

Name Day 1					Dat	e <u> / /</u>	
Pre-Workout Corrective Work Wall Ankle Mobility: $2 \times 15/\text{side}$ PRI 90-90 Hip Lift w/ Shift & R Foot Tap: $3 \times 10$ PRI R Sidelying L Int. Rotation: $3 \times 10$ PRI L Sidelying R Glute Max w/ MiniBand: $3 \times 10$ PRI Standing Wall Press: $3 \times 5$ breaths							
MiniBand Circuit: 2x through Lateral MiniBand Walk (L-R-L): 15/side Standing Psoas Lift w/ Manual Resistance: 8x2s/side	е						
A) Depth Jump		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) Trap Bar Deadlift		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 3						
Week 4: ~80% of Week 1	3 x 5						
B2) Glute Bridge w/ Feet on Foam Roller		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (10x2s)						
Week 2	2 x (10x2s)						
Week 3	2 x (10x2s)						
Week 4	2 x (10x2s)			<u> </u>			<i>/////////////////////////////////////</i>
C1) DB Reverse Lunge		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 6/side						
Week 2	4 x 8/side						
Week 3	4 x 4/side						
Week 4: ~80% of Week 1	3 x 6/side					<i>(((((((((((((((((((((((((((((((((((((</i>	<i>(((((((((((((((((((((((((((((((((((((</i>
C2) Slideboard Bodysaw		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 8						
Week 3	3 x 8						<i>444444</i> 444
Week 4	3 x 8				<i>/////////////////////////////////////</i>	<i>/////////////////////////////////////</i>	<i>/////////////////////////////////////</i>
D1) Bottom Leg Bunkie Side Plank	<b>,</b>	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s/side	ļ					4444444
Week 2	3 x 25s/side						<i>444444</i>
Week 3	3 x 30s/side						<i>444444</i> 44
Week 4	3 x 30s/side	l				<u> </u>	<u> </u>
D2) 2-Way Med Ball Crush	<b>,</b>	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (2x30s)						
Week 2	3 x (2x30s)	ļ					444444
Week 3	3 x (2x30s)	ļ					444444
Week 4	3 x (2x30s)						///////////////////////////////////////

CON	20-Yard Forward	Sled Sprint v	v/ HR <120	Recovery

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

Post-Workout Corrective Work
Wall Ankle Mobility: 15/side
PRI 90-90 Hip Lift w/ Shift & R Foot Tap: 3 x 10
PRI R Sidelying L Int. Rotation: 3 x 10
PRI L Sidelying R Glute Max w/ MiniBand: 3 x 10
1/2 Kneeling Hip Flexor Stretch: 30s/side
Box Quad Stretch: 30s/side

Lying 2-Way Glute Stretch: 30s each/side Cross-Body Lat Stretch: 30s/side

90-Degree Pec Stretch: 30s/side

### **Daily Training Assessment**

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



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Name Day 2					Da	te <u>/</u> /	
Day 2							
Pre-Workout Corrective Work Wall Ankle Mobility: 2 x 15/side PRI 90-90 Hip Lift w/ Shift & R Foot Tap: 3 x 10 PRI R Sidelying L Int. Rotation: 3 x 10 PRI L Sidelying R Glute Max w/ MiniBand: 3 x 10 PRI Standing Wall Press: 3 x 5 breaths							
A) Hang Clean		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	5, 3, 3				///////////////////////////////////////	<i>\$/////////</i>	
Week 2	5, 3, 3						
Week 3	5, 3, 3						
Week 4	5, 3, 3				<i>1////////////////////////////////////</i>	<u> </u>	
D4) To alice DD Cheat Duran				2.42			
B1) Incline DB Chest Press Week 1	4 x 5	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 2	4 x 6		1			<del>/////////////////////////////////////</del>	<i>/////////////////////////////////////</i>
Week 3	5 x 3						
Week 4: ~80% of Week 1	3 x 5				77777777		
					1777777777	**********	
B2) Standing Dynamic Y->W		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8					X/////////////////////////////////////	
Week 2	2 x 8			<i>- 1000000</i>	<i>X////////////////////////////////////</i>	<i>X////////////////////////////////////</i>	
Week 3	2 x 8			<i>- 1/////////</i>	<i>X////////////////////////////////////</i>	<i>\$444444</i>	
Week 4	2 x 8		1	<u> </u>	<u> X////////////////////////////////////</u>	<u> X////////////////////////////////////</u>	
C1) 1-Arm DB Row		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 6/side	36(1	361.2	361.3	361.4	<i>V////////////////////////////////////</i>	777777777
Week 2	4 x 8/side					<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	
Week 3	4 x 4/side		İ			<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	
Week 4: ~80% of Week 1	3 x 6/side				///////////////////////////////////////		
	,		•	•			
C2) 1-Arm Stability Ball Wall Hold		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s/side					<i>X////////////////////////////////////</i>	
Week 2	3 x 20s/side				<i>100000</i>	<i>X////////////////////////////////////</i>	
Week 3	3 x 20s/side				<i>444444</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	
Week 4	3 x 20s/side		l		<i>(((((((((((((((((((((((((((((((((((((</i>	<i>X//////////</i>	
D1) Push-Ups		S-4.4	C-4.2	C-4.2	S-4.4	C-4 F	C-4.6
Week 1	2 x Failure	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 2	2 x Failure			<del>- ////////////////////////////////////</del>	***************************************	<i>*************************************</i>	
Week 3	2 x Failure			<del>- 1</del> ////////////////////////////////////	***************************************	<i>*////////////////////////////////////</i>	
Week 4	2 x Failure						
	•		•	********	********	******	
D2) Suspended Row		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			<i>- ////////////////////////////////////</i>	<i>X////////////////////////////////////</i>	<i>X////////////////////////////////////</i>	
Week 4	2 x Failure		1	<u> </u>	<u> </u>	<u> </u>	<u> </u>
D3) Standing Belly Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (10x2s)/side	Set 1	Set 2	V/////////	V/////////////////////////////////////	V/////////	777777777777
Week 2	2 x (10x2s)/side			<del>- ////////////////////////////////////</del>	<del>\////////////////////////////////////</del>	<del>\////////////////////////////////////</del>	<i>/////////////////////////////////////</i>
Week 3	2 x (10x2s)/side				<i>8////////////////////////////////////</i>	<i>*************************************</i>	
Week 4	2 x (10x2s)/side		1	<i>*////////////////////////////////////</i>	<i>\$(1)(1)(1)</i>	<i>\$////////</i>	
,	· · · · · · · · · · · · · · · ·		•				
CON) Sandwich Eating			-				
Week 1	2 x (5x6)/3:00		1				
Week 2	2 x (6x6)/3:00		1				
Week 3	2 x (6x6)/3:00		4				
Week 4	2 x (3x6)/3:00		1				

Post-Workout Corrective Work
Wall Ankle Mobility: 15/side
PRI 90-90 Hip Lift w/ Shift & R Foot Tap: 3 x 10
PRI R Sidelying L Int. Rotation: 3 x 10
PRI L Sidelying R Glute Max w/ MiniBand: 3 x 10
1/2 Kneeling Hip Flexor Stretch: 30s/side
Box Quad Stretch: 30s/side
Lying 2-Way Glute Stretch: 30s each/side
Cross-Body Lat Stretch: 30s/side
90-Degree Pec Stretch: 30s/side

# **Daily Training Assessment**

	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 & R Foot Tap: 3 x 10 PRI R Sidelying L Int. Rotation: 3 x 10 PRI L Sidelying R Glute Max w/ MiniBand: 3 x 10 PRI Standing Wall Press: 3 x 5 breaths

MiniBand Circuit: 2x through

Lateral MiniBand Walk (L-R-L): 15/side

A) 1-Leg Forward Hurdle Hop		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	3 x 5/side						
Veek 2	3 x 5/side						7777777
Veek 3	3 x 5/side						
Veek 4	3 x 5/side					<u> </u>	<u> ////////////////////////////////////</u>
31) DB RFE Split Squat w/ 7s Negative		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	4 x 3/side					<i>1///////</i>	
Veek 2	4 x 4/side						
Veek 3	5 x 2/side						
Veek 4: ~80% of Week 1 & No Negative	3 x 5/side						<i>7777777</i>
32) 1-Leg Glute Bridge w/ Hands vs. Wall		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	2 x (8x2s)/side					<i>NIIIII</i>	mm
Veek 2	2 x (8x2s)/side			<i>*////////////////////////////////////</i>		8////////	777777
Veek 3	2 x (8x2s)/side						
Veek 4	2 x (8x2s)/side					8///////	
(1) Eccentric Hamstring Curls		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	4 x 4	0011	0012	00.0	0014	<i>\''''''''''''''''''''''''''''''''''''</i>	miiim
Veek 2	4 x 6					<i>*////////</i>	<i>777777</i> 77
Veek 3	4 x 8					<i>1///////</i>	
Veek 4: ~80% of Week 1	3 x 6					<i>XIIIIII</i>	99999
C2) Reverse Crunch		C-4.4	C-4.2	S-4-2	C-4.4	S-4.5	C-4.0
Week 1	3 x 8	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 2	3 x 8					<del>\(\(\(\(\(\(\(\(\(\)\\\\\\\\\\\\\\\\\\</del>	<i>44444</i>
Veek 3	3 x 8				<i>444444</i>	<del>\{\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</del>	<del>////////</del>
Week 4	3 x 8					<del>X///////</del>	
	0 . 0				******	<u> </u>	<u> </u>
O1) Top Leg Bunkie Side Plank Veek 1	3 x 20s/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 2	3 x 25s/side					<del>\{\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</del>	<del>////////</del>
Veek 3	3 x 30s/side				<del>/////////////////////////////////////</del>	<del>\{\//////\/\</del>	<del>MMM</del>
Veek 4	3 x 30s/side					<del>(((((((((((((((((((((((((((((((((((((</del>	
VCCK 4	3 x 303/3idc			I		<u> </u>	
O2) Standing Cable Chop	2 10/-:-	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	3 x 10/side			+	<i>WHHHH</i>	X///////X	<i>44444</i>
Veek 2	3 x 10/side			_	<i>1444444</i>	<i>X///////</i>	44444
Veek 3	3 x 10/side			_	<i>WWW</i>	<i>XIIIIII</i> X	44444
Veek 4	3 x 10/side				<i>/////////////////////////////////////</i>	<u> </u>	<u> </u>
CON) Vertimax Jumps Continuous w/ HR <			_				
Veek 1	2 x (5x6)/3:00						
Week 2	2 x (6x6)/3:00						

Week 3 Week 4

Post-Workout Corrective Work
Wall Ankle Mobility: 15/side
PRI 90-90 Hip Lift w/ Shift & R Foot Tap: 3 x 10
PRI R Sidelying L Int. Rotation: 3 x 10
PRI L Sidelying R Glute Max w/ MiniBand: 3 x 10
1/2 Kneeling Hip Flexor Stretch: 30s/side
Box Quad Stretch: 30s/side
Lying 2-Way Glute Stretch: 30s each/side

Lying 2-Way Glute Stretch: 30s each/side Cross-Body Lat Stretch: 30s/side

90-Degree Pec Stretch: 30s/side

### **Daily Training Assessment**

2 x (6x6)/3:00

2 x (3x6)/3:00

	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 Work

Wall Ankle Mobility: 2 x 15/side PRI 90-90 Hip Lift w/ Shift & R Foot Tap: 3 x 10 PRI R Sidelying L Int. Rotation: 3 x 10 PRI L Sidelying R Glute Max w/ MiniBand: 3 x 10 PRI Standing Wall Press: 3 x 5 breaths

A) Hang Clean Set 1 Set 2 Set 3 Week 1 5, 3, 3 Week 2 Week 3 Week 4

B1) Bench Press w/ 7s Negative		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4						
Week 2	4 x 5						
Week 3	5 x 3						
Week 4: ~80% of Week 1 & No Negative	3 x 5						

B2) Standing Dynamic Y->W		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8			<i>\(\(\(\(\(\(\(\)\\\\\\\\\\\\\\\\\\\\\\</i>	///////////////////////////////////////		
Week 2	2 x 8						
Week 3	2 x 8			<i>/////////////////////////////////////</i>			
Week 4	2 x 8						

C1) Chin-Up w/ 7s Negative		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4						
Week 2	4 x 5					V////////	
Week 3	4 x 3						
Week 4: ~80% of Week 1 & No Negative	3 x 5						

C2) 1-Arm Stability Ball Wall Hold		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s/side						
Week 2	3 x 20s/side				- <i>////////////////////////////////////</i>		
Week 3	3 x 20s/side						
Week 4	3 x 20s/side						

D1) 1/2 Kneeling 1-Arm Cable Row		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						

D2) Standing Cable Lift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10/side						
Week 2	3 x 10/side						
Week 3	3 x 10/side						
Week 4	3 x 10/side				<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>		

#### CON) OH Med Ball Floor Slam w/ HR <120 Recovery

Week 1	2 x (5x6)/3:00
Week 2	2 x (6x6)/3:00
Week 3	2 x (6x6)/3:00
Week 4	2 x (3x6)/3:00

## Post-Workout Corrective Work

Wall Ankle Mobility: 15/side
PRI 90-90 Hip Lift w/ Shift & R Foot Tap: 3 x 10
PRI R Sidelying L Int. Rotation: 3 x 10
PRI L Sidelying R Glute Max w/ MiniBand: 3 x 10
1/2 Kneeling Hip Flexor Stretch: 30s/side
Box Quad Stretch: 30s/side

Lying 2-Way Glute Stretch: 30s each/side Cross-Body Lat Stretch: 30s/side 90-Degree Pec Stretch: 30s/side

## **Daily Training Assessment**

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