

FITNESS IN RENO - TRAINING FROM HOME

I created this series of training sessions because I didn't see any programming that was using this unique period to explore the kinds of training you probably wouldn't choose to do if you have access to a gym. If you are "going paleo," the object is to shop, cook and eat better quality food, not to find "paleo" substitutes for your pancakes, pasta and brownies.

This is a 7 days per week schedule. The idea is do so something everyday to help manage stress and to encourage a regular schedule. Think of these training sessions as farm work rather than workouts, some days are easier than others. It is the harvest you are working towards not just getting sweaty. However, If you want to add intensity I will be happy to help you with that.

WORKOUT NOTES:

- * This program was meant to be completed sequentially, if you miss day 2, for instance, your next workout should be day 2. Having said that, if you have one sunny, warm day a week, use that to get outdoors. Get as many done as you can in two weeks and you'll be fine.
- * The sections of the sessions are labelled by purpose. The first section is about developing the positions necessary for loading and adding intensity. The second section is designed to improve on the movement between positions before we load them.
- * The sections are listed in order of priority. If you are not feeling it, just do the Position section and see how you feel. If you're done, fine, you got the most important part of the workout done.
- * Active rest sessions are just the Position and Movements sections that make you feel the best.
- * What does low intensity mean? Take 180 and subtract your age and that is your target heart rate. You can also go low-tech and just be able to nose breathe and/or talk in full sentences.

WEEK 1	WEEK 2
■ DAY 1: PUSH/PULL	■ DAY 1: SQUAT/HINGE
■ DAY 2: SQUAT/HINGE	■ DAY 2: PUSH/PULL
■ DAY 3: ACTIVE REST	■ DAY 3: CARDIO (HIKE/BIKE)
■ DAY 4: CARDIO (HIKE/BIKE)	■ DAY 4: REST
■ DAY 5: PUSH/PULL	■ DAY 5: SQUAT/HINGE
■ DAY 6: CARDIO (HIKE/BIKE)	■ DAY 6: CARDIO (HIKE/BIKE)
■ DAY 7: ACTIVE REST	■ DAY 7: ACTIVE REST

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PUSH/PULL SESSION	SQUAT/HINGE SESSION
<p>POSITION A :: PUSH/PULL :: 1 - 3 ROUNDS 1 - 3 TIMES THROUGH: 6 X BREATHING IN 90/90 3 X WINDSHIELD WIPERS 3 X UPPER BODY SEGMENTAL ROLLS 6 X EGG ROLLS (HOLLOW ROCK)</p> <p>IF YOU HAVE BITS AND PIECES THAT NEED ADDITIONAL WORK WITH BALL ROLLER, PAIN PEANUT, ETC., DO THEM HERE. <u>PUSH/PULL POSITION A VIDEO DEMO</u></p>	<p>POSITION A :: SQUAT/HINGE :: 1 - 3 ROUNDS 1 - 3 TIMES THROUGH: 5 X BREATHING IN 90/90 5 X HOLLOW POSITION BREATHING 3 X HOLLOW POSITION ROTATION 3 X LB SEGMENTAL ROLLS</p> <p>IF YOU HAVE BITS AND PIECES THAT NEED ADDITIONAL WORK WITH BALL ROLLER, PAIN PEANUT, ETC. , DO THEM HERE. <u>POSITION A VIDEO DEMO</u></p>
<p>MOVEMENT A :: PUSH/PULL :: 1 - 3 ROUNDS TEST: SUPINE HANDS OVERHEAD 5 X QUADRUPED HIP ROTATIONS + ROCK 3 X PLANK > PUSH-UP > DOWN DAWG 3 X UNDERSWITCH (OPTIONAL: ELEVATED ROLL) 5 X SIDE APE TEST: SUPINE HANDS OVERHEAD <u>PUSH/PULL MOVEMENT A VIDEO DEMO</u></p>	<p>MOVEMENT A :: SQUAT/HINGE :: 1 - 3 ROUNDS TEST: SHIN BOX 1 CYCLE ANKLE/HIP FLOW 3 X ROCK > AIRPLANE LUNGE 3 X ANKLE ROCKS (OPTIONAL: ANKLE WALK) 6 X FORWARD/BACKWARD APE TEST: SHIN BOX <u>SQUAT/HINGE MOVEMENT A VIDEO DEMO</u></p>
<p>MOVEMENT B :: PUSH/PULL :: 2 ROUNDS 3 X GET-UP FLOW PER SIDE 1 X PIVOT CRAWL (360 DEG TO EACH SIDE) <u>PUSH/PULL MOVEMENT B VIDEO DEMO</u></p>	<p>MOVEMENT B :: SQUAT/HINGE :: 2 ROUNDS 3 X LUNGE CLOCK 6 X SIDE CRAWL (OPTIONAL: WITH BAND) <u>SQUAT/HINGE MOVEMENT B VIDEO DEMO</u></p>
<p>STRENGTH A :: PUSH/PULL :: 5 ROUNDS 2 X SLIDER REACH PROG. (OPTIONAL: PUSH-UP) 5 BREATHS/REPS BILATERAL DEAD BUG <u>PUSH/PULL STRENGTH A VIDEO DEMO</u></p>	<p>STRENGTH B :: SQUAT/HINGE :: 5 ROUNDS 3 - 5 X SIDE LUNGE PROG. (OPTIONAL: LOADED) 5 X BILATERAL SLIDER REACH PROG. <u>SQUAT/HINGE STRENGTH A VIDEO DEMO</u></p>
<p>PLAY :: PUSH/PULL :: 3 ROUNDS 3 X HORIZONTAL HOLD LUNGES 5 STEPS FORWARD/BACKWARD CRAWLING <u>PUSH/PULL FINISHER VIDEO DEMO</u></p>	<p>PLAY :: SQUAT/HINGE :: 4 ROUNDS 4 X (WO)MAN MAKERS (OPTIONAL: LOADED) 4 X HOLLOW ROCK <u>SQUAT/HINGE FINISHER VIDEO DEMO</u></p>

FOR MORE INFORMATION: FITNESSINRENO.COM