



Purple Patch

This dynamic session includes a great set of movements to benefit strength, stability, and mobility throughout the body, and especially in the hips and core. The focus: neuromuscular adaptation and coordination.



WATCH THE VIDEO:

This video includes important cues and form reminders, along with scaled versions of the exercises to empower you to complete the session with confidence. Purple Patch focuses on mastery of simpler movements before advancing to ensure quality of execution. **Click [HERE](#) to watch.**

RECOMMENDED EQUIPMENT:

Resistance band, kettlebell

SESSION: Complete each set in full before moving on to the next. (Note: reps for one-sided exercises are per side. 1 rep for static exercises = 10 sec on / 3 sec off)

SET ONE:

THREE ROUNDS

- 12 x Deadlifts
- 12 x Hollow Holds
- REST 60 sec

SET TWO:

THREE ROUNDS

- 12 x Push Ups
- 12 x Plank
- REST 60 sec

BREAKPOINT: Short on time? Stop here and call it a day. Otherwise, carry on!

SET THREE:

THREE ROUNDS

- 12 x Hip Bridge
- 12 x V-Ups
- REST 60 sec

SET FOUR:

THREE ROUNDS

- 12 x Band Overhead Press
- 12 x Wall Heisman
- REST 60 sec

Purple Patch anchors training around our four Pillars of Performance - endurance, functional strength, nutrition, and recovery. Strength sessions such as these are integrated into our training methodology. For more information on our programs, head to purplepatchfitness.com or email us at info@purplepatchfitness.com.