

D4					Dui		
Day 1							
A1) KB Swing		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6					<i>\$111111111111111111111111111111111111</i>	<i>\$7777777</i>
Week 2	3 x 6						<i>\$77777777</i>
Week 3	3 x 6						<i>X//////////</i>
A2) Lateral MiniBand Walk		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side			1//////////////////////////////////////	<i>X////////////////////////////////////</i>	<i>1000000000000000000000000000000000000</i>	XIIIIII
Week 2	2 x 10/side						
Week 3	2 x 10/side						
B1) Reverse Lunge (Front Squat Grip)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	4 x 3/side	0011	0012	1 3613	0014	<i>VIIIIII</i>	<i>VIIIII</i>
Week 2: 80%	4 x 4/side						<i>\$11111111</i>
Week 3: 90%	5 x 2/side						
	,						
B2a) 1-Leg Glute Bridge on Foam Roller	2 v (10v2s)/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1 Week 2	2 x (10x2s)/side 2 x (10x2s)/side			<del>- \////////</del>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>\\\\\\\</i>
Week 2 Week 3	2 x (10x2s)/side		1	<del>- ////////////////////////////////////</del>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<del>\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ </del>	<del>\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ </del>
week 3	2 X (10X25)/Side			<u> </u>	<u> </u>	<u> </u>	<u> </u>
B2b) Psoas Lift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: Seated	2 x (4x5s)/side			<i>- 10000000</i>			<i>X////////////////////////////////////</i>
Week 2: Seated/Standing	2 x (4x5s)/side						<i>X////////////////////////////////////</i>
Week 3: Standing	2 x (4x5s)/side			<u> </u>	<i>X////////////////////////////////////</i>	<i>V////////////////////////////////////</i>	<i>\$222222</i>
C1) DB 1-Leg SLDL		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	3 x 6	Set 1	361.2	3613	7/////////	X/////////////////////////////////////	X////////
Week 2: 80%	4 x 6				<i>~~~~~~~</i>		<del>(////////////////////////////////////</del>
Week 3: 90%	4 x 4						<i>\$000000</i>
			1				********
C2) Quadruped Rock vs. Stability Ball w/ 1-	Arm Reach	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 5/side						<i>X////////////////////////////////////</i>
Week 2	2 x 5/side						<u> X////////////////////////////////////</u>
Week 3	2 x 5/side			<u> </u>	<i>X/////////</i>	<i>X////////////////////////////////////</i>	<u> X////////////////////////////////////</u>
C3) SB Front Plank w/ Diagonal Mini Rollout	ŧ	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 5/side		1	<i>\(\)\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>VIIIIIII</i>	<i>VIIIIIII</i>	<i>VIIIIII</i>
Week 2	2 x 5/side			<i>1111111111111111111111111111111111111</i>			<i>X////////////////////////////////////</i>
Week 3	2 x 5/side						
D4) Band Basistad Lateral Clidahaand Luncas		9.44					2.12
D1) Band-Resisted Lateral Slideboard Lunge Week 1	3 x 8/side	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 2	3 x 8/side				<del>/////////////////////////////////////</del>	<i>,,,,,,,,,</i>	<del>~~~~~</del>
Week 3	3 x 8/side				<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>		X/////////////////////////////////////
				•			
D2) PRI Wall Squat w/ Right Apical Expansi		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2x 2x		<b>+</b>	<del>-\///////</del>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>
Week 2 Week 3	2x 2x		<b>+</b>	<del>- ////////////////////////////////////</del>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>		XIIIIIII
week 3	ZX		1		X/////////////////////////////////////	X/////////////////////////////////////	<i>\$(1)(1)(1)(1)</i>
CON) 50-Yard Shuttle Run (On 60s)							
Week 1	10						
Week 2	12						
Week 3	14		_				

AIS: 8x2s/each Lateral Hamstring Prone Glute Lying Knee-to-Knee Rectus Femoris w/ Internal Rotation 90° Pec Stretch

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Date\_\_\_/\_\_/

Day 2							
A1) 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, 1, 1						
A2) Seated Thoracic Extension w/ Breath		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 6				<i>X////////////////////////////////////</i>		
Week 2	2 x 6						
Week 3	2 x 6						
B1) Bench Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	4 x (4x2)				1		
Week 2: 90%	4 x (3x3)						
Week 3: 90%	4 x (4x1)						
B2a) Prone Y, T, W		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (2x10s/each)	Set 1	Set 2	7/////////////////////////////////////	7/////////////////////////////////////	7/////////////////////////////////////	V/////////
Week 2	2 x (2x10s/each)			<del>- ////////////////////////////////////</del>	<del>\{\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</del>		
Week 2 Week 3	2 x (2x10s/each)			<del>- ////////////////////////////////////</del>	<del>\////////////////////////////////////</del>	<del>(////////////////////////////////////</del>	<del>(////////////////////////////////////</del>
week 3	Z X (ZXIUS/edcii)			<u> </u>	<i>************</i>	**********	<i></i>
B2b) Lying Chin Tuck w/ Breath		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8			<i>- 1////////////////////////////////////</i>	<i>X////////////////////////////////////</i>		
Week 2	2 x 8			<i>- 1////////////////////////////////////</i>	<i>\$1111111111</i>		
Week 3	2 x 8			<u> </u>	<u> </u>	<u> </u>	<u> </u>
C1) Chin-Up (Neutral Grip)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	3 x 6						
Week 2: 90%	4 x 6						
Week 3: 90%	4 x 4						
C2) Quadruped Thoracic Extension-Rotation	ı w/ Reach	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side				<i>X////////////////////////////////////</i>		
Week 2	2 x 8/side						
Week 3	2 x 8/side				8/////////		
D1) 1/2 Kneeling Anti-Rotation Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side		3012	30.0	<i>VIIIII</i> III		
Week 2	3 x 8/side				<i>\( \( \( \( \( \) \) \)</i>		
Week 3	3 x 8/side				<i>\( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( </i>		
D2) DD1 00 00 Him Lift/ D A D	-11						
D2) PRI 90-90 Hip Lift w/ R Arm Reach & B		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)			<del>- ////////////////////////////////////</del>	<i>\$444444</i>	<i>(////////////////////////////////////</i>	
Week 2	2 x (4 breaths)			<i>- ////////////////////////////////////</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>444444</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>
Week 3	2 x (4 breaths)			<u> </u>	<i>Y////////////////////////////////////</i>	<i>(////////////////////////////////////</i>	<i>(////////////////////////////////////</i>

# AIS: 8x2s/each

Name<sub>.</sub>

Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch
135° Pec Stretch Cross-Body Lat Diagonal Neck Stretch

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name	_				Dat	e <i>ll</i>	
Day 3							
A1) Vertimax Contrast Jump		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (3+3)				VIIIIIIIII		
Week 2	3 x (3+3)						
Week 3	3 x (3+3)						
A2) Backward Monster Walk		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side				X/////////////////////////////////////		
Week 2	2 x 10/side						
Week 3	2 x 10/side				<u> </u>		
B1) Trap Bar Deadlift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	4 x (4x2)		1			miiim.	mmm
Week 2: 90%	4 x (3x3)						
Week 3: 80%	4 x (4x1)						
B2a) 1-Leg Glute Bridge on Foam Rolle	r	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (10x2s)/side	0011	1 3612	<i>7////////</i>	0000000	77777777	//////////////////////////////////////
Week 2	2 x (10x2s)/side				<i>X////////////////////////////////////</i>		
Week 3	2 x (10x2s)/side						
B2b) Psoas Lift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: Seated	2 x (4x5s)/side	0011	1 3612	<i>\////////////////////////////////////</i>	<i>X////////////////////////////////////</i>	777777777	<i>777777777</i>
Week 2: Seated/Standing	2 x (4x5s)/side			1////////	<i>X////////////////////////////////////</i>		
Week 3: Standing	2 x (4x5s)/side			<i>1111111111111111111111111111111111111</i>	<i>X////////////////////////////////////</i>		
	1 = 11 ( 1112 // 2112 )			1000000000	**********		
C1) Goblet 1-Leg Squat		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	3 x 6/side				<i>\( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( </i>		
Week 2: 90%	3 x 8/side				<i></i>		
Week 3: 80%	3 x 5/side				<u> </u>	<u> </u>	<u> </u>
C2) Quadruped Rock vs. Stability Ball v		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 5/side				<i>X////////////////////////////////////</i>		
Week 2	2 x 5/side				<i>X////////////////////////////////////</i>		
Week 3	2 x 5/side			<u> </u>	<u> </u>	<u> </u>	<u> </u>
D1) 1-Arm DB Farmer's Walk		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 25 yards/side				<i>\////////////////////////////////////</i>		
Week 2	3 x 25 yards/side						
Week 3	3 x 25 yards/side				<u> </u>		<u> </u>
D2) Band-Resisted Lateral Slideboard	Lunge	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side	· · · · · · · · · · · · · · · · · · ·					
Week 2	2 x 8/side				<i>X////////////////////////////////////</i>		
Week 3	2 x 8/side			<u> </u>	<u> </u>		
D3) PRI Wall Squat w/ Right Apical Ex	pansion	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2x						
Week 2	2x				X/////////////////////////////////////		
Week 3	2x	<u> </u>			<i>X////////////////////////////////////</i>		
CON) Paced Slideboard (1/sec) Week 1	10 x :20/:40		1				
Week 2	10 x :20/:40 12 x :20/:40		1				
Week 2	12 x .20/.40		1				

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Muscle Soreness: 10 = No Soreness				
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Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name Day 4					Dat	e//_	
(1) Hang Clean		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	5, 3, 3	Set 1	Set 2	Set 3	V/////////	7/////////////////////////////////////	77777777
Veek 2	5, 3, 3			_	<i>\////////////////////////////////////</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>\$///////</i>
Veek 3	5, 3, 2, 2				<i>~~~~~~</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>\$0000</i>
reck 5	3, 3, 2, 2		l.	l .		<i></i>	<u> </u>
2) Sidelying Diagonal Arm Arc w/ Partne	r Perturbation	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	2 x 8/side			<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>	<i>XIIIIIIII</i>		<i>X///////</i>
Veek 2	2 x 8/side						
Veek 3	2 x 8/side						
1) Standing 1-Arm Cable Row		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
/eek 1: 70%	4 x 5/side						<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>
Veek 2: 80%	4 x 6/side					<i>/////////////////////////////////////</i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>
/eek 3: 80%	5 x 4/side						<u> </u>
2a) Prone Y, T, W		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	2 x (2x10s/each)	0011	1 0012	<i>\////////////////////////////////////</i>	<i>NIIIIII</i>	<i>VIIII III</i>	<i>X///////</i>
Veek 2	2 x (2x10s/each)		İ	<i>- 111111111111111111111111111111111111</i>			<i>\$1111111</i>
Veek 3	2 x (2x10s/each)						
					-1		
2b) Lying Chin Tuck w/ Breath		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	2 x 8						<i>\$///////</i>
Veek 2	2 x 8						
Veek 3	2 x 8			<u> </u>	8////////		<i>\$22222</i>
(1) Alternate DB Incline Chest Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1: 70%	3 x 4/side	0011	0012	0010	<i>7777777777</i>	<i>777777777</i>	<i>x7777777</i>
Veek 2: 80%	4 x 5/side				*********		<i>\$0000</i>
Veek 3: 80%	4 x 4/side						<i>\$0000</i>
	, ,		•				
(2) 1-Arm Wall SB Hold		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s/side						<i>X////////</i>
Veek 2	3 x 20s/side						<i>X////////</i>
Veek 3	3 x 20s/side				<u> </u>	<u> </u>	<u> X////////</u>
O1) PRI R Sidelying Apical Expansion	2 (4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	2 x (4 breaths)			<del>- (((((())))</del>	<i>X////////////////////////////////////</i>	<i>~~~~~</i>	<i>\\\\\\\</i>
Veek 2	2 x (4 breaths)			<del>- /////////</del>	<del>\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ </del>	<i>\                                    </i>	<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>
Veek 3	2 x (4 breaths)		1	<u> </u>	<u> </u>	<i>V////////////////////////////////////</i>	<u> </u>
) 2) PRI Paraspinal Release w/ Left Hams	trina	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Veek 1	2 x (4 breaths)		1	<i>1111111111111111111111111111111111111</i>	<i>Millian</i>		<i>X///////</i>
Veek 2	2 x (4 breaths)				XIIIIII		XIIIII
Veek 3	2 x (4 breaths)				XIIIIIII		<i>X///////</i>
							<u> </u>
ON) OH Med Ball Slam (on 60s)	1015		7				
Val. 1	10 x 15		1				
Week 1							
Veek 1 Veek 2 Veek 3	12 x 15 12 x 15						

Prone Glute Lying Knee-to-Knee Rectus Femoris w/ Internal Rotation 90° Pec Stretch 135° Pec Stretch Cross-Body Lat Diagonal Neck Stretch

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Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name Day 5			Date	1	1
CON) Elliptical					
Week 1	2 x (10x:10/:50)	5 min rest			
Week 2	2 x (11x:10/:50)	5 min rest			
Week 3	2 x (12x:10/:50)	5 min rest			

## AIS: 8x2s/each

Prone Glute Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch
135° Pec Stretch
Cross-Body Lat Diagonal Neck Stretch

	week 1	week 2	week 3	week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
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Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				