

LAZARETH FOUNDATIONS PROGRAM



Focus: Quad, Horizontal Pull & Push
Equipment: Dumbbells (x2) or regular/family size laundry detergent bottles (x2), Bands, Foam Roller, Sliders, medicine ball (optional), 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.	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									
	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									

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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 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.	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.	Band Kickstand Deadlift								3 sets x 8 reps each
	Notes: Elevate toes 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.	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: Sit back slightly to create an angled pull. You can incorporate a lateral crunch if you feel comfortable doing so.								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

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

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

Rest: n/a

D2.	2 Kettlebell Stationary March							3 sets x 30 seconds	
	Notes: Substitute the kettlebells for regular, or family size, laundry detergent bottles.								
	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

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.

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: Dumbbells (x2) or regular/family size laundry detergent bottles (x2), Bands, Foam Roller, Sliders, medicine ball (optional), 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.	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									

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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	
	3	__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	
	3	__reps	__reps	__reps	__reps	__reps	__reps	__reps	
Rest: 60 seconds									

B1.	Band 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.	
	3	__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:							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.	
Rest: 90 seconds									

C1.	Band Split Stance Alternating Row							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.	
	3	__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.	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.

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

Rest: n/a

D2.	Kettlebell Suitcase Carry							3 sets x 30 seconds each side	
	Notes: Substitute the kettlebell for regular, or 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

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

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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Tempo Intervals

Focus: Recovery & low intensity 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									

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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									