

PAIN-FREE **PERFORMANCE**

**MOVE BETTER,
TRAIN SMARTER, AND BUILD
AN UNBREAKABLE BODY**



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with **GLEN CORDOZA**

HOW TO READ THE PROGRAM

As a special thank-you for pre-ordering Pain-Free Performance, here's exclusive access to the first phase—RECLAIM—from the Ultimate Pain-Free Performance Program. This phase provides one carefully structured week of training, consisting of four unique training sessions, repeated weekly across 30 days.

Designed specifically to help you reclaim foundational movement patterns and address chronic weak links, each week strategically progresses through adjustments in reps, load, rest, and intensity.

When new clients tell me, "Just show me exactly what to do," this is the plan I hand them. If I could offer just one program to help millions achieve pain-free performance, this would be it.

SETS AND REPS

- **Sets:** The first number listed represents how many times you'll repeat the given number of repetitions.
- **Reps:** The second number (after the "x") shows how many repetitions you'll perform per set.

For example:

- *3 x 5 means you'll perform 3 sets, doing 5 repetitions each set.*
- *3 x 5 each side means you'll perform 3 sets, with 5 reps per side, per set.*

DURATION (S, M)

- **s:** Indicates seconds.
Example: *30s means to hold or perform the movement for 30 seconds.*
- **m:** Indicates minutes.
Example: *1m means to perform for 1 minute. Often used in warm-up and cooldown phases.*

AMRAP

- **AMRAP** stands for "As Many Rounds (or Reps) As Possible."

Example: *2m AMRAP means continuously cycle through the listed exercises, completing as many rounds or reps as you can in 2 minutes, taking minimal rest.*

If one exercise is listed: *Perform the exercise to near failure, rest about 15 seconds, then repeat this process continuously for the entire duration listed.*

If two exercises are listed: *Alternate between the exercises, performing each to near failure back-to-back with minimal rest (superset), completing as many total rounds as you can within the specified time frame.*

SUPERSET GROUPINGS (A, B, C)

Exercises labeled A, B, or C indicate supersets or grouped exercises, meaning you'll alternate these exercises in sequence before resting.

- **A/B Superset Example:**

A: Romanian Deadlift (RDL)

B: Bodyweight Squat

Complete one set of exercise A, then immediately perform one set of exercise B before resting. Repeat until all listed sets are completed.

- **Tri-Set (Three exercises: A, B, C) Example:**

Phase 4 Rusin Tri-Set

A: Band Over and Back

B: Band Face Pull

C: Band Pull-Apart

Perform one set of exercise A, immediately followed by B, then C, before resting. Repeat until all listed sets are completed.

ADDITIONAL ABBREVIATIONS/ CLARIFICATIONS

- **Each side:** *Complete the listed repetitions for both the right and left sides separately.*
- **Alternating:** *Switch sides with each repetition, alternating continuously until the total reps are completed.*

ULTIMATE PAIN-FREE PERFORMANCE PROGRAM

LOWER/HINGE

RECLAIM DAY 01

TRAINING PHASE	FOCUS	EXERCISE	EQUIPMENT/TOOL	SETS/REPS
PRE-TRAINING PREPARATION	PHASE 1	Adductor Group	Foam roller	1m each exercise/side (30s oscillation / 30s neurological trigger point)
	PHASE 2	Adductor Rock Back	None	1m each exercise/side (30s oscillation / 30s end-range hold)
	PHASE 3	Bird Dog (Single Arm)	None	30s
	PHASE 4	Side-Lying Miniband Clam	Short resistance band (medium)	30s each side
	PHASE 5	A: Romanian Deadlift (RDL) B: Bodyweight Squat	A: Dumbbell B: None	3 x 5 each exercise
	PHASE 6	A: Vertical Jacks B: Broad Jump	None	A: 3 x 5 B: 3 x 3
PRIMING & POTENTIATION	NEUROLOGICAL PRIMER	A: Kneeling Banded Hip Thrust	None	4 x 5
	MECHANICAL PRIMER	B: Banded Glute Bridge	Long resistance band (medium)	4 x 20
KEY PERFORMANCE INDICATOR (KPI)	LOWER/HINGE	Kettlebell Romanian Deadlift (RDL)	Kettlebell	3-4 x 10-12
PUMP ACCESSORIES & PREHAB	SQUAT	A: Heels-Elevated Goblet Squat	Dumbbell	3 x 12
	LUNGE	B: Dumbbell Single-Arm Contralateral Reverse Lunge	Dumbbell	3 x 10-12 each side
	ADDUCTORS	C: Open Half-Kneeling Dumbbell Adductor Mobilizer	None	3 x 30s each side
CONDITIONING FINISHER	GLUTE BURNOUT	Barbell Hip Thrust (Rest-Pause)	Barbell (light load)	2m AMRAP: do reps to near-failure, rest 15s, repeat for 2m
POST-TRAINING COOLDOWN	BREATHE	Supine 90/90 Breathing	None	1m
	FOAM ROLL	Glutes	Foam roller	1m each side
	STRETCH	Supine Figure 4	None	1m each side

ULTIMATE PAIN-FREE PERFORMANCE PROGRAM

UPPER/PUSH

RECLAIM DAY 02

TRAINING PHASE	FOCUS	EXERCISE	EQUIPMENT/TOOL	SETS/REPS
PRE-TRAINING PREPARATION	PHASE 1	Pectoralis Group	Foam roller	1m each exercise/side (30s oscillation / 30s neurological trigger point)
	PHASE 2	90/90 Chest Stretch	None	1m each exercise/side (30s oscillation / 30s end-range hold)
	PHASE 3	Quadruped T-Spine Rotation	None	30s
	PHASE 4	Rusin Tri-Set A: Band Over & Back B: Band Face Pull C: Band Pull-Apart	Long resistance band (light)	2-3 x 8-10 each exercise
	PHASE 5	Pause Push-Up	None	3 x 5
	PHASE 6	A: Seal Jacks B: Bent-Over Med Ball Press	A: None B: Med ball	A: 3 x 5 B: 3 x 3
PRIMING & POTENTIATION	NEUROLOGICAL PRIMER	A: Bent-Over Med Ball Press	Med ball	4 x 5
	MECHANICAL PRIMER	B: Kneeling Band Face Pull-Apart	Long resistance band (light)	4 x 15-20
KEY PERFORMANCE INDICATOR (KPI)	UPPER/PUSH	Deficit Loaded Push-Up	Weight plate	3-4 x 8-10
PUMP ACCESSORIES & PREHAB	PUSH	A: Half-Kneeling Landmine Single-Arm Press	Landmine	3 x 10-12 each side
	PULL	B: Inverted Row	Dumbbell	3 x 10-12
	SHOULDERS	C: Chest-Supported Rear Dent Fly	Dumbbells	3 x 15
CONDITIONING FINISHER	TRICEPS BURNOUT	Dumbbell Skull Crusher	Dumbbell	2m AMRAP

ULTIMATE PAIN-FREE PERFORMANCE PROGRAM

LOWER/SQUAT

RECLAIM
DAY
03

TRAINING PHASE	FOCUS	EXERCISE	EQUIPMENT/TOOL	SETS/REPS
PRE-TRAINING PREPARATION	PHASE 1	Quadriceps	Foam roller	1m each exercise/side (30s oscillation / 30s neurological trigger point)
	PHASE 2	Half-Kneeling Hip Flexor Stretch	None	1m each exercise/side (30s oscillation / 30s end-range hold)
	PHASE 3	Knee-Bend Side Plank	None	30s each side
	PHASE 4	Banded Single-Leg Glute Bridge	Short resistance band (light)	2-3 x 8-10 each side
	PHASE 5	Bodyweight Squat	None	3 x 5
	PHASE 6	A: Vertical Jacks B: Vertical Jump	None	A: 3 x 5 B: 3 x 3
PRIMING & POTENTIATION	NEUROLOGICAL PRIMER	A: Triple Extension to Snapdown	None	4 x 3
	MECHANICAL PRIMER	B: Heels-Elevated Alternating Bridges	Long resistance band (light)	4 x 20
KEY PERFORMANCE INDICATOR (KPI)	LOWER/SQUAT	Goblet Squat	Dumbbell	3-4 x 10-12
PUMP ACCESSORIES & PREHAB	HINGE	A: Dumbbell Romanian Deadlift (RDL)	Dumbbell	3 x 12-15
	LUNGE	B: Contralateral Dumbbell Split Squat	Dumbbell	3 x 10-12 each side
	GLUTES	C: Seated Banded Abduction	Short resistance band (medium)	3 x 15
CONDITIONING FINISHER	CARRY	Farmer's Carry (Bilateral)	Dumbbells	4 x 20s

ULTIMATE PAIN-FREE PERFORMANCE PROGRAM

UPPER/PULL

RECLAIM DAY 04

TRAINING PHASE	FOCUS	EXERCISE	EQUIPMENT/TOOL	SETS/REPS
PRE-TRAINING PREPARATION	PHASE 1	Thoracic Spine	Foam roller	1m (30s oscillation / 30s neurological trigger point)
	PHASE 2	Hinged T-Spine Extension / Bilateral Lat Stretch	Suspension trainer	1m (30s oscillation / 30s end-range hold)
	PHASE 3	Quadruped T-Spine Rotation	None	30s
	PHASE 4	Rusin Tri-Set A: Band Over & Back B: Band Face Pull C: Band Pull-Apart	Long resistance band (light)	2-3 x 8-10 each exercise
	PHASE 5	Inverted Row	Suspension trainer	3 x 5
	PHASE 6	A: Vertical Jacks B: Ball Slam	A: None B: Med ball	A: 3 x 5 B: 3 x 3
PRIMING & POTENTIATION	NEUROLOGICAL PRIMER	A: High Kneeling Ball Slam	Med ball	4 x 5
	MECHANICAL PRIMER	B: High Kneeling Straight-Arm Pulldown	Long resistance band (light)	4 x 15
KEY PERFORMANCE INDICATOR (KPI)	UPPER/PULL	High-Angle Pulldown	Long resistance band (light)	3-4 x 10
PUMP ACCESSORIES & PREHAB	PUSH	A: Push-Up (Optional: Loaded)	Optional: weight plate	3 x 12
	PULL	B: Seated Low Cable Rows	Cable or long resistance band	3 x 10-15
	CHEST	C: Quadruped Hover	None	3 x 30s
CONDITIONING FINISHER	BICEPS/CORE BURNOUT	A: Alternating Hammer Curls B: Legs-Elevated Crunches	A Dumbbells B: None	2m AMRAP A: 10 reps each side B: 15 reps
POST-TRAINING COOLDOWN	BREATHE	Supine 90/90 Breathing	None	1m
	FOAM ROLL	Lats	Foam roller	1m each side
	STRETCH	Child's Pose (10 & 2)	None	1m each side

UNBREAKABLE

Want guided coaching and even more programs?

Check out the [Unbreakable Training App](#)! Instantly access professionally coached tutorials, personalized guidance, and interactive support—not just for the RECLAIM phase, but also for the subsequent REBUILD and REGAIN phases of the Ultimate Pain-Free Performance Program.

Plus, explore a full range of additional programs designed specifically to match your training frequency, personal goals, and lifestyle needs—all built for lifelong, pain-free performance.

becomeunbreakable.com

