

LAZARETH FOUNDATIONS PROGRAM



Focus: Quad, Horizontal Pull & Push
Equipment: Dumbbells, bands or cable machine, foam roller, Trap (Hex) bar and plates, bench, medicine ball (optional), sliders, and a wall
Est. Time: 45 - 60 minutes

WARM UP

WU1.	Elevate Body Temperature								1 set x 2 minutes
Notes: Whatever you have access to, such as bike, treadmill, jump rope, jumping jacks, seal jacks, etc									
Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8	
1	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	
Rest: 30 seconds									
WU2.	Side Lying 90/90 Hamstring Tilts								2 sets x 5 + 5 each side
Notes: Inhale and slightly tuck pelvis, exhale and release x 5 reps, then tuck and hold for 5 breaths.									
Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8	
1	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	
2	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	
Rest: 30 seconds									
WU3.	Hook Lying Hamstring Bridge with Low Reach								2 sets x 8 breaths
Notes:									
Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8	
1	8	8	8	8	8	8	8	8	
2	8	8	8	8	8	8	8	8	
Rest: 30 seconds									
WU4.	Supine Alternating Cross-Connect								2 sets x 8 reps each side
Notes:									
Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8	
1	8	8	8	8	8	8	8	8	
2	8	8	8	8	8	8	8	8	
Rest: 30 seconds									
WU5a.	Dumbbell Staggered Stance Respiratory Deadlift (heel elevation)								2 sets x 12 reps each side
Notes: Elevate rear foot heel 1-2" and use a contralateral load									
3111 tempo									
Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8	
1	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	
2	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	__ reps x __ lbs.	
Rest: n/a									
WU5b.	Banded Split Stance Supinated Grip Chop								2 sets x 5 breaths each side
Notes: Can use cable machine with rope attachment									
Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8	
1	5	5	5	5	5	5	5	5	
2	5	5	5	5	5	5	5	5	
Rest: 30 seconds									

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TRAINING

A1.	Medicine Ball Deceleration Slam								3 sets x 5 reps
	Notes: Can use a medicine ball, dumbbell or kettlebell. Use a weight that is ~5% of your body weight								11X1 tempo
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
2	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
3	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	

Rest: n/a

A2.	Segmental Cat/Camel								3 sets x 5 reps
	Notes: Down + Back = 1 repetition								
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps	
2	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps	
3	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps	

Rest: 60 seconds

B1.	Trap Bar Deadlift								3 sets x 8 reps
	Notes: Elevate heels 1-2"								2111 tempo
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
2	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
3	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	

Rest: n/a

B2.	Deadbug								3 sets x 12 reps each side
	Notes:								No tempo but move slow
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
2	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
3	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	

Rest: 90 seconds

C1.	Band Side Lying Single Arm Pulldown								3 sets x 12 reps
	Notes: Can use cable machine with D-handle attachment								3111 tempo
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
2	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
3	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	

Rest: n/a

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C2.	Band Tall Kneeling Single Arm Angled Overhead Press with Reach							3 sets x 5 reps each side	
	Notes: Can use cable machine with D-handle attachment							3111 tempo	
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.
	2	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.
	3	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.
Rest: 60 seconds									

D1.	Slider Leg Pull-In							3 sets x 15 reps	
	Notes:							3111 tempo	
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
	2	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
	3	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
Rest: n/a									

D2.	Dumbbell Goblet March							3 sets x 30 seconds	
	Notes: Can use dumbbell or kettlebell								
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.
	2	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.
	3	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.	__s x __ lbs.
Rest: n/a									

D3.	Half Kneeling Open Book with Lead Leg Block							3 sets x 10 reps each side	
	Notes:							No tempo but move slow	
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
	2	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
	3	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
Rest: 30 seconds									

RECOVERY									
	90/90 Supported Recovery Breathing							1 set x 5 minutes	
	Notes:								
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
Rest: n/a									

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Focus: Quad, Horizontal Pull & Push
Equipment: Dumbbell or regular/family size laundry detergent bottle, bands, foam roller, golf club or dowel, medicine ball (optional), slider, bench/chair, and a wall
Est. Time: 45 - 60 minutes

WARM UP

WU1.	Elevate Body Temperature								1 set x 2 minutes
Notes: Whatever you have access to, such as bike, treadmill, jump rope, jumping jacks, seal jacks, etc									
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min
Rest: 30 seconds									
WU2.	Side Lying 90/90 Hamstring Tilts								2 sets x 5 + 5 each side
Notes: Inhale and slightly tuck pelvis, exhale and release x 5 reps, then tuck and hold for 5 breaths.									
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5
	2	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5	5 + 5
Rest: 30 seconds									
WU3.	Hook Lying Hamstring Bridge with Low Reach								2 sets x 8 breaths
Notes:									
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	8	8	8	8	8	8	8	8
	2	8	8	8	8	8	8	8	8
Rest: 30 seconds									
WU4.	Supine Alternating Cross-Connect								2 sets x 8 reps each side
Notes:									
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	8	8	8	8	8	8	8	8
	2	8	8	8	8	8	8	8	8
Rest: 30 seconds									
WU5a.	Dumbbell Front Foot Elevated Jefferson Split Squat								2 sets x 12 reps each side
Notes: Can substitute dumbbell for regular/family size laundry detergent bottle									
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.
	2	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.
Rest: n/a									
WU5b.	Backward Knee Tuck Roll								2 sets x 12 reps
Notes:									
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	12	12	12	12	12	12	12	12
	2	12	12	12	12	12	12	12	12
Rest: 30 seconds									

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TRAINING

A1.	Drop Squat								3 sets x 5 reps
	Notes:								X211 tempo
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
	2	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps

Rest: n/a

A2.	Tall Kneeling Pelvic Tilt with Assist								3 sets x 10 reps
	Notes: Back and forth = 1 repetition. Start with club assist then progress to unassisted once no core vibration present								No tempo but move slow
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
	2	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps

Rest: 60 seconds

B1.	Band Squat								3 sets x 12 reps
	Notes: Elevate heels 1-2".								5111 tempo
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.
	2	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.

Rest: n/a

B2.	Side Plank Cross-Connect ISO Hold								3 sets x 30 secs each side
	Notes:								
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__secs	__secs	__secs	__secs	__secs	__secs	__secs	__secs
	2	__secs	__secs	__secs	__secs	__secs	__secs	__secs	__secs

Rest: 90 seconds

C1.	Band Split Stance Single Arm Row with Reach								3 sets x 12 reps each side
	Notes:								3111 tempo
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.
	2	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.

Rest: n/a

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C2.	Band Split Stance Single Arm Press with Reach							3 sets x 12 reps each side	
	Notes:							3111 tempo	
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.
	2	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.

Rest: 60 seconds

D1.	Slider Lateral Squat							3 sets x 12 reps each side	
	Notes:							3111 tempo	
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
	2	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps

Rest: n/a

D2.	Kettlebell Offset Rack Carry							3 sets x 30 secs each side	
	Notes: Can substitute kettlebell for dumbbell or regular/family size laundry detergent bottle								
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	___ s	___ s	___ s	___ s	___ s	___ s	___ s	___ s
	2	___ s	___ s	___ s	___ s	___ s	___ s	___ s	___ s

Rest: n/a

D3.	Floor Separation Drill							3 sets x 10 reps each side	
	Notes: Can substitute medicine ball for dumbbell, family size laundry detergent bottle, or leg of couch.							3131 tempo	
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps
	2	__reps	__reps	__reps	__reps	__reps	__reps	__reps	__reps

Rest: 30 seconds

RECOVERY

	90/90 Supported Recovery Breathing							1 set x 5 minutes	
	Notes:								
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	1	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min

Rest: n/a

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CARDIAC OUTPUT

Focus: Recovery & low intensity conditioning
Equipment: Whatever you have access to for conditioning. Foam roller
Est. Time: 30 - 60 minute

A. Low intensity activity of your choice 30-45 minutes

Notes: Select a low intensity, low resistance activity (or multiple, such as walking, jogging, elliptical, rower, bike, jump rope, swimming, shadowboxing, medicine ball circuits, heavy bag (or pad work), calisthenics, etc.). Keep heart rate (HR) within aerobic zone, 130-150 bpm (seated) 120-140 bpm (standing). Alternate between ends of HR ranges by performing 1 min at 140-150 bpm followed by 4 minutes at 120-130 bpm.

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	30 min	30 min	35 min	35 min	40 min	40 min	45 min	45 min

Rest: 30 seconds

B1. Foam Roll Glutes 30 secs each side

Notes: .

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs

Rest: n/a

B2. Foam Roll Hip Flexors 30 secs each side

Notes:

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs

Rest: n/a

B3. Foam Roll Quads 30 secs each side

Notes:

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs

Rest: n/a

B4. Foam Roll Adductors 30 secs each side

Notes:

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs	30 secs

Rest: n/a

C. Modified Spiderman with Rotation 5 reps each side

Notes:

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	5	5	5	5	5	5	5	5

Rest: n/a

RECOVERY

90/90 Supported Recovery Breathing 1 set x 5 minutes

Notes:

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min

Rest: n/a

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EISCHENS YOGA

Focus: Recovery & movement
Equipment: Yoga mat, yoga block (x2)
Est. Time: 30 minutes

A.	Eischens Yoga								30 minutes
	Notes: This is a 30-minute follow along routine.								
	Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	30 min	30 min	30 min	30 min	30 min	30 min	30 min	30 min	30 min
Rest: n/a									