

AIR

Congratulations! You have started the Air Program! This program is designed to achieve a **simple, basic routine, which requires no equipment**. We will accomplish this through **attainable, body weight exercises, performed for time**. This Key will teach you how to read your workouts.

ORDER: The order the workouts should be performed, #1 is the first workout of the week, #2 is second, and so on.

LIFT / CORE / CARDIO: This indicates the type of training you will perform in each section of the workout.

WORKOUT NICKNAME: Nicknaming your workouts make them easier to memorize, these are mostly just nicknames and do not strictly define every aspect of the workout. For instance, if the nickname includes the word "ARMS", the workout will involve the arms, but will most likely incorporate other parts of the body. It's mostly just a nickname.

SYMBOLS	
>	next movement or superset movements
+	combine movements
()	alternative exercise
s	seconds

WARM UP P1: Exercises to prepare the cardiovascular system

WARM UP P2: Mobility drills to prepare the joints

WARM UP P3: Movements to prime the relevant muscles used in the main exercises

MAIN EXERCISES: These movements are the workouts's main focus. Everything else is extra credit, you can just focus on these and then decide if you have spare time for any other exercises, core, or cardio workouts afterward.

TIME OR REPS: recommended time or repetitions to perform each exercise

SETS: A set is a group of consecutive reps performed without resting. You may briefly rest before and after each set.

ACCESSORIES: Exercises meant to compliment or supplement the movements in the main section of the workout. They are not necessary for every workout. As you get stronger and faster you can add these movements in.

ROUND: A round is made up of exercises performed back to back with little to no rest between exercises. You may rest a maximum of one minute between each round.

YOGA INSPIRED STRETCHES: These are stretches that are meant to encourage mental peace and flow while we release tension from the affected muscles of the day. We could just do basic stretches here, but this way you are reintroduced to deep breathing and a calm mindset before you step back into daily life.

#	LIFT	WORKOUT NICKNAME
WARM UP part 1 of 3: cardio, blood flow, breath work		
WARM UP part 2 of 3: mobility exercises		
WARM UP part 3 of 3: stabilization & activation exercises		
MAIN		
MAIN		
MAIN		
sets		time or reps
ACCESSORY		
ACCESSORY		
ACCESSORY		
sets		time or reps
#	CORE	WORKOUT NICKNAME
CORE		
CORE		
CORE		
CORE		
rounds		time
#	CARDIO	WORKOUT NICKNAME
GOAL FOCUSED AGILITY CIRCUIT		
agility exercise		
agility exercise		
agility exercise		
agility exercise		
rounds		time
yoga inspired stretches for muscles worked		
yoga inspired stretches for muscles worked		

CORE EXERCISES: These are movements that are meant to be performed back to back with little to no rest in between. They should fatigue the core (abs, back, glutes, and hips) along with some of the muscles worked in the above exercises. Core workouts may be performed immediately after the Lift, or several hours later, or even the next day. 1 - 4 rounds will take 2 - 20 minutes.

GOAL FOCUSED CARDIO TASK: Cardio workouts may be performed immediately after the Lift or Core workout, or several hours later, or even the next day. Cardio workouts are named after two things, (1) the determined focus and (2) the task that will be performed - in the Air Split the task will always be an agility circuit.

Example #1 "FAST AGILITY" indicates that the goal is to achieve the best time possible in the determined number of rounds (1 - 4 rounds) and you will be performing agility exercises.

Example #2 "TIMED AGILITY" indicates that the goal will be to achieve the maximum number of rounds in the determined time (5 - 10 mins) and you will be performing agility exercises.

Here is an overview of your split - you should warm up before, and stretch after every workout. Workouts #3 and #4 are interchangeable, depending on your goals and if you prefer to focus on lower (#3) or upper (#4) body.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIFT #1	CORE #1 CARDIO #1	LIFT #2	CORE #2 CARDIO #2	LIFT #3 CORE #3 CARDIO #3	LIFT #4 CORE #4 CARDIO #4	REST

Depending on your schedule you may prefer an alternate split, displayed below.

Alternate #1 allows you to workout for more minutes on fewer days, making for 3 rest days instead of 1 rest day. Instead of performing core and cardio on separate days, you may do them immediately after your lift, or several hours later if you are more interested in a “two-a-day” split.

Alternate Air Split #1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIFT #1 CORE #1 CARDIO #1	REST	LIFT #2 CORE #2 CARDIO #2	REST	LIFT #3 CORE #3 CARDIO #3	LIFT #4 CORE #4 CARDIO #4	REST

Alternate #2 is great if you want to lift more days a week. You will separate the lower body and upper body exercises, and perform them on alternating days. You can plug in core and cardio workouts where they make the most sense in your schedule.

Alternate Air Split #2 - lower first

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LOWER #1	UPPER #1 CORE #1 CARDIO #1	LOWER #2	UPPER #2 CORE #2 CARDIO #2	LIFT #3 CORE #3 CARDIO #3	LIFT #4 CORE #4 CARDIO #4	REST

Alternate Air Split #2 - upper first

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
UPPER #1	LOWER #1 CORE #1 CARDIO #1	UPPER #2	LOWER #2 CORE #2 CARDIO #2	LIFT #4 CORE #4 CARDIO #4	LIFT #3 CORE #3 CARDIO #3	REST

Pick the split that works best in your regular schedule. It will be easiest to stay consistent with a program that suits your lifestyle.

GRADE	HOURS
100%	6+
A+	5.5
A-	5
B+	4.5
B-	4
C+	3.5
C-	3

I do not necessarily expect everyone to complete every single workout, every single week. But I do expect you to do your best and invest as much time as you possibly can in your health.

You can use this chart (left) to give yourself a grade each week.

Overall, fitness is about having a solid routine. This program is designed to deliver that to you. Once you have a routine it will be easier to tweak whatever workouts you're doing to be more targeted to your more specific goals.

We must establish a routine first!

Remember to plan for a healthy diet. Make time to go to the store and cook each week. Even just a couple weeks of mindful eating can make a huge difference in your energy and momentum going forward. Thinking of food as fuel will make it a lot easier to achieve any goals you have.

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ASSESSMENT workouts are meant to measure your performance at the very start of a new program, then only once every 4 - 8 weeks to measure performance progress.

If you are consistent in your program, each time you perform this assessment workout you should be faster and stronger.

Assessments are #0 because you do **NOT** need to perform them each week, only sparingly.

#0	LIFT	AIR ASSESSMENT
	meditation > sun salutation + frogger squat	
	down dog hip circles > prone external shoulder rotation	
	crab hip thrust hold > warrior III	
	1 MINUTE RANGE OF MOTION SQUAT	
	PUSH UP (knee push up)	
	1 MINUTE RANGE OF MOTION SPLIT SQUAT (single leg bridge)	
	2 sets	max reps
	HANG (high plank to tiger pose)	
	COSSACK SQUAT (single leg deadlift)	
	LOW PLANK ROTATION (single side bird dog)	
	1 - 2 sets	max time
#0	CORE	AIR ASSESSMENT
	HOLLOW HOLD	
	LOW PLANK	
	SIDE PLANK	
	ALTERNATING SINGLE LEG REVERSE CRUNCH	
	1 - 4 rounds	max time - 60s cap
#0	CARDIO	AIR ASSESSMENT
	FAST AGILITY - x20 reps each exercise	
	speed squat	
	jumping jacks	
	mountain climbers	
	alternating high plank rotations	
	1 - 4 rounds	best time
	childs pose + twist > pigeon > reclined twist + happy baby	
	rolly polly + forward fold > quad > cow face arms	

SYMBOLS	
>	next movement or superset movements
+	combine movements
()	alternative exercise
s	seconds

EQUIPMENT
MAT *optional
PULL UP BAR *optional

FAST AGILITY
Select how many rounds (1 - 4) you are determined to complete.
Then perform the determined number of rounds in the best time possible .

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GRASSHOPPER will introduce you to variations of a squat to train the quads, and introduce you to the Latissimus Dorsi muscle (or "Lat" for short) to train the back and shoulders, along with essential skills.

Skills like: controlling the eccentric (negative) phase of a lift, establishing a neutral spine, and how the core is made up of all the muscles that support the spine - the abdominals, muscles in the back and glutes, and hip flexors in the pelvis and legs - not just the six pack.

#1	LIFT	GRASSHOPPER
meditation > sun salutation + frogger squat		
cat cow > hip circles		
superman + shoulder fly		
TEMPO SQUAT		
PULSING SUMO SQUAT		
SINGLE LEG SIT TO STAND		
3 - 5 sets		30s - 60s each
SINGLE SIDE BIRD DOG		
DOWNDOG + HIGH PLANK		
SIDE PLANK		
2 - 3 sets		30s - 60s each
#1	CORE	GRASSHOPPER
CRUNCH		
SUPERMAN		
HOLLOW HOLD		
ALTERNATING SINGLE LEG REVERSE CRUNCH		
1 - 4 rounds		30s - 60s each
#1	CARDIO	GRASSHOPPER
FAST AGILITY - x20 reps each exercise		
speed squat		
jumping jacks		
mountain climbers		
alternating high plank rotations		
1 - 4 rounds		best time
reclined twist > reclined pigeon > reclined piriformis		
childs pose + side bend > updog > quad		

SYMBOLS	
>	next movement or superset movements
+	combine movements
()	alternative exercise
s	seconds

EQUIPMENT
MAT *optional
CHAIR

FAST AGILITY
Select how many rounds (1 - 4) you are determined to complete.
Then perform the determined number of rounds in the best time possible .

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RAVEN will train your chest, shoulders, glutes, and hamstrings. Additionally, core exercises are included to further the training of those muscle groups.

#2	LIFT	RAVEN
	meditation > sun salutation + walkout to hand release push up	
	down dog hip circles > kneeling shoulder circles	
	crab hip thrust	
	PUSH UP (knee push up)	
	WALKOUT	
	SINGLE SIDE HIGH PLANK ROTATION	
	3 - 5 sets	30s - 60s each
	BRIDGE	
	SINGLE LEG DEADLIFT	
	SIDE BRIDGE	
	2 - 3 sets	30s - 60s each
#2	CORE	RAVEN
	LOW PLANK	
	DOWN DOG ALTERNATING HEEL RAISE + KNEE CROSS	
	SIDE PLANK	
	SIT UP + ROTATION	
	1 - 4 rounds	30s - 60s each
#2	CARDIO	RAVEN
	TIMED AGILITY - x20 reps each exercise	
	cobra press	
	hollow hold scissors	
	low plank alternating lateral toe taps	
	double crunch	
	max rounds	5 - 10 minutes
	childs pose + twist > scorpion > pigeon	
	lizard > tricep > side bend	

SYMBOLS	
>	next movement or superset movements
+	combine movements
()	alternative exercise
s	seconds

EQUIPMENT
MAT *optional

TIMED AGILITY
Decide the amount of time (5 - 10 minutes) you intend to perform the agility circuit.
Perform the maximum number of rounds possible in the determined amount of time.

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DRAGONFLY will train the lower body by including lunge variations, and lateral leg movements.

Core exercises also have a lower body focus to train the glutes and hip flexors - which support the spine along with the abdominals.

#3	LIFT	DRAGONFLY
meditation > sun salutation + frogger squat		
ankle floss > hamstring floss		
warrior III		
REVERSE LUNGE (split squat)		
TIBIALIS RAISE		
WALL CALF RAISE		
3 - 5 sets		30s - 60s each
LATERAL LUNGE		
ALTERNATING HIP RAINBOW		
SIDE LYING HIP ABDUCTION		
2 - 3 sets		30s - 60s each
#3	CORE	DRAGONFLY
BRIDGE HOLD		
SINGLE LEG BRIDGE		
SINGLE LEG TWIST CRUNCH		
DNS STAR		
1 - 4 rounds		30s - 60s each
#3	CARDIO	DRAGONFLY
FAST AGILITY - x20 reps each exercise		
alternating pop squat		
forward backward shuffle		
bridge hold box steps		
toe reach		
1 - 4 rounds		best time
reclined twist > reclined pigeon > reclined piriformis		
updog + quad > half frog > half split		

SYMBOLS	
>	next movement or superset movements
+	combine movements
()	alternative exercise
s	seconds

EQUIPMENT
MAT *optional

FAST AGILITY
Select how many rounds (1 - 4) you are determined to complete.
Then perform the determined number of rounds in the best time possible .

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HARE will train your upper body and introduce you to the concept of training "animal movements".

This is an amazing strategy that involves moving like an animal to become more coordinated, mobile, and resilient in your muscles and joints, all while handling only your body weight. Animal movements are like a spin off of calisthenics, they are a bit funky, but extremely beneficial.

#4	LIFT	HARE
	meditation > sun salutation + walkout to hand release push up	
	cat cow > kneeling twist rope	
	alternating opposite deadbug	
	HANG (high plank to tiger pose)	
	LATERAL BIRD DOG	
	COSSACK SQUAT (side lying hip adduction)	
	3 - 5 sets	30s - 60s each
	HIGH PLANK FRONT REACH (L sit)	
	LOW PLANK ROTATION (crab hip thrust)	
	BEAR PLANK	
	2 - 3 sets	30s - 60s each
#4	CORE	HARE
	LOW PLANK HEEL RAISE	
	SIT UP	
	SIDE BRIDGE HOLD	
	COPENHAGEN PLANK MODIFIED	
	1 - 4 rounds	30s - 60s each
#4	CARDIO	HARE
	TIMED AGILITY - x20 reps each exercise	
	animal front step	
	crab walk	
	falling star rotation	
	bear plank tricep knee taps	
	max rounds	5 - 10 minutes
	childs pose + twist > scorpion > pigeon	
	downdog > cow face arms > chest opener bind + fold	

SYMBOLS	
>	next movement or superset movements
+	combine movements
()	alternative exercise
s	seconds

EQUIPMENT
MAT *optional
PULL UP BAR *optional
YOGA BLOCKS OR DUMBBELLS *optional

TIMED AGILITY
Decide the amount of time (5 - 10 minutes) you intend to perform the agility circuit.
Perform the maximum number of rounds possible in the determined amount of time.

Finally, keep a log to greatly enhance your results, discipline, and motivation!

Log your workouts, diet, and habits. The more you log, the more disciplined you will become.

Here is a sample template you can use. It doesn't matter if you log in your phone or on paper. I prefer paper as it helps your memory and limits distractions. But the phone is convenient too.

Log every workout. Logging will help you remember how you performed in your workouts from the previous week and give you something to shoot for. Every week your goal is to match or perform the workout with more reps, sets, or heavier weight from the previous week, this will help you achieve "progressive overload" - which is what stimulates growth.

DATE	TIME	LOCATION	WORKOUT NICKNAME		
warm up part 1					
warm up part 2					
warm up part 3					
EXERCISE NAME			sets	reps (or time)	load
main					
main					
main					
accessory					
accessory					
accessory					
core					
core					
core					
core					
agility circuit		rounds	total time	pace	rate 1-10
yoga stretches					
yoga stretches					

WORKOUT NOTES:

It is helpful to rate your cardio workout's difficulty on a scale of 1-10. As you become more conditioned, and revisit these cardio workouts, your rating should go down. This would be an indication that your endurance and cardiovascular health is increasing.

DATE	DAILY HABITS NOTES
SLEEP	hours, quality, and notes
MORNING	log food eaten early in the day
AFTERNOON	log food eaten midday
EVENING	log food eaten late in the day
WATER	log total ounces of water

[illegible]

DATE	DAILY HABITS NOTES
SLEEP	
MORNING	
AFTERNOON	
EVENING	
WATER	