LAZARETH

FOUNDATIONS PROGRAM

NATHANE JACKSON FITNESS
Strength Coach & Nutritionist

Focus: Quad, Horizontal Pull & Push
Equipment: Dumbbells, bands, Functional Trainer cable machine, foam roller, sliders, medicine ball (optional), bench, 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. 90/90 Hip Lift with Roller Squeeze — 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

WU3. Bear Position Hip Shift — 2 sets x 10 reps

Notes: Inhale as you pull left hip back, exhale while pulling right hip back for 5 reps, then repeat on other side

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	10	10	10	10	10	10	10	10
2	10	10	10	10	10	10	10	10

Rest: 30 seconds

WU4. Crab Breathing — 2 sets x 8 breaths

Notes: Place roller or ball between legs and lightly squeeze (Not shown in video)

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 (toe elevation) — 2 sets x 12 reps each side

Notes: Elevate rear foot toes 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. Inverted Alternating Reach with Breath — 2 sets x 12 reps each side

Notes:

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

LAZARETH

FOUNDATIONS PROGRAM

Nathane Jackson Fitness
Strength Coach & Nutritionist

TRAINING

A1. Medicine Ball Half Kneeling Deceleration Chop

3 sets x 5 reps each

Notes: Medicine ball, dumbbell, or kettlebell preferred. Use a weight that is ~5% of your bodyweight

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. Band Cat/Camel at Lumbopelvic Joint

3 sets x 8 reps

Notes: Down + back = 1 repetition

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: 60 seconds

B1. Kettlebell Kickstand Deadlift with Contralateral Load

3 sets x 8 reps each

Notes: Elevate front foot toes 1-2" and use wall reference on back foot. Can also use dumbbell.

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.
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. Plank Shoulder Tap

3 sets x 12 reps each side

Notes: If touching the shoulder is too difficult, try touching the elbow.

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 Seated Alternating Pulldown

3 sets x 12 reps each side

Notes: Use cable machine with D-handle attachments. Sit back slightly.

2121 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

LAZARETH
FOUNDATIONS PROGRAM

NATHANE JACKSON FITNESS
Strength Coach & Nutritionist

C2. Band Tall Kneeling Angled Alternating Overhead Press — 3 sets x 12 reps each side

Notes: Use cable machine with D-handle attachments — 2121 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 Single Leg Pull-In — 3 sets x 10 reps each

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. 2 Kettlebell Stationary March — 3 sets x 30 seconds

Notes: Can use kettlebells or dumbbells

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. Band Half Kneeling Rotation Pull Apart with Lead Leg Block — 3 sets x 6 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: 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

LAZARETH

FOUNDATIONS PROGRAM

NATHANE JACKSON FITNESS
Strength Coach & Nutritionist

Focus: Quad, Horizontal Pull & Push
Equipment: Dumbbells, bands, Functional Trainer cable machine, foam roller, sliders, medicine ball (optional), bench, 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. 90/90 Hip Lift with Roller Squeeze — 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

WU3. Bear Position Hip Shift — 2 sets x 10 reps

Notes: Inhale as you pull left hip back, exhale while pulling right hip back for 5 reps, then repeat on other side.

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	10	10	10	10	10	10	10	10
2	10	10	10	10	10	10	10	10

Rest: 30 seconds

WU4. Crab Breathing — 2 sets x 8 breaths

Notes: Place roller or ball between legs and lightly squeeze (Not shown in video)

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. Half Kneeling Lift-Off — 2 sets x 8 reps each

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: n/a

WU5b. 90/90 Copenhagen Plank — 2 sets x 8 breaths 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

LAZARETH
FOUNDATIONS PROGRAM

NATHANE JACKSON FITNESS
Strength Coach & Nutritionist

TRAINING

A1. Rotational Drop Split Squat — 3 sets x 5 reps each side

Notes: If you don't feel comfortable with the rotation, then just drop straight down into the split squat. — 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
3	___reps	___reps	___reps	___reps	___reps	___reps	___reps	___reps

Rest: n/a

A2. Golf Stance Pelvic Tilt with Assist — 3 sets x 10 reps each side

Back and forth = 1 repetition. Start with club assist then unassisted. Should be no core vibration when unassisted. — 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: 60 seconds

B1. Dumbbell High Zercher Split Squat — 3 sets x 8 reps each side

Notes: Elevate front foot heel 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.
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. Band Half Kneeling Pallof Press — 3 sets x 12 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: 90 seconds

C1. Band Split Stance Alternating Row — 3 sets x 12 reps each side

Notes: Can use Functional Trainer cable machine instead 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

LAZARETH
FOUNDATIONS PROGRAM

NATHANE JACKSON FITNESS
Strength Coach & Nutritionist

C2. Offset Pushup — 3 sets x 6 reps each side

Notes: To make this easier, elevate your hands on a bench/stair. Add a band under the armpits to increase difficulty — 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. Lateral Lunge to Hip Flexion with Stick — 3 sets x 10 reps each side

Notes: — 01X2 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. Kettlebell Suitcase Carry — 3 sets x 30 seconds each side

Notes: Can use kettlebell, dumbbell or a plate with a pinch grip.

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. Wall Golf Stance Lower Body Separation Drill — 3 sets x 6 reps each side

Notes:

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

LAZARETH

FOUNDATIONS PROGRAM

NATHANE JACKSON FITNESS
Strength Coach & Nutritionist

Tempo Intervals

Focus: Recovery & low iintensity conditioning

Equipment: Whatever you have access to for conditioning. Foam roller

Est. Time: 30 - 60 minute

A. Low to low end of moderate intensity activity of your choice — 14-20 minutes

Select any cardio equipment that you have access to and perform 10 seconds of work at 70% of your maximum effort followed by 60 seconds of active recovery at 50% of maximum effort.

Set #	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
1	14 min	14 min	16 min	16 min	18 min	18 min	20 min	20 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: Test your progress by performing the drill on a lower elevation or even try performing the drill from the floor.

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

NATHANE JACKSON FITNESS
Strength Coach & Nutritionist

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

Rest: n/a