



Name _____
Day 1

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
Standing Psoas Lift w/ Manual Resistance: 8x2s/side

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)						

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						

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						
Week 4	3 x 8						

D1) Bottom Leg Bunkie 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						

D2) 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) 20-Yard Forward Sled Sprint w/ 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

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 & 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						
Week 2	5, 3, 3						
Week 3	5, 3, 3						
Week 4	5, 3, 3						

B1) Incline DB Chest Press

		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) Standing Dynamic Y->W

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

C1) 1-Arm DB Row

		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						

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						
Week 3	3 x 20s/side						
Week 4	3 x 20s/side						

D1) Push-Ups

		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) 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						
Week 4	2 x Failure						

D3) Standing 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) Sandwich Eating

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

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 & 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
Standing Psoas Lift w/ Manual Resistance: 8x2s/side

A) 1-Leg Forward Hurdle Hop

		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						

B1) DB RFE Split Squat w/ 7s Negative

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 3/side						
Week 2	4 x 4/side						
Week 3	5 x 2/side						
Week 4: ~80% of Week 1 & No Negative	3 x 5/side						

B2) 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						

C1) Eccentric Hamstring Curls

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4						
Week 2	4 x 6						
Week 3	4 x 8						
Week 4: ~80% of Week 1	3 x 6						

C2) Reverse Crunch

		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						
Week 4	3 x 8						

D1) Top Leg Bunkie 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						

D2) Standing Cable Chop

		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						

CON) Vertimax Jumps Continuous 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

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 & 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						
Week 2	5, 3, 3						
Week 3	5, 3, 3						
Week 4	5, 3, 3						

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						
Week 2	2 x 8						
Week 3	2 x 8						
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						
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						
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						

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

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				