

Untying the Four Knots Program

	Monday	Tuesday	Wed	Thursday	Friday	Sat	Sun
Week 1	Good Mornings 5 reps	Arm Bars 5 reps	OFF	Good Mornings 5 reps	Arm Bars 5 reps	OFF	OFF
	Lunge Stretch 5 reps	Pullovers 5 reps		Lunge Stretch 5 reps	Pullovers 5 reps		
	Repeat for 2 cycles	Repeat for 2 cycles		Repeat for 3 cycles	Repeat for 3 cycles		
Week 2	Good Mornings 5 reps	Arm Bars 5 reps	OFF	Good Mornings 5 reps	Arm Bars 5 reps	OFF	OFF
	Goblet Squats 5 reps	Pullovers 5 reps		Goblet Squats 5 reps	Pullovers 5 reps		
	Lunge Stretch 5 reps	Repeat for 2 cycles		Lunge Stretch 5 reps	Repeat for 2 cycles		
	Repeat for 3 cycles	Tactical Frog 1 cycle		Repeat for 3 cycles	Tactical Frog 1 cycle		
Week 3	Good Mornings 5 reps - 3 sets	Arm Bars 5 reps	OFF	Good Mornings 5 reps - 3 sets	Arm Bars 5 reps	OFF	OFF
	Tactical Frog 1 cycle	Pullovers 5 reps		Tactical Frog 1 cycle	Pullovers 5 reps		
	Goblet Squats 5 reps - 3 sets	Goblet Squats 5 reps		Goblet Squats 5 reps - 3 sets	Goblet Squats 5 reps		
		Lunge Stretch 5 reps			Lunge Stretch 5 reps		
	Repeat for 3 cycles			Repeat for 3 cycles			
Week 4	Arm Bars 5 reps	Arm Bars 5 reps	OFF	Arm Bars 5 reps	Arm Bars 5 reps	OFF	OFF
	Pullovers 5 reps	Pullovers 5 reps		Pullovers 5 reps	Pullovers 5 reps		
	Repeat for 3 cycles	Good Mornings 5 reps		Repeat for 3 cycles	Good Mornings 5 reps		
	Good Mornings 5 reps	Goblet Squats 5 reps		Good Mornings 5 reps	Goblet Squats 5 reps		
	Repeat for 3 cycles	Lunge Stretch 5 reps		Repeat for 3 cycles	Lunge Stretch 5 reps		
	Tactical Frog 1 cycle	5 reps		Tactical Frog 1 cycle	5 reps		
		Repeat for 3 cycles			Repeat for 3 cycles		
	Goblet Squats 5 reps			Goblet Squats 5 reps			
	Lunge Stretch 5 reps			Lunge Stretch 5 reps			
	Repeat for 3 cycles			Repeat for 3 cycles			

Notes:

In the case of the Lunge, a rep is the rhythmical movement in the out of the stretch. Not a bounce!
The tempo is about 2 seconds in and 2 seconds out.

A rep in the case of an arm bare is the rhythmical movement of the hips in and out of the stretch. Not a bounce! The tempo is 2 seconds in and 2 seconds out.

A rep of the pullover is obvious unless you are not able to get all the way to the ground. In that case a rep consists of a contract/relax cycle.