



Name _____
Day 1

Date ____ / ____ / ____

Pre-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI Wall Squat w/ R Arm Reach & Balloon: 3 x 5 breaths

MiniBand Circuit: 2x through

Lateral MiniBand Walk (L-R-L): 15/side
Backward Monster Walk (L Foot Lead): 15/side

A1) Back Squat (Tempo: 3-0-2; No Rest Between Sets)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12						

A2) Glute Bridge

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (10x2s)						
Week 2	3 x (10x2s)						
Week 3	3 x (10x2s)						
Week 4	3 x (10x2s)						

B1) Slideboard Hamstring Curl (Tempo: 3-0-0; No Rest Between S

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12						

B2) Front Plank

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s						
Week 2	3 x 25s						
Week 3	3 x 30s						
Week 4	3 x 30s						

C1) Split Squat IsoHold

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 30s/side						
Week 2	3 x 45s/side						
Week 3	4 x 45s/side						
Week 4	3 x 60s/side						

C2) Side Plank

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s/side						
Week 2	3 x 25s/side						
Week 3	3 x 30s/side						
Week 4	3 x 30s/side						

CON) Elliptical: HR 120-150

Week 1	20 mins	
Week 2	25 mins	
Week 3	30 mins	
Week 4	30 mins	

Post-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI Wall Squat w/ R Arm Reach & Balloon: 3 x 5 breaths
Box Dynamic Hip Rotator Stretch: 2 x 15/side

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Body Weight				
Pre-Training Energy: 10 = Lots of Energy				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 2

Date ____/____/____

Pre-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI Wall Squat w/ R Arm Reach & Balloon: 3 x 5 breaths

A1) OH Med Ball Floor Slam

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12						

A2) Floor Scap Wall Slide

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10						
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12						

A3) 1-Leg Push-Ups

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6/side						
Week 2	3 x 8/side						
Week 3	4 x 8/side						
Week 4	3 x 10/side						

A4) 1-Arm DB Farmer's Walk

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (8x2s)/side						
Week 2	3 x (8x2s)/side						
Week 3	4 x (8x2s)/side						
Week 4	3 x (10x2s)/side						

B1) Med Ball Chest Pass

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10						
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12						

B2) 1/2 Kneeling Belly Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (4x5s)/side						
Week 2	3 x (5x5s)/side						
Week 3	4 x (5x5s)/side						
Week 4	3 x (6x5s)/side						

B3) Suspended Row

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10						
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12						

B4) 1-Arm KB Waiter's Walk

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 25 yards/side						
Week 2	3 x 25 yards/side						
Week 3	4 x 25 yards/side						
Week 4	3 x 50 yards/side						

CON) 25-Yard Backward 70% Tempo Repeats w/ Walk Back

Week 1	3 x 5:00/2:00	
Week 2	3 x 5:00/2:00	
Week 3	4 x 5:00/2:00	
Week 4	3 x 6:00/2:00	

Post-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI Wall Squat w/ R Arm Reach & Balloon: 3 x 5 breaths
Box Dynamic Hip Rotator Stretch: 2 x 15/side

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Body Weight				
Pre-Training Energy: 10 = Lots of Energy				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 3

Date ____/____/____

Pre-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI Wall Squat w/ R Arm Reach & Balloon: 3 x 5 breaths

MiniBand Circuit: 2x through

Lateral MiniBand Walk (L-R-L): 15/side
Backward Monster Walk (L Foot Lead): 15/side

A1) Box Jump

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12						

A2) Glute Bridge

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (10x2s)						
Week 2	3 x (10x2s)						
Week 3	4 x (10x2s)						
Week 4	3 x (12x2s)						

A3) PVC Row 1-Leg SLDL

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 10/side						
Week 3	4 x 10/side						
Week 4	3 x 12/side						

A4) Lying MiniBand Psoas

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (8x2s)/side						
Week 2	3 x (8x2s)/side						
Week 3	4 x (8x2s)/side						
Week 4	3 x (10x2s)/side						

B1) Lateral Squat

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 10/side						
Week 3	4 x 10/side						
Week 4	3 x 12/side						

B2) Front Plank

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s						
Week 2	3 x 25s						
Week 3	4 x 30s						
Week 4	3 x 45s						

B3) Slideboard Reverse Lunge

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 10/side						
Week 3	4 x 10/side						
Week 4	3 x 12/side						

B4) Side Plank

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s/side						
Week 2	3 x 25s/side						
Week 3	4 x 30s/side						
Week 4	3 x 40s/side						

CON) Airborne Intervals: Max HR!

Week 1	6 x 1:00/2:00	
Week 2	7 x 1:00/2:00	
Week 3	8 x 1:00/2:00	
Week 4	6 x 1:00/2:00	

Post-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI Wall Squat w/ R Arm Reach & Balloon: 3 x 5 breaths
Box Dynamic Hip Rotator Stretch: 2 x 15/side

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Body Weight				
Pre-Training Energy: 10 = Lots of Energy				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 4

Date ____/____/____

Pre-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI Wall Squat w/ R Arm Reach & Balloon: 3 x 5 breaths

A1) Loaded Push-Up (Tempo: 3-0-2; No Rest Between Sets)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12						

A2) Floor Scap Wall Slide

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10						
Week 2	3 x 10						
Week 3	3 x 10						
Week 4	3 x 10						

B1) Low Pulley Row (Tempo: 3-0-2; No Rest Between Sets)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12						

B2) Single-Leg Lowering w/ Hands vs. Wall

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (8x2s)/side						
Week 2	3 x (8x2s)/side						
Week 3	3 x (8x2s)/side						
Week 4	3 x (8x2s)/side						

C1) 1/2 Kneeling KB Overhead Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 8/side						
Week 3	3 x 8/side						
Week 4	3 x 8/side						

C2) Tall Kneeling X-Pulldown

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10						
Week 2	3 x 10						
Week 3	3 x 10						
Week 4	3 x 10						

CON) Elliptical: HR 120-150

Week 1	20 mins	
Week 2	25 mins	
Week 3	30 mins	
Week 4	30 mins	

Post-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI Wall Squat w/ R Arm Reach & Balloon: 3 x 5 breaths
Box Dynamic Hip Rotator Stretch: 2 x 15/side

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Body Weight				
Pre-Training Energy: 10 = Lots of Energy				
Difficulty of Session: 10 = Hardest Workout				