

# **YOUR ROAD TO GREATNESS STARTS HERE!!**



**Start your journey by mastering the foundational movements  
necessary to build upon and achieve your goals!**

This 3-day program will serve as a primer to start your training and as an  
assessment to see what level you are currently at!

Welcome to your free week of online training! To get started we have created 3 days of workouts on the following pages. These workouts are designed to give you insight into how well your body moves. Each day has a small paragraph describing the focus for the workout.

Whenever we workout the most important element to focus on is form. Form sounds like a cliché training term, so let me explain exactly what I mean. For our body to move, perform, and operate at its best, we need to have optimal movement patterns. Our body has been developing motor patterns (movement patterns) since we were babies. Some of these patterns are good, efficient, and safe! However, just like habits, we also form bad movement patterns over the years. It is important for us to constantly reinforce our bodies with the correct FORM (movement pattern) so that our body moves pain free, and efficiently!

The following workouts will challenge your body to help you determine your movement capacity, as well as your strengths and weaknesses. After this week of training is finished, you will have the opportunity to sit down with one of our fitness professionals to get a plan together that fits YOU! We use these workouts and your feedback to write a personalized program to help YOU move better and achieve YOUR health and fitness goals!

We are really looking forward to joining you on your Road To Greatness!

Trevor Wilts

Director of Online Training



# Day 1

Today's focus is on breathing. Naturally, we tend to breathe a little bit harder when working out but focusing on how we use our breathe can improve our performance. Taking a big breath in before each repetition help increase intraabdominal pressure to aid your core as it protects your spine. Additionally, it provides oxygen to your muscles to help them work more efficiently. So, throughout this workout, and those moving forward, make sure you focus on your breathing during each exercise.

Weight/Time

A1. <a href="#">Anti-Rotation Cable Hold</a>	2x:20 ea	
A2. <a href="#">Alt. Downward Dog</a>	2x8 ea	
A3. <a href="#">DL Deficit Calf Raise</a>	2x15	
A4. <a href="#">Side Plank Hip Abduction</a>	2x10 ea	
B1. <a href="#">Goblet Squat</a>	3x12	
B2. <a href="#">Plank</a>	3x:30	
B3. <a href="#">T-Spine Rotation</a>	3x6 ea	
C1. <a href="#">Push Up</a>	3x12	
C2. <a href="#">Dead bug</a>	3x:40 sec.	
D1. <a href="#">Cable Row</a>	3x12	
D2. <a href="#">Reverse Lunge</a>	3x10 ea	

Additional Notes:

# Day 2

The focus of today's workout is keeping your core engaged. Your core works to protect your spine and stabilize your entire body as you go through a variety of movements. In addition, your core also helps to transfer forces throughout the body. If the core is not engaged, the body loses some of its force production capacity. So, throughout this workout, and those moving forward, focus on bracing your core during each exercise.

Weight/Time

A1. <a href="#">Side Plank</a>	2x:20 sec. ea	
A2. <a href="#">Heel Walks</a>	2x:40 sec.	
A3. <a href="#">Cuban Press</a>	2x12	
A4. <a href="#">Wall Sit</a>	2x:30 sec	

B1. <a href="#">DB Deadlift</a>	3x12	
B2. <a href="#">Alt. Shoulder Taps</a>	3x:30 sec.	
B3. <a href="#">Kneeling Ankle Mobility</a>	3x6 ea	

C1. <a href="#">Alt. DB Floor Press</a>	3x10 ea	
C2. <a href="#">Toe Taps</a>	3x15	

D1. <a href="#">SA Lat Pull</a>	3x12 ea	
D2. <a href="#">Step Up</a>	3x10 ea	

Additional Notes:

The focus of today's workout is "be in control of your body". By focusing on being in control of your body you decrease the risk of getting injured. Additionally, you maximize the amount of muscle activation throughout each exercise, driving optimal results. Speed, and power have their place in training, but regardless of how fast or powerful you move, you must be in total control. So, throughout this workout, and those moving forward, focus on being in control of your body.

Weight/Time

A1. <a href="#">Plank w/ Alt. Reach</a>	2x:30 sec.	
A2. <a href="#">Eversion Walks</a>	2x:40 sec.	
A3. <a href="#">DB Lateral Shoulder Raise</a>	2x15	
A4. <a href="#">Glute Bridge</a>	2x15	

B1. <a href="#">Split Squat</a>	3x10 ea	
B2. <a href="#">SA Farmers Walk</a>	3x:25 sec. ea	
B3. <a href="#">Shoulder Dislocators</a>	3x6ea	

C1. <a href="#">SA DB Bent Over Row</a>	3x12 ea	
C2. <a href="#">SL Leg Lifts</a>	3x:40	

D1. <a href="#">Half Kneeling SA DB Shoulder Press</a>	3x12	
D2. <a href="#">SL RDL</a>	3x10ea	

Additional Notes:

## Next Steps:

- 1.) Talk with one of our fitness professionals to get YOUR plan pieced together.
- 2.) Start on YOUR Road to Greatness

## Online Training

**\$115/month**

**3 days per week of individualized programming + weekly check-ins with your trainer**

**Additional Days + \$30/day**

**1 HR Nutrition / Mental Performance Consultation + \$50**

An initial consultation with your trainer going over goals, limitations, strengths, and weaknesses will get the program kicked off!

**Call NOW to schedule your consultation!**

**469.289.6656**

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