



COMMIT TO FIT: ON RAMP

WEEK 1 – DAY 1

MOBILITY WARMUP

Sliding Squats x5/5

Runner's Lunge (perform this sequence on both Right and Left sides)

- Overhead Reach x1
- Pec Stretch x1
- Hamstring Rockers x3
- **World's Greatest Stretch** x1/1

Quad/Glute/Reach Down x1/1/1 per side

Dyno Kicks x3/3

Dynamic Pigeon x3/3

ACTIVATION WARM-UP x2 Rounds:

Band Dislocations x10

Hip Twists x10/10

Superman Press x20

Band Good Mornings x10

Lateral Band Walks x20/20

THE WORKOUT

Block 1 x4 Rounds

DB Goblet Squats x12

Lat Pulldown x8

Block 2 x3 Rounds

Bar Bench Press x10

Step Ups x10/10

Russian Twists x15/15

Block 3 x3 Rounds

Stability Ball Hamstring Curl x10

Stability Ball Crunch x15

COOL DOWN 1-3 Rounds

Hip Flexor Release x30s/30s

Groin Stretch with Pec/Shoulder Stretch x30s/30s

Adductor Stretch x30s/30s

Child's Pose x1 min

Pigeon Pose x30s/30s

Lumbar Twists x1 min



COMMIT TO FIT: ON RAMP

WEEK 1 – DAY 2

MOBILITY WARMUP

Sliding Squats x5/5

Runner's Lunge (perform this sequence on both Right and Left sides)

- Overhead Reach x1
- Pec Stretch x1
- Hamstring Rockers x3
- **World's Greatest Stretch** x1/1

Quad/Glute/Reach Down x1/1/1 per side

Dyno Kicks x3/3

Dynamic Pigeon x3/3

ACTIVATION WARM-UP x2 Rounds:

Band Dislocations x10

Hip Twists x10/10

Superman Press x20

Band Good Mornings x10

Lateral Band Walks x20/20

THE WORKOUT

Block 1: x3 Rounds

Barbell Romanian Deadlift x10

Barbell Rack Pushup x10

Band Pallof Press x10/10

Block 2: x3 Rounds

TRX Stars x5

TRX Rows x10

TRX Jumps Squats x10

Block 3: x3 Rounds

Kneeling Single Arm Press x10/10

Single Leg Suitcase Crunch x6/6

Side Plank Hold x30s/30s

COOL DOWN 1-3 Rounds

Hip Flexor Release x30s/30s

Groin Stretch with Pec/Shoulder Stretch x30s/30s

Adductor Stretch x30s/30s

Child's Pose x1 min

Pigeon Pose x30s/30s

Lumbar Twists x1 min



COMMIT TO FIT: ON RAMP

WEEK 1 – DAY 3

MOBILITY WARMUP

Sliding Squats x5/5

Runner's Lunge (perform this sequence on both Right and Left sides)

- Overhead Reach x1
- Pec Stretch x1
- Hamstring Rockers x3
- **World's Greatest Stretch** x1/1

Quad/Glute/Reach Down x1/1/1 per side

Dyno Kicks x3/3

Dynamic Pigeon x3/3

ACTIVATION WARM-UP x2 Rounds:

Band Dislocations x10

Hip Twists x10/10

Superman Press x20

Band Good Mornings x10

Lateral Band Walks x20/20

THE WORKOUT

Block 1: x4 Rounds

Kettlebell Deadlift x12

Kettlebell Halos x6/6

Block 2: x3 Rounds

Bulgarian Split Squat x8/8

Incline Dumbbell Bench Press x12

Block 3: x3 Rounds

Cable Pullover x12

Cable Supinated Row x12

COOL DOWN 1-3 Rounds

Hip Flexor Release x30s/30s

Groin Stretch with Pec/Shoulder Stretch x30s/30s

Adductor Stretch x30s/30s

Child's Pose x1 min

Pigeon Pose x30s/30s

Lumbar Twists x1 min



COMMIT TO FIT: ON RAMP

WEEK 2 – DAY 1

MOBILITY WARMUP

Sliding Squats x5/5

Runner's Lunge (perform this sequence on both Right and Left sides)

- Overhead Reach x1
- Pec Stretch x1
- Hamstring Rockers x3
- **World's Greatest Stretch** x1/1

Quad/Glute/Reach Down x1/1/1 per side

Dyno Kicks x3/3

Dynamic Pigeon x3/3

ACTIVATION WARM-UP x2 Rounds:

Band Dislocations x10

Hip Twists x10/10

Superman Press x20

Band Good Mornings x10

Lateral Band Walks x20/20

THE WORKOUT

Block 1 x4 Rounds

DB Goblet Squats x12-15

Lat Pulldown x8

Block 2 x3 Rounds

Bar Bench Press x10

Step Ups x10/10

Russian Twists x15/15

Block 3 x3 Rounds

Stability Ball Hamstring Curl x10

Stability Ball Crunch x15

COOL DOWN 1-3 Rounds

Hip Flexor Release x30s/30s

Groin Stretch with Pec/Shoulder Stretch x30s/30s

Adductor Stretch x30s/30s

Child's Pose x1 min

Pigeon Pose x30s/30s

Lumbar Twists x1 min



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WEEK 2 – DAY 2

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Quad/Glute/Reach Down x1/1/1 per side

Dyno Kicks x3/3

Dynamic Pigeon x3/3

ACTIVATION WARM-UP x2 Rounds:

Band Dislocations x10

Hip Twists x10/10

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Band Good Mornings x10

Lateral Band Walks x20/20

THE WORKOUT

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TRX Rows x10

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Side Plank Hold x30s/30s

COOL DOWN 1-3 Rounds

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Adductor Stretch x30s/30s

Child's Pose x1 min

Pigeon Pose x30s/30s

Lumbar Twists x1 min



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Adductor Stretch x30s/30s

Child's Pose x1 min

Pigeon Pose x30s/30s

Lumbar Twists x1 min