

# THE NATE GREEN EXPERIENCE { THE HERO HAND BOOK }

Month 1 - Day 1

## Soft Tissue Work: 30 Seconds Per Area

Foam Roll Upper Body: Rhomboids, Lats

Tennis Ball: Pecs

## Mobility Warm Up: 8 Reps

Stick Dislocators, Wall Slides, Quadruped T-Rotations

Active Warm Up	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A1. Fall-Out Push Ups	3x3	3x3	4x3	4x4	20sec	Perform off bench, fall into, and explode out.
A2. Elbow Plank T-Rotations	3x5/side	3x5/side	4x5/side	4x5/side	20sec	Plank position, open at elbow.
A3. Prone Scaption (No Weight)	3x8	3x8	4x8	4x8	20sec	Allow chest support with incline bench. Create a "Y"
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Neutral Grip DB Flat Bench Press	3x8	3x8	4x8	4x8	75sec	Palms facing, keep elbows close to your body.
B1. Lat Pull-Down	3x8	3x8	4x8	4x8	30sec	Outside shoulder grip, bring to collarbone.
B2. Single-Arm DB Push-Press	3x10	3x10	4x8	4x8	30sec	Allow the legs to assist, lock out at elbow.
C1. Lateral DB Raise	3x8	3x8	4x8	4x8	60sec	Bring DB's to the front each rep; reach shoulder level.
C2. Face Pull	3x8	3x8	3x10	3x10	30sec	Hands above ears at end pull
Extra Credit – Build Muscle	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Close Chain Push Ups	3x10	3x10	3x12	3x12	30sec	Allow elbows to come to ribs
D2. Alternating DB Biceps Curl	3x8	3x8	3x10	3x12	30sec	Keep elbow tight to rib, rotate hand to supine at top.
Extra Credit – Lose Fat	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Mountain Climbers	3x40(20/side)	3x40(20/side)	3x60(30/side)	3x60(30/side)	30sec	Only tap driving toe, don't plant it.
D2. Burpees – Bodyweight	3x8	3x8	3x10	3x12	60sec	Don't 'drop' to your hands, use caution. Jump high.
Post-Workout/Recovery	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
Pec Stretch 2x30 sec/side	2x30sec/side	2x30sec/side	2x30sec/side	2x30sec/side	None	Depress scapula prior to stretch, keep elbow bent
Lat Stretch 2x30 sec/side	2x30sec/side	2x30sec/side	2x30sec/side	2x30sec/side	None	Lean away from the stretching side.

# { THE NATE GREEN EXPERIENCE THE HERO HAND BOOK }

Month 1 - Day 2

**Soft Tissue Work: 30 Seconds Per Area**

**Foam Roll Lower Body: IT-Band, Hip Flexors, Quads, Glutes, Piriformis, Calves**

**Mobility Warm Up (8/side)**

**Mountain Climber Hip Flexor Stretch, Pull Back Butt Kick, High Knee Hug, Single-leg RDL**

Active Warm Up	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Squat Jumps	3x3	3x3	4x3	4x4	20sec	Squat deep, explode to full height.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Dumbbell Squats	3x8	3x8	4x8	4x8	75sec	DB's on shoulders, push hips back, elbows tight.
B1. Dumbbell RDL	3x8	3x8	4x8	4x8	30sec	Slight knee bend, flat back, hips move back
B2. Single-Leg Glute Bridge	3x10	3x10	4x10	4x10	60sec	Press from heel, use glutes (not lower back)
C1. Reverse Bodyweight Lunge	3x8	3x8	4x8	4x8	30sec	Forward shin vertical. Don't cross back leg. Hands behind head.
C2. Elbow Plank	3x30sec	3x45sec	4x45sec	4x60sec	60sec	Elbows directly under shoulders. Keep abs tight
Energy Systems	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Jump Rope	5x1 min	5x1 min	5x1 min	5x1 min	30sec	Two foot jumping only, no skipping.
Post-Workout/Recovery	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
Bulgarian Split Stretch	1x30sec/side	1x30sec/side	1x30sec/side	1x30sec/side	None	Toe up on bench, knee on floor - 1/2 kneeling position.
Supine Knee-knee Stretch	1x30sec/side	1x30sec/side	1x30sec/side	1x30sec/side	None	Lying on back, feet apart, knees together.
Seated 90/90 Stretch	1x30sec/side	1x30sec/side	1x30sec/side	1x30sec/side	None	Sit up tall, heel on opposite knee, gentle pressure on stretching hip.

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Month 1 - Day 3

**Soft Tissue Work: 30 Seconds Per Area**

**Foam Roll Upper Body: Rhomboids, Lats**

**Tennis Ball: Pecs**

**Mobility Warm Up: 8 Reps**

**Stick Dislocators, Wall Slides, Quadruped T-Rotations**

Active Warm Up	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A1. Jumping Pull Ups	3x3	3x3	4x3	4x4	20sec	Keep hands on bar throughout, touch upper chest, and use your legs.
A2. Push-up Plank T-Rotations	3x5/side	3x5/side	4x5/side	4x5/side	20sec	Push up position, high hand rotation. (No push-up)
A3. Prone Scaption (No Weight)	3x8	3x8	4x8	4x8	20sec	Allow chest support with incline bench. Create a "Y".
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Chin Up (or Underhand Pull-down)	3x8	3x8	4x8	4x8	75sec	Palms facing you. Bring bar to collarbone, squeeze mid back.
B1. Incline DB Bench Press	3x8	3x8	4x8	4x8	30sec	Pull upper back together, squeeze chest at top.
B2. Single-Arm DB Row	3x10	3x10	4x8	4x8	30sec	Prevent jerking and trunk rotation.
C1. Standing Barbell Press	3x8	3x8	4x8	4x8	60sec	Reach as high as possible. Allow chest to travel forward between arms.
C2. Decline Dumbbell Pull Over	3x8	3x8	3x10	3x10	30sec	Use decline bench. Keep elbows bent and shoulder blades down.
Extra Credit – Build Muscle	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Renegade Row	2x10	2x10	3x12	3x12	30sec	Use lighter weight. No trunk rotation.
D2. Straight Bar Biceps Curl	2x8	2x8	3x10	3x12	30sec	Keep elbow tight to rib. Full range of motion
Extra Credit – Lose Fat	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D. Squat – Push up Ladder	1-1 - 5-5	1-1 - 7-7	1-1 - 10-10	1-1 - 10-10	As needed	1 rep of each, then 2, then 3...
Post-Workout/Recovery	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
Pec Stretch 2x30 sec/side	2x30sec/side	2x30sec/side	2x30sec/side	2x30sec/side	None	Depress scapula prior to stretch, keep elbow bent
Lat Stretch 2x30 sec/side	2x30sec/side	2x30sec/side	2x30sec/side	2x30sec/side	None	Lean away from the stretching side.

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Month 1 - Day 4

## Soft Tissue Work: 30 Seconds Per Area

Foam Roll Lower Body: IT-Band, Hip Flexors, Quads, Glutes, Piriformis, Calves

## Mobility Warm Up (8/side)

Mountain Climber Hip Flexor Stretch, Pull-Back Butt Kick, High Knee Hug, Single-leg RDL

Active Warm Up	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Scissor Jumps	3x3	3x3	4x3	4x4	20sec	Start ½ kneeling – jump, switch. Go for height.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Dumbbell Walking Lunges	3x8/side	3x8 /side	4x8/side	4x8/side	75sec	Shoulders back, press from heel. Forward shin vertical.
B1. Single-Leg Squat RFE*	3x8	3x8	3x8	4x8	30sec	*Rear Foot Elevated
B2. ½ Kneeling Pallof Iso	3x30sec/side	3x30sec/side	3x30sec/side	4x30sec/side	60sec	½ kneeling position, hold directly out from sternum
C1. SHELK	3x8	3x8	3x8	4x8	30sec	Drive hips high, heels to glutes
C2. Barbell Rollout	3x8	3x8	3x8	4x8	60sec	Keep abs tight
Energy Systems	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Scissor Lunges	2x20	2x20	2x20	2x20	30sec	Start ½ kneeling – jump, switch. Stay low.
D2. Crossover Mountain Climber	2x40(20/side)	2x40(20/side)	2x40(20/side)	2x40(20/side)	60sec	Cross right knee-left elbow, left knee-right elbow.
Post-Workout/Recovery	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
Bulgarian Split Stretch	1x30sec/side	1x30sec/side	1x30sec/side	1x30sec/side	None	Toe up on bench, knee on floor - ½ kneeling position.
Supine Knee-knee Stretch	1x30sec/side	1x30sec/side	1x30sec/side	1x30sec/side	None	Lying on back, feet apart, knees together.
Seated 90/90 Stretch	1x30sec/side	1x30sec/side	1x30sec/side	1x30sec/side	None	Sit up tall, heel on opposite knee, gentle pressure on stretching hip.