

# LAZARETH FOUNDATIONS PROGRAM



**Focus:** Quad, Horizontal Pull & Push  
**Equipment:** Dumbbell or regular/family size laundry detergent bottle, Bands, Foam Roller, Sliders, bath size towel, bench/chair, medicine ball (optional) and a wall  
**Est. Time:** 45 - 60 minutes

## WARM UP

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

# LAZARETH FOUNDATIONS PROGRAM



## TRAINING

<b>A1.</b>	<b>Medicine Ball Deceleration Slam</b>								<b>3 sets x 5 reps</b>
	Notes: Medicine ball is optional, can use a dumbbell/kettlebell or a laundry detergent bottle.								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.	
	3	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
<b>Rest: n/a</b>									
<b>A2.</b>	<b>Segmental Cat/Camel</b>								<b>3 sets x 5 reps</b>
	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	
	3	__reps	__reps	__reps	__reps	__reps	__reps	__reps	
<b>Rest: 60 seconds</b>									
<b>B1.</b>	<b>Towel ISO Deadlift</b>								<b>3 sets x 3 reps of 8 sec holds</b>
	Notes: Elevate heels 1-2"								
	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	
	3	__reps	__reps	__reps	__reps	__reps	__reps	__reps	
<b>Rest: n/a</b>									
<b>B2.</b>	<b>Deadbug</b>								<b>3 sets x 12 reps each side</b>
	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.	
	3	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
<b>Rest: 90 seconds</b>									
<b>C1.</b>	<b>Band Side Lying Single Arm Pulldown</b>								<b>3 sets x 12 reps</b>
	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.	
	3	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	__reps x __ lbs.	
<b>Rest: n/a</b>									

**LAZARETH**  
**FOUNDATIONS PROGRAM**



<b>C2.</b>	<b>Band Tall Kneeling Single Arm Angled Overhead Press with Reach</b>							<b>3 sets x 5 reps each side</b>	
	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**

<b>D1.</b>	<b>Slider Leg Pull-In</b>							<b>3 sets x 15 reps</b>	
	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**

<b>D2.</b>	<b>Dumbbell Goblet March</b>							<b>3 sets x 30 seconds</b>	
	Notes: Can substitute a family size laundry detergent bottle.								
	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.

**Rest: n/a**

<b>D3.</b>	<b>Half Kneeling Open Book with Lead Leg Block</b>							<b>3 sets x 10 reps each side</b>	
	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

**Rest: 30 seconds**

**RECOVERY**

	<b>90/90 Supported Recovery Breathing</b>							<b>1 set x 5 minutes</b>	
	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**

# LAZARETH FOUNDATIONS PROGRAM



**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

<b>WU1.</b>	<b>Elevate Body Temperature</b>							<b>1 set x 2 minutes</b>	
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	
<b>Rest: 30 seconds</b>									
<b>WU2.</b>	<b>Side Lying 90/90 Hamstring Tilts</b>							<b>2 sets x 5 + 5 each side</b>	
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	
<b>Rest: 30 seconds</b>									
<b>WU3.</b>	<b>Hook Lying Hamstring Bridge with Low Reach</b>							<b>2 sets x 8 breaths</b>	
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	
<b>Rest: 30 seconds</b>									
<b>WU4.</b>	<b>Supine Alternating Cross-Connect</b>							<b>2 sets x 8 reps each side</b>	
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	
<b>Rest: 30 seconds</b>									
<b>WU5a.</b>	<b>Dumbbell Front Foot Elevated Jefferson Split Squat</b>							<b>2 sets x 12 reps each side</b>	
Notes: Can substitute dumbbell for regular/family size laundry detergent bottle									
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.	
<b>Rest: n/a</b>									
<b>WU5b.</b>	<b>Backward Knee Tuck Roll</b>							<b>2 sets x 12 reps</b>	
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	
<b>Rest: 30 seconds</b>									

**LAZARETH**  
**FOUNDATIONS PROGRAM**



**TRAINING**

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

Rest: n/a

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

Rest: 60 seconds

<b>B1.</b>	<b>Band Squat</b>								<b>3 sets x 12 reps</b>
	Notes: Elevate heels 1-2".								5111 tempo
	<b>Set #</b>	<b>Session #1</b>	<b>Session #2</b>	<b>Session #3</b>	<b>Session #4</b>	<b>Session #5</b>	<b>Session #6</b>	<b>Session #7</b>	<b>Session #8</b>
	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

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

Rest: 90 seconds

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

**LAZARETH**  
**FOUNDATIONS PROGRAM**



<b>C2.</b>	<b>Band Split Stance Single Arm Press with Reach</b>							<b>3 sets x 12 reps each side</b>	
	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**

<b>D1.</b>	<b>Slider Lateral Squat</b>							<b>3 sets x 12 reps each side</b>	
	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**

<b>D2.</b>	<b>Kettlebell Offset Rack Carry</b>							<b>3 sets x 30 secs each side</b>	
	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**

<b>D3.</b>	<b>Floor Separation Drill</b>							<b>3 sets x 10 reps each side</b>	
	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**

<b>RECOVERY</b>									
	<b>90/90 Supported Recovery Breathing</b>							<b>1 set x 5 minutes</b>	
	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**

# LAZARETH FOUNDATIONS PROGRAM



## 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

**LAZARETH**  
**FOUNDATIONS PROGRAM**



**EISCHENS YOGA**

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

<b>A.</b>	<b>Eischens Yoga</b>								<b>30 minutes</b>
	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
<b>Rest: n/a</b>									