

STABILITY

PLEDGE TO FITNESS

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WHAT IS STABILITY?

Stability is defined as the ability to maintain control of joint movement or position by coordinating actions of surrounding tissues and the neuromuscular system.

We will be focusing on creating muscular stability for the next 4-6 weeks. This program can be performed in congruence with your *Pledgendary training sessions* or as a standalone. Speak with your Pledge Team Coach to create an optimized balance between your in-session work and this on-your-own program.



BEFORE STARTING

Always **monitor yourself** when performing a workout: avoid any exercise if it hurts, **work your way up** to our suggested set and repetition counts as you build your endurance. You should recover once a week with an **Active Rest Day** performing rolling and stretching of any tightness, and/or enjoy fun physical activities.

Perform all exercises with “Proper Form”. This means maintaining a wide chest, your shoulders down and back, a tight core (suck in your belly button towards your spine), and glutes engaged to maintain your hips directly below your rib cage.

For any given exercise, select weights and resistance based on what you can lift while maintaining proper form. A good rule of thumb for finding the right amount of weight to use: your last three repetitions should burn.

EQUIPMENT

Recommended Equipment for Stability Training:

- **Stopwatch**
- **Mat**
- **Bands**

Recommended Equipment for Weighted Movements:

- **Dumbbells / Barbells**
- **Cables**
- **Kettlebell**

While our **PTFStudios** have all the equipment one could dream of, each exercise can be modified with different equipment you have available at the moment.

Use what you have at your disposal.

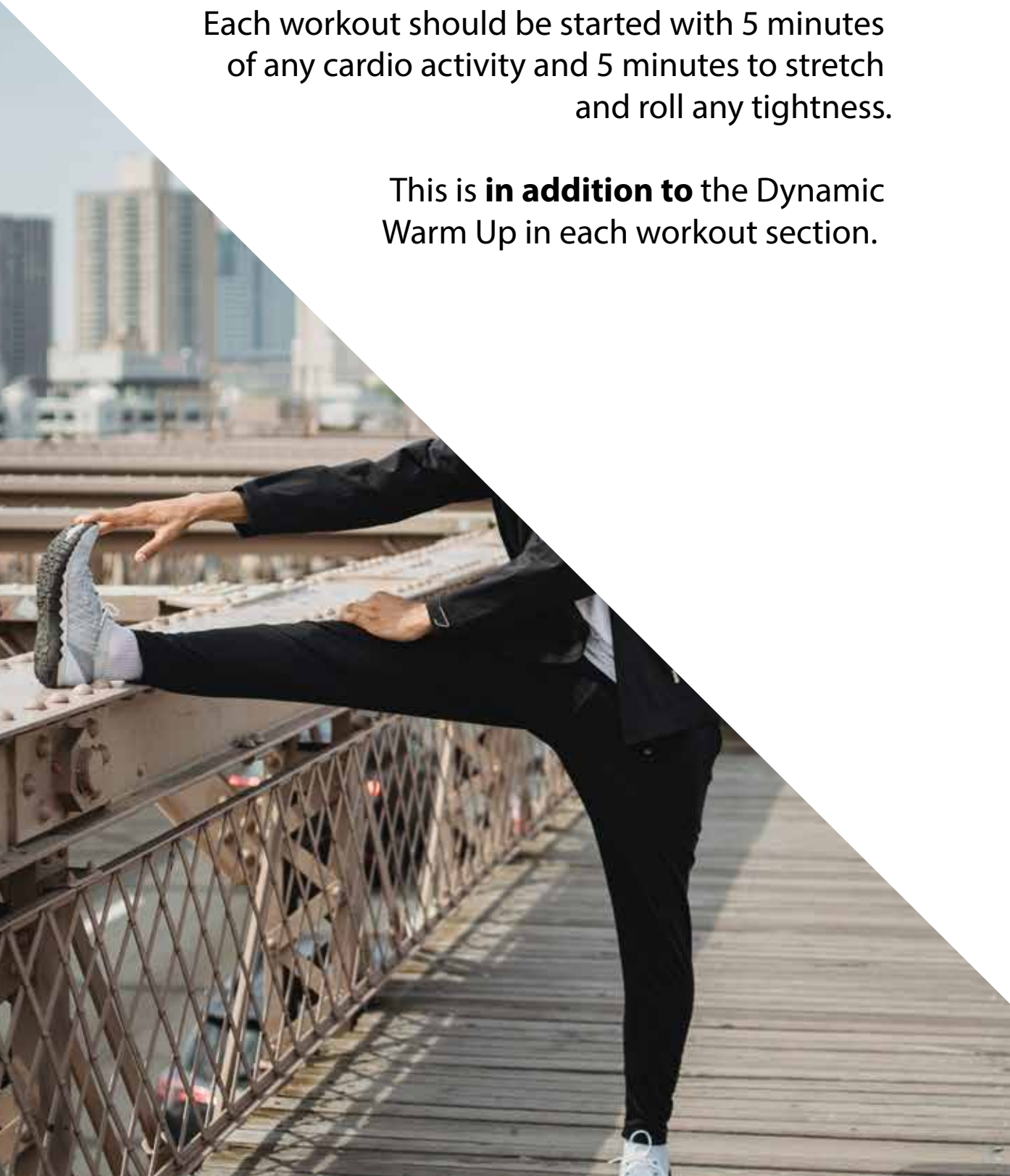
Each exercise in this PDF has suggestions as to how it can be modified with different equipment or to different difficulty levels.



WARMING UP

Each workout should be started with 5 minutes of any cardio activity and 5 minutes to stretch and roll any tightness.

This is **in addition to** the Dynamic Warm Up in each workout section.



Complete all four workout sections **once per week, for up to six weeks.**

WORKOUT TIMELINE

DAY 1

FULL BODY PUSH
Stability Training
pg. 8

DAY 2

FULL BODY PULL
Stability Training
pg. 9 *Optional- Repeat on Day 5 and 6*

DAY 3

UPPER BODY
Stability Training
pg.10

DAY 4

LOWER BODY
Stability Training
pg. 11 *Optional- Repeat on Day 5 and 6*



FULL BODY PUSH

WORKOUT FLOW

Choose one of each MOVEMENT at any level and perform 2-5 SETS of 15-20 REPETITIONS. Repetitions are per arm or per leg if performing a single-limb movement. Complete sets of movement consecutively with rest in between.

REST: 30 - 60 seconds

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

PUSH

- Single Arm Press Machine
- Hand Elevated Push Ups
- Single Arm Floor Press



SQUAT

- Body Squat
- Assisted Squat



LUNGE

- Split Squat
- Walking Lunges



ARMS

- May Progress to Single Leg
- Single Arm Shoulder Press
- Single Arm Bicep Curls
- Single Arm Tricep Extension



CARDIO

- Jog in Place
- Jump in Place



INTERMEDIATE

PUSH

- Push Ups
- Single Arm Weighted Press
- Single Arm Chest Flys



SQUAT

- Weighted Squat
- Single Leg Box Squat



LUNGE

- Weighted Walking Lunges
- Weighted Split Squat



ARMS

- May Progress to Single Leg
- Single Arm Shoulder Press
- Single Arm Bicep Curls
- Single Arm Tricep Extension



CARDIO

- High Knees
- Jump Rope



ADVANCED

PUSH

- Single Arm Push Ups



SQUAT

- Pistol Squat



LUNGE

- Jumping Split Squat



ARMS

- May Progress to Single Leg
- Single Arm Shoulder Press
- Single Arm Bicep Curls
- Single Arm Tricep Extension



CARDIO

- Mountain Climbers
- Sprints



DAY

1

FULL BODY PULL

WORKOUT FLOW

Choose one of each MOVEMENT at any level and perform 2-5 SETS of 15-20 REPETITIONS. Repetitions are per arm or per leg if performing a single-limb movement. Complete sets of movement consecutively with rest in between.

REST: 30 - 60 seconds

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

PULL

- Assisted Pull Ups
- Single Arm Machine Row
- Single Arm Pull Downs



HINGE

- Good Morning



LUNGE

- Split Squat
- Walking Lunges



ARMS

- May Progress to Single Leg
- Single Arm Shoulder Press
- Single Arm Bicep Curls
- Single Arm Tricep Extension



CARDIO

- Jog in Place
- Jump in Place



INTERMEDIATE

PULL

- Pull Ups
- Chin Ups
- Single Arm Seated Cable Row



HINGE

- Deadlift
- Single Leg Deadlift
- Single Leg Box Squat



LUNGE

- Weighted Walking Lunges
- Weighted Split Squat



ARMS

- May Progress to Single Leg
- Single Arm Shoulder Press
- Single Arm Bicep Curls
- Single Arm Tricep Extension



CARDIO

- High Knees
- Jump Rope



ADVANCED

PULL

- Weighted Pull Ups
- Single Arm Squatted Cable Row



HINGE

- Kettlebell Swing



LUNGE

- Jumping Split Squat



ARMS

- May Progress to Single Leg
- Single Arm Shoulder Press
- Single Arm Bicep Curls
- Single Arm Tricep Extension



CARDIO

- Mountain Climbers
- Sprints



UPPER BODY

WORKOUT FLOW

Choose one of each MOVEMENT at any level and perform 2-5 SETS of 15-20 REPETITIONS. Repetitions are per arm or per leg if performing a single-limb movement. Complete sets of movement consecutively with rest in between.

REST: 30 - 60 seconds

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

PUSH

- Single Arm Press Machine
- Hand Elevated Push Ups ■
- Single Arm Floor Press



PULL

- Assisted Pull Ups ■
- Single Arm Machine Row
- Single Arm Pull Downs



ARMS

- May Progress to Single Leg
- Single Arm Shoulder Press ■
 - Single Arm Bicep Curls
 - Single Arm Tricep Extension



CARDIO

- Jog in Place
- Jump in Place ■



INTERMEDIATE

PUSH

- Push Ups ■
- Single Arm Weighted Press
- Single Arm Chest Flys



PULL

- Pull Ups ■
- Chin Ups
- Single Arm Seated Cable Row



ARMS

- May Progress to Single Leg
- Single Arm Shoulder Press ■
 - Single Arm Bicep Curls
 - Single Arm Tricep Extension



CARDIO

- High Knees
- Jump Rope ■



ADVANCED

PUSH

- Single Arm Push Ups



PULL

- Weighted Pull Ups ■
- Single Arm Squatted Cable Row



ARMS

- May Progress to Single Leg
- Single Arm Shoulder Press ■
 - Single Arm Bicep Curls
 - Single Arm Tricep Extension



CARDIO

- Mountain Climbers
- Sprints ■



DAY

3

LOWER BODY

WORKOUT FLOW

Choose one of each MOVEMENT at any level and perform 2-5 SETS of 15-20 REPETITIONS. Repetitions are per arm or per leg if performing a single-limb movement. Complete sets of movement consecutively with rest in between.

REST: 30 - 60 seconds

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

SQUAT

- Body Squat
- Assisted Squat



HINGE

- Good Morning



LUNGE

- Split Squat
- Walking Lunges



CARDIO

- Jog in Place
- Jump in Place



INTERMEDIATE

SQUAT

- Weighted Squat
- Single Leg Box Squat



HINGE

- Deadlift
- Single Leg Deadlift
- Single Leg Box Squat



LUNGE

- Weighted Walking Lunges
- Weighted Split Squat



CARDIO

- High Knees
- Jump Rope



ADVANCED

SQUAT

- Pistol Squat



HINGE

- Kettlebell Swing



LUNGE

- Jumping Split Squat



CARDIO

- Mountain Climbers
- Sprints



DAY

4

WORKOUT EXAMPLES

These examples are made to understand the different workout flows. Please follow the exercises at your level and according to the day you are on.

DAY 1 EXAMPLE FULL BODY PUSH

Warm Up

- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Hand Elevated Push Ups
- 60 seconds of Body Squat
- 60 seconds of Split Squat
- 60 seconds of Single Arm Shoulder Press
- 60 seconds of Jump in Place

Workout

- 3 sets of 18 repetitions of Single Arm Press Machine
- Rest 30 seconds
- 3 sets of 18 repetitions of Assisted Squat
- Rest 30 seconds
- 3 sets of 18 repetitions of Walking Lunges
- Rest 30 seconds
- 3 sets of 18 repetitions of Single Arm Bicep Curls
- Rest 30 seconds
- 3 sets of 18 repetitions of Jog in Place

DAY 4 EXAMPLE LOWER BODY

Warm Up

- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Assisted Squat
- 60 seconds of Good Morning
- 60 seconds of Walking Lunges
- 60 seconds of Jump in Place

Workout

- 3 sets of 18 repetitions of Body Squat
- Rest 30 seconds
- 3 sets of 18 repetitions of Good Morning
- Rest 30 seconds
- 3 sets of 18 repetitions of Split Squat
- Rest 30 seconds
- 3 sets of 18 repetitions of Jog in Place



HAVE QUESTIONS?

Contact your Pledge Team Coach or write us at
info@pledgetofitness.com

Disclaimer This handout has an educational purpose. It is not medical advice, nor is it intended to replace professional medical advice or treatment. It is also not intended to be exhaustive and cannot be guaranteed in every case to incorporate new scientific, kinesiological, or medical research, or to be retroactively updated to incorporate such new information, although every effort is made to provide the most up-to-date information available at the time of publishing. These workouts should also not be assumed to be universally applicable in every case, as every person's health status is unique. You are encouraged to verify any information or exercise obtained from this handout with your physician or other health care professional.

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