

THE NATE GREEN EXPERIENCE { THE HERO HAND BOOK }

Month 2 - 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. Plyo Push-Ups From Floor	3x3	3x3	4x3	4x4	20sec	Descend and explode off floor.
A2. Push-up to Plank T-Rotations	3x5/side	3x5/side	4x5/side	4x5/side	20sec	Add a full push up.
A3. Prone Scaption (Add Weight)	3x8	3x8	4x8	4x8	20sec	Begin using about 5 - 10 pounds in each hand
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Bench Press	4x8	4x8	5x8	4x8	75sec	Keep upper back tight, and elbows at 45 degrees
B1. Pull-Up (Assisted if needed)	4x5	4x6	5x6	4x8	30sec	If you can't get five good ones, use assistance or switch to lat pull-down
B2. DB Split-Jerk	3x10	3x10	4x8	3x8	30sec	Drive hard from legs, finish in split stance with DB's stabilized at the top
C1. Single-Arm DB Lateral Raise	3x8	3x8	4x8	3x8	60sec	Bring DB 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. Medicine Ball Clench Push Up	3x10	3x10	4x12	3x12	30sec	Grip medicine ball at the sides with both hands.
D2. Straight Bar Cable Curl	3x12	3x12	4x12	3x12	30sec	Keep elbows tight to ribs. Full range of motion.
Extra Credit – Lose Fat	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Crossover Mountain Climbers	3x40(20/side)	3x40(20/side)	3x60(30/side)	3x60(30/side)	20sec	Cross the knees under your body.
D2. Burpees with Push-Up	3x8	3x8	3x10	3x12	60sec	Don't 'drop' to your hands; use caution.
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 scapulae 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 2 - 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. Bench Squat Jumps	3x3	3x3	4x3	4x4	20sec	Squat deep, explode over bench. Do not turn in air.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Barbell Overhead Squats	3x8	4x8	5x6	4x8	75sec	Press barbell into ceiling. Tighten upper back. Squat to box. Focus on movement over weight.
B1. Dumbbell Step Up	3x8	3x8	4x8	3x8	30sec	Drive from the heel. Keep shoulders back.
B2. Single-Leg RDL	3x10	3x10	4x10	3x10	60sec	Slight knee bend, scap back, hips move back
C1. Reverse Lunge From Deficit	3x8	3x8	3x8	3x8	30sec	Start from block 4-6 inches. Hold dumbbells at side.
C2. Side Plank	3x30sec/side	3x45sec/side	3x45sec/side	3x60sec/side	60sec	Elbow directly under shoulders. Keep abs and glutes tight.
Energy Systems	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D. Jump Rope	5x2 min	5x2 min	5x2 min	5x2 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 - 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.

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Month 2 - 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. Dumbbell Snatch	3x3	3x3	4x3	4x4	20sec	Drive from hips. Lock and stabilize at top
A2. Plank T-Rotations From Elbows	3x5/side	3x5/side	4x5/side	4x5/side	20sec	Elbow plank position, open elbow rotation
A3. Prone Scaption - Add weight	3x8	3x8	4x8	4x8	20sec	Add 5-10 pounds for each hand.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Chest Supported Row (or T-Bar)	4x8	4x6	5x6	4x8	75sec	Overhand grip.
B1. Incline Barbell Press	4x8	4x8	5x8	4x8	30sec	Pull upper back together, squeeze chest at top
B2. Neutral Grip Pull-down	4x10	4x10	4x8	3x8	30sec	Prevent jerking and trunk rotation
C1. Seated DB Shoulder Press	3x8	3x8	4x8	3x8	60sec	Reach as high as possible
C2. Single-Arm DB Row	3x8	3x8	4x10	3x10	30sec	No jerking or trunk rotation
Extra Credit – Build Muscle	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Standing Cable Push/Pull	2x10	3x10	3x12	2x12	30sec	Stand square. Keep shoulders down.
D2. Alternating DB Biceps Curls	2x8	3x8	3x10	2x12	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
D1. Step Up – Burpee 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 scapulae 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 2 - 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 From Step	3x3	3x3	4x3	4x4	20sec	Start ½ kneeling – jump, switch, get high in the air.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Barbell Reverse Lunge from Deficit	3x8/side	4x8 /side	5x8/side	3x8/side	75sec	Shoulders back, press from heel
B1. Single-leg Squat RFE* SSL*	3x8	4x6	4x6	3x8	30sec	*Rear Foot Elevated. *Single-side loaded. Hold dumbbell on unsupported side.
B2. Standing Pallof Iso	3x30sec/side	3x30sec/side	4x30sec/side	2x30sec/side	60sec	Athletic stance, hold directly out from sternum.
C1. Single-Leg SHELK	3x5	3x5	4x5	2x5	30sec	Drive hips high, heels to glutes
C2. Alternating Salute Plank	3x8/side	3x8/side	4x8/side	2x8/side	60sec	Elbow plank with wide feet. Salute each hand for 2 seconds. No trunk rotation.
Energy Systems	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Squat Jumps	2x20	2x20	2x20	2x20	30sec	Sink into squat after each rep and explode up. Land on balls of your feet and sink into heels.
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.