



ONE WEEK INSIDE

THE DEN



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PART OF THE PACK

One Week Inside The Den

The Den program lays out a challenging but fun strength-based routine in a balanced and well-rounded way.

Over 4-week training blocks and 3-month phases, you will progressively build upon the levels of fitness — strength, capacity, balance, power, mobility, flexibility, etc.

Inside the Den, you will find compassionate care coaching to walk you through your training program, along with the support you need as a human juggling life.

My hope is that you extend yourself the grace, compassion, time, care, and attention you truly deserve to reach your audacious dreams.

And sometimes you want a taste test before the purchase, amiright?

These are EXACT workouts taken from The Den program — both the Gym and At Home.

Try them out. Try them on. Make sure they are a fit for you. And then I would love to see you as Part of the Pack.

THE DEN





The Way This Works

You will choose the week of workouts from the program you are hoping to join (At Home or Gym), which is also based on the equipment you have access to.

Your Warm up is also included for your workouts.

There are short Demo videos for each exercise. These are quick demonstrations only — not full coaching or technique cues.

You will notice that most of the time, you are in charge of choosing your weight. This is by design. You are the authority on your body. Autonomy is something we practice and nobody knows better about your body than YOU. This allows you to scale and customize the workout for you on each day. Typically I suggest leaving 1–2 reps in the tank unless otherwise specified on your training day.



Equipment Needs

GYM PROGRAM

- Barbell and Weight Plates
- Bench
- Dumbbells and/or Kettlebells
- Stability Ball
- Cable Machine and/or Bands
- Pull-Up Bar
- TRX and/or Cable Machine Trainer

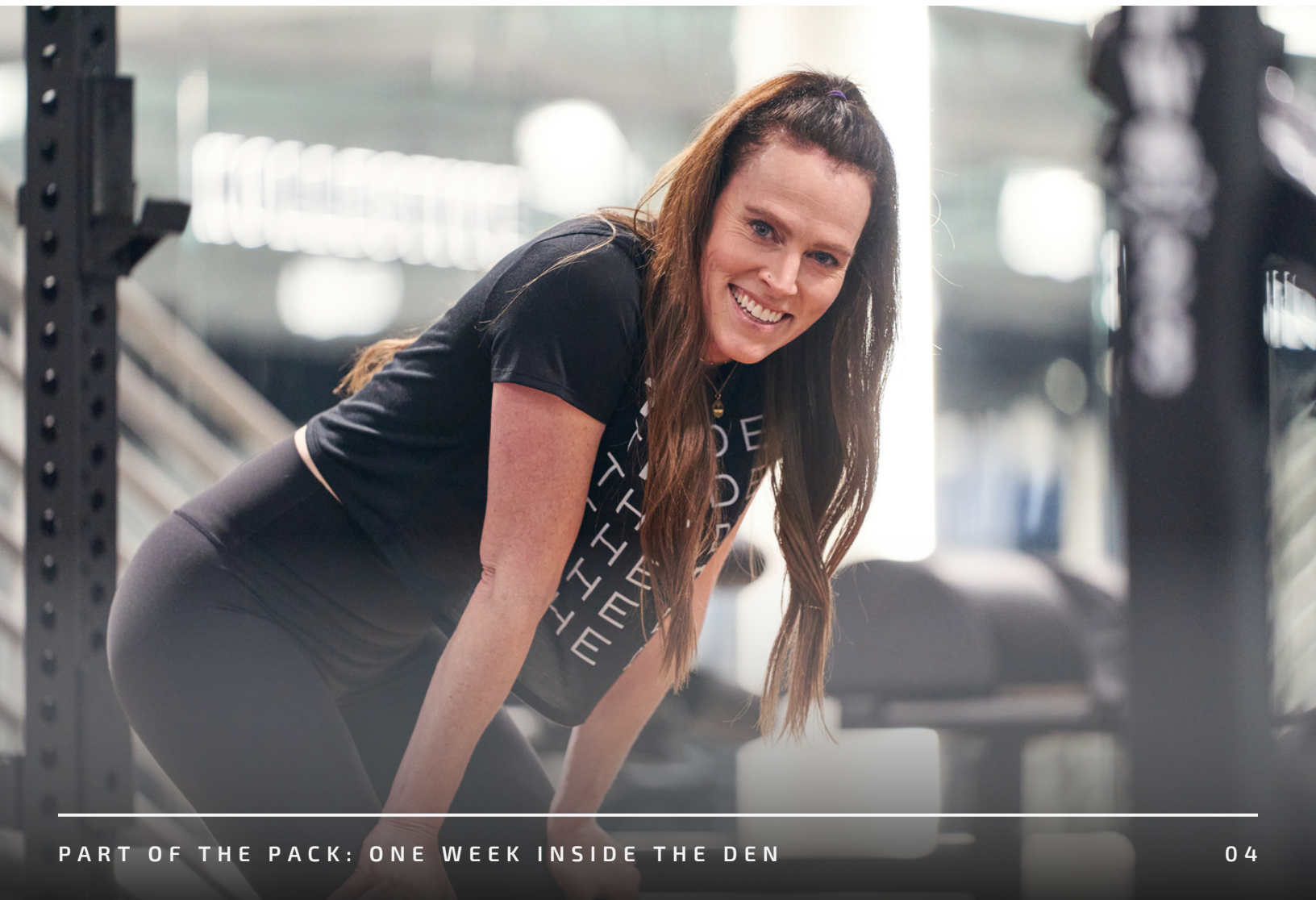
AT HOME PROGRAM

- Mini Bands and loop bands of varied resistance
- Bench (not required — can use other household items)
- Dumbbells and/or Kettlebells (I recommend at least 10–30 lb. DBs & KBs)

What You Won't Find Inside The Den

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- Guaranteed results of any kind. That's on you, my friend.
- Weight requirements (what to lift) or weigh-ins of your body
- Before/after pics
- Nutrition help or guidance on food
- Shame for missing a workout
- Pressure to push through a workout when you are not feelin' it
- Making you 'good' or 'bad' for adhering to the program



THE DEN At Home Program



At Home Program

DAY 1: SQUAT FOCUS

WARM UP	ROUND 1	ROUND 2	
1. <u>Toe touch/Squat to Stand/OH Reach</u> , 5 reps			
2. <u>Spiderwoman</u> , 5 each side			
3. <u>Gorilla Walks (fwd)</u> , 10 reps			
WORKOUT	SET 1	SET 2	SET 3
A. <u>Goblet Squat</u> , 8:00, 6-8 reps EMOM <i>Set your timer for 8:00. Perform 6-8 reps on the top of every minute. Rest the remainder of the minute. (This can also be Bodyweight.)</i>			
B1. <u>Kickstand RDL</u> , 3 x 8 each			
B2. <u>Glute Bridge from floor</u> , 3 x 8			
B3. <u>Incline Push Up</u> , 3 x 8			
C1. <u>Long Lever Bridge with Heel Raises</u> , 3 x 6			
C2. <u>Hollow Body Variation (choose one)</u> , 3 x :20			



At Home Program

DAY 2: CONDITIONING

INSTRUCTIONS

- Equipment: one set of dumbbells
- Set a timer for 15:00–20:00
- Perform all 4 exercises in a row, moving quickly from one to the next
- Can be done all Bodyweight OR use a set of DBs to increase difficulty for Squats & Lunges
- Rest when needed

AS MANY ROUNDS AS POSSIBLE (AMRAP)

A1. <u>Bodyweight Squats</u> , 10 reps					
A2. <u>Incline Push Up</u> , 10 reps					
A3. <u>Alternating Reverse Lunge</u> , 5 ea					
A4. <u>High Plank Shoulder Taps</u> , 10 ea					



At Home Program

DAY 3: UPPER BODY

WARM UP	ROUND 1	ROUND 2	
1. <u>T-spine Reach Throughs</u> , 5 each side			
2. <u>Prone W</u> , 10 reps			
3. <u>Spiderwoman</u> , 5 total			
WORKOUT	SET 1	SET 2	SET 3
A1. <u>Dumbbell Floor Press</u> , 3 x 8			
A2. <u>Scapular Wall Slide</u> , 3 x 8			
B1. <u>Deadbug</u> , 3 x 6			
B2. <u>Superperson</u> , 3 x 8			
B3. <u>Dumbbell Bent Over Row</u> , 3 x 8			
B4. <u>Incline Push Up</u> , 3 x 8			
C1. <u>Suitcase Carry</u> , 3 x 20 yd each side			
C2. <u>Plank Body Saw</u> , 3 x 10 (fwd + back = 1)			



At Home Program

DAY 4: HINGE FOCUS

WARM UP	ROUND 1	ROUND 2	
1. <u>Jefferson Curl</u> , 5 reps			
2. <u>Hollow Body Variation</u> , :15			
3. <u>Push Up Plank Hold</u> , :30			
WORKOUT	SET 1	SET 2	SET 3
A. <u>Kettlebell Deadlift</u> , 3 x 10			
B1. <u>Single Arm Bench Supported Dumbbell Row</u> , 3 x 8 each			
B2. <u>Farmer Carry</u> , 3 x 20 yds			
B3. <u>Banded Hip Hinge</u> , 3 x 10			
C1. <u>Split Squat</u> , 3 x 10 each			
C2. <u>Seated Band Row</u> , 3 x 10			



THE DEN Gym Program



Gym Program

DAY 1: SQUAT FOCUS

WARM UP	ROUND 1	ROUND 2	
1. <u>Toe touch/Squat to Stand/OH Reach</u> , 5 reps			
2. <u>Spiderwoman</u> , 5 side each			
3. <u>Gorilla Walks (fwd)</u> , 10 reps			
WORKOUT	SET 1	SET 2	SET 3
A. <u>Goblet Squat</u> , 8:00, 6-8 reps EMOM <i>Set your timer for 8:00. Perform 6-8 reps on the top of every minute. Rest the remainder of the minute. (This can also be Bodyweight.)</i>			
B1. <u>Single Leg RDL</u> , 3 x 8 each			
B2. <u>Glute Bridge from floor</u> , 3 x 8			
B3. <u>Incline Push Up</u> , 3 x 8			
C1. <u>Long Lever Bridge w/ Heel Raises</u> , 3 x 6			
C2. <u>Hollow Body Variation</u> (choose one), 3 x :20			



Gym Program

DAY 2: CONDITIONING

INSTRUCTIONS

- Equipment: one set of dumbbells
- Set a timer for 15:00–20:00
- Perform all 5 exercises in a row, moving quickly from one to the next
- Can be done all Bodyweight OR use a set of DBs to increase difficulty for Squats & Lunges
- Rest when needed

AS MANY ROUNDS AS POSSIBLE (AMRAP)

A1. <u>Bodyweight Squats</u> , 10 reps					
A2. <u>Incline Push Up</u> , 10 reps					
A3. <u>Alternating Reverse Lunge</u> , 5 each					
A4. <u>Barbell Inverted Row</u> (legs bent or straight, can also be done with a TRX), 10 reps					
A5. <u>Plank Shoulder Taps</u> , 10 each					

Gym Program

DAY 3: UPPER BODY

WARM UP	ROUND 1	ROUND 2	
1. <u>T-spine Reach Throughs</u> , 5 each side			
2. <u>Prone W</u> , 10 reps			
3. <u>Spiderwoman</u> , 5 total			
WORKOUT	SET 1	SET 2	SET 3
A1. <u>Dumbbell Bench Press</u> , 3 x 8			
A2. <u>Scapular Wall Slide</u> , 3 x 8			
B1. <u>Active Bar Hang</u> , 3 x :15 (if you don't have a bar, substitute a Hollow Body Hold)			
B2. <u>Band Pull Apart</u> , 3 x 10			
B3. <u>Barbell Inverted Row (legs bent or straight)</u> , 3 x 10			
B4. <u>Dumbbell Bent Over Row</u> , 3 x 10			
C1. <u>Suitcase Carry</u> , 20 yds each side			
C2. <u>Plank Body Saw</u> , 10 reps (fwd + back = 1)			

Gym Program

DAY 4: HINGE FOCUS

WARM UP	ROUND 1	ROUND 2	
1. <u>Bird Dog</u> , 5 reps each side			
2. <u>Jefferson Curl</u> , 5 reps			
3. <u>Push Up Plank Hold</u> , :30			
WORKOUT	SET 1	SET 2	SET 3
A1. <u>Barbell Deadlift</u> , 3 x 10			
A2. <u>Adductor Rocks</u> , 3 x 6-8 each side			
B1. <u>Single Arm Bench Supported Dumbbell Row</u> , 3 x 8 each side			
B2. <u>Farmer Carry</u> , 3 x 20 yds			
B3. <u>Dumbbell Lat Pullover</u> , 3 x 8-10 reps			
C1. <u>Split Squat</u> , 3 x 10 each side			
C2. <u>Band Lat Pull Down</u> , 3 x 10 reps			





Join The Den

The Den is a hybrid program that provides coaching along with your workouts. This is not a PDF (like this one) that you download and are on your own.

All workouts are delivered through an online mobile coaching platform called TrueCoach where you can submit videos for feedback, ask questions, interact with your Coaches, and get the support and compassionate care/accountability you need.

IF YOU ENJOYED THESE WORKOUTS, THE DEN IS FOR YOU.

There are two different options based on the level of support and coaching you require; The Den & The DIY Den.

If you are looking for more involved coaching, support, and accountability in achieving your goals, then The Den is for you.

If efficient & effective training program is a top priority, but coaching is not- then the DIY Den is for you.

I WOULD LOVE FOR YOU TO BE PART OF THE PACK. [JOIN HERE.](#)