

ALLTRAIN BLOCK Training													
Client Name: ChangeRX				Phase 1 - AHS Bronze 2020					Start Date: 2/10/2020				
Movement Prep													
A1) Supine Steeple Twist x6 ea					A8) Lunge, Reverse w Overhead Reach x6 ea								
A2) Supine Bridge and Touch x6 ea					A9) Lunge, Lateral x6 ea								
A3) Side Lying Thoracic Rotation x6 ea					A9.1) Lateral Skip, Low Level 2x10yd								
A4) Quadruped Frog Stretch x6 ea					A9.2) Lateral Shuffle, Low Level 2x10yd								
A5) Downward Dog, Alt Calf Pulses x6 ea					A9.3) Lateral Carioca, Low Level 2x10yd								
A6) Inch Worm x6					A9.4) Bunny Hops 2x10yd								
A7) Good Morning x12													
Mon or Tues					Wed or Thurs								
Stimulus		Week 1	Week 2	Week 3	Week 4	Stimulus		Week 1	Week 2	Week 3	Week 4		
B1)	Squat, Body Weight	3x8	3x8	4x8	4x8	B1)	KB Deadlift, Single Arm	3x5ea	3x6ea	4x5ea	4x6ea		
B2)	Hip Bridge, Supine, Single Leg, 3s Iso. @ Top	3x6ea	3x8ea	4x6ea	4x8ea	B2)	MB Squat, 3s Iso. w/ Extension @ Bottom	3x8	3x10	4x8	4x10		
B3)	Dead Bug, 3s Iso. @ Extension	3x6ea	3x6ea	4x6ea	4x6ea	B3)	RKC Plank, Alternating On:Off	3x5s:5s x4	3x5s:5s x4	4x5s:5s x4	4x5s:5s x4		
C1)	Push up, 1s Iso	3x8	3x8	3x10	3x10	C1)	Elbow Side Plank with Hip Tap, 1s Iso @ Top	3x6ea	3x6ea	3x6ea	3x6ea		
Modification: Perform from knees													
C2)	Elbow Plank, One Arm Superman, Alternating, 1s iso.	3x8ea	3x8ea	3x8ea	3x8ea	C2)	DB Curl, Standing, Supinated	3x10	3x10	3x10	3x10		
C3)	DB Prone Breaststroke, Alternating	3x8ea	3x8ea	3x8ea	3x8ea	C3)	Prone Superman, 3s Iso.	3x8	3x8	3x8	3x8		
Modification: No DBs													
Fri or Sat													
Stimulus		Week 1	Week 2	Week 3	Week 4								
B1)	Lunge, Multi-Directional	3x4ea	3x4ea	3x5ea	3x5ea								
B2)	Hip Bridge, Supine, 5s Iso	3x7ea	3x7ea	3x8ea	3x8ea								
B3)	Supine Single Leg Lowering, Alternating from Top	3x10ea	3x10ea	3x10ea	3x10ea								
C1)	DB Bench Press, Incline	3x8	3x9	4x8	4x9								
C2)	KB Row, 3 Pt., 1s iso @ Top	3x10	3x10	4x10	4x10								
C3)	MB Overhead Toss, Reactive	4x20	4x20	4x22	4x25								
General Conditioning													
A						B							
25 min Steady State Cardio, 65-70% APMHR						12min Steady State Cardio, 85% APMHR							
Ideally, General Conditioning should be performed on days opposite Stimulus training.													
Recovery													
Sphynx Pose x10s ea													
Childs Pose with Reach x20s ea													
Kneeling Wrist Extension x20s													
Hero Pose x40s													
Half Pigeon x 20s ea													