January 2021 Program Design

New Year Jumpstart

Coaching Overview

- Refer to the COACHING CUES CHEAT SHEET for the exact verbal cues to properly coach each exercise
- Below are the bracelet or band color system that allows each trainer to know exactly how to coach someone based upon what clearance tests they have NOT passed yet. If they have not cleared a particular test yet, they should not be adding heavy weight or load to that particular movement.

Bracelet	Clearance Tests
	Toe Touch Test
	Shoulder Mob. Test
	Push-up Test
	Lunge Test
	Squat Test

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

Week 1	**Intro Week** *Introduce the workouts; become familiar with the exercises; initial week to determine the right exercise progression and load; Find the right training base*
Week 2	**Base Week** *Perform the workout at the appropriate base that allows you to complete the workout but challenges you in the process.*
Week 3	**Challenge Week** *"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.*

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Workout A

The Metabolic Matrix: Perform each for 30 seconds each with little to no rest in between followed by a 1-minute rest period. Repeat that four minute sequence 5x for a 20 minute workout.

#	Exercise Variation	Alternative	Level I	Level II	Level III
1	DB Push-up Variation	TRX Chest Press	Push-up HOLD	Eccentric Push-up	DB Push-ups
2	DB T-Raise Variation	TRX W-Raises	Bodyweight	DB T-Raise	Increase Speed and Load
3	DB Rows Variation	TRX Rows	Bodyweight	DB Rows	Decrease Base of Support and/ or Increase Load
4	DB Box Squat Variation	TRX Assisted Squats	Bodyweight	DB Box Squat	
5	DB Alt Lunge Variation	Staggered RDL's	Bodyweight: Progress from Reverse to Forward Lunges	Dumbbell: Progress from Reverse to Forward Lunges	Increase Load
6	DB Skier Swing Variation	Sumo Deadlifts	Bodyweight	DB Skier	

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Workout B

The Metabolic Matrix: Perform each for 30 seconds each with little to no rest in between followed by a 1-minute rest period. Repeat that four minute sequence 5x for a 20 minute workout.

#	Exercise Variation	Alternative	Level I	Level II	Level III
1	DB Split Stance Bent Over Row (L) Variation		Hand On Knee	Hand Behind Back	Increase Speed or Weight
2	DB Split Stance Bent Over Row (R) Variation				
3	DB Box Thrusters (L) Variation	Racked Farmer Walks (L)	Increase Box Height and/or Decrease Weight		Decrease Box Height and/or Increase Weight
4	DB Box Thrusters (R) Variation	Racked Farmer Walks (R)			
5	DB Lateral Lunge (L) Variation	Staggered Battle Ropes (L)	TRX Assisted Lateral Squat	Bodyweight Lateral Squat	DB Lateral Squat or DB Lateral Lunge
6	DB Lateral Lunge (R) Variation	Staggered Battle Ropes (R)			

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Workout C

The Metabolic Matrix: Perform each for 30 seconds each with little to no rest in between followed by a 1-minute rest period. Repeat that four minute sequence 5x for a 20 minute workout.

#	Exercise Variation	Alternative	Level I	Level II	Level III
1	Skater Jumps Variation	TRX Monkey Lunges	TRX Assisted Skaters	Speed Skaters	Skater Jumps
2	Hollow Body Hold Variation	Kettlebell Horn Walks	Progress from Dead Bug To Hollow Body Tuck	Single Leg Hollow	Hollow Body Hold to Hollow Roll
3	Split Jumps Variation	TRX Assisted Lunges or TRX SLDL	Alternating Reverse Lunges	Alternating Forward Lunges	Alternating Split Jumps
4	Mountain Climbers Variation	TRX Standing Marches	Hands Elevated Mountain Climbers	Mountain Climbers	
5	Jump Squat Variation	TRX Assisted Squat	Speed Squats	Drop Squat	Box Squat Jumps
6	Burpee Variation	MedBall Sumo Deadlifts	High Box Burpee	Low Box Burpee or Aerobic Step	Add Jump and/ or Push-up

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