



Name \_\_\_\_\_  
Day 1

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

<b>A1) KB Swing</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6						
Week 2	3 x 6						
Week 3	3 x 6						

<b>A2) Lateral MiniBand Walk</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side						
Week 2	2 x 10/side						
Week 3	2 x 10/side						

<b>B1) Reverse Lunge (Front Squat Grip)</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	4 x 3/side						
Week 2: 80%	4 x 4/side						
Week 3: 90%	5 x 2/side						

<b>B2a) 1-Leg Glute Bridge on Foam Roller</b>		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						

<b>B2b) Psoas Lift</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: Seated	2 x (4x5s)/side						
Week 2: Seated/Standing	2 x (4x5s)/side						
Week 3: Standing	2 x (4x5s)/side						

<b>C1) DB 1-Leg SLDL</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	3 x 6						
Week 2: 80%	4 x 6						
Week 3: 90%	4 x 4						

<b>C2) Quadruped Rock vs. Stability Ball w/ 1-Arm Reach</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 5/side						
Week 2	2 x 5/side						
Week 3	2 x 5/side						

<b>C3) SB Front Plank w/ Diagonal Mini Rollout</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 5/side						
Week 2	2 x 5/side						
Week 3	2 x 5/side						

<b>D1) Band-Resisted Lateral Slideboard Lunge</b>		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						

<b>D2) PRI Wall Squat w/ Right Apical Expansion</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2x						
Week 2	2x						
Week 3	2x						

<b>CON) 50-Yard Shuttle Run (On 60s)</b>			
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

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



Name \_\_\_\_\_  
Day 2

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

**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						
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)						
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)						
Week 2	2 x (2x10s/each)						
Week 3	2 x (2x10s/each)						

**B2b) Lying Chin Tuck w/ Breath**

		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						

**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 w/ Reach**

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

**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						
Week 2	3 x 8/side						
Week 3	3 x 8/side						

**D2) PRI 90-90 Hip Lift w/ R Arm Reach & Balloon**

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)						
Week 2	2 x (4 breaths)						
Week 3	2 x (4 breaths)						

**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

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



Name \_\_\_\_\_  
Day 3

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

<b>A1) Vertimax Contrast Jump</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (3+3)						
Week 2	3 x (3+3)						
Week 3	3 x (3+3)						

<b>A2) Backward Monster Walk</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side						
Week 2	2 x 10/side						
Week 3	2 x 10/side						

<b>B1) Trap Bar Deadlift</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	4 x (4x2)						
Week 2: 90%	4 x (3x3)						
Week 3: 80%	4 x (4x1)						

<b>B2a) 1-Leg Glute Bridge on Foam Roller</b>		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						

<b>B2b) Psoas Lift</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: Seated	2 x (4x5s)/side						
Week 2: Seated/Standing	2 x (4x5s)/side						
Week 3: Standing	2 x (4x5s)/side						

<b>C1) Goblet 1-Leg Squat</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	3 x 6/side						
Week 2: 90%	3 x 8/side						
Week 3: 80%	3 x 5/side						

<b>C2) Quadruped Rock vs. Stability Ball w/ 1-Arm Reach</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 5/side						
Week 2	2 x 5/side						
Week 3	2 x 5/side						

<b>D1) 1-Arm DB Farmer's Walk</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 25 yards/side						
Week 2	3 x 25 yards/side						
Week 3	3 x 25 yards/side						

<b>D2) Band-Resisted Lateral Slideboard Lunge</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side						
Week 2	2 x 8/side						
Week 3	2 x 8/side						

<b>D3) PRI Wall Squat w/ Right Apical Expansion</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2x						
Week 2	2x						
Week 3	2x						

<b>CON) Paced Slideboard (1/sec)</b>	
Week 1	10 x :20/:40
Week 2	12 x :20/:40
Week 3	14 x :20/:40

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

**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
<b>Stress: 10 = No Stress</b>				
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<b>Pre-Workout Meal: 10 = Perfect Meal</b>				
<b>Body Weight</b>				
<b>Morning Resting Heart Rate</b>				
<b>Difficulty of Session: 10 = Hardest Workout</b>				



Name \_\_\_\_\_  
Day 4

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

<b>A1) Hang Clean</b>		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, 2, 2						

<b>A2) Sidelying Diagonal Arm Arc w/ Partner Perturbation</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side						
Week 2	2 x 8/side						
Week 3	2 x 8/side						

<b>B1) Standing 1-Arm Cable Row</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	4 x 5/side						
Week 2: 80%	4 x 6/side						
Week 3: 80%	5 x 4/side						

<b>B2a) Prone Y, T, W</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (2x10s/each)						
Week 2	2 x (2x10s/each)						
Week 3	2 x (2x10s/each)						

<b>B2b) Lying Chin Tuck w/ Breath</b>		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						

<b>C1) Alternate DB Incline Chest Press</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	3 x 4/side						
Week 2: 80%	4 x 5/side						
Week 3: 80%	4 x 4/side						

<b>C2) 1-Arm Wall SB Hold</b>		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						

<b>D1) PRI R Sidelying Apical Expansion</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)						
Week 2	2 x (4 breaths)						
Week 3	2 x (4 breaths)						

<b>D2) PRI Paraspinal Release w/ Left Hamstring</b>		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)						
Week 2	2 x (4 breaths)						
Week 3	2 x (4 breaths)						

<b>CON) OH Med Ball Slam (on 60s)</b>			
Week 1	10 x 15		
Week 2	12 x 15		
Week 3	14 x 15		

- 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

**Daily Training Assessment**

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

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<b>Difficulty of Session: 10 = Hardest Workout</b>				



Name \_\_\_\_\_  
Day 5

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

**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

**Daily Training Assessment**

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Stress: 10 = No Stress</b>				
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<b>Morning Resting Heart Rate</b>				
<b>Difficulty of Session: 10 = Hardest Workout</b>				