

Order	Exercise-Settings NOTES	(rep pattern)	wkout	Sets	Rep Range	Load	Tempo			Rest	uni or bi	Date																					
												Sets	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6			
a	In-home/Hotel Room Workout TB1 video demonstration & instructions											wt																					
												Reps																					
												Note																					
a1	bulgarian split squat (can substitute squats)		1	3	12	12		2	0	1	15	30	2	wt																			
			2	3	15	15		2	0	1	15	30	2	Reps																			
			3	3	20	20		2	0	1	15	30	2	Note																			
a2	pushups (hands elevated, normal, or feet elevated, can add clap)		1	3	12	12		2	0	1	15	30	1	wt																			
			2	3	15	15		2	0	1	15	30	1	Reps																			
			3	3	20	20		2	0	1	15	30	1	Note																			
a3	*sb hamstring complex 2: hip lift from heel, hip lift from toe		1	3	12	12		2	0	1	15	30	2	wt																			
			2	3	15	15		2	0	1	15	30	2	Reps																			
			3	3	20	20		2	0	1	15	30	2	Note																			
a4	*supine leg raises- double leg w/ iso crunch hold		1	3	12	12		2	0	1	15	30	1	wt																			
			2	3	15	15		2	0	1	15	30	1	Reps																			
			3	3	20	20		2	0	1	15	30	1	Note																			
a5	Burpees (optional: add jump, add pushup)		1	3	12	12		2	0	1	60	120	1	wt																			
			2	3	15	15		2	0	1	60	120	1	Reps																			
			3	3	20	20		2	0	1	60	120	1	Note																			
b	NOTE: Start with 3 sets of 12 reps, but you can work up to 4 sets of 20 reps. Rest 10 to 20 seconds between exercises, and 1 to 2 minutes after completing the circuit.											wt																					
												Reps																					
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												Note																					



Order	Mobility/ Flexibility Exercise	Note	Order	Mobility/ Flexibility Exercise	Note	program	20	26
M1	#N/A		M4	#N/A		time	23	29
M2	#N/A		M5	#N/A			29	35
M3	#N/A		M6	#N/A		©2020 HPT, INC.		

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													Date																				
													Sets	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6		
a	In-home/Hotel Room Workout TB1 video demonstration & instructions																																
a1	bulgarian split squat (can substitute squats)		4	4	12	12		2	0	1	15	30	2	wt																			
			5	4	15	15		2	0	1	15	30	2	Reps																			
			6	4	20	20		2	0	1	15	30	2	Note																			
a2	pushups (hands elevated, normal, or feet elevated, can add clap)		4	4	12	12		2	0	1	15	30	1	wt																			
			5	4	15	15		2	0	1	15	30	1	Reps																			
			6	4	20	20		2	0	1	15	30	1	Note																			
a3	*sb hamstring complex 2: hip lift from heel, hip lift from toe		4	4	12	12		2	0	1	15	30	2	wt																			
			5	4	15	15		2	0	1	15	30	2	Reps																			
			6	4	20	20		2	0	1	15	30	2	Note																			
a4	*supine leg raises- double leg w/ iso crunch hold		4	4	12	12		2	0	1	15	30	1	wt																			
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Order	Mobility/ Flexibility Exercise	Note	Order	Mobility/ Flexibility Exercise	Note	program time	###	###
M1	#N/A		M4	#N/A			###	###
M2	#N/A		M5	#N/A			###	###
M3	#N/A		M6	#N/A			###	###