

# **The Protean Routine**

## **The Warm-Up**

**5 Minute Body Scan Meditation**

**Knee Circles - 10 Each Direction**

**Arm Windmills, Opposite Direction – 10 Each Way**

**Alternating Toe Touches – 5 Each Side**

**High Kicks – Swing each leg straight up 5 times, then sideways 5 times**

**Anterior Reach / CLA Reach – 5 Each Side**

**Posterior Reach – 5 Each Side**

**Bird Dog – 5 Each Side**

**Deep Squats – 5 Reps**

**Balance Board (Optional) – 2 minutes**

**Reaction Ball-Wall OR Juggling OR Skipping – 2 Minutes**

**Skater Hops – 10 Each Side**

**Overcoming Isometric – 4 x 7 seconds at 3 joint angles.**

# The Protean Routine

## Legs Day

2 x 10/30/50 One Legged Jump Squat With Knee Thrust (Alternating) > Lunge Scissor Jump > Reverse Lunge

2 x 15/20/35 Weighted Pistol Squat > Pistol Squat > Weighted Lunge Walk > Lunge Walk

2 x 10/20/25 Romanian Deadlifts > Weighted Good Mornings > Bodyweight Good Mornings

2 x 10/25/50 Goblet Jump Squats > Jump Squat > Air Squats > Assisted Squats  
(Alternative: 2 x 50: Overspeed Kettlebell Swing > Kettlebell Swing > Jump Squats > Air Squats > Assisted Squats)

2 x 25/50/100 Hindu Squats > Bunny Hops > Backward Jogging > Backward Walking

2 x 20/30/50 Weighted Cossack Squats > Weighted Side Lunge > Side Lunge > Skater Hops

2 x 20/30/35 Weighted Glute Bridges > Unilateral Glute Bridges > Glute Bridges

2 x 20/30/35 Deficit Calf Raises (With or Without Weight) > Calf Raises

2 x 15/25/50 X-Ups > Bicycle Sit-Ups > Elbow to Knee

2 x 20/30/50 L-Sit Flutterers > Lying Leg Raises > Lying Leg Flutterers

2 x 50/100/150 Bilateral Loaded Carry > 100-Up major > 100-Up Minor

1 Minute Quasi-Isometric Air Squat > Quasi-Isometric Assisted Air Squat

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## Pull Day

2 x 15/25/30 Weighted L-Sit Rope Climb > L-Sit Rope Climbs > Wall Climb > Towel Pull Ups > Decline/Assisted Towel Pull Ups

2 x 20/50/75 Weighted Decline Rows > Decline Rows > Bodyweight Rows > Incline Rows > Reverse Plank With Leg Raises

2 x 15/25/50 One Arm Bodyweight Rows With Rotation > Band Pull

2 x 10/20/30 Front Lever Flutters > Tuck Front Lever Kicks > Bodyweight Scapula Rows > Band Scapula Rows

2 x 15/25/35 Weighted Explosive Pull Ups > Weighted Pull Ups/Explosive Pull Ups > Pull Ups > Kipping Pull Ups > Pull Up Negatives > Assisted Pull Ups

2 x 20/30/50 Hanging Leg Raises/Weighted Hanging Frog Kicks > Hanging Frog Kicks > Seated Leg Raises

2 x 20/30/50 Curls > Hammer Curls > Drag Curls > Cheat Curls

1 Minute Dead Hang

1 Minute Quasi-Isometric Pull Up/Bodyweight Row > Quasi-Isometric Band Row

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## Push Day

2 x 15/30/50 Weighted Ring Dips > Ring Dips > Weighted Dips > Dips > Assisted Dips > Tricep Dips > Assisted Tricep Dips

2 x 15/25/50 Handstand Push Up > Assisted Handstand Push Up > Decline Pike Press > Pike Press > Shoulder Press

2 x 20 Planche Push Ups > Straddle Planche Push Ups > Tuck Planche Push Ups > Pseudo Planche Push Ups > Knuckle Push Ups > Knuckle Push Ups on Knees > Wall Knuckle Push Ups

2 x 10/15/30 One Arm LaLanne Push Ups > LaLanne Push Ups > Ab Roll-Out > Ab Roll-Out On Knees > Walk Outs to Plank

2 x 30/50/100 Explosive Push Ups > Push Ups > Push Ups on Knees > Incline Push Ups

2 x 15/20/50 Fingertip Push Ups > Fingertip Push Ups on Knees > Push Ups > Push Ups on Knees

2 x 15/25/50 Weighted One Arm Push Ups > One Arm Push Ups > Staggered Stance Band Press

2 x 20/50/100 Sandbag Tug Crawl/Slow Lizard Crawl > Lizard Crawl > Foot-Hand Crawl

1 Minute Quasi-Isometric Push Up > Quasi-Isometric Incline Push Up > Quasi-Isometric Band Press

# The Protean Routine

## Full Body

2 x 10/25/30 Cross Body Kettlebell Clean and Press > Squat Press > Dumbbell Squats > Assisted Squats

2 x 10/15/30 Sandbag Snatch > Sandbag Clean > Sandbag Bent Row > Bent Dumbbell Row

2 x 10/25/50 Man Makers > Devil Press > Burpees > Incline Push Ups

2 x 10/25/50 Bulgarian Bag Spin/Gama Cast/Halo/Kettlebell Halo

2 x 15/20/30 Dumbbell Runners

2 x 15/20/30 Overhand Curls

2 x 15/25/50 Medicine Ball Slams/Sledgehammer/Band Woodchopper > X-Ups > Knee to Elbow Crunch

2 x 10/15/20 Bodyweight/Band Face Pulls

1 x 50/150/200 (Each Side) Farmers' Walk Briefcase Carry / Briefcase Carry 100-Up

1 x 50/100/150 (Each Side) Single Leg Skipping > Skipping > Skipping No Rope

5 x 1 Minutes Bag Work/Shadow Boxing (With 30 Second Breaks)

# The Protean Routine

## Mobility Routine

### Split Squat

30 second (each side)

### Cossack Squat

30 seconds (each side)

### Deep Squat

30 seconds (each side)

### Prayer Squat (Namaskarasana)

30 minute

### Squatting Internal Rotation

30 seconds (each side)

### Cobra Stretch

30 seconds

### Downward Dog

30 seconds hold

### Overhead Squat

30 seconds

### Crab Reach

30 seconds (Each Side)

### Half Bridge OR Full Bridge

30 seconds

### 5 Minutes Hakalau Meditation