

Limitless Performance

A week in the life of...



Can you handle a week of LP?

What the LP Program is all about:

- 👊 Building foundational strength
- 👊 Improving all-around conditioning
- 👊 Built around daily, weekly and monthly progress

This combination will prepare you for any challenge, sport or race that you choose to conquer!

Your 1-Week LP Programming will include:

Sunday	HIIT
Monday	Strength
Tuesday	Conditioning
Wednesday	Strength
Thursday	Conditioning
Friday	Strength
Saturday	HIIT

Day 1 - LP Strength - Squat Day

Part 1 - Squat Preparation

Mobility - 3 Sets x 5 reps per leg:

- Split Squats
- Spider Lunges
- Cossack Squat

Activation - 3 Sets x 10 Reps/Exercise:

- Banded Air Squat
- Banded Side Steps (L/R)
- Deep Squat Hold (30sec)

Part 2 - Build to a Heavy Set of 6 Back Squats

- *E3M x 4 Rounds:*
 - 6 reps @ 10X1 Tempo
 - Target 70% of 1RM and build if feeling good

Part 3 - EMOM 10 Minutes

- Min 1 - 8 cal assault bike
- Min 2 - 8 back squat @ 50% 1RM

**Push it to get out of breath a bit on the bike/row/box jump/burpee. Don't go all out, but push the pace and make it hurt a little.*

Part 4 - Full Body Accessory Strength

- *3 Sets for Quality:*
 - DB Box/Bench Step Up - 10 reps per leg
 - Dragon Flags - 12 reps
 - DB Overhead Squat - 10 reps per arm
- Rest 1 min after each exercise

Day 2 - LP Sweat Warrior - Conditioning

Part 1 - Warm-up & Activation

- 3 Sets *Continuous*:
 - 10e Low Cossack Squat
 - 10e Side Plank Rotations
 - 10 Crab Hold Lifts
 - 20sec 1-Legged Wall Sit per Leg

Part 2 - Aerobic Conditioning (Row/Bike/Ski)

- 3 Rounds at *Increasing Intensity*:
 - 20/14 cal @ RPE 6
 - 25/18 cal @ RPE 7
 - 30/22 cal @ RPE 8
- Rest 2 mins after each round

Part 3 - Metcon Repeater

- 5 Rounds + Rest 5 mins + 5 Rounds
 - 15 Wall Balls (20/14lbs)
 - 10 Burpees to Plate
 - 5 Pull-ups/T2B

**Complete 5 rounds for time, rest 5 mins, than complete 5 more rounds for time. The second time through sub T2B for Pull-ups. Try to use a pace that you can be consistent with for both parts of the repeater.*

Day 3 - LP Strength - Bench Day

Part 1 - Bench Preparation

Mobility - 3 Sets x 30 Sec/Exercise:

- Rainbow Stretch (L/R)
- Child's Pose (L/R)
- Mobility Stick Dislocates

Activation - 3 Sets x 15 Reps/Exercise:

- Band Pull Aparts
- Band External Rotations
- Band Bent Over Rows

Part 2 - Bench Press Waves

- *3 Rounds for Quality:*
 - 10 Barbell Bench (60% 1RM)
 - 10 Double DB Bent-Over Row
 - 6 Barbell Bench (70% 1RM)
 - 10 Double DB Bent-Over Row
 - 2 Barbell Bench (80% 1RM)
- Use a set weight for Bent-Over Row. Increase weight as you decrease reps. Pick a Challenging Weight and stick with it for all three rounds.

Part 3 - Midline Accessory Strength

- *3 Sets for Quality:*
 - V-Sit-Ups - 20 Reps
 - DB Walking Lunges - 10 Reps per Leg
 - Wall Walks/Holds - 5 Reps
- Rest 1 min after each exercise

Day 4 - LP Fortitude - Conditioning

Part 1 - Warm-up & Activation

- 10mins Continuous Movement
 - 30sec Jump Rope Single Unders
 - 8 1-Leg RDL per Leg
 - 20sec Hollow Rocks
 - 8 1-Arm DB Snatch per Arm

Part 2 - Aerobic Conditioning (Row/Bike/Ski)

- *AMRAP Devil Press - 4 Rounds - 3 Min ON : 1 Min OFF*
 - 300/250m Row/Ski (Sub 20cal Bike/20 Burpees)
 - 15 Toes to Bar
 - AMRAP 1-Arm DB Devil Press (50/35lbs)
- Complete as many Devil Presses as possible each round. Rest for 1min. Repeat for 4 Rounds. Try to be consistent on Devil Presses.

Part 3 - Barbell Cycle & Skill

- Complete 3 Rounds of the following:
 - 6 Hang Squat Cleans (95/65lbs)
 - 8 Burpee Box Jumps Overs
 - 6 OH Squats (95/65lbs)
 - 8 Burpee Box Jumps Overs
- Rest 3 mins between each Round

**Complete 1 Round. Rest 3 mins. Complete a 2nd Round. Rest 3 mins. Complete a 3rd Round. Try to be consistent from Round 1 to Round 2 to Round 3.*

Day 5 - LP Strength - Deadlift Day

Part 1 - Deadlift Preparation

Mobility - 3 Sets x 30 Sec/Exercise:

- Goblet Squat Hold
- Quadruped Hip CARs (L/R)
- Glute Bridges

Activation - 3 Sets x 10 Reps/Exercise:

- Barbell Good Morning
- Barbell Romanian Deadlift
- Bear Plank Crawl (L/R)

Part 2 - Touch & Go Deadlifts

- *Deadlift Ladder - Decreasing in Reps & Increasing in Load*
 - Set 1 - 10 Reps @ 40%
 - Set 2 - 8 Reps @ 50%
 - Set 3 - 6 Reps @ 60%
 - Set 4 - 6 Reps @ 70%
 - Set 5 - 4 Reps @ 75%
 - Set 6 - 4 Reps @ 80%
- Goal is to build in weight each set, finishing with a challenging set of 4 with perfect form and technique.

Part 3 - Deadlift Burner

- *E2M x 5 Rounds*
 - 50 Double Unders/100 Skips
 - 5 Deadlifts @ 70% of 1RM
- Minimal rest on this one. Control your pace and breathing.

Part 4 - Finisher

- *AMRAP - 10min*
 - 4 HSPU
 - 6 Pistol Squats
 - 8 KB Swings (50/35)
 - 10 Alternating V-Sit-ups
- Complete as many rounds as possible in 10 minutes. Focus on Quality of movements. Double reps if scaling HSPU & Pistols.

Day 6 - LP HIIT - Conditioning

Part 1 - Warm-up & Activation

- 2 Rounds of the following:
 - 50 High Knees
 - 40 Butt Kicks
 - 30 In-In-Out-Out
 - 20 High Knee Skips
 - 10 Straight Leg Kicks
 - 5e Spider Lunges

Part 2 - AMRAP 9 Minutes

- 10 Calories Row/Bike/Ski
- 15 Goblet Squats
- 20 Goblet Lunges
- 25 V-Sit-ups

Rest 3 mins, then...

Part 3 - MAX Effort

- 2 Minutes MAX Effort Row/Bike/Ski

Rest 3 mins, then...

Part 4 - Wall Ball Pyramid For Time

- 10 Burpees (on Wall Ball)
- 20 Wall Balls
- 30 Wall Ball Swings
- 40 Wall Ball Sit-ups
- 50 Push-ups
- 40 Wall Ball Sit-ups
- 30 Wall Ball Swings
- 20 Wall Balls
- 10 Burpees (on Wall Ball)

Day 7 - LP HIIT - Conditioning

Part 1 - Warm-up & Activation

- 2 Rounds of the following:
 - 50 High Knees
 - 40 Butt Kicks
 - 30 In-In-Out-Out
 - 20 High Knee Skips
 - 10 Straight Leg Kicks
 - 5e Spider Lunges

Part 2 - HIIT Chipper

- *100 Lunges/Lunge Jumps*
- *80 Hanging Leg Raises/V-Sit's*
- *60 DB Snatches*
- *40 Wall Balls*
- *20 Burpee Box Jumps*
- *10 Calories Row/Bike/Ski after each exercise*

Part 3 - Buy-Out

- 2km Row/Ski OR
- 5km Bike OR
- 100 Burpees to Plate