stretch |
| 8. Side-Lying T. Roll-Left | |

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Workout B (31-56 min)

Foam Roller & Mobility: 5min (20:10)

1. Back / Thoracic Extension
2. Glute + Double Hamstrings
3. 1-Arm Chest
4. Side-Lying Thoracic Rolls
5. Arm Circles + Shoulder Rolls

Movement Prep Warm Up: 5min (50:10)

1. Rotational Lunge to Internal Rotation
2. 4-Way High Knee Hug
3. Squat Stance Matrix
4. Quadruped Opposites
5. 3-Way Jumping Jacks: arms @ side, arms 90 degrees, arms overhead

Strength Circuit: 10-20min

10 minute 50:10 circuit (50 sec of work, 10 sec of rest) or 20 minutes if feel great
2 rounds of 10 reps each or 4 rounds of 10 reps each if feel great
5 count tempo per rep: 1 seconds lift, 1 second pause, 2 seconds lower, 1 second pause

- A1: 90 Degree Jump Turn Stick & Lands (hold for 5 count): 90, 180, 360
A2: Y, T, W, L (1 letter / round): 2-leg, 1-leg, 1-leg w/ eyes closed
A3: Rotational Step Up: HBS, HBH, HBH + High Knee
A4: Kneeling Push Up, Regular Push Up, Feet Elevated Push Up
A5: Plank w/ 1-extremity reach, Plank Opposites, Push Up Position Opposites

1min Active Rest: 3-way jumping jacks x 60-90 reps

Conditioning: 5-20min

5min: 2 rounds of 60sec on, 90 sec off

or

20min: 8 rounds of 60sec on, 90 sec off if feel great

B1: 400m sprints

Static Stretch: 5min

Hold each stretch for 15 seconds at a point of moderate discomfort. Complete all stretches 1 time in a continuous manner.

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|-----------------------------------|----------------------------------|
| 1. Push Up Calf Stretch-Right | 9. Side Lying T. Roll-Right |
| 2. Push Up Calf Stretch-Left | 10. Side Lying T. Roll-Left |
| 3. Stride Back Hip & Toe Raise | 11. ½ Kneel Quad+Hip Flexor-R |
| 4. Prone Glute Push-Right | 12. ½ Kneel Quad+Hip Flexor-Left |
| 5. Stride Back w/ Hip & Toe Raise | 13. Seated Shoulder Sit & Reach |
| 6. Prone Glute Push-Left | 14. Sumo Squat + Forearm Push |
| 7. Supine Hip IR-Right | 15. Behind Back Overhead Reach |
| 8. Supine Hip IR-Left | |

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Workout C (31-56 min)

Foam Roller & Mobility: 5min (20:10 each side)

1. 1-Arm Lat
2. Piriformis
3. 1-Leg Calf
4. DB Ankle Mobes
5. Lateral Leg Swings

Movement Prep Warm Up: 5min (50:10; switch ½ way)

1. Deep Squat Pivot
2. Lunge to Instep w/ Hip & Toe Raise
3. Lateral Lunge to Internal Rotation
4. Lateral Drop Lunge
5. Wall Slides

Strength: 10-20min

8 minute 40:20 circuit (40 sec of work, 20 sec of rest) or 20 minutes if feel great

2 rounds of 8 reps each "A" exercises and 4 reps of "B" exercises

Or

5 rounds of 8 reps each for "A" exercises and 4 reps of "B" exercises if feel great

5 count tempo per rep: 1 seconds lift, 1 second pause, 2 seconds lower, 1 second pause

A1: DB Squat + Curl + Lift, DB Clean, DB Clean & Jerk, x40sec

B1: DB Curls, x20sec

A2: DB Kneeling Plank Rows, DB P.U. Position Rows, DB Push Up + Rows, x40sec

B2: Plank to Push Up, x20sec

A3: Stagger Push Up: Kneeling, Regular, Plyo, x40sec

B3: Scapular Push Ups, x20 sec

A4: Side Plank w/ Top Leg as Support: Bridge (5 count), Hold (40 count) Hand + Bridge (5 count), x40sec

B4: Side Plank w/ Hip Abduction: Bridge (5 count), Hold (40 count), Hand + Bridge (5 count) , x20sec

Conditioning: 5-20min

5min: 8 rounds of 20sec on, 10 sec off, followed by a 1min active recovery

or

20min: 4 circuits of 8 rounds of 20sec on, 10 sec off, followed by a min active recovery after each 8 round circuit if feel great.

C1: 5 Yard Lateral Shuffle (20:10): no band

Static Stretching: 5min (15:5)

Hold each stretch for 15 seconds at a point of moderate discomfort. Complete all stretches 1 time in a continuous manner.

1. Forward Bend,	7. Stride Back (L) Leg
2. Deep Squat	8. D-Day Flag Raise
3. Deep Squat @ Arm to Sky / (L) Arm to Sky	9. ½ Kneeling Tricep Pull
4. Stride Back @ Leg	10. Childs Pose Center, Left
5. D-Day Flag Raise	11. Seated Shoulder Sit & Reach
6. ½ Kneeling Tricep Pull	12. Supine on Foam Roller w/ Dumbbell Chest Stretch