

Month 4 - 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	4x4	4x4	4x4	4x4	20sec	Fall into bench, explode out.
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	Continue Using 5-10 pounds
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A1. Bench Press	5x5 1x10	5x3 1x10	6x3 1x12	6x3 2x12	75sec	Keep upper back tight, and elbows at 45 degrees
B1. Chest Supported Row (or T-Bar)	4x5	5x5	6x3	6x4	30sec	Overhand grip.
B2. Single-Arm DB Push Press	4x6	4x6	5x3	5x3	30sec	Drive with legs, lock out strong at the top.
C1. Single-Arm Cable Lat Pull-down	3x8	3x8	3x8	3x8	60sec	Spread chest. Drive shoulder down.
C2. Farmers Walk	3x40 steps	3x40 steps	3x40 steps	3x40 steps	60sec	Keep shoulders back and hips stable.
Extra Credit – Build Muscle	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Hindu Push Up	3x10	3x10	4x12	3x12	30sec	Swoop in and arch up. Drive back same way in.
D2. Lateral DB Raise	3x10	3x10	4x10	4x10	30sec	Bring weight to front. DB's shoulder height.
Extra Credit – Lose Fat	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Single-Hand Burpees	4x20sec	4x20sec	4x20sec	4x20sec	10sec	Place hand down, then perform burpee. Alternate hands
D2. Mountain Climbers	4x20 sec	4x20sec	4x20sec	4x20sec	10sec	Keep hands directly under shoulders.
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.

THE NATE GREEN EXPERIENCE { THE HERO HAND BOOK }

Month 4 - 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.Depth Broad Jump	3x3	3x3	4x3	4x4	20sec	Explode for distance. Reduce floor time.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Front Squats	4x6	5x5	6x4	8x3	75sec	Use catch position, use box for depth only
B1. Barbell Step Up	3x8	3x8	4x8	3x8	30sec	Drive from the heel
B2. Barbell Single-leg RDL	3x10	3x10	4x10	3x10	60sec	Slight knee bend, hips move back
C1. Walking DB Lunge *SSL	3x8	3x8	3x8	3x8	30sec	Single-side loaded. Alternate legs. Switch hands each set.
C2. Static Salute Plank	3x30sec/side	3x30sec/side	3x30sec/side	3x30sec/side	60sec	Wide foot elbow plank. Salute 1 side 30 sec.
Energy Systems	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Treadmill Hill Sprints	8 x 30 sec	8 x 30 sec	8 x 30 sec	8 x 30 sec	60 sec.	Aggressive hill and speed. After sprinting, walk for recovery. Keep incline the same.
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 4 - Day 3

Soft Tissue Work: 30 Seconds Per Area

Foam Roll Upper Body: Rhomboids, Lats

Tennis Ball: Pecs

Mobility Warm-Up

Stick Dislocators, Wall Slides, Quadruped T-rotations

Active Warm Up	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A1. Clean Grip BB Snatch	3x3	3x3	4x3	4x4	20sec	Drive from hips. Lock and stabilize at top.
A2. Plank T-Rotations From Eblows	3x5/side	3x5/side	4x5/side	4x5/side	20sec	Elbow plank position, open elbow rotation
A3. Prone Scaption	3x8	3x8	4x8	4x8	20sec	Add 5 pounds if you can.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Sumo Deadlift	3x6	4x5	5x5	5x5	75sec	Keep shoulders back. Drive from hips.
B1. Seated Shoulder Pin Press	4x8	5x5	6x4	5x6	30sec	Start pins at collar-bone height. Explode.
B2. Dumbbell Pull-Over	4x8	5x8	4x6	5x8	30sec	Use decline bench. Mild elbow bend.
C1. Incline DB Neutral Press	3x8	3x8	3x8	3x8	60sec	Keep shoulders back. Squeeze chest at top.
C2. Bent Over DB Row *SSL	3x8	3x8	3x8	3x8	30sec	Maintain flat back. *Single-side loaded
Extra Credit – Build Muscle	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Nose Buster Push Ups	3x10 Total	3x10 Total	3x12 Total	2x12 Total	30sec	Explode from side to side.
D2. California Curls	3x8	3x8	3x10	2x12	30sec	Stay flat against incline bench
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.
D2. Elbow Plank	3x60 sec	3x60 sec	4x60 sec	4x60 sec	60 sec.	Elbows directly under chest/shoulders
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 4 - 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. Kneeling Jump	3x3	3x3	4x3	4x4	20sec	Explode from kneeling position to feet.
Iron Work	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
A. Single-Leg Pistol Squat	4x8	4x8	5x8	3x8	75sec	Use a bench or box as a target to start with.
B1. Scissor Jump Lunge	3x10/side	3x12/side	4x10/side	4x12/side	30sec	Sink into lunge and explode out.
B2. Standing Pallof to OH Press	3x10	3x10	4x10	4x12	60sec	Pallof Iso – direct chop overhead and return.
C1. Single-Leg SHELK	3x8	3x8	4x8	4x8	30sec	Activate from glutes. Make a straight line from knee to shoulder
C2. Elbow Plank Swiss Ball Saw	3x10	3x10	4x10	4x12	60sec	From feet, roll elbows past chin and return.
Energy Systems	Week 1	Week 2	Week 3	Week 4	Rest Period	Comments
D1. Jump Rope	3x2min	3x2min	3x2min	3x2min	None	Two foot jumping only, no skipping.
D2. Squat Jump	3x10	3x10	3x10	3x10	90 sec	Focus on your form, not your speed.
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.