

Empowerment Week, Phase 4, 2018

Disclaimer: Use your best judgment during these workouts. Go at your own pace. If you need to rest, take a break or drink water, do it. It's o.k. Remember form is always first. Do not sacrifice form for speed. These workouts are not that important, your long-term health & safety is. These are fun & challenging workouts that you've been prepared for over the last few weeks and are designed to yield maximum results in short periods of time if you're following the nutrition & cardio plan. You may need additional caloric consumption, water, stretching/rolling, naps and/or rest on these days. Take it, its o.k.

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Instructions

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The goal of empowerment week is 2-fold: build in recovery from high intensity training and allow members to practice what they've learned by training on their own to develop greater master of movement and stronger "can do" mental muscles! High intensity training can yield fast results and also can increase a person's risk for overtraining and injury.

Members who feel beat up and need muscle and joint recovery from strength training and/or a break from intense training can choose to do a reduced frequency of training per week, less volume of strength training, different strength training and/or no strength training. I do recommend members exercise every week in some form and still hit their cardio goals. If you do no strength training, women's cardio goals are 360min and men's cardio goals are 250min.

Also, new members or members who have been inconsistent with their training may be able to go 3-6 months or more of weekly training without taking a week off from strength training due to a reduced training age and adaptation. Listen to your body and your heart. Your body will tell you if you need a break or if you can keep going. Your heart will tell you if you're lying to yourself or being honest. Listen to the message that's going to help you get better. If your body says you need a break and your heart agrees, take one. If your body says it can go and your heart agrees, then train. If your body says no and your heart disagrees, then train. If your body says yes and your heart disagrees, then don't train. Your heart always has your back.

When you finish an empowerment week workout, post your results to our [facebook page](#) to share with your friends. Post your results here:

[facebook.com/ChangeYourBodyBootCamps.Newton.Ma](https://www.facebook.com/ChangeYourBodyBootCamps.Newton.Ma)

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Warm Up

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Foam Roll 5min (10:5; aim for 5-10 rolls)

Foam Roll Upper to Lower Back

Foam Roll Thoracic Extension

Foam Roll 1-Arm Lat, R/L

Foam Roll Piriformis, R/L

Foam Roll 1-Leg Hamstring, R/L

Foam Roll 1-Leg Calf, R/L

Foam Roll 1-Arm Pec, R/L

Foam Roll Bent-Knee Adductor, R/L

Foam Roll Hip Flexor / Quad, R/L

Foam Roll TFL, R/L

Foam Roll IT-Band, R/L

Static Stretch (3min)

CW#1 – Bands (15:5)

1. SB Ham - R/L
2. SB Add Pull - R/L
3. SB Hip Cross - R/L
4. SB Quad Pull - R/L
5. HK Triceps -R/L

CW#2 – Wall (25:5)

1. Split Adductor - R/L
2. T-Spine Rotation - R/L
3. Prone Glute Push -R/L

CW#3: Mat+Roller (15:5)

1. Forward Bend
2. Deep Squat
3. DS R/L Reach
4. Stride Back, R/L
5. T-Spine Rot, R/L
6. HK Triceps – R/L

P4, Workout B, Warm Up

1. Quadruped T-Spine Rot x8e
2. Supine Alt. Shoulder Flexion x8e
3. Split Adductor Mobes x8e
4. High Plank Alt Spider Marches x8e
5. 1-Leg Bridge w/ DB OH x8e
6. Incline Ankle Mobes x8e
7. Arm Drive x20s, Hurdle Hop A+L Drive x3e, Mid Shin Ankling x6e
8. Bwd Bear Crawl x8e
9. Lateral Lunge x4e
10. Deep Squat + Crossver Toe Touch x2e

P4, Workout A, Warm Up

1. Side-Lying Thoracic Rotation x8e
2. Tall Kneel Band Ext. Rot @ 0° x8-15e
3. Band Asst Leg Lowers x8-12e
4. Supine Add Bridges w/ DB OH
5. HK 3-Way Ankle Mobes @ Wall x3e
6. Lateral Mini Band Walk x10steps/side
7. Arm Drive x20s, Hurdle Hop A+L Drive x3e, Mid Shin Ankling x6e
8. Reverse Lunge to Instep x4e
9. Long Inchworm x6 + Quad Pull x4e
10. Inverted Hams to Y-Reach x4e

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Workouts

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Workout B (modified): *complete Max Reps in ~32min!*

Foam Roll (5min): *see above for individual exercises*

Movement Prep Series: *see above for individual exercises*

Strength: *complete Max Sets, Reps & Enthusiasm in ~32min, 15-35%BW.*

A1. Alternating Spider March x8e

A2. Lateral Skaters x5e

Max sets in 3min

B1. DB Hang Jump Shrug – Palms Down x5

B2. Low Plank Reaches x8e

Max sets in 3min

C1. DB Goblet Lateral Lunge – R+L

C2. DB Straight Arm Pullovers

(Do 4 sets of Neutral Grip Pull Ups if you have access to it)

30:15,

3rds, 6reps,

311tempo,

D1. FE 1-LEG Hip Thrust – R+L

D2. Half Kneel, DB Overhead Press – *Neutral to Pronated*

30:15,

3rds, 6reps,

311 Tempo

E1. Dance

Max enthusiasm in 4min

Cool Down (mats & band): 2min (15:5)

1-Arm Chest Push, R/L

1-Arm Lat Pull, R/L

Behind Back Overhead Shoulder Reach

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Workout A (modified): *complete Max Reps in ~32min!*

Foam Roll (5min): *see above for individual exercises*

Movement Prep Series: *see above for individual exercises*

Strength: *complete Max Sets & Reps in ~32min; 15-35%BW.*

A1. DB Overhead Supine Alternate Leg Lower x8e

A2. Linear Hurdle Hops x5e

Max sets in 3min

B1. DB Hang Jump Shrug – Neutral Grip x5

B2. Side Planks @ Wall x15s/side

Max sets in 3min

C1. DB Goblet RFE Split Squats – R+L

C2. Bent-Over Band Row w/ Rotation

(Do TRX Inverted Rows if you have access to it)

30:15,

3rds, 6reps,

311tempo,

D1. DB Offset Stance RDL – Neutral Grip – R+L

D2. FE Band Push Ups

30:15,

3rds, 6reps,

311 Tempo

E1. Bear Crawl x15e, FWD & BWD

(2 reps, fwd, then 2reps bwd, x15 rounds)

E2. OH Towel Run x30steps/side

E3. Bwd Lunge to Reach Overhead x15e

E4. OH Towel Run x30steps/side

E5. High Knee Run x60e

E6. OH Towel Run x30steps/side

Max sets in 4min

Cool Down - (mats & wall): 5min (25:5)

Push Up Calf, R / L

½ Kneel Quad + Hip Flexor Push @ Wall, R/L