



Name _____
Day 1

Date ____/____/____

Pre-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
PRI 90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI R Sidelying Adductor Pullback: 3 x 5 breaths
PRI L Sidelying R Glute Max: 3 x 5 breaths
PRI Standing Wall Press: 3 x 5 breaths

MiniBand Circuit: 2x through

Lateral MiniBand Walk (L-R-L): 15/side
Lying MiniBand Psoas: 8x2s/side

A) Box Jump Technique

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

B1) Back Squat w/ 3s negative (No rest between sets)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 5						
Week 2	4 x 6						
Week 3	5 x 4						
Week 4: ~80% of Week 1	3 x 5						

B2) 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)						

C1) 1-Leg DB SLDL (No rest between sets)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 5/side						
Week 2	4 x 6/side						
Week 3	5 x 5/side						
Week 4: ~80% of Week 1	3 x 6/side						

C2) Front Plank w/ Shoulder Touch

		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	2 x 8/side						

D1) Walking Lunge (No rest between sets)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 15/side						
Week 2	3 x 15/side						
Week 3	4 x 15/side						
Week 4	2 x 15/side						

D2) 1-Arm Farmer'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	3 x 25 yards/side						
Week 4	3 x 25 yards/side						

D3) 2-Way Med Ball Crush

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (2x30s)						
Week 2	3 x (2x30s)						
Week 3	3 x (2x30s)						
Week 4	3 x (2x30s)						

CON) 15-Yard Forward Sled Drag (On 45s)

Week 1	12x	
Week 2	14x	
Week 3	16x	
Week 4	10x	

Post-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
PRI R Sidelying Adductor Pullback: 3 x 5 breaths
PRI L Sidelying R Glute Max: 3 x 5 breaths
1/2 Kneeling Hip Flexor Stretch: 2 x 30s/side
Box Quad Stretch: 30s/side
Box Dynamic Hip Rotator Stretch: 30s/side
Cross-Body Lat Stretch: 30s/side
90-Degree Pec Stretch: 30s/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
PRI 90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI R Sidelying Adductor Pullback: 3 x 5 breaths
PRI L Sidelying R Glute Max: 3 x 5 breaths
PRI Standing Wall Press: 3 x 5 breaths

A) Hang Clean Technique

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

B1) DB Chest Press w/ 3s negative (No rest between sets)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 5						
Week 2	4 x 6						
Week 3	5 x 4						
Week 4: ~80% of Week 1	3 x 5						

B2) Seated Alt. Arm Scap Wall Slide

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

C1) Low Pulley Row (No rest between sets)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 5						
Week 2	4 x 6						
Week 3	5 x 4						
Week 4: ~80% of Week 1	3 x 5						

C2) Ipsilateral Deadbug

		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						

D1) Push-Up Hold Challenge (No rest between sets)

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

D2) Face Pull

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

D3) Tall Kneeling Belly Press

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

CON) Elliptical: HR 130-150

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
PRI R Sidelying Adductor Pullback: 3 x 5 breaths
PRI L Sidelying R Glute Max: 3 x 5 breaths
1/2 Kneeling Hip Flexor Stretch: 2 x 30s/side
Box Quad Stretch: 30s/side
Box Dynamic Hip Rotator Stretch: 30s/side
Cross-Body Lat Stretch: 30s/side
90-Degree Pec Stretch: 30s/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
PRI 90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI R Sidelying Adductor Pullback: 3 x 5 breaths
PRI L Sidelying R Glute Max: 3 x 5 breaths
PRI Standing Wall Press: 3 x 5 breaths

Circuit: 2x through

Lateral MiniBand Walk (L-R-L): 15/side
Front Plank: 30s
2-Way Med Ball Crush: 30s/each
Lying MiniBand Psoas: 8x2s/side

Circuit: 30 mins; HR 130-150

A1) High Knee Skips (Technique)

		Sets							
Week 1	50 yards								
Week 2	50 yards								
Week 3	50 yards								
Week 4	50 yards								

A2) Back Pedal (70% Tempo)

		Sets							
Week 1	50 yards								
Week 2	50 yards								
Week 3	50 yards								
Week 4	50 yards								

A3) Bowler Squat

		Sets							
Week 1	10/side								
Week 2	10/side								
Week 3	10/side								
Week 4	10/side								

A4) Push-Up

		Sets							
Week 1	10								
Week 2	10								
Week 3	10								
Week 4	10								

A5) Lateral Squat

		Sets							
Week 1	10/side								
Week 2	10/side								
Week 3	10/side								
Week 4	10/side								

A6) 1-Arm Cable Row

		Sets							
Week 1	10/side								
Week 2	10/side								
Week 3	10/side								
Week 4	10/side								

A7) Spiderman Lunge w/ Rotation

		Sets							
Week 1	10/side								
Week 2	10/side								
Week 3	10/side								
Week 4	10/side								

A8) Overhead Med Ball Floor Slam

		Sets							
Week 1	10								
Week 2	10								
Week 3	10								
Week 4	10								

CON) Airborne Tempo @ 70%

Week 1	8 x :10/:50	
Week 2	10 x :10/:50	
Week 3	12 x :10/:50	
Week 4	14 x :10/:50	

Post-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
PRI R Sidelying Adductor Pullback: 3 x 5 breaths
PRI L Sidelying R Glute Max: 3 x 5 breaths
1/2 Kneeling Hip Flexor Stretch: 2 x 30s/side
Box Quad Stretch: 30s/side
Box Dynamic Hip Rotator Stretch: 30s/side
Cross-Body Lat Stretch: 30s/side
90-Degree Pec Stretch: 30s/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
PRI 90-90 Hip Lift w/ Shift & Balloon: 3 x 5 breaths
PRI R Sidelying Adductor Pullback: 3 x 5 breaths
PRI L Sidelying R Glute Max: 3 x 5 breaths
PRI Standing Wall Press: 3 x 5 breaths

A1) Box Jump Technique		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5						
Week 2	3 x 5						
Week 3	3 x 5						
Week 4	3 x 5						

A2) Hang Clean Technique		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5						
Week 2	3 x 5						
Week 3	3 x 5						
Week 4	3 x 5						

A3) 1-Leg Glute Bridge w/ Hands vs. Wall		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (8x2s)/side						
Week 2	2 x (8x2s)/side						
Week 3	2 x (8x2s)/side						
Week 4	2 x (8x2s)/side						

B1) DB Reverse Lunge (No rest between sets)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5/side						
Week 2	3 x 6/side						
Week 3	4 x 4/side						
Week 4: ~80% of Week 1	3 x 5/side						

B2) Low Pulley Row (No rest between sets)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 5						
Week 2	4 x 6						
Week 3	4 x 4						
Week 4: ~80% of Week 1	3 x 5						

C1) BB SLDL (No rest between sets)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5						
Week 2	3 x 6						
Week 3	4 x 4						
Week 4: ~80% of Week 1	3 x 5						

C2) DB Incline Chest Press (No rest between sets)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5						
Week 2	3 x 6						
Week 3	4 x 4						
Week 4: ~80% of Week 1	3 x 5						

D1) Quadraped 1-Arm Reach w/ L Knee Elevated		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side						
Week 2	2 x 8/side						
Week 3	2 x 8/side						
Week 4	2 x 8/side						

D2) Tall Kneeling Cable Lift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side						
Week 2	2 x 8/side						
Week 3	2 x 8/side						
Week 4	2 x 8/side						

CON) 15-Yard Forward Sled Drag (On 45s)		
Week 1	12x	
Week 2	14x	
Week 3	16x	
Week 4	10x	

Post-Workout Corrective Work

Wall Ankle Mobility: 2 x 15/side
PRI R Sidelying Adductor Pullback: 3 x 5 breaths
PRI L Sidelying R Glute Max: 3 x 5 breaths
1/2 Kneeling Hip Flexor Stretch: 2 x 30s/side
Box Quad Stretch: 30s/side
Box Dynamic Hip Rotator Stretch: 30s/side
Cross-Body Lat Stretch: 30s/side
90-Degree Pec Stretch: 30s/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				