



DESIGN YOUR BODY

Part of the 'Your Body Is Awesome' Series



DESIGN YOUR BODY PROGRAM

WELCOME.

We're pumped that you've decided to join us for the DESIGN YOUR BODY Program on Original Strength Institute Online. As you know, this program is the second part of the 'Your Body is Awesome' series and builds off of the structure of the Unlock Your Body course which is designed heavily around Original Strength RESETS and is meant to help strengthen the entire person from the ground up.

Now that you've built up a solid foundation, it's time to continue strengthening the foundation and re-develop our efficiency in the 6 human movements (squat, hinge, push, pull, rotate, gait). We will focus on general strength training through bodyweight movements and consistency. Each week you can expect the sessions to take between 35-45 minutes for 3-6 days a week depending on your desired training schedule.

Ideally, it may look something like this:

Workout 1 —> Mon, Thurs

Workout 2 —> Tues, Friday

Workout 3 —> Wed, Saturday

You'll be provided with video instruction, weekly email reminders, and this super awesome pdf. Oh, and of course you've got lifelong access to course now that you've purchased it.

If something comes up and you need help, please reach out to our team via our online chat feature, or through email or the OSI Online Facebook group. We want to see you complete this program and feel good about it.

Alright, now it's time to get started designing that body.

Tim and the OSi Online Team

Head over to osi-online.com for support

DESIGN YOUR BODY PROGRAM

First press reset, then complete the training portion.



WORKOUT 1 - MON AND THUR

Press Reset:

Belly Breathe (on belly) x 2 min

Head Nods from belly x 30 sec

Head Rotations from belly x 30 sec

Elbow Rolls x 1 min

Windshield Wipers x 1 min

1A) Rock on Hands and Knees with feet plantar-flexed x 1 min

1B) Elevated Rock on Hands and Feet x 1 min

Repeat 4 total rounds

2A) Bodyweight Squats x 10 reps

2B) Push-ups x 5 reps

Repeat for 7 minutes

3) Horizontal Rows x 5 reps

*OR Isometric door jam pulls (see video) for 5 sec ea/side x 3 rounds

4) 100 Cross-Crawl Touches

5) Suitcase Carries w/ 30% bodyweight x 10 minutes

(walk down, set down, switch hands, then walk back)

WORKOUT 2 - TUES AND FRI

Press Reset:

Breathe on back - knees bent x 2 min

Head Nods on back x 30 sec

Head Rotations on back x 30 sec

Rocking - feet plantar flexed x 1 min

Lego Rocking x 30 sec each side

1A) Windshield Wipers x 1 minute

1B) Frog Roll x 1 minute

Repeat for 5 total rounds

2) Getups x 8 minutes - Lie down on your back, roll to your belly, and then "jump" up. Treat the floor like it is hot. Keep lips shut

3) Horizontal Rows x 5 reps

*OR Isometric door jam pulls (see video) for 5 sec ea/side x 3 rounds

4) 100 Dead Bugs (50 repetitions per side)

5) Goblet Carries w/ 30% bodyweight x 10 minutes

WORKOUT 3 - WED AND SAT

Press Reset:

Commando Breathing x 2 min

Commando Head Nods x 30 sec

Commando Head Rotations x 30 sec

Egg Rolls x 1 min

Rocking Chair Rolls x 1 min

Rock in a circle x 2 min

1A) BW Staggered OR Single Leg Deadlifts on right leg x 30 sec

1B) BW Staggered OR Single Leg Deadlifts on left leg x 30 sec

Repeat for 5 rounds

2A) Gait Bug x 1 min

2B) Lateral Crawl x 1 min Repeat for 7 rounds

3) Horizontal Rows x 5 reps

*OR Isometric door jam pulls (see video) for 5 sec ea/side x 3 rounds

4) 25 Single Leg Rocks per leg

5) Light Ruck w/ 10-15% bodyweight x 15 minutes

BIG TIP: Make sure to focus on nasal breathing!

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wk1

DESIGN YOUR BODY PROGRAM

First press reset, then complete the training portion.



WORKOUT 1 - MON AND THUR

Press Reset:

Belly Breathe (on belly) x 2 min
Head Nods from belly x 30 sec
Head Rotations from belly x 30 sec
Elbow Rolls x 1 min
Windshield Wipers x 1 min

1A) Rock on Hands and Knees with feet plantar-flexed x 1 min
1B) Elevated Rock on Hands and Feet x 1 min
Repeat for 5 total rounds

2A) Hindu Squats x 10 reps
2B) Hindu Pushups x 5 reps
Repeat for 8 minutes

3) Horizontal Rows x 10 reps all at once or in sets of 5
*OR Isometric door jam pulls (see video) for 5 sec ea/side x 3 rounds

4) 126 Cross-Crawl Touches

5) Suitcase Carries w/ 30% bodyweight x 10 minutes

Workout 2 - TUES AND FRI

Press Reset:

Breathe on back - knees bent x 2 min
Head Nods on back x 30 sec
Head Rotations on back x 30 sec
Rocking - feet plantar flexed x 1 min
Lego Rocking x 30 sec each side

1A) Windshield Wipers x 1 minute
1B) Elevated Roll from Knees x 1 minute
Repeat for 5 total rounds

2) Getups x 10 minutes Lie down on your belly, roll to your back, and then "jump" up.

3) Horizontal Rows x 10 reps
*OR Isometric door jam pulls (see video) for 5 sec ea/side x 3 rounds

4) 120 Dead Bugs (60 repetitions per side)

5) Goblet Carries w/ 30% bodyweight x 10 minutes

WORKOUT 3 - WED AND SAT

Press Reset:

Commando Breathing x 2 min
Commando Head Nods x 30 sec
Commando Head Rotations x 30 sec
Egg Rolls x 1 min
Rocking Chair Rolls x 1 min
Rock in a circle x 2 min

1A) BW Staggered OR Single Leg Deadlifts on right leg x 30 sec
1B) BW Staggered OR Single Leg Deadlifts on left leg x 30 sec
Repeat for 8 rounds

2A) Gait Bug x 1 min
2B) Axis Crawl x 1 min (Switch directions on Axis Crawl every revolution) Repeat for 8 rounds

3) Horizontal Rows x 10 reps
*OR Isometric door jam pulls (see video) for 5 sec ea/side x 3 rounds

4) 25 Single Leg Rocks per leg

5) Light Ruck w/ 10-15% bodyweight x 15 minutes

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BIG TIP: Make sure to focus on nasal breathing!

wk2

DESIGN YOUR BODY PROGRAM

First press reset, then complete the training portion.



WORKOUT 1 - MON AND THURSDAY

Press Reset:

Belly Breathe (on belly) x 2 min

Head Nods from belly x 30 sec

Head Rotations from belly x 30 sec

Elbow Rolls x 1 min

Windshield Wipers x 1 min

1A) Rock on Hands and Knees w/feet plantar-flexed x 30 sec

1B) Elevated Rock on Hands and Feet x 1 min

Repeat for 5 total rounds

2A) Bodyweight Squats x 10 reps

2B) Pushups x 5 reps

Repeat for 8 minutes

3) Horizontal Rows x 15 reps all at once or in sets of 5 *

*OR Isometric door jam pulls for 5 sec ea/side x 5 rounds

4) 150 Cross-Crawl Touches

5) Suitcase Carries w/ 30% bodyweight x 10 minutes (down and back without setting it down then switch hands)

WORKOUT 2 - TUES AND FRIDAY

Press Reset:

Breathe on back - knees bent x 2 min

Head Nods on back x 30 sec

Head Rotations on back x 30 sec

Rocking - feet plantar flexed x 1 min

Lego Rocking x 30 sec each side

1A) Long Windshield Wipers (top leg extended) x 1 min

1B) Elevated Roll from feet x 1 minute

Repeat for 5 total rounds

2) Getups without Each Arm (R/L) x 5 min each side.

Lie down on your back, roll to your belly, and then "jump" up.

3) Horizontal Rows x 15 reps all at once or in sets of 5

*OR Isometric door jam pulls for 5 sec ea/side x 5 rounds

4) 50 Dead Bugs - Full 3 second hold while extended.

5) Goblet Carries w/ 30% bodyweight x 10 minutes (down and back without setting down)

WORKOUT 3 - WED AND SATURDAY

Press Reset:

Commando Breathing x 2 min

Commando Head Nods x 30 sec

Commando Head Rotations x 30 sec

Egg Rolls x 1 min

Rocking Chair Rolls x 1 min

Rock in a circle x 2 min

1A) Staggered OR Single Leg Deadlifts on right leg x 30 sec

1B) Staggered OR Single Leg Deadlifts on left leg x 30 sec

Repeat for 10 rounds

2A) Gait Bug x 1 min

2B) Lateral Crawl x 1 min

Repeat for 10 rounds

3) Horizontal Rows x 15 reps all at once or in sets of 5 *

*OR Isometric door jam pulls for 5 sec ea/side for 5 rounds

4) 25 Single Leg Rocks per leg

5) Light Ruck w/ 10-15% bodyweight x 20 minutes

BIG TIP: Make sure to focus on nasal breathing!

DESIGN YOUR BODY PROGRAM

First press reset, then complete the training portion.



WORKOUT 1 - MON AND THURSDAY

Press Reset:

Belly Breathe (on belly) x 2 min
Head Nods from belly x 30 sec
Head Rotations from belly x 30 sec
Elbow Rolls x 1 min
Windshield Wipers x 1 min

11A) Rock on Hands and Knees w/feet plantar-flexed x 1 min
1B) Elevated Rock on Hands and Feet x 2 min
Repeat for 3 total rounds

2A) Hindu Squats x 20 reps
2B) Hindu Pushups x 10 reps
Repeat for 7 minutes (*lower down as far as your body allows in Hindu squat. It's okay to do Hindu Pushups from the knees, but do what you can do from feet.*)

3) Horizontal Rows x 20 reps all at once or in sets
*OR Isometric door jam pulls for 5 sec ea/side for 5 rounds

4) 200 Cross-Crawl Touches Broken up any way you want

5) Suitcase Carries w/ 30% bodyweight x 10 minutes (down and back without setting it down then switch hands)

WORKOUT 2 - TUES AND FRIDAY

Press Reset:

Breathe on back - knees bent x 2 min
Head Nods on back x 30 sec
Head Rotations on back x 30 sec
Rocking - feet plantar flexed x 1 min
Lego Rocking x 30 sec each side

1A) Long Levered Windshield Wipers x 2 minutes
1B) Elevated Roll from feet x 3 minutes
Repeat for 2 total rounds

2A) Getups without right leg x 5 minutes
2B) Getups without left leg x 5 minutes
Lie down on your belly, roll to your back, and then "jump" up

3) Horizontal Rows x 20 reps all at once or sets of 5-10

4) 50 Dead Bugs (25 per side) Full deep breath pause when opposing limbs are lowered

5) Goblet Carries w/ 30% bodyweight x 10 minutes (down and back without setting down)

WORKOUT 3 - WED AND SATURDAY

Press Reset:

Commando Breathing x 2 min
Commando Head Nods x 30 sec
Commando Head Rotations x 30 sec
Egg Rolls x 1 min
Rocking Chair Rolls x 1 min
Rock in a circle x 2 min

11A) Standing Speed Skater on right leg x 30 sec
1B) Standing Speed Skater on left leg x 30 sec
Repeat for 5 rounds

2A) Gait Bug x 1 min
2B) Axis Crawl x 2 min (Switch directions each revolution)
Repeat for 5 rounds

3) Horizontal Rows x 20 reps all at once or in sets of 5-10

4) 50 Single Leg Rocks per leg

5) Light Ruck w/ 10-15% bodyweight x 20 minutes

BIG TIP: Make sure to focus on nasal breathing!

DESIGN YOUR BODY PROGRAM

First press reset, then complete the training portion.



WORKOUT 1 - MON AND THUR

Press Reset w/eyes closed:

Belly Breathe (on belly) x 2 min
Head Nods from belly x 30 sec
Head Rotations from belly x 30 sec
Elbow Rolls x 1 min
Windshield Wipers x 1 min

1A) Rock on Hands and Knees w/feet plantar-flexed x 30 sec
1B) Elevated Rock on Hands and Feet x 2 min
Repeat for 4 total rounds

2) Climb a Mountain of Bodyweight Squats and Push-ups x 15 min Perform 1 squat then 1 push-up. Then 2 squats and 2 push-ups. Then 3 and 3, 4 and 4, etc. Climb as high as you can until your pushups reach their limit. Then start back at 1 and 1 and climb up again. Repeat this until time runs out.

3) Horizontal Rows x 25 reps all at once or in sets of 5-10mix

4) 250 Cross-Crawl Touches - Broken up any way you want

5) Suitcase Carries w/ 30% bodyweight x 12 minutes (walk down, set down, switch arms and come back)

WORKOUT 2 - TUES AND FRI

Press Reset w/eyes closed:

Breathe on back - knees bent x 2 min
Head Nods on back x 30 sec
Head Rotations on back x 30 sec
Rocking - feet plantar flexed x 1 min
Lego Rocking x 30 sec each side

1A) Frog Roll x 5 minutes
1B) Elevated Roll from feet x 5 minutes

2) Superman Getups x 10 minutes Lie down on your belly, stretch out like Superman, then "jump" up. How many did you do???

3) Horizontal Rows x 25 reps all at once or in sets of 5-10

4) 60 Dead Bugs (30 per side) Full deep belly breathe pause when opposing limbs are lowered

5) Goblet Carries w/ 30% bodyweight x 12 minutes (walk down, set down, pick up and walk back)

WORKOUT 3 - WED AND SAT

Press Reset w/eyes closed:

Commando Breathing x 2 min
Commando Head Nods x 30 sec
Commando Head Rotations x 30 sec
Egg Rolls x 1 min
Rocking Chair Rolls x 1 min
Rock in a circle x 2 min

1A) Standing Speed Skater on right leg x 30 sec
1B) Standing Speed Skater on left leg x 30 sec
Repeat for 8 rounds

2A) Gait Bug x 3 min
2B) Lateral Crawl x 3 min
Repeat for 3 rounds

3) Horizontal Rows x 25 reps all at once or in sets of 5-10

4) 50 Single Leg Rocks per leg

5) Light Ruck w/ 10-15% bodyweight x 30 minutes

BIG TIP: Make sure to focus on nasal breathing!

DESIGN YOUR BODY PROGRAM

First press reset, then complete the training portion.



WORKOUT 1 - MON AND THUR

Press Reset w/eyes closed:

Belly Breathe (on belly) x 2 min

Head Nods from belly x 30 sec

Head Rotations from belly x 30 sec

Elbow Rolls x 1 min

Windshield Wipers x 1 min

1A) Rock on Hands and Knees w/ feet plantar-flexed x 30 sec

1B) Elevated Rock on Hands and Feet x 2 min

Repeat for 5 total rounds

2A) Hindu Squats x 20 reps

2B) Hindu Push-ups x 10 reps

Repeat for 12 minutes

3) Horizontal Rows x 30 reps in sets of 5 -15

4) 300 Cross-Crawl Touches Broken up any way you want
(all at once, or throughout the day)

5) Suitcase Carries w/ 30% bodyweight x 12 minutes
(without setting down)

WORKOUT 2 - TUES AND FRI

Press Reset w/eyes closed:

Breathe on back - knees bent x 2 min

Head Nods on back x 30 sec

Head Rotations on back x 30 sec

Rocking - feet plantar flexed x 1 min

Lego Rocking x 30 sec each side

1A) Frog Roll x 3 minutes

1B) Elevated Roll from feet x 5 minutes

Repeat for 2 rounds

2A) Superman Getups x 10 minutes
(Keep lips shut. How many did you do?)

3) Horizontal Rows x 30 reps in sets of 5-15

4) 50 Dead Bugs (25 per side) Two Full deep belly breath pause
when opposing limbs are lowered

5) Goblet Carries w/ 30% bodyweight x 12 minutes (without setting
down)

WORKOUT 3 - WED AND SAT

Press Reset w/eyes closed:

Commando Breathing x 2 min

Commando Head Nods x 30 sec

Commando Head Rotations x 30 sec

Egg Rolls x 1 min

Rocking Chair Rolls x 1 min

Rock in a circle x 2 min

1A) Standing Speed Skater on right leg x 30 sec

1B) Standing Speed Skater on left leg x 30 sec

Repeat for 10 rounds

2A) Gait Bug x 2 min

2B) Axis Crawl x 3 min (Switch directions each revolution)

Repeat for 4 rounds

3) Horizontal Rows x 30 reps in sets of 5-15

4) 50 Single Leg Rocks per leg

5) Light Ruck w/ 10-15% bodyweight x 30 minutes

BIG TIP: Make sure to focus on nasal breathing!

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