Empowerment Week, Phase 10, 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.

© 2018 Change Your Body Boot Camps ®, All Rights Reserved!

Empowerment Week, Phase 10, 2018

Instructions

© 2018 Change Your Body Boot Camps ®, All Rights Reserved!

Empowerment Week, Phase 10, 2018

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*

© 2018 Change Your Body Boot Camps ®, All Rights Reserved!

Warm Up

© 2018 Change Your Body Boot Camps ®, All Rights Reserved!

Empowerment Week, Phase 10, 2018

September 3 – September 22, 2018, Phase 10, Warm Ups

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)

Day 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

Day 2 – Wall (25:5)
1. Split Adductor - R/L
2. T-Spine Rotation - R/L
3. Prone Glute Push -R/L

Day 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

© 2018 Change Your Body Boot Camps ®, All Rights Reserved!

Empowerment Week, Phase 10, 2018

P10, Workout B, Warm Up

1. Side-Lying Windmill to Shirt Tuck x3e
2. Half Kneel Hip Flexor March x8e
3. 1-Leg Bridge to Towel Ext or Curl x8e
4. mb Hip ER+IR x10e, F&B Mnstr Wlk x10
5. Incline Ankle Mobes x8e
6. mini band Facing Wall Slide x8
7. Standing Arm Drive x20sec
8. Hurdle Squat A&L Drive Pattern x3e
9. Alt High Knee Ankling + Skip w/ Arm Drive x6e
10. Bwd Inchworm
11. Spider Lunge to 1-Arm Reach x2c
12. Alt Quad Pull to Crossover Toe Touch x2c

P10, Workout A, Warm Up

1. Child Pose T-Spine Rot (forearms w/ hand behind back) x8e
2. FR DB OH Alt Leg Raise x8e
3. DB OH Towel Curls to Bridge x8-20
4. Band External Rotation @ 30^0 x8-15
5. Half Kneeling Flat Ankle Mobes x5e
6. mB HBH Squat + Lat Shuffle Walks x10e
7. Standing Arm Drive x20sec
8. Hurdle Squat A&L Drive Pattern x3e
9. Alt High Knee Ankling + Skip w/ Arm Drive x6e
10. Lateral High Plank Walk x2c
11. Alt Deep Squat to Crossover Toe Touch x2c
12. Figure Four Inv Ham Y-Reach x2c

© 2018 Change Your Body Boot Camps ®, All Rights Reserved!

Empowerment Week, Phase 10, 2018

Workouts

© 2018 Change Your Body Boot Camps ®, All Rights Reserved!

Empowerment Week, Phase 10, 2018

Workout B (modified), Day 1: *complete Max Reps in ~23min!*

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

Strength: *complete Max Reps in ~23min, 15-35%BW.*

A1. 1-Leg Towel Curls x10 A2. Lateral Hurdle Hops x3e	*3min (2:1), Max Reps*
B1. Alt. Spider March Kick Thru to Table Top x2e B2. Band Hip Rotations x8e	*4min (2:2), Max Reps*
C1. DB Hang Jump Shrug – *palms neutral* C2. DB Hang Clean Pull – *palms neutral* C3. DB Hang Power Clean – *palms neutral* C4. DB Front Squat – *palms neutral* S1. Quadruped Wrist Flexor Stretch S2. Hands Behind Back, Neck Mobes x3e	*5.17min (2.67:2.5), continuous 10sec, 2rds, max reps, 40sec active rest*
D1. Pike Push Ups E1. 2-DB SLDL to High Knee	*1.5min (1:0.5), 20:10, 2 sets, Max Reps*
Conditioning: Jumping Jacks x120	*3min (2:1.25), Max Reps*
F1. DB Straight Arm Pullovers G1. Facing Wall Sides w/ Lift Off	*1.5min (1:0.5), 20:10, 2 sets, Max Reps*

**Coach Mike did 285 total reps*

Cool Down (mats & band): 2min (15:5)
1-Arm Chest Push, R/L
1-Arm Lat Pull, R/L
Behind Back Overhead Shoulder Reach

© 2018 Change Your Body Boot Camps ®, All Rights Reserved!

Empowerment Week, Phase 10, 2018

Workout A (modified), Day 2: *complete Max Reps in ~35min!*

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

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

A1. DB Alt. Leg Raise from FR x5e A2. Tuck Jumps – Continuous x5	*4min (3:1), Max Reps*
B1. (1:1) Push Up T's x (8e, 7e, 5e or 4e) B2. DB Towel Curl to Bridge x10	*5min (3:2), Max Reps*
C1. DB Hang Jump Shrug – *palms down* C2. DB Hang High Pull – *palms down* C3. DB Hang Muscle Curl – *palms neutral* C4. DB Front Squat – *palms neutral* S1. Quadruped Wrist Flexor Stretch S2. Hands Behind Back, Neck Mobes x3e	*5.17min (2.67:2.5), continuous 10sec, 2rds, max reps, 40sec active rest*
D1. Push Ups E1. Floor Slides	*1.5min (1:0.5), 20:10, 2 sets, Max Reps*
Conditioning: Jumping Jacks x120	*3min (2:1.25), Max Reps*
F1. DB 1-Leg Squats on Bench G1. Half Kneel TRX Y-Raise	*1.5min (1:0.5), 20:10, 2 sets, Max Reps*

**Coach Mike did 391 total reps*

Cool Down - (mats & wall): 5min (25:5)
Push Up Calf, R / L
½ Kneel Quad + Hip Flexor Push @ Wall, R/L

© 2018 Change Your Body Boot Camps ®, All Rights Reserved!