

Dec-09

14	15	16	17	18	19	20
Cardio Mobility	Revolution		Revolution		Cardio Mobility	Strength
21	22	23	24	25	26	27
Cardio Mobility	Revolution		Revolution	OFF	Cardio Mobility	Strength
28	29	30	31	1		
Cardio Mobility	Revolution		Cardio	OFF		

REVOLUTION S4 CONDITIONING

Cardio - Bike				
Warm Up x 5 minutes				
Hard pedal x 30s				
Very easy x 90s				
<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
5	6	8	10	

Mobility x 30s each
Foam Roll - ITB, Glutes, Quads & Lats
Hamstring Stretch w Strap
ITB w Strap
Hip Flexor + Quad



Strength

A	Single Arm DB Deadlift					
	3X12ea					
B	Push Up to Hand Lift at Top					
	3x5-6ea					
C	DB Punches (5lbs max)					
	3x30ea					
D	Cook Glute Bridge					
	3x10ea					
E	SA DB Bent Over Row					
	3x12ea					

