

EXPRESS Program Design

March 2023

March Madness

The 3-week system we use is simple and yet allows you to constantly get better weekly and avoiding any plateaus in the fitness journey.

Week 1	Intro Week <i>Learn the workouts; become familiar with the exercises; initial week to determine the right exercise progression and load; Find the right training base for you</i>
Week 2	Base Week <i>Perform the workout at the appropriate base that allows you to complete the workout but challenges you in the process.</i>
Week 3	Challenge Week <i>“Go for it” week; Strive to outperform your past results, try something you have never done, and set a new personal record for the workout.</i>

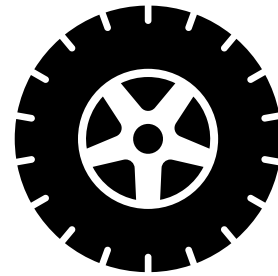
WORKOUT A: Dumbbell or Kettlebell

Workout A - 20-10 Tabata Wheels

- Dumbbell or Kettlebell based
- Use the custom interval timer provided in the video description or set your own timer at 20 seconds of work and 10 seconds of rest for 8 rounds followed by a 60 second rest. Repeat four total times.

Hub: Skier Swings & Push-Press

Spokes: 1-Arm Bicep Curls
1-Arm Bear Rows
1-Arm Overhead Press
1-Arm Floor Press



Workout Notes:

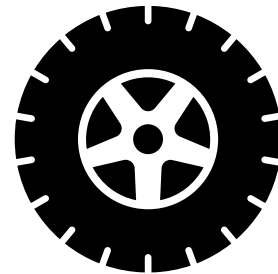
- * *Do all the spokes on one side for each Tabata set*
- * *For shoulder pain in the Push-Press modify with the Push-up*
- * *For shoulder pain in the 1-Arm Overhead Press substitute with an additional round of 1-Arm Floor Presses*
- * *Track your weight in Week 1 and progress in Weeks 2 and 3.*
- * *Can be performed with either a pair of dumbbells or kettlebells.*

WORKOUT B: Bodyweight

Workout A - 20-10 Tabata Wheels

- Bodyweight Based
- Use the custom interval timer provided in the video description or set your own timer at 20 seconds of work and 10 seconds of rest for 8 rounds followed by a 60 second rest. Repeat four total times.

Hub: Split Switches or Feet Over The Line
Skater Jumps or Skater Steps



Spokes: Plank or Plank To Push-up

- Make it easier: Plank only
- Make it harder: Add The Push-up!

Rotating Side Plank

- Make it easier: Side Plank Only
- Make it harder: Speed it up!

Bear Walkouts

- Make it easier: Go Inch Worms
- Make it harder: Seriously??

Hollow Body Runners

- Make it easier: Hollow Body Hold
- Make it harder: Speed it up!

Workout Notes:

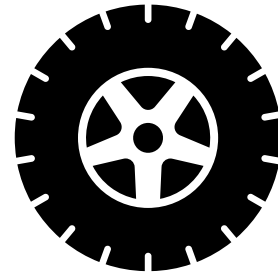
- * *For Knee Pain substitute with the Feet-Over-The-Line or Cross Country Skiers rather than the Split Switches*
- * *You can do one Hub for an entire Tabata set or mix-and-match throughout.*

WORKOUT C: Bands

Workout A - 20-10 Tabata Wheels

- Resistance-Band Based Workout
- Use the custom interval timer provided in the video description or set your own timer at 20 seconds of work and 10 seconds of rest for 8 rounds followed by a 60 second rest. Repeat four total times.

Hub: Band Box Thrusters
Band Sumo Deadlift



- Spokes:**
- Band T-Rotation:
 - Make it easier: Go bodyweight
 - Make it harder: Add the Push-up
 - Band Bridge Marching
 - Make it easier: Go bodyweight
 - Make it harder: Go up in bands!
 - Band Climbers
 - Make it easier: Go bodyweight
 - Make it harder: Add the Push-up
 - Band Seated Rows:
 - Make it easier: Go lighter band
 - Make it harder: Speed it up or go heavier band!

Workout Notes:

- * *If you don't have access to a band/bands simply substitute this workout with any of the bodyweight-only workouts*
- * *For shoulder pain in the Thruster modify by doing a Box Squat to Chest Press or simply doing the Box Squat Only.*