

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		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8				- V////////////////////////////////////		
Week 2	3 x 10						
Week 3	4 x 10				<u> </u>		
Week 4	3 x 12				<u> </u>		
A2) Glute Bridge		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (10x2s)				V/////////////////////////////////////		
Week 2	3 x (10x2s)				<i>1111111111</i>		
Week 3	3 x (10x2s)				<i>111111111</i>		
Week 4	3 x (10x2s)						
B1) Slideboard Hamstring Curl (Te	amno: 3-0-0: No Post Retween S	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8	Set 1	3et 2	361.3	1///////	777777777	777777777
Week 2	3 x 10				<i>\(\(\(\) \(\) \(\)</i>		
Week 3	4 x 10				<u> </u>		
Week 4	3 x 12				Tananan k		
					17777777777		
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				<u> </u>		
C1) Split Squat IsoHold		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 30s/side				<i>1////////////////////////////////////</i>		
Week 2	3 x 45s/side						
Week 3	4 x 45s/side				7		
Week 4	3 x 60s/side						
C2) Side Plank		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	3 x 20s/side				<i>VIIIIII</i> X	<i>1111111111</i>	
Week 1					<i>*////////</i>		
	3 x 25s/side						
Week 2	3 x 25s/side 3 x 30s/side				T		
Week 1 Week 2 Week 3 Week 4	3 x 25s/side 3 x 30s/side 3 x 30s/side						
Week 2 Week 3 Week 4	3 x 30s/side						
Week 2 Week 3 Week 4 CON) Elliptical: HR 120-150	3 x 30s/side 3 x 30s/side				////////		
Week 2 Week 3 Week 4	3 x 30s/side				///////////////////////////////////////		

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 AssessmentRate 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	_				Date	<u> </u>	
Day 2							
Pre-Workout Corrective Work							
Wall Ankle Mobility: 2 x 15/side							
90-90 Hip Lift w/ Shift & Balloon: 3 x 5 bre	aths						
PRI Wall Squat w/ R Arm Reach & Balloon:							
A1) OH Med Ball Floor Slam		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8					77777777	
Week 2	3 x 10						
Week 3	4 x 10						
Week 4	3 x 12				<u> </u>	<u> </u>	<u> </u>
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					<i>77777777</i>	
A3) 1-Leg Push-Ups		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6/side]	50.0	<i>VIIIIIII</i>	MÄÄM	
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		S-4-4	S-4-2	Set 3	C-4.4	Set F	S-4.6
Week 1	3 x (8x2s)/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 2	3 x (8x2s)/side				<i></i>	<i>9999999</i>	
Week 3	4 x (8x2s)/side				1//////////////////////////////////////	<i>999999</i>	
Week 4	3 x (10x2s)/side						
B1) Med Ball Chest Pass		C-4.4	C+4.2	C-4.2	Set 4	Set 5	Set 6
Week 1	3 x 10	Set 1	Set 2	Set 3	V/////////	7////////	V///////
Week 2	3 x 10				\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	<i>#####</i>	/////////////////////////////////////
Week 3	4 x 10				<u> </u>	HHHHH)	
Week 4	3 x 12				111111111111111111111111111111111111111		
P2) 4 (2 K !' P. !! . P							
B2) 1/2 Kneeling Belly Press Week 1	3 x (4x5s)/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 2	3 x (4x3s)/side 3 x (5x5s)/side				- (/////////	/////////	(////////
Week 3	4 x (5x5s)/side				1//////////////////////////////////////	<i>~~~</i>	
Week 4	3 x (6x5s)/side						
	<u> </u>						
B3) Suspended Row		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10		ļ		- ////////////////////////////////////	44444	<i>(////////////////////////////////////</i>
Week 2	3 x 10				7////////	////////	
Week 3 Week 4	4 x 10 3 x 12				· mmm	////////	
Week 4	3 X 12				*/////////	<u> </u>	<u> </u>
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		ļ		<i>- 1////////</i>	44444	
Week 2	3 x 25 yards/side		ļ		<i></i>	44444	
Week 3	4 x 25 yards/side		ļ		1	44444	<i>944444</i>
Week 4	3 x 50 yards/side		<u> </u>		<u> </u>	<u> </u>	<i>(111111111111111111111111111111111111</i>
CON) 25-Yard Backward 70% Tempo F	Penests w / Walk Rack						
Compassion of the contract of	copeats W/ Walk Dack		_				

Week 1 Week 2

Week 3

Week 4

Post-Workout Corrective WorkWall 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

3 x 5:00/2:00 3 x 5:00/2:00

4 x 5:00/2:00

3 x 6:00/2:00

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	1 1	
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 b	reaths						
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		00.2		<i>VIIIIIII</i>	<i>7777777</i> 77	77777777
Week 2	3 x 10						,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Week 3	4 x 10				7		
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	1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (8x2s)/side				<i>- ////////////////////////////////////</i>		
Week 2	3 x (8x2s)/side						
Week 3	4 x (8x2s)/side				1		
Week 4	3 x (10x2s)/side				<u> </u>	<u> </u>	<u> </u>
R4) Lataural Counct			2.42				2.12
B1) Lateral Squat	2 0/=:4-	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2	3 x 8/side				- ////////////////////////////////////	<i>/////////////////////////////////////</i>	<i>/////////////////////////////////////</i>
Week 3	3 x 10/side 4 x 10/side				<i>- ////////////////////////////////////</i>	<i>///////</i>	<i>444444</i>
					hamana k	<i>44444</i>	<i>44444</i>
Week 4	3 x 12/side				<u> X/////////X</u>	<u> </u>	<u> </u>
B2) Front Plank		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s				<i>7////////////////////////////////////</i>	TÄÄÄTTÄ	
Week 2	3 x 25s				<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>77777778</i>	
Week 3	4 x 30s				T	77777778	
Week 4	3 x 45s				1//////////////////////////////////////	7777777X	7777777
	,				100000000000000000000000000000000000000		

B3) Slideboard Reverse Lunge		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side				<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>		
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				,		<i>X////////////////////////////////////</i>
Week 4	3 x 40s/side						<i>X/////////</i>

CON) Airdyne 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

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



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 Re		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8					<i>X////////////////////////////////////</i>	
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				<i>1000000</i>		
Week 2	3 x 10						
Week 3	3 x 10						
Week 4	3 x 10						
B1) Low Pulley Row (Tempo: 3-0-2; No Res		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10				<i>/////////////////////////////////////</i>		
Week 3	4 x 10						
Week 4	3 x 12				<i>/////////////////////////////////////</i>		<u> </u>
B2) Single-Leg Lowering w/ Hands vs. Wal		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (8x2s)/side						
Week 2	3 x (8x2s)/side				<i>- ////////////////////////////////////</i>		
Week 3	3 x (8x2s)/side				<i>- WHHHHH</i>		
Week 4	3 x (8x2s)/side				<u> </u>	<i>V/////////</i>	<u> </u>
64) 4 /2 K 1 KD 0 1 1 D		0.11					
C1) 1/2 Kneeling KB Overhead Press	2 0/=:4-	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side				<i></i>	<i>~~~~~</i>	<i>444444</i>
Week 2	3 x 8/side				<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>		<i>44444</i> 444
Week 3	3 x 8/side				<i></i>	<i></i>	<i>~~~</i>
Week 4	3 x 8/side				<u> </u>	<i>(((((((((((((((((((((((((((((((((((((</i>	<u> </u>
C2) T-II KII V D-II		0.11					
C2) Tall Kneeling X-Pulldown Week 1	2 10	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 2	3 x 10 3 x 10				<i></i>		
					- ////////////////////////////////////	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ 	/////////////////////////////////////
Week 3	3 x 10				<i>- 111111111111111111111111111111111111</i>		<i>9999999</i>
Week 4	3 x 10				<u> </u>	<u> </u>	
CON) Ellipticals HP 120-150							
CON) Elliptical: HR 120-150 Week 1	20 mins		1				
	20 mins		-				
Week 2	25 mins						
Week 3	30 mins		1				

Week 4

Name

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

30 mins

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				