

Name	Date//
Day 1	

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

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				<i>\(\(\(\)</i>		777777777
Week 2	3 x 5						mmm
Week 3	3 x 5						
Week 4	3 x 5						
				•			
B1) Back Squat w/ 3s negative (No rest betw		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				<u> </u>		<u> ////////////////////////////////////</u>
B2) Glute Bridge		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (10x2s)	3601	1 3612	5615	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>77777777</i> 77	77777777
Week 2	3 x (10x2s)						
Week 3	3 x (10x2s)						
Week 4	3 x (10x2s)				<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>		
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						<i>/////////////////////////////////////</i>
Week 4: ~80% of Week 1	3 x 6/side				<u> </u>	<u> </u>	<u>/////////////////////////////////////</u>
C2) Front Plank w/ Shoulder Touch		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side				1//////////////////////////////////////		
Week 2	3 x 8/side						<i>7777777</i> 7
Week 3	3 x 8/side				<i>*************************************</i>		<i>11111111</i> 111
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				<i>- ////////////////////////////////////</i>		
Week 2	3 x 15/side						
Week 3	4 x 15/side						
Week 4	2 x 15/side				<u> </u>		<u>/////////////////////////////////////</u>
D2) 1-Arm Farmer's Walk	2 254-/-:4-	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 25 yards/side		-		- ////////////////////////////////////	<i>/////////////////////////////////////</i>	////////
Week 2 Week 3	3 x 25 yards/side				- ////////////////////////////////////		////////
Week 4	3 x 25 yards/side 3 x 25 yards/side				- ////////////////////////////////////		/////////////////////////////////////
week 4	3 x 25 yarus/side				<u> </u>	<i>(////////////////////////////////////</i>	<u> </u>
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)				<u> </u>		<u> </u>
CON) 15-Yard Forward Sled Drag (On 45s)							
Week 1	12x		7				
Week 2	14x		†				
Week 3	16x		†				

Post-Workout Corrective Work

Week 4

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

10x

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					Dat	e <u>l I</u>	
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	S						
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 b	etween sets)	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 5	Jet 1	361 2	3613	3614	<i>V//////////</i>	777777777
Week 2	4 x 6						<i>/////////////////////////////////////</i>
Week 3	5 x 4					*********	<i>/////////////////////////////////////</i>
Week 4: ~80% of Week 1	3 x 5						
B2) Seated Alt. Arm Scap Wall Slide	T 0 5/11 T	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5/side						<i>444444</i>
Week 2	3 x 5/side					<i>~~~~~</i>	<i></i>
Week 3	3 x 5/side					<i>~~~~~</i>	<i>~~~</i>
Week 4	3 x 5/side					<u> </u>	<u> </u>
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						
60) 7 - 11 1 D 11							
C2) Ipsilateral Deadbug	2 (02-)/-:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2	3 x (8x2s)/side				<i>444444</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	/////////////////////////////////////
Week 3	3 x (8x2s)/side 3 x (8x2s)/side						/////////////////////////////////////
Week 4	3 x (8x2s)/side						/////////
Treck 1	3 X (0X23)/ Side		ı			<i></i>	
D1) Push-Up Hold Challenge (No rest between	n sets)	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x Failure			<i>\////////////////////////////////////</i>			
Week 2	2 x Failure			<i>- 1////////////////////////////////////</i>			
Week 3	2 x Failure			<i>- 1000000</i>			
Week 4	2 x Failure			<u> </u>			
D2) Face Pull		S-4.4	S-4.2	C-4.2	C-4.4	C-4 F	S-4.6
Week 1	2 x 10	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 2	2 x 10			<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>			<i></i>
Week 3	2 x 10			<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>			
Week 4	2 x 10			<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>			
	•		•				
D3) Tall Kneeling Belly Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (10x2s)/side			<i>- Yalaalaa</i>			
Week 2	2 x (10x2s)/side			<i>- 1444444</i>			444444
Week 3	2 x (10x2s)/side			- 		<i>/////////////////////////////////////</i>	<i>44444</i> 44
Week 4	2 x (10x2s)/side			<u> </u>		<i>X////////////////////////////////////</i>	<i>(11111111111</i>)

CON	Elliptical:	нр	130-150
CON	, Empucai	пĸ	130-130

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 Extretch: 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	Date//
Day 3	

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

Circuit: 30 mins; AR 130-150			
A1) High Knee Skips (Technique)		Sets	
Week 1	50 yards		<u> </u>
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		<u> </u>
Week 2	10/side		<u> </u>
Week 3	10/side		
Week 4	10/side		<u> </u>
A4) Push-Up		Sets	***************************************
Week 1	10		
Week 2	10		-\////////////////////////////////////
Week 3	10		
Week 4	10		<u> </u>
A5) Lateral Squat		0-4-	
Week 1	10/side	Sets	<u> </u>
Week 2	10/side		-\/////X/////X//////X//////X/////X/////X////
Week 3	10/side		
Week 4	10/side		-\////////////////////////////////////
Week 4	10/3106		<u> </u>
A6) 1-Arm Cable Row		Sets	
Week 1	10/side	1	
Week 2	10/side		- V///////X/////////////////////////////
Week 3	10/side		<u> </u>
Week 4	10/side		<u> </u>
		l.	
A7) Spiderman Lunge w/ Rotation		Sets	
Week 1	10/side		X///////X//////////X//////X///////
Week 2	10/side		X//////X/////X////////////////////////
Week 3	10/side		
Week 4	10/side		X//////X////X/////X/////X//////X//////
A8) Overhead Med Ball Floor Slam		Sets	
Week 1	10		<u> </u>
Week 2	10		
Week 3	10		
Week 4	10	l	<u> </u>
CON) Airdone Terror @ 700/			
CON) Airdyne Tempo @ 70%	9 × 10/.52		
Week 1	8 x :10/:50	 	=
Week 2	10 x :10/:50	 	
Week 3	12 x :10/:50	1	=
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

	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___/__/_ Day 4

Pre-Workout Corrective WorkWall 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				<i>1000000</i>	,,,,,,,,,,,,,,	444444
Week 2	3 x 5				<i>1000000</i>		
Neek 3	3 x 5				<i>1000000</i>		
Neek 4	3 x 5				<u> </u>		<u> </u>
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	Set i	3et 2	7//////	N////////	777777777	77777777
Week 2	2 x (8x2s)/side			<i>\(\(\(\(\) \)</i>	<i>X//////////</i>		<i>1111111111</i>
Week 3	2 x (8x2s)/side			<i>\(\(\(\) \) \\ \</i>	<i>X////////////////////////////////////</i>		<i>999999</i>
Week 4	2 x (8x2s)/side			<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	XIIIIIII		<i>1111111111111111111111111111111111111</i>
VCCR 4	2 x (0x23)/3ide			<i></i>	<u> </u>		
31) DB Reverse Lunge (No rest between se	ets)	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	3 x 5/side						
Neek 2	3 x 6/side						
Veek 3	4 x 4/side						
Neek 4: ~80% of Week 1	3 x 5/side				1//////////////////////////////////////		
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				<i>1000000</i>		
Veek 2	4 x 6						
Veek 3	4 x 4						
Week 4: ∼80% of Week 1	3 x 5				<u> </u>	<i>000000</i>	<i>000000</i>
C1) DD CLDL (No west between sets)		0.44	0.40	0.40	0.44	0.45	0.40
	2 v E	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Neek 1 Neek 2	3 x 6	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Neek 1 Neek 2 Neek 3	3 x 6 4 x 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Neek 1 Neek 2 Neek 3	3 x 6	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1	3 x 6 4 x 4 3 x 5						
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest betwee	3 x 6 4 x 4 3 x 5	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Neek 1 Neek 2 Neek 3 Neek 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between Neek 1	3 x 6 4 x 4 3 x 5 en sets)						
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the second	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6						
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between Week 1 Week 2 Week 2 Week 3	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4						
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest betwee Week 1 Week 2 Week 3	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6						
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the second that the s	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5						
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between 1) Week 1 Week 2 Week 2 Week 3 Week 3 Week 4: ~80% of Week 1 D1) Quadruped 1-Arm Reach w/ L Knee Ele Week 1	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 2 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest betweek 1) Week 2 Week 2 Week 3 Week 4: ~80% of Week 1 D1) Quadruped 1-Arm Reach w/ L Knee Elek Week 1 Week 2	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 2 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest betweek 1) Week 2 Week 2 Week 3 Week 4: ~80% of Week 1 D1) Quadruped 1-Arm Reach w/ L Knee Elek Week 1 Week 2	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between Meek 1 Week 2 Week 2 Week 3 Week 4: ~80% of Week 1 D1) Quadruped 1-Arm Reach w/ L Knee Elek Week 1 Week 2 Week 2 Week 3	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the company of the com	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side 2 x 8/side 2 x 8/side 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the company of the com	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the second text of t	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side 2 x 8/side 2 x 8/side 2 x 8/side 2 x 8/side 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the company of the com	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the company of the com	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
C1) BB SLDL (No rest between sets) Week 1 Week 2 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between sets) Week 1 Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 D1) Quadruped 1-Arm Reach w/ L Knee Electric Meek 1 Week 3 Week 3 Week 4 D2) Tall Kneeling Cable Lift Week 1 Week 1 Week 2 Week 3 Week 4 D2) Week 3 Week 3 Week 4	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the second text of t	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the company of the com	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between Meek 1 Week 2 Week 3 Week 3 Week 4: ~80% of Week 1 D1) Quadruped 1-Arm Reach w/ L Knee Elex Week 1 Week 1 Week 2 Week 3 Week 4 D2) Tall Kneeling Cable Lift Week 1 Week 1 Week 2 Week 3 Week 4 COON) 15-Yard Forward Sled Drag (On 45s) Week 1	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2 Week 3 Week 4: ~80% of Week 1 C2) DB Incline Chest Press (No rest between the company of the comp	3 x 6 4 x 4 3 x 5 en sets) 3 x 5 3 x 6 4 x 4 3 x 5 2 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

Post-Workout Corrective WorkWall Ankle Mobility: 2 x 15/side
PRI R Sidelying Adductor Pullback: 3 x 5 breaths PRI L Sidelying Adductor Pullback: 3 x 5 breath 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				