

The Catchall Program: Aesthetics, Fascial Integrity, and Conditioning

Exercise

| | | | | | |
|-------------------|-----|-----|-----|----|---|
| Squat | 10 | 10 | 10 | 8 | 8 |
| Close-grip Bench | 10 | 10 | 10 | 10 | F |
| Machine Rows | 15 | 15 | 15 | | |
| RDL | 8 | 8 | 8 | 8 | |
| Shoulder Matrix | 8,8 | 8,8 | 8,8 | | |
| Leg Extension | 20 | 20 | | | |
| Ab Wheel Roll-out | 12 | 12 | 12 | | |

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|-------------------------------|-------------|-------------|-------------|----|--|
| Standing Military | 12 | 12 | 12 | 12 | |
| Narrow Grip Incline | 12 | 12 | 12 | 20 | |
| DB Walking Lunges | 16 | 16 | 16 | | |
| SI Series | 12,12,12,12 | 12,12,12,12 | 12,12,12,12 | | |
| Chin-ups | 12 | 12 | 12 | | |
| Barbell Curls | 10 | 10 | 10 | 10 | |
| Kneeling Strict Russian Twist | Exhaust | Exhaust | Exhaust | | |

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|----------------------|---------|---------|---------|---------|----|
| Good Mornings | 8 | 8 | 8 | 8 | 8 |
| Front Barbell Raises | 10 | 10 | 10 | 10 | |
| Reverse Grip Rows | 12 | 12 | 12 | | |
| Hindu Squats | 10 | 15 | 20 | 15 | 10 |
| EZ Bar Curls | Exhaust | Exhaust | Exhaust | Exhaust | |
| Calves Choice | Heavy | Light | Heavy | Light | |
| Hanging Knee Raises | 15 | 15 | 15 | | |

| | | | | | |
|------------------------|------------|------------|------------|----|---------|
| Bench | 12 | 10 | 8 | 6 | HEAVY/F |
| Deficit SLDL | 10 | 10 | 10 | 10 | |
| QL Cable/Band Flyes | 24 | 24 | 24 | | |
| Narrow Grip Pull-downs | 12 | 12 | F | | |
| Shrug Matrix | 15,15,15,F | 15,15,15,F | 15,15,15,F | | |
| Diamond Push-ups | AMAP | AMAP | AMAP | | |
| Band Push-downs | 40 | 40 | 40 | | |
| Plate Cherry Pickers | 30 | 30 | 30 | | |

Cardio

| | | |
|-------------------|---------------|---------------|
| Weight Vest Walks | 1 HR | 1 HR |
| Hill Sprints | 40 m, 10, 70% | 30 m, 8, 100% |
| Intervals | 60/30 | 90/30 |

Instructions

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|----|----|
| FR | LR |
|----|----|

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|-----|----|-------|-----|
| ROT | GM | QL SB | RBE |
|-----|----|-------|-----|

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|-------|-------|------|--|
| BB 3W | DB EL | MCHN | |
|-------|-------|------|--|

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|-------|-------|-------|-------|
| BB OH | BB RG | BB SG | DB NG |
|-------|-------|-------|-------|