



8 Week Minimalist Program

Designed by Primal Performance

Primal

Warm Up

This is a general warm up that will get you ready for most anything. However, if you have a specific area that needs extra attention (i.e. returning from injury, rehabbing an injury or just chronically tight) our performance coaches would be happy to help you out and design something extra for you.

1

TO GET THE BLOOD MOVING

- 500m row or 3min run at 5% incline

2

DYNAMIC MOVEMENTS

- 20m side shuffle (each side)
- 20x (each) high knees, butt kicks, leg swings each leg, hops

3

MUSCLE ACTIVATION AND RANGE MOVEMENT

2 rounds of:

- 15 squats (hands on heads)
- 10 push-ups (2 seconds down 2 seconds up)
- 10 TRX rows
- 30s side plank (each side)
- 30s static hang from bar

IMPORTANT: If any of these movements are above your ability scale them down accordingly. Getting your body ready for the race, adventure or workout is important to prevent unnecessary injuries.

Minimalist Program

Week 1

	TYPE	STRENGTH	CONDITIONING / ACCESSORY	MIDLINE / MOBILITY
Monday	Body Weight	5x - 20 Air squats - 20 Crunches - 20 Incline push-ups	4x - 2 min AMRAP - 8 Jump lunges - 8 Offset push-ups - 8 V-sits - (Rest 2 min)	3 x 60s - Plank w/ 45lb
Tuesday	Cardio Intervals		10x - 60s hill sprints - 20 push-ups at top - Slow jog back down	Mobility
Wednesday	Body Weight	5x - 20 single leg glute bridge - 5 pull-ups (eccentric phase only 5s)	10x - 10 Supine rows - 10 Squats - 10 Sit ups	Accumulate 3 min of hollow hold
Thursday			5x - 400m Run - 50 Air squats	Mobility
Friday	Movement Day	15 mins practicing: - Bear crawl - Reverse bear crawl - Lizard crawl	5x 20s each - Active hang - Passive hang - Underhand hang	
Saturday	Active Recovery			
Sunday	Rest Day			