

Name	Program Goals

R1	Foam Roller/Ball	Frequency	Time
	SMR	Daily	30-60s
	SMR	Daily	30-60s
	SMR	Daily	30-60s
	SMR	Daily	30-60s
	SMR	Daily	30-60s
	SMR	Daily	30-60s
	SMR	Daily	30-60s
	SMR	Daily	30-60s

R2	Exercises	Sets and Reps	Comments
	Sagittal Plane Resets	2x5 breaths	Do this one Second
	Frontal/Transverse Plane Resets	2x5 breaths	Do this one first
	Sagittal Plane Resets	2x5 breaths	Do this one Second
	Frontal/Transverse Plane Resets	2x5 breaths	Do this one first
	Sagittal Plane Resets	2x5 breaths	Do this one Second
	Frontal/Transverse Plane Resets	2x5 breaths	Do this one first
	Sagittal Plane Resets	2x5 breaths	Do this one Second
	Frontal/Transverse Plane Resets	2x5 breaths	Do this one first
	Sagittal Plane Resets	2x5 breaths	Do this one Second
	Frontal/Transverse Plane Resets	2x5 breaths	Do this one first
	Sagittal Plane Resets	2x5 breaths	Do this one Second
	Frontal/Transverse Plane Resets	2x5 breaths	Do this one first
	Sagittal Plane Resets	2x5 breaths	Do this one Second
	Frontal/Transverse Plane Resets	2x5 breaths	Do this one first
	Sagittal Plane Resets	2x5 breaths	Do this one Second
	Frontal/Transverse Plane Resets	2x5 breaths	Do this one first

	Exercises	Sets and Reps	Comments
	ANTERIOR PELVIC TILT	1x8/side	
	T-SPINE	1x8/side	
	STIFF POSTERIOR HIP	1x8/side	
	Scapulo-Thoracic - Wall Slide Variations	2x8	
	Low Back	2x8	
	ANTERIOR PELVIC TILT	1x8/side	
	T-SPINE	1x8/side	
	STIFF POSTERIOR HIP	1x8/side	
	Scapulo-Thoracic - Wall Slide Variations	2x8	
	Low Back	2x8	
	ANTERIOR PELVIC TILT	1x8/side	
	T-SPINE	1x8/side	
	STIFF POSTERIOR HIP	1x8/side	
	Scapulo-Thoracic - Wall Slide Variations	2x8	
	Low Back	2x8	
	ANTERIOR PELVIC TILT	1x8/side	
	T-SPINE	1x8/side	
	STIFF POSTERIOR HIP	1x8/side	
	Scapulo-Thoracic - Wall Slide Variations	2x8	

Check-in Scavenger Hunt	Done
Selfie with Ollie	
Selfie on a bike/Elliptical (Coat Rack)	
Selfie with a Friend you brought to BEST	
Palm of Protein Check-in	
Deadlift Check-in	
2 Fists of Veggies Check-in	
Sled Check-in	
Cupped Handful of Carbs Check-in	
Selfie Saying no to Sugar	
Core Exercise Check-in	
COMPLETE Rest Check-in	
Playing/working Outside Check-in	

R3	Scapulo-Thoracic - Wall Slide Variations	2x8	
	Low Back	2x8	
	ANTERIOR PELVIC TILT	1x8/side	
	T-SPINE	1x8/side	
	STIFF POSTERIOR HIP	1x8/side	
	Scapulo-Thoracic - Wall Slide Variations	2x8	
	Low Back	2x8	
	ANTERIOR PELVIC TILT	1x8/side	
	T-SPINE	1x8/side	
	STIFF POSTERIOR HIP	1x8/side	
	Scapulo-Thoracic - Wall Slide Variations	2x8	
	Low Back	2x8	
	ANTERIOR PELVIC TILT	1x8/side	
	T-SPINE	1x8/side	
	STIFF POSTERIOR HIP	1x8/side	
	Scapulo-Thoracic - Wall Slide Variations	2x8	
	Low Back	2x8	
	ANTERIOR PELVIC TILT	1x8/side	
	T-SPINE	1x8/side	
	STIFF POSTERIOR HIP	1x8/side	
	Scapulo-Thoracic - Wall Slide Variations	2x8	

Day 1

R4			Exercise		Rest	Week 1	Week 2	Week 3	Week 4	Comments
	A1	L1	Standing MB Punch		30s	3x8	3x8	3x10	3x12	
		L2	2-Point MB Punch							
	A2	L1	Standing MB Punch		30s	3x8	3x8	3x10	3x12	
		L2	2-Point MB Punch							
	A3	L1	Standing MB Punch		30s	3x8	3x8	3x10	3x12	
		L2	2-Point MB Punch							
R5			Exercise	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Comments
	A1	L1	2-KB Deadlift	Dyn	0-30s	3x8	3x8	3x10	3x12	
		L2	2-KB Deadlift + Row							
		L3								
	A2	L1	2-KB Deadlift	Dyn	0-30s	3x8	3x8	3x10	3x12	
		L2	2-KB Deadlift + Row							
		L3								
	A3	L1	2-KB Deadlift	Dyn	0-30s	3x8	3x8	3x10	3x12	
		L2	2-KB Deadlift + Row							
		L3								
	A4	L1	2-KB Deadlift	Dyn	0-30s	3x8	3x8	3x10	3x12	
		L2	2-KB Deadlift + Row							
		L3								
	A5	L1	2-KB Deadlift	Dyn	0-30s	3x8	3x8	3x10	3x12	
		L2	2-KB Deadlift + Row							
		L3								
	A6	L1	2-KB Deadlift	Dyn	0-30s	3x8	3x8	3x10	3x12	
		L2	2-KB Deadlift + Row							
		L3								