



Post Summer Workout

General Tips:

- Don't workout on consecutive days
- After rest days, do a workout day rather than a climbing day
- Maintain posterior pelvic tilt whenever possible (detailed: <https://www.youtube.com/watch?v=DlpTNKWW-04>)
- Have 20-30 grams of protein within 30 min of finishing (like a Clif Builders Bar)
- If you need to boost rate of recovery or strength gains Creatine, BranchedChainAminoAcids and Beta-Alanine can help like in this: http://www.gnc.com/protein_fitness/511314.html?mrkgcl=1098&mrkgadid=3216329785&product_id=511314&flagtype=nonbrand&vendor=Performix&channel=ppc&adpos=1o2&creative=189757865452&device=c&matchtype=&network=g&gclid=Cj0KCQjwn4ncBRCaARIsAFD5-gVQZOOhGciqLcl8sASU6tkc1QWx9O0VAsJjMNx0DpDvDgf0iUIhYqvwAAqdUEALw_wcB
- For lower body, flexibility is key <https://www.youtube.com/watch?v=W-pA8WW7dz8>

1. Week 1 of 8/26.

- **Choose 3 Non-consecutive days to do this workout (8MinuteAbs can be everyday) (takes about 1 hour)**
- **take a minute of rest after every bullet point**

- ☐ (Optional) Lose Weight -- Jump Rope for 10 min or Traverse for 10 min
- ☐ Core -- **Abs**

<https://www.youtube.com/watch?v=sWjTnBmCHTY>

Repeat the following list **3 times**:

- ☐ Vertical Pull -- Do as many **L-Sit Pull-ups** as you can. Afterwards, do as many normal pull-ups as you can with a elastic band
<https://www.youtube.com/watch?v=QH0dDfyF7QM>
- ☐ Horizontal Push -- Do as many **X-Push-ups** as you can. Afterwards, do as many normal push-ups as you can
<https://www.youtube.com/watch?v=2qa1avlsLaA>
- ☐ Fingers -- 6 **Repeaters**
<https://youtu.be/7bS-19Cl8Kk?t=120>
- ☐ Vertical Push -- Do as many **Assisted Dips** as you can
<https://www.youtube.com/watch?v=IOHTsmfr68>
- ☐ Horizontal Pull -- Do as many **Ring Rows** as you can
<https://www.youtube.com/watch?v=Qj8ixEU638M>
- ☐ Shoulders -- 5 **Depression** Scapular Pull-Ups
https://www.youtube.com/watch?v=icD6a_JcCbQ
- ☐ Shoulders -- 5 **Retraction** Scapular Pull-Ups
<https://youtu.be/6P9r0UAdwXM?t=69>



- a. Mon
- b. Tue
- c. Wed
- d. Thurs
- e. Fri

- f. Sat
- 2. Week 2
 - a. Sun 9/2
 - b. Mon
 - c. Tue
 - d. Wed
 - e. Thurs
 - f. Fri
 - g. Sat
- 3. Week 3
 - a. Sun 9/9
 - b. Mon
 - c. Tue
 - d. Wed
 - e. Thurs
 - f. Fri
 - g. Sat
- 4. Week 4
 - a. Sun 9/16
 - b. Mon
 - c. Tue
 - d. Wed
 - e. Thurs
 - f. Fri
 - g. Sat
- 5. Week 5
 - a. Sun 9/23
 - b. Mon
 - c. Tue
 - d. Wed
 - e. Thurs
 - f. Fri
 - g. Sat
- 6. Week 6
 - a. Sun 9/30
 - b. Mon
 - c. Tue
 - d. Wed
 - e. Thurs
 - f. Fri
 - g. Sat
- 7. Week 7
 - a. Sun 10/7

- b. Mon
- c. Tue
- d. Wed
- e. Thurs
- f. Fri
- g. Sat

8. Week 8

- a. Sun 10/14
- b. Mon
- c. Tue
- d. Wed
- e. Thurs
- f. Fri
- g. Sat

9. Week 9

- a. Sun 10/21
- b. Mon
- c. Tue
- d. Wed
- e. Thurs
- f. Fri
- g. Sat

10. Week 10

- a. Sun 10/28
- b. Mon
- c. Tue
- d. Wed
- e. Thurs
- f. Fri
- g. Sat

