

THE NATE GREEN EXPERIENCE **THE HERO HAND BOOK**

Month 3 - 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. Staggered Plyo Push-Ups	3x4	3x4	4x4	4x4	20sec	Explode from floor. Stagger hands.
A2. Push-up to Plank T-Rotations	3x6	3x6	4x6	4x6	20sec	Add a full push up.
A3. Prone Scaption With Weight	3x8	3x8	4x8	4x8	20sec	Use 5-10 pounds each hand.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A1. Floor Press	4x8	5x5	6x4	8x3	75sec	Keep upper back tight, and elbows at 45 degrees
B1. Single-Arm Inverted Row	4x5	5x5	5x5	6x4	30sec	Poor technique? Use two hands and add 3-4 reps
B2. Barbell Push Press	4x6	4x6	5x3	5x3	30sec	Drive with legs, lock out strong at the top.
C1. High Pull	3x8	3x8	4x8	3x8	60sec	Drive elbows towards ears.
C2. Face Pull	3x8	3x8	4x10	3x10	30sec	Hands above ears at end pull.
Extra Credit – Build Muscle	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Plate Loaded Push Up	3x10	3x10	4x12	3x12	30sec	Place plate on your mid back.
D2. Chin Ups (Bodyweight)	3xAMAP	3xAMAP	4xAMAP	3xAMAP	30sec	Underhand grip – As many as possible.
Extra Credit – Lose Fat	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Walkouts, T-Rotation, Mountain Climber	3x10	3x10	3x10	3x10	60 seconds	Walk out, then T-Rotation, then 20 mountain climbers
D2. Jump Rope	3x60 sec	3x60 sec	3x60 sec	3x60 sec	60sec	Two foot jumping only.
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 3 - 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, Lateral Lunge

Active Warm Up	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Broad Jump	3x3	3x3	4x3	4x4	20sec	Explode for distance.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Box Squats	4x8	5x5	6x4	8x3	75sec	Back squat – press hips back to box. Do not rest.
B1. Dumbbell Step Up *SSL	3x8	3x8	4x8	2x8	30sec	Drive from the heel. Single-side loaded.
B2. Barbell RDL	3x10	3x10	4x10	2x10	60sec	Slight knee bend, scap back, hips move back
C1. Walking Dumbbell Lunge	3x8	3x8	3x8	2x8	30sec	Drive from heel. Keep shoulders back.
C2. ½ Kneeling Sequential Lift	3x8/side	3x8/side	3x8/side	2x8/side	60sec	½ kneeling Position. Chop from bottom, up.
Energy Systems	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. 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 3 - 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 to 10 pounds each hand
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Rack Pull from Knee	3x6	4x5	5x5	6x4	75sec	Keep shoulders back. Drive from hips.
B1. Seated DB Shoulder Press	4x8	5x5	6x4	5x8	30sec	Reach as high as possible.
B2. Wide Grip Pull-Up (or Pull Down)	4x8	5x8	6x6	4x8	30sec	Depress scapulae. Spread the chest.
C1. Incline Dumbbell Press	4x8	4x8	4x8	3x8	60sec	Keep shoulders back. Squeeze chest at top.
C2. Seated Row	4x8	4x8	4x10	3x10	30sec	Keep shoulders down and back.
Extra Credit – Build Muscle	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Swiss Ball Push Up	3x10	3x10	3x12	2x12	30sec	Squeeze the sides tight. Use control.
D2. Rope Cable Curls	3x8	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. DB Burpee Squat Thruster	3x10	3x12	4x10	4x12	30 seconds	Hold DB's - Burpee, Clean, Squat, Press.
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 3 - 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, Lateral Lunge

Active Warm Up	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Depth Jump	3x3	3x3	4x3	4x4	20sec	Minimum time possible on floor.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Bulgarian Split Squat *FFE	3x8	3x8	3x8	3x8	75sec	Front Foot Elevated 3-5 inches
B1. Squat Jumps	3x10	3x12	4x10	4x12	30sec	Sink into deep squat. Explode up.
B2. Standing Pallof Iso	3x30 sec/side	3x30 sec/side	4x30 sec/side	4x30 sec/side	60sec	Athletic stance.
C1. Cable Pull-Through	3x8	3x8	4x8	4x8	30sec	Press hips back. Drive from glutes. Flat back.
C2. Standing Sequential Chop	3x8/side	3x8/side	3x8/side	4x8/side	60sec	Athletic Stance. Chop from rib height.
Energy Systems	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Jump Rope	5x2min	5x2 min	5x2 min	5x2 min	None	Two foot jumping only, no skipping.
D2. Cross Over Mountain Climber	5x20	5x20	5x20	5x20	30sec	Cross knees under body.
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.