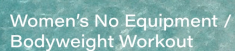
[illegible]



### Aesthetic Postural Power (APP) Warm-Up Drill

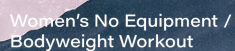
Bird Dog		1	5/side							
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Romanian Deadlift Holding Backpack	1	2	15F							☐
	2	3	15F							☐
	3	4	15F							☐
	4	5	15F							☐
Downward Dog	1	2	10							☐
	2	3	10							☐
	3	4	10							☐
	4	5	10							☐
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Glute Bridge with backpack on lap	1	1	15							☐
	2	2	15							☐
	3	2	15							☐
	4	2	15							☐
Chair-Supported Backpack Row	1	1	10/side							☐
	2	2	10/side							☐
	3	2	10/side							☐
	4	2	10/side							☐
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Push-Up Plank	1	1	5 breaths							☐
	2	2	5 breaths							☐
	3	2	5 breaths							☐
	4	2	5 breaths							☐
Side Planks	1	1	5 breaths							☐
	2	2	5 breaths							☐
	3	2	5 breaths							☐
	4	2	5 breaths							☐
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Glutes—Donkey Kicks	1	1	AMRAP							☐
	2	2	AMRAP							☐
	3	2	AMRAP							☐
	4	3	AMRAP							☐
Glutes—Clamshells	1	1	AMRAP							☐
	2	2	AMRAP							☐
	3	2	AMRAP							☐
	4	3	AMRAP							☐



## Phase 1: Day 3/5

[illegible]

[illegible]



Aesthetic Postural Power (APP) Warm-Up Drill		SETS	REPS							
Side Plank		1	3 breaths/side							
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Romanian Deadlift Holding Backpack	1	2	7F							
	2	3	7F							
Load this one up as heavy as you can (safely)	3	4	7F							
	4	5	7F							
Downward Dog	1	2	10							
	2	3	10							
	3	4	10							
	4	5	10							
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Glute Bridge with backpack on lap	1	1	20							
	2	2	20							
	3	2	20							
	4	2	20							
Chair-Supported Backpack Row	1	1	7/side							
	2	2	7/side							
	3	2	7/side							
	4	2	7/side							
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Push-Up Plank	1	1	5 breaths							
	2	2	5 breaths							
	3	2	5 breaths							
	4	2	5 breaths							
Goblet Squat Holding Backpack	1	1	7							
	2	2	7							
	3	2	7							
	4	2	7							
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Glutes—Donkey Kicks	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							
Shoulders—Bent Over Ys	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							