



PAS (Priority Activation Sessions)

Objective:

- To send an anabolic (growth) signal to the muscles by providing it blood flow and oxygen to those specific areas.
- This will help maintain the Recovery and building signal. (Anabolic phase)

Directions:

1. Choose 2-4 exercises of the same group, Upper body or Lower body.
2. Set a timer for 5-10 minutes based on availability.
3. Do 10-20 reps of each exercise in a circuit for as many times around in the designated timeframe.
4. Do a PAS on off days from the gym 2-5 times a day (Off days)
5. If you want to do all lower body for each PAS, you can. You can also go back and forth with the two every other day.
6. Your PAS will be the same workouts during that specific day.

Example:

- Day 1 PAS - Harvesters, Tricep ext, Pushups 10-20 reps for 6 minutes
- Day 2: Fighter Rows, Harvesters, Dips 10-20 reps 10 minutes
- Day 3- Jane Fondas, Squats, Reverse Lunges 10-20 reps for 5 minutes Circuit style

Tips:

- Choose Exercise to target the part of the body you want to prioritize.
- Don't think about balancing lower and upper, think about what you want to prioritize and recover.
- Write out and plan your workouts so you know what you are doing for each session.
- If you are sore in an area, it may be good to incorporate a session to target that area as it will aid in recovery.
- It's NOT a workout, the Goal is to get a pump and a signal to that part of the body to make sure it knows to breakdown, recover, and grow.

Note:

- These PAS should trigger blood flow/pump/fatigue in the desired areas of the body.
- They are created to be able to slip in a quick session anytime of the day.
- These exercises don't have to be perfect if you are reaching the objective.
- Feel free to make modification for each exercise to make it work for YOU!



FULL PAS PLAYLIST

LEGS - Step Ups LEGS - Hamstring Bridges LEGS - Air Squats LEGS - Jane Fondas	LEGS - BAND - Deadlifts	LEGS - Advanced - Step Ups w/ Lunge LEGS - Advanced - Jumping Lunges
TRICEPS - Tricep Extensions BACK - Fighter Rows BACK - Harvesters TRICEP - Dips CHEST - Incline Pushups CHEST - Kneeling Pushups	BACK - Advanced - Fighter Rows TRICEP - Advanced - Tricep Extensions TRICEPS - Advanced - Dips TRICEPS - Advanced - Close grip Pushups CHEST - Advanced - Wide Grip Pushups	BACK - BAND - Pull Aparts BICEPS - BAND - Bicep Curls SHOULDERS - BAND - Single arm press CHEST - BAND - Chest Press BACK - BAND - Seated Rows SHOULDERS - BAND - Z Press BICEPS - BAND - Bent over curls TRICEPS - BAND - Skull Crushers CHEST - BAND - Advanced - Pushups