

Additional Training Information

Dynamic Warm-Up		Cool-Down
Knee Pull to Chest	10yds	1. Foam Roll 20s Each
Quad Stretch	10yds	Lats
Cradle Stretch	10yds	Pecs
Atlas Lunge	10yds	Adductors
Spiderman Lunge	10yds	TFL
Alt. Side Lunge	10yds	Hamstrings
SL RDL	10yds	2. Stretch 20s Each
Inchworms + Pushup	10yds	Lats
High Kicks	10yds	Pecs
High Knees	20yds	Adductors
Butt Kickers	20yds	TFL
Bear Crawl	20yds	Hamstrings
Reverse Bear Crawl	20yds	3. Any additional Recovery Work
High Knee Carioca x 2	20yds/ea	
Skip For Height	20yds	
Skip For Distance	20yds	
Sprint (80%,85%,90%,95%)	10yds/ea	
Complete Dynamic Warm-Up Before Physical Training Evolutions. Complete Cool-Down After Physical Training Evolutions.		

1-RM Chart		
Reps	%1RM	Estimate 1RM*
1	100	1.00
2	95	1.05
3	93	1.08
4	90	1.11
5	87	1.15
6	85	1.18
7	83	1.20
8	80	1.25
9	77	1.30
10	75	1.33
11	70	1.43
12	67	1.49
15	65	1.54
Ex: 200lb Squat for 10 reps. Estimated Squat 1RM = $200 \times 1.33 = 266\text{lbs}$		

RPE: Strength training "RIR/RPE" should be at 7+, unless it is a deload day.

Endurance RPE
LSD: ~4 RPE
Tempo Run: ~5-6
Intervals: ~7-8+
Fartleks: ~6-7

*See Attached For Full RPE Charts

Abbreviated Terms	
SL	Single Leg
HK	Half Kneeling
DB	Dumbbell
BB	Barbell
SA	Single Arm
OH	Overhead
RDL	Romanian Dead Lift
KB	Kettlebell
BW	Body Weight
MB	Medicine Ball
SB	Sand Bag
TB	Trap Bar

WEEK 1

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Strength			Strength			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Deadlift	3x10	B1	Bench Press	3x10	A6	Shoulder Pass-Throughs	2x6
			B2	TRX/Inverted Row	3x10	A7	Ankle Rockers	2x6ea
C1	Split Squat	3x12ea	C1	Pushups	3x10	A8	Door Chest Stretch	2x20s/ea
C2	Glute Bridge	3x12	C2	Situps	3x10			
C3	Standing Hip Adduction w/ Band	3x12ea	C3	Pullups*	3x10			

*Use Band For Assistance If Required

Thursday			Friday		
Lower			Shoulder/Pull/Carries		
Activation			Activation		
A1	Clamshells	3x10ea	A1	Face Pulls	3x10
A2	Pallof Press	3x10ea	A2	ER w/ Band	3x10ea
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s
Strength			Strength		
B1	Squat	3x10	B1	HK DB Press	3x10ea
			B2	Pullup Hold*	3x10s
C1	DB RDL's	3x10	C1	Farmer Carry	3x30yds
C2	Reverse Lunges	3x10ea	C2	Chest Carry	3x30yds
C3	Low Plank	3x20s			

*Hold w/ Chin Over Bar

WEEK 2

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Strength			Strength			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Deadlift	3x10	B1	Bench Press	3x10	A6	Shoulder Pass-Throughs	2x6
			B2	TRX/Inverted Row	3x10	A7	Ankle Rockers	2x6ea
C1	Split Squat	3x12ea	C1	Pushups	3x10	A8	Door Chest Stretch	2x20s/ea
C2	Glute Bridge	3x12	C2	Situps	3x10			
C3	Standing Hip Adduction w/ Band	3x12ea	C3	Pullups*	3x10			

*Use Band For Assistance If Required

Thursday			Friday		
Lower			Shoulder/Pull/Carries		
Activation			Activation		
A1	Clamshells	3x10ea	A1	Face Pulls	3x10
A2	Pallof Press	3x10ea	A2	ER w/ Band	3x10ea
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s
Strength			Strength		
B1	Squat	3x10	B1	HK DB Press	3x10ea
			B2	Pullup Hold*	3x10s
C1	DB RDL's	3x10	C1	Farmer Carry	3x30yds
C2	Reverse Lunges	3x10ea	C2	Chest Carry	3x30yds
C3	Low Plank	3x20s			

*Hold w/ Chin Over Bar

WEEK 3

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Strength			Strength			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Deadlift	3x8	B1	Bench Press	3x8	A6	Shoulder Pass-Throughs	2x6
			B2	TRX/Inverted Row	3x8	A7	Ankle Rockers	2x6ea
C1	Split Squat	3x10ea	C1	Pushups	3x12	A8	Door Chest Stretch	2x20s/ea
C2	Glute Bridge	3x10	C2	Situps	3x12			
C3	Standing Hip Adduction w/ Band	3x12ea	C3	Pullups*	3x8			

*Use Band For Assistance If Required

Thursday			Friday		
Lower			Shoulder/Pull/Carries		
Activation			Activation		
A1	Clamshells	3x10ea	A1	Face Pulls	3x10
A2	Pallof Press	3x10ea	A2	ER w/ Band	3x10ea
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s
Strength			Strength		
B1	Squat	3x8	B1	HK DB Press	3x8ea
			B2	Pullup Hold*	3x12s
C1	DB RDL's	3x8	C1	Farmer Carry	3x40yds
C2	Reverse Lunges	3x8ea	C2	Chest Carry	3x40yds
C3	Low Plank	3x25s			

*Hold w/ Chin Over Bar

WEEK 4

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Strength			Strength			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Deadlift	3x8	B1	Bench Press	3x8	A6	Shoulder Pass-Throughs	2x6
			B2	TRX/Inverted Row	3x8	A7	Ankle Rockers	2x6ea
C1	Split Squat	3x10ea	C1	Pushups	3x12	A8	Door Chest Stretch	2x20s/ea
C2	Glute Bridge	3x10	C2	Situps	3x12			
C3	Standing Hip Adduction w/ Band	3x12ea	C3	Pullups*	3x8			

*Use Band For Assistance If Required

Thursday			Friday		
Lower			Shoulder/Pull/Carries		
Activation			Activation		
A1	Clamshells	3x10ea	A1	Face Pulls	3x10
A2	Pallof Press	3x10ea	A2	ER w/ Band	3x10ea
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s
Strength			Strength		
B1	Squat	3x8	B1	HK DB Press	3x8ea
			B2	Pullup Hold*	3x12s
C1	DB RDL's	3x8	C1	Farmer Carry	3x40yds
C2	Reverse Lunges	3x8ea	C2	Chest Carry	3x40yds
C3	Low Plank	3x25s			

*Hold w/ Chin Over Bar

WEEK 5

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power/Agility			Power			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Broad Jump	3x3	B1	Hinged MB Chest Slams	3x3	A6	Shoulder Pass-Throughs	2x6
B2	MB Hinge Throw	3x3	B2	Rotating Wall Slams w MB	3x3ea	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Deadlift	3x10	C1	Bench Press	3x12			
			C2	DB Row	3x12ea			
D1	Elevated Split Squat	3x12ea	D1	Pushups	3x15			
D2	SL Glute Bridge	3x12ea	D2	Situps	3x15			
D3	Standing Hip Adduction w/ Band	3x12ea	D3	Pullups*	3x10			

*Use Band For Assistance If Required

Thursday			Friday			Saturday		
Lower			Shoulder/Pull/Carries			Full Body Conditioning		
Activation			Activation			A1	Burpees (4)	Work:Rest 1:5 x5 Rounds
A1	Clamshells	3x10ea	A1	Face Pulls	3x10	A2	Mountain Climbers (8ea)	
A2	Pallof Press	3x10ea	A2	ER w/ Band	3x10ea	A3	Bike (20s)	
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s			
Power/Agility			Power			EX 1: 1 min work, 5 min rest EX 2: 40s work, 200s rest		
B1	Vertical Jump	3x3	B1	MB Slams	3x3			
B2	5-10-5 Agility Drill	x3	B2	Plyo Pushups	3x3			
Strength			Strength					
C1	Squat	3x12	C1	HK DB Press	3x12ea			
			C2	Pullup Hold*	3x10s			
D1	SL DB RDL's	3x12ea	D1	Farmer Carry	3x45yds			
D2	Forward Lunges	3x12ea	D2	Chest Carry	3x45yds			
D3	Low Plank	3x30s						

*1 Min Rest B/T Agility

*1st Set: Hold w/ Chin Over Bar

*2nd Set: Hold w/ Arms at 90 Degrees

*3rd Set: Hold at Bottom Position w/ Scapula
Retracted

WEEK 6

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power/Agility			Power			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Broad Jump	3x3	B1	Hinged MB Chest Slams	3x3	A6	Shoulder Pass-Throughs	2x6
B2	MB Hinge Throw	3x3	B2	Rotating Wall Slams w MB	3x3ea	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Deadlift	3x8	C1	Bench Press	3x10			
			C2	DB Row	3x10ea			
D1	Elevated Split Squat	3x10ea	D1	Pushups	3x18			
D2	SL Glute Bridge	3x10ea	D2	Situps	3x18			
D3	Standing Hip Adduction w/ Band	3x12ea	D3	Pullups*	3x8			

*Use Band For Assistance If Required

Thursday			Friday			Saturday		
Lower			Shoulder/Pull/Carries			Full Body Conditioning		
Activation			Activation			A1	Burpees (5)	
A1	Clamshells	3x10ea	A1	Face Pulls	3x10	A2	Mountain Climbers (8ea)	Work:Rest
A2	Pallof Press	3x10ea	A2	ER w/ Band	3x10ea	A3	KB Swing (8)	1:5
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s	A4	Bike (20s)	x5 Rounds
Power/Agility			Power			EX 1: 1 min work, 5 min rest EX 2: 40s work, 200s rest		
B1	Vertical Jump	3x3	B1	MB Slams	3x3			
B2	5-10-5 Agility Drill	x3	B2	Plyo Pushups	3x3			
Strength			Strength					
C1	Squat	3x10	C1	HK DB Press	3x10ea			
			C2	Pullup Hold*	3x12s			
D1	SL DB RDL's	3x10ea	D1	Farmer Carry	3x50yds			
D2	Forward Lunges	3x10ea	D2	Chest Carry	3x50yds			
D3	Low Plank	3x35s						

*1 Min Rest B/T Agility

*1st Set: Hold w/ Chin Over Bar

*2nd Set: Hold w/ Arms at 90 Degrees

*3rd Set: Hold at Bottom Position w/ Scapula Retracted

WEEK 7

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power/Agility			Power			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Broad Jump	3x4	B1	Hinged MB Chest Slams	3x4	A6	Shoulder Pass-Throughs	2x6
B2	MB Hinge Throw	3x4	B2	Rotating Wall Slams w MB	3x4ea	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Deadlift	3x6	C1	Bench Press	3x8			
			C2	DB Row	3x8ea			
D1	Elevated Split Squat	3x8ea	D1	Pushups	3x21			
D2	SL Glute Bridge	3x8ea	D2	Situps	3x21			
D3	Standing Hip Adduction w/ Band	3x12ea	D3	Pullups*	3x6			

*Use Band For Assistance If Required

Thursday			Friday			Saturday		
Lower			Shoulder/Pull/Carries			Full Body Conditioning		
Activation			Activation			A1	MB Slams (5)	
A1	Clamshells	3x10ea	A1	Face Pulls	3x10	A2	Russian Twists (8ea)	Work:Rest 1:4 x5 Rounds
A2	Pallof Press	3x10ea	A2	ER w/ Band	3x10ea	A3	Burpees (6)	
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s	A4	Rower (20s)	
Power/Agility			Power			EX 1: 1 min work, 4 min rest EX 2: 40s work, 160s rest		
B1	Vertical Jump	3x4	B1	HK Rotating Slams	3x4ea			
B2	5-10-5 Agility Drill	x3	B2	Plyo Pushups	3x4			
Strength			Strength					
C1	Squat	3x8	C1	HK DB Press	3x8ea			
			C2	Pullup Hold*	3x14s			
D1	SL DB RDL's	3x8ea	D1	Farmer Carry	3x55yds			
D2	Forward Lunges	3x8ea	D2	Chest Carry	3x55yds			
D3	Low Plank	3x40s						

*1 Min Rest B/T Agility

*1st Set: Hold w/ Chin Over Bar

*2nd Set: Hold w/ Arms at 90 Degrees

*3rd Set: Hold at Bottom Position w/ Scapula Retracted

WEEK 8

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power/Agility			Power			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Broad Jump	3x4	B1	Hinged MB Chest Slams	3x4	A6	Shoulder Pass-Throughs	2x6
B2	MB Hinge Throw	3x4	B2	Rotating Wall Slams w MB	3x4ea	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Deadlift	3x4	C1	Bench Press	3x6			
			C2	DB Row	3x12,10,8ea			
D1	Elevated Split Squat	3x6ea	D1	Pushups	3x25			
D2	SL Glute Bridge	3x12,10,8ea	D2	Situps	3x25			
D3	Standing Hip Adduction w/ Band	3x12ea	D3	Pullups*	3x10,8,6			

*Use Band For Assistance If Required

Thursday			Friday			Saturday		
Lower			Shoulder/Pull/Carries			Full Body Conditioning		
Activation			Activation			A1	MB Slams (5)	
A1	Clamshells	3x10ea	A1	Face Pulls	3x10	A2	Russian Twists (8ea)	Work:Rest 1:4 x5 Rounds
A2	Pallof Press	3x10ea	A2	ER w/ Band	3x10ea	A3	Burpees (6)	
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s	A4	Sit Ups (8)	
Power/Agility			Power			A5	Rower (20s)	
B1	Vertical Jump	3x4	B1	MB Slams	3x4	EX 1: 1 min work, 4 min rest EX 2: 40s work, 160s rest		
B2	5-10-5 Agility Drill	x3	B2	Plyo Pushups	3x4			
Strength			Strength					
C1	Squat	3x6	C1	HK DB Press	3x6ea			
			C2	Pullup Hold*	3x16s			
D1	SL DB RDL's	3x12,10,8ea						
D2	Forward Lunges	3x12,10,8ea	D1	Farmer Carry	3x60yds			
D3	Low Plank	3x45s	D2	Chest Carry	3x60yds			

*1 Min Rest B/T Agility

*1st Set: Hold w/ Chin Over Bar

*2nd Set: Hold w/ Arms at 90 Degrees

*3rd Set: Hold at Bottom Position w/ Scapula Retracted

WEEK 9

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power/Agility			Power			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Broad Jump	3x5	B1	Hinged MB Chest Slams	3x5	A6	Shoulder Pass-Throughs	2x6
B2	MB Hinge Throw	3x5	B2	Rotating Wall Slams w MB	3x5ea	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Deadlift	4x4	C1	Bench Press	4x6			
C2	Side Plank	4x20s/ea	C2	DB Row	4x12,10,8,8ea			
D1	Elevated Split Squat	3x6ea	D1	Pushups	3x25			
D2	SL Glute Bridge	3x12,10,8ea	D2	Situps	3x25			
D3	Standing Hip Adduction w/ Band	3x12ea	D3	Pullups*	3x10,8,6			

*Use Band For Assistance If Required

Thursday			Friday			Saturday		
Lower			Shoulder/Pull/Carries			Full Body Conditioning		
Activation			Activation			A1	MB Slams (6)	
A1	Clamshells	3x10ea	A1	Face Pulls	3x10	A2	Russian Twists (8ea)	Work:Rest 1:3 x5 Rounds
A2	Lateral Lunge	3x10ea	A2	ER w/ Band	3x10ea	A3	Burpees (6)	
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s	A4	Sit Ups (8)	
Power/Agility			Power			A5	Rower (25s)	
B1	Vertical Jump	3x5	B1	MB Slams	3x5	EX 1: 1 min work, 3 min rest EX 2: 40s work, 120s rest		
B2	5-10-5 Agility Drill	x3	B2	Plyo Pushups	3x5			
Strength			Strength					
C1	Squat	4x6	C1	HK DB Press	4x6ea			
C2	Pallof Press	4x10ea	C2	Max Pullups + Holds*	1xMax + 3x15s			
D1	SL DB RDL's	3x12,10,8ea	D1	Farmer Carry	3x60yds			
D2	Forward Lunges	3x12,10,8ea	D2	Chest Carry	3x60yds			
D3	Low Plank	3x45s	D3	Shoulder Carry	3x60yds/ea			
*1 Min Rest B/T Agility			1st Set: Max Pullups (Full ROM) *2nd Set: Hold w/ Chin Over Bar *3rd Set: Hold w/ Arms at 90 Degrees *4th Set: Hold at Bottom Position w/ Scapula Retracted					

WEEK 10

Monday			Tuesday			Wednesday		
Posterior Chain			Mobility			Anterior Chain		
Activation			A1	90/90 Hip Rotations	2x6ea	Activation		
A1	Band Side Steps	3x10ea	A2	HK Trunk Rotation Against Wall	2x6ea	A1	Clamshells	3x10ea
A2	Band Pull Aparts	3x10	A3	Lateral Hurdle Step Overs	2x6ea	A2	Lateral Lunge	3x10ea
A3	Band Goodmornings	3x10	A4	Lateral Hurdle Step Unders	2x6ea	A3	Plank Plate Slide	3x10
Power/Agility			A5	Hurdle Forward/Back Step Overs	2x6ea	Power/Agility		
B1	Broad Jump	3x3	A6	Shoulder Pass-Throughs	2x6	B1	Vertical Jump	3x3
B2	MB Hinge Throw	3x3	A7	Ankle Rockers	2x6ea	B2	5-10-5 Agility Drill	x3
Strength			A8	Door Chest Stretch	2x20s/ea	Strength		
C1	Deadlift	3x5				C1	Squat	3x5
C2	Pullups	3x5				C2	Bench Press	3x5
D1	Weighted Glute Bridges	3x8				D1	HK DB Press	3x8ea
D2	Inverted Row/TRX Row	3x8				D2	Reverse Lunges	3x8ea
D3	Side Plank	3x20s/ea				D3	Low Plank	3x30s

Thursday	Friday
Rest	Full Body Conditioning
	A1 Rower (20s)
	A2 Pullups (3)
	A3 Pushups (10)
	A4 Sit-Ups (10)
	A5 Bike (20s)
Work:Rest 1:3 x6 Rounds EX 1: 1 min work, 3 min rest EX 2: 40s work, 120s rest	

WEEK 11

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power/Agility			Power			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Banded Broad Jump	3x5	B1	Hinged MB Chest Slams	3x5	A6	Shoulder Pass-Throughs	2x6
B2	MB Hinge Throw	3x5	B2	Rotating Wall Slams w MB	3x5ea	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Deadlift	4x8,8,6,6	C1	Bench Press	4x10,10,8,8			
			C2	BB Row	4x12			
D1	Elevated Split Squat	4x12ea						
D2	Low Plank	4x35s	D1	Pushups	4x15			
			D2	Situps	4x15			
E1	Elevated SL Glute Bridge	4x12ea	D3	Pullups*	4x8			
E2	Copenhagen Plank	4x10s/ea						

*Use Band For Assistance If Required

Thursday			Friday			Saturday		
Lower			Shoulder/Pull/Carries			Full Body Conditioning		
Activation			Activation			A1	Mountain Climbers (10ea)	
A1	Clamshells	3x10ea	A1	Face Pulls	3x10	A2	Burpee Pullups (6)	Work:Rest 1:2 x5 Rounds
A2	Lateral Lunge	3x10ea	A2	ER w/ Band	3x10ea	A3	Jump Squats (10)	
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s	A4	MB Over Shoulder L+R (3ea)	
Power/Agility			Power			A5	Bike (25s)	
B1	Vertical Jump	3x5	B1	MB Slams	3x5	EX 1: 1 min work, 2 min rest EX 2: 40s work, 80s rest		
B2	5-10-5 Agility Drill	x3	B2	Plyo Pushups w/ Plate	3x5			
Strength			Strength					
C1	Squat	4x10,10,8,8	C1	BB OH Press	4x10			
			C2	Weighted Pullups	4x6			
D1	BB RDL's	4x10						
D2	Pallof Press Hold	4x20s/ea	D1	Farmer Carry	4x50yds			
			D2	Chest Carry	4x50yds			
E1	Forward Lunges	4x10ea	D3	Shoulder Carry	4x50yds/ea			
E2	Flutter Kicks	4x12ea						

WEEK 12

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power/Agility			Power			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Banded Broad Jump	3x5	B1	Hinged MB Chest Slams	3x5	A6	Shoulder Pass-Throughs	2x6
B2	MB Hinge Throw	3x5	B2	Rotating Wall Slams w MB	3x5ea	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Deadlift	4x6	C1	Bench Press	4x8			
			C2	BB Row	4x12,12,10,10ea			
D1	Elevated Split Squat	4x12,12,10,10ea						
D2	Low Plank	4x40s	D1	Pushups	4x20			
			D2	Situps	4x20			
E1	Elevated SL Glute Bridge	4x12ea	D3	Pullups*	4x9			
E2	Copenhagen Plank	4x15s/ea						

*Use Band For Assistance If Required

Thursday			Friday			Saturday		
Lower			Shoulder/Pull/Carries			Full Body Conditioning		
Activation			Activation			A1	Mountain Climbers (10ea)	
A1	Clamshells	3x10ea	A1	Face Pulls	3x10	A2	Burpee Pullups (6)	Work:Rest 1:2 x6 Rounds
A2	Lateral Lunge	3x10ea	A2	ER w/ Band	3x10ea	A3	Jump Lunges (6ea)	
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s	A4	MB Over Shoulder L+R (4ea)	
Power/Agility			Power			A5	Bike (25s)	
B1	Vertical Jump	3x5	B1	MB Slams	3x5	EX 1: 1 min work, 2 min rest		
B2	5-10-5 Agility Drill	x3	B2	Plyo Pushups w/ Plate	3x5			
Strength			Strength			EX 2: 40s work, 80s rest		
C1	Squat	4x8	C1	BB OH Press	4x10,10,8,8			
			C2	Weighted Pullups	4x6,6,5,5			
D1	BB RDL's	4x10,10,8,8						
D2	Pallof Press Hold	4x25s/ea	D1	Farmer Carry	4x60yds			
			D2	Chest Carry	4x60yds			
E1	Forward Lunges	4x10,10,8,8ea	D3	Shoulder Carry	4x60yds/ea			
E2	Flutter Kicks	4x14ea						

WEEK 13

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power/Agility			Power			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Banded Broad Jump	3x6	B1	Hinged MB Chest Slams	3x6	A6	Shoulder Pass-Throughs	2x6
B2	MB Hinge Throw	3x6	B2	Rotating Wall Slams w MB	3x6ea	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Deadlift	4x6,6,5,5	C1	Bench Press	4x8,8,6,6			
			C2	BB Row	4x10			
D1	Elevated Split Squat	4x10ea						
D2	Low Plank	4x45s	D1	Pushups	4x25			
			D2	Situps	4x25			
E1	Elevated SL Glute Bridge	4x12ea	D3	Pullups*	4x10			
E2	Copenhagen Plank	4x20s/ea						

*Use Band For Assistance If Required

Thursday			Friday			Saturday		
Lower			Shoulder/Pull/Carries			Full Body Conditioning		
Activation			Activation			A1	MB Lunges (8ea)	
A1	Clamshells	3x10ea	A1	Face Pulls	3x10	A2	MB Sit Ups (10)	Work:Rest t 1:1 x6 Rounds
A2	Lateral Lunge	3x10ea	A2	ER w/ Band	3x10ea	A3	MB Slams (8)	
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s	A4	MB Russian Twists (10ea)	
Power/Agility			Power			A5	Rower (25s)	
B1	Vertical Jump	3x6	B1	MB Slams	3x6	EX 1: 1 min work, 1 min rest EX 2: 40s work, 40s rest		
B2	5-10-5 Agility Drill	x3	B2	Plyo Pushups w/ Plate	3x6			
Strength			Strength					
C1	Squat	4x8,8,6,6	C1	BB OH Press	4x8			
			C2	Weighted Pullups	4x5			
D1	BB RDL's	4x8						
D2	Pallof Press Hold	4x30s/ea	D1	Farmer Carry	4x70yds			
			D2	Chest Carry	4x70yds			
E1	Forward Lunges	4x8ea	D3	Shoulder Carry	4x70yds/ea			
E2	Flutter Kicks	4x16ea						

WEEK 14

Monday			Tuesday			Wednesday		
Lower			Chest/Pull			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	Band Side Steps	3x10ea	A1	IYT's	3x4ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Band Pull Aparts	3x10	A2	Plank Plate Slide	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Goodmornings	3x10	A3	Band Row	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power/Agility			Power			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Banded Broad Jump	3x6	B1	Hinged MB Chest Slams	3x6	A6	Shoulder Pass-Throughs	2x6
B2	MB Hinge Throw	3x6	B2	Rotating Wall Slams w MB	3x6ea	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Deadlift	4x5	C1	Bench Press	4x6			
			C2	BB Row	4x10,10,8,8			
D1	Elevated Split Squat	4x10,10,8,8ea						
D2	Low Plank	4x50s	D1	Pushups	4x30			
			D2	Situps	4x30			
E1	Elevated SL Glute Bridge	4x12ea	D3	Pullups*	4x11			
E2	Copenhagen Plank	4x25s/ea						

*Use Band For Assistance If Required

Thursday			Friday			Saturday		
Lower			Shoulder/Pull/Carries			Full Body Conditioning		
Activation			Activation			A1	MB Lunges (10ea)	
A1	Clamshells	3x10ea	A1	Face Pulls	3x10	A2	Renegade Row + Push Up (8ea)	
A2	Lateral Lunge	3x10ea	A2	ER w/ Band	3x10ea	A3	KB Swings (10)	Work:Rest
A3	Squat w/ Band	3x10	A3	Superman Hold	3x10s	A4	Mountain Climbers (10ea)	1:1 x6 Rounds
Power/Agility			Power			A5	Burpees (No Pushup) (8)	
B1	Vertical Jump	3x6	B1	MB Slams	3x6	A6	Rower (25s)	
B2	5-10-5 Agility Drill	x3	B2	Plyo Pushups w/ Plate	3x6	EX 1: 1 min work, 1 min rest EX 2: 40s work, 40s rest		
Strength			Strength					
C1	Squat	4x6	C1	BB OH Press	4x8,8,6,6			
			C2	Weighted Pullups	4x4			
D1	BB RDL's	4x8,8,6,6						
D2	Pallof Press Hold	4x35s/ea	D1	Farmer Carry	4x80yds			
			D2	Chest Carry	4x80yds			
E1	Forward Lunges	4x8,8,6,6ea	D3	Shoulder Carry	4x80yds/ea			
E2	Flutter Kicks	4x18ea						

WEEK 15

Monday			Tuesday			Wednesday		
Anterior Chain			Mobility			Posterior Chain		
Activation			A1	90/90 Hip Rotations	2x6ea	Activation		
A1	Clamshells	3x10ea	A2	HK Trunk Rotation Against Wall	2x6ea	A1	Band Side Steps	3x10ea
A2	Lateral Lunge	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea	A2	Band Pull Aparts	3x10
A3	Plank Plate Slide	3x10	A4	Lateral Hurdle Step Unders	2x6ea	A3	Band Goodmornings	3x10
Power/Agility			A5	Hurdle Forward/Back Step Overs	2x6ea	Power/Agility		
B1	Vertical Jump	3x3	A6	Shoulder Pass-Throughs	2x6	B1	Broad Jump	3x3
B2	5-10-5 Agility Drill	x3	A7	Ankle Rockers	2x6ea	B2	MB Hinge Throw	3x3
Strength			A8	Door Chest Stretch	2x20s/ea	Strength		
C1	Squat	3x5				C1	Deadlift	3x5
C2	Bench Press	3x5				C2	Pullups	3x5
D1	HK DB Press	3x8ea				D1	Weighted Glute Bridges	3x8
D2	Reverse Lunges	3x8ea				D2	Inverted Row/TRX Row	3x8
D3	Low Plank	3x30s				D3	Side Plank	3x20s/ea

Thursday		Friday	
Rest		Full Body Conditioning	
		A1	Rower (25s)
		A2	Pullups (4)
		A3	Pushups (12)
		A4	Sit-Ups (12)
		A5	Bike (25s)
		Work:Rest 1:1 x6 Rounds EX 1: 1 min work, 1 min rest EX 2: 40s work, 40s rest	

WEEK 16

Monday			Tuesday			Wednesday		
Horizontal Push/Pull + PST Prep			Lower w/ Squat Strength Focus + Core			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	IYT's	3x4ea	A1	Clamshells	3x10ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Plank Plate Slide	3x10ea	A2	Lateral Lunge	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Row	3x10	A3	Squat w/ Band	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power			Power/Agility			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Hinged MB Chest Slams	4x5	B1	Weighted Vertical Jump	4x5	A6	Shoulder Pass-Throughs	2x6
B2	Rotating Wall Slams w MB	4x5ea	B2	5-10-5 Agility Drill	x4	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Bench Press	5x5	C1	Squat	5x5			
C2	Pendlay Row	5x8	D1	BB RDL's	4x8			
			D2	Cable Wood Chops	4x12ea			
D1	Pushups	4x32	E1	Forward Lunges	4x8ea			
D2	Situps	4x32	E2	Suitcase Carry w/ High Knee March*	4x15yds/ea			
D3	Pullups*	4x12						

*Use Band For Assistance If Required

*Walk Slow and Controlled

Thursday			Friday			Saturday		
Vertical Push/Pull + Carries			Lower w/ Hinge Strength Focus + Core			Full Body Conditioning		
Activation			Activation			A1	SB Walking Lunges (8ea)	
A1	Face Pulls	3x10	A1	Band Side Steps	3x10ea	A2	SB Sit Ups (8)	
A2	ER w/ Band	3x10ea	A2	Band Pull Aparts	3x10	A3	SB OH Press (8)	Work:Rest 2:1 x6 Rounds
A3	Superman Hold	3x10s	A3	Band Goodmornings	3x10	A4	BW Squat Jumps (8)	
Power			Power/Agility			A5	4 Count Flutter Kicks w/ SB OH (8)	
B1	MB Slams	4x5	B1	Banded Broad Jump (SL, SL, BL)*	4x1	A6	SB Get-Ups (4ea)	
B2	MB Chest Throws	4x5	B2	MB Hinge Throw	4x5	EX 1: 4 min work, 2 min rest EX 2: 80s work, 40s rest		
Strength			Strength					
C1	BB OH Press	5x5	C1	Deadlift	5x5			
C2	Weighted Pullups	5x5	D1	Elevated Split Squat	4x5ea			
			D2	Low Plank on Stability Ball	4x30s			
D1	Farmer Carry	4x90yds						
D2	Chest Carry	4x90yds	E1	Weighted Glute Bridge	4x12			
D3	Shoulder Carry	4x90yds/ea	E2	Copenhagen Plank	4x30s/ea			

B1: (Left Leg Jump, Right Leg Jump, Both Leg Jump) = 1 Rep

WEEK 17

Monday			Tuesday			Wednesday		
Horizontal Push/Pull + PST Prep			Lower w/ Squat Strength Focus + Core			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	IYT's	3x4ea	A1	Clamshells	3x10ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Plank Plate Slide	3x10ea	A2	Lateral Lunge	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Row	3x10	A3	Squat w/ Band	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power			Power/Agility			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Hinged MB Chest Slams	3x5	B1	Weighted Vertical Jump	4x5	A6	Shoulder Pass-Throughs	2x6
B2	Rotating Wall Slams w MB	3x5ea	B2	5-10-5 Agility Drill	x4	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Bench Press	5x5,5,4,4,4	C1	Squat	5x5,5,4,4,4			
C2	Pendlay Row	5x8,8,6,6,6	D1	BB RDL's	4x8,8,6,6			
			D2	Cable Wood Chops	4x12ea			
D1	Pushups	4x34	E1	Forward Lunges	4x8,8,6,6ea			
D2	Situps	4x34	E2	Suitcase Carry w/ High Knee March*	4x20yds/ea			
D3	Pullups*	4x13						

*Use Band For Assistance If Required

*Walk Slow and Controlled

Thursday			Friday			Saturday		
Vertical Push/Pull + Carries			Lower w/ Hinge Strength Focus + Core			Full Body Conditioning		
Activation			Activation			A1	SB Thrusters (8)	
A1	Face Pulls	3x10	A1	Band Side Steps	3x10ea	A2	SB Russian Twists (8ea)	
A2	ER w/ Band	3x10ea	A2	Band Pull Aparts	3x10	A3	KB Swing (8)	Work:Rest
A3	Superman Hold	3x10s	A3	Band Goodmornings	3x10	A4	DB Renegade Row (8ea)	2:1 x6 Rounds
Power			Power/Agility			A5	Burpees (8)	
B1	MB Slams	4x5	B1	Banded Broad Jump (SL, SL, BL)*	4x1	A6	Rower (25s)	
B2	MB Chest Throws	4x5	B2	MB Hinge Throw	4x5	EX 1: 4 min work, 2 min rest EX 2: 80s work, 40s rest		
Strength			Strength					
C1	BB OH Press	5x5,5,4,4,4	C1	Deadlift	5x5,5,4,4,4			
C2	Weighted Pullups	5x5,5,4,4,4	D1	Elevated Split Squat	4x5,5,4,4ea			
			D2	Low Plank on Stability Ball	4x35s			
D1	Farmer Carry	4x110yds						
D2	Chest Carry	4x110yds	E1	Weighted Glute Bridge	4x10			
D3	Shoulder Carry	4x110yds/ea	E2	Copenhagen Plank	4x30s/ea			

WEEK 18

Monday			Tuesday			Wednesday		
Horizontal Push/Pull + PST Prep			Lower w/ Squat Strength Focus + Core			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	IYT's	3x4ea	A1	Clamshells	3x10ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Plank Plate Slide	3x10ea	A2	Lateral Lunge	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Row	3x10	A3	Squat w/ Band	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power			Power/Agility			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Hinged MB Chest Slams	4x5	B1	Weighted Vertical Jump	4x5	A6	Shoulder Pass-Throughs	2x6
B2	Rotating Wall Slams w MB	4x5ea	B2	5-10-5 Agility Drill	x4	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Bench Press	5x4,4,3,3,3	C1	Squat	5x4,4,3,3,3			
C2	Pendlay Row	5x6,6,5,5,5	D1	BB RDL's	5x6			
			D2	Cable Wood Chops	5x12ea			
D1	Pushups	5x30	E1	Forward Lunges	5x6ea			
D2	Situps	5x30	E2	Suitcase Carry w/ High Knee March*	5x20yds/ea			
D3	Pullups*	5x10						

*Use Band For Assistance If Required

*Walk Slow and Controlled

Thursday			Friday			Saturday		
Vertical Push/Pull + Carries			Lower w/ Hinge Strength Focus + Core			Full Body Conditioning		
Activation			Activation			A1	SB Walking Lunges (10ea)	
A1	Face Pulls	3x10	A1	Band Side Steps	3x10ea	A2	SB Sit Ups (10)	
A2	ER w/ Band	3x10ea	A2	Band Pull Aparts	3x10	A3	SB OH Press (10)	Work:Rest 3:1 x6 Rounds
A3	Superman Hold	3x10s	A3	Band Goodmornings	3x10	A4	BW Squat Jumps (10)	
Power			Power/Agility			A5	4 Count Flutter Kicks w/ SB OH (10)	
B1	MB Slams	4x5	B1	Banded Broad Jump (SL, SL, BL)*	4x2	A6	SB Get-Ups (5ea)	
B2	MB Chest Throws	4x5	B2	MB Hinge Throw	4x5	EX 1: 6 min work, 2 min rest EX 2: 120s work, 40s rest		
Strength			Strength					
C1	BB OH Press	5x4,4,3,3,3	C1	Deadlift	5x4,4,3,3,3			
C2	Weighted Pullups	5x4,4,3,3,3	D1	Elevated Split Squat	5x4ea			
			D2	Low Plank on Stability Ball	5x35s			
D1	Farmer Carry	5x120yds	E1	Weighted Glute Bridge	5x8			
D2	Chest Carry	5x120yds	E2	Copenhagen Plank	5x30s/ea			
D3	Shoulder Carry	5x120yds/ea						

WEEK 19

Monday			Tuesday			Wednesday		
Horizontal Push/Pull + PST Prep			Lower w/ Squat Strength Focus + Core			Mobility		
Activation			Activation			A1	90/90 Hip Rotations	2x6ea
A1	IYT's	3x4ea	A1	Clamshells	3x10ea	A2	HK Trunk Rotation Against Wall	2x6ea
A2	Plank Plate Slide	3x10ea	A2	Lateral Lunge	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea
A3	Band Row	3x10	A3	Squat w/ Band	3x10	A4	Lateral Hurdle Step Unders	2x6ea
Power			Power/Agility			A5	Hurdle Forward/Back Step Overs	2x6ea
B1	Hinged MB Chest Slams	4x6	B1	Weighted Vertical Jump	4x6	A6	Shoulder Pass-Throughs	2x6
B2	Rotating Wall Slams w MB	4x6ea	B2	5-10-5 Agility Drill	x4	A7	Ankle Rockers	2x6ea
Strength			Strength			A8	Door Chest Stretch	2x20s/ea
C1	Bench Press	5x3,3,2,2,2	C1	Squat	5x3,3,2,2,2			
C2	Pendlay Row	5x5	D1	BB RDL's	5x5			
			D2	Cable Wood Chops	5x12ea			
D1	Pushups	5x35	E1	Forward Lunges	5x5ea			
D2	Situps	5x35	E2	Suitcase Carry w/ High Knee March*	5x25yds/ea			
D3	Pullups*	5x12						

*Use Band For Assistance If Required

*Walk Slow and Controlled

Thursday			Friday			Saturday		
Vertical Push/Pull + Carries			Lower w/ Hinge Strength Focus + Core			Full Body Conditioning		
Activation			Activation			A1	SB Thrusters (10)	
A1	Face Pulls	3x10	A1	Band Side Steps	3x10ea	A2	SB Russian Twists (10ea)	
A2	ER w/ Band	3x10ea	A2	Band Pull Aparts	3x10	A3	KB Swing (10)	Work:Rest
A3	Superman Hold	3x10s	A3	Band Goodmornings	3x10	A4	DB Renegade Row (10ea)	3:1 x6 Rounds
Power			Power/Agility			A5	Burpees (10)	
B1	MB Slams	4x6	B1	Banded Broad Jump (SL, SL, BL)*	4x2	A6	Rower (30s)	
B2	MB Chest Throws	4x6	B2	MB Hinge Throw	4x6	EX 1: 6 min work, 2 min rest EX 2: 120s work, 40s rest		
Strength			Strength					
C1	BB OH Press	5x3,3,2,2,2	C1	Deadlift	5x3,3,2,2,2			
C2	Weighted Pullups	5x3,3,2,2,2	D1	Elevated Split Squat	5x4,4,3,3,3ea			
			D2	Low Plank on Stability Ball	5x40s			
D1	Farmer Carry	5x130yds	E1	Weighted Glute Bridge	5x8			
D2	Chest Carry	5x130yds	E2	Copenhagen Plank	5x30s/ea			
D3	Shoulder Carry	5x130yds/ea						

Monday			Tuesday			Wednesday		
Anterior Chain			Mobility			Posterior Chain		
Activation			A1	90/90 Hip Rotations	2x6ea	Activation		
A1	Clamshells	3x10ea	A2	HK Trunk Rotation Against Wall	2x6ea	A1	Band Side Steps	3x10ea
A2	Lateral Lunge	3x10ea	A3	Lateral Hurdle Step Overs	2x6ea	A2	Band Pull Aparts	3x10
A3	Plank Plate Slide	3x10	A4	Lateral Hurdle Step Unders	2x6ea	A3	Band Goodmornings	3x10
Power/Agility			A5	Hurdle Forward/Back Step Overs	2x6ea	Power/Agility		
B1	Vertical Jump	3x3	A6	Shoulder Pass-Throughs	2x6	B1	Broad Jump	3x3
B2	5-10-5 Agility Drill	x3	A7	Ankle Rockers	2x6ea	B2	MB Hinge Throw	3x3
Strength			A8	Door Chest Stretch	2x20s/ea	Strength		
C1	Squat	3x5				C1	Deadlift	3x5
C2	Bench Press	3x5				C2	Pullups	3x5
D1	HK DB Press	3x8ea				D1	Weighted Glute Bridges	3x8
D2	Reverse Lunges	3x8ea				D2	Inverted Row/TRX Row	3x8
D3	Low Plank	3x30s				D3	Side Plank	3x20s/ea

Thursday	Friday			
Rest	Full Body Conditioning			
	A1	Rower (25s)	Work:Rest 3:1	x6 Rounds
	A2	Pullups (4)		
	A3	Pushups (12)		
	A4	Sit-Ups (12)		
	A5	Bike (25s)		
	EX 1: 1 min work, 1 min rest EX 2: 40s work, 40s rest			

RPE	REPS IN RESERVE
10	Could not do more reps
9	Could MAYBE do 1 more rep
8	Could DEFINITELY do 1 more rep
7	Could MAYBE do 2 more reps
6	Could DEFINITELY do 2 more reps
5	Could do 3 more reps
4	Could do 4 more reps
3	Could do 5 more reps
2	Light effort (warm up weight)
1	Little effort