

DAY 1

| MOVEMENT PREP | |
|---|---|
| QUADRUPED | HYDRANTS 2x15 each BIRD DOGS 2x15 each |
| RAMP UP 20 yards | FORWARD STEPOVERS QUAD PULL TO FORWARD LUNGE KNEE HUG TO ALT LATERAL LUNGE |
| SID 20 yards | A SERIES A MARCH-A SKIP-HURDLE SKIP HIGH KNEE SERIES HIGH KNEES-BUTT KICKS-STAGGERED START |
| SPEED & POWER | |
| Mechanics 3x10 each leg | Wall Drill- Drive Up Wall Drill- Drive Down |
| Lower Plyos 3x5 reps 30 sec rest | Vertical Jump Tuck Jump Broad Jump |
| Build-Ups 5 reps each | 20 Yard (10+10) 30 Yard (15+15) |

DAY 2

| MOVEMENT PREP | |
|---------------------------------------|--|
| QUADRUPED | HIP ROTATIONS 2x15 each T SPINE 2x15 each |
| RAMP UP 20 yards | REVERSE STEPOVERS QUAD PULL TO TOE TOUCH SQUAT & TURN |
| SID 20 yards | LATERAL MOBILITY PUDDLE JUMP-HK CARIOCA-SHUFFLE BACKPEDAL SERIES BACKPEDAL EXT-BACKPEDAL-8P HIP FLIPS |
| LATERAL & COD | |
| Hold 3 reps each side | 5 Yard Shuffle & Hold 5 yard Shuffle & Hold Shuffle Back to Start |
| 3 Cone 3 reps each side | Sprint-Sprint-Sprint Sprint-Backpedal-Sprint Backpedal-Shuffle-Sprint |
| Sprint Shuttles 3 reps each | 5,5,5 5,10,5 5,10,10 |

NO EQUIPMENT

| LIFT-POWER | |
|-------------------|---|
| POWER | Depth Drop 3x5 Seated Jump 3x5 Reactive Jump 3x5 |
| POST CHAIN | Hip Hinge 3x10 w/ 5 sec Eccentric Glute Bridge 3x10 w/ 5 sec Isometric Towel Leg Curl 3x5 |
| PULL | Bent Over Row 3x10 w/ 5 sec isometric Single Arm Row 3x10 each arm Inverted Row 3xAs Many As Possible |

NO EQUIPMENT

| LIFT-STRENGTH | |
|--------------------|--|
| SQUAT | 5 sec Eccentric Squat 3x5 5 sec Isometric Squat 3x5 Body Weight Squat 3xMax 30 seconds |
| PUSH | Push-up- 5 sec Eccentric 3x5 Feet Elevated Push-up 3x10 Incline Push-up 3x10 |
| SINGLE LIMB | Bulgarian Squat 3x5 each leg Front Foot Elevated Split Squat 3x5 each leg Forward Lunge 3x5 each leg |

EQUIPMENT

| LIFT-POWER | |
|-------------------|--|
| POWER | Clean Grip Pull 3x5 Hang Clean From Hip 3x5 Overhead Squat 3x5 |
| POST CHAIN | RDL 3x8 Glute Bridge 3x10 Towel Leg Curl 3x5 |
| PULL | Bent Over Row 3x10 Single Arm Row 3x10 each arm Inverted Pull-up 3xAs Many As Possible |

EQUIPMENT

| LIFT-STRENGTH | |
|--------------------|--|
| SQUAT | Front Squat-5 sec Eccentric 3x5 Back Squat-5 sec Eccentric 3x5 Zercher Squat-5 sec Eccentric 3x5 |
| PUSH | Bench Press- 5 sec Eccentric 3x5 Incline Press- 5 sec Eccentric 3x5 Front Press 3x10 |
| SINGLE LIMB | Back Bulgarian Squat 3x5 each leg Front Reverse Lunge 3x5 each leg Goblet Step-Up 3x5 each leg |

DAY 3

| MOVEMENT PREP | |
|---|--|
| QUADRUPED | KICKBACKS 2x15 each SPIDERMAN LUNGE 2x15 each |
| RAMP UP 20 yards | FORWARD STEPOVERS QUAD PULL TO FORWARD LUNGE KNEE HUG TO ALT LATERAL LUNGE |
| SID 20 yards | B SERIES B SKIP-B RUN- FALLING START HIGH KNEE SERIES HIGH KNEES-BUTT KICKS-STAGGERED START |
| SPEED & POWER | |
| Mechanics 3x20 seconds | Seated Arm Swings- 50% Seated Arm Swings- 75% |
| Upper Plyos 3x5 reps 30 sec rest | Drop and Catch Clap Push-Up Fast Hands Over Line |
| Falling Start 5 reps each | 20 Yards 30 Yards |

DAY 4

| MOVEMENT PREP | |
|--|--|
| QUADRUPED | LATERAL LEG LIFT 2x15 each KNEELING T SPINE 2x15 each |
| RAMP UP 20 yards | REVERSE STEPOVERS QUAD PULL TO TOE TOUCH SQUAT & TURN |
| SID 20 yards | LATERAL SPEED LAT A SKIP-LAT HIGH KNEES-TAPIOCA BACKPEDAL SERIES BACKPEDAL EXT-BACKPEDAL-8P HIP FLIPS |
| LATERAL & COD | |
| Stick 3 reps each side | 5 Yard Shuffle & Stick (no hold), Shuffle Back 5 Yard Shuffle & Stick, Sprint Back |
| 4 Cone 3 reps each side | Sprint-Sprint-Sprint-Sprint Sprint-Shuffle-Backpedal- Shuffle Shuffle-Sprint-Shuffle-Backpedal |
| Shuffle Shuttles 3 reps each | 5,5,5 5,10,5 5,10,10 |

NO EQUIPMENT

| LIFT-POWER | |
|-------------------|---|
| POWER | Depth Drop 3x5 Seated Jump 3x5 Reactive Jump 3x5 |
| POST CHAIN | Hip Hinge 3x10 w/ 5 sec Eccentric Glute Bridge 3x10 w/ 5 sec Isometric Towel Leg Curl 3x5 |
| PULL | Bent Over Row 3x10 w/ 5 sec isometric Single Arm Row 3x10 each arm Inverted Row 3xAs Many As Possible |

NO EQUIPMENT

| LIFT-STRENGTH | |
|--------------------|--|
| SQUAT | 5 sec Eccentric Squat 3x5 5 sec Isometric Squat 3x5 Body Weight Squat 3xMax 30 seconds |
| PUSH | Push-up- 5 sec Eccentric 3x5 Feet Elevated Push-up 3x10 Incline Push-up 3x10 |
| SINGLE LIMB | Bulgarian Squat 3x5 each leg Front Foot Elevated Split Squat 3x5 each leg Forward Lunge 3x5 each leg |

EQUIPMENT

| LIFT-POWER | |
|-------------------|--|
| POWER | Clean Grip Pull 3x5 Hang Clean From Hip 3x5 Overhead Squat 3x5 |
| POST CHAIN | RDL 3x8 Glute Bridge 3x10 Towel Leg 3x5 |
| PULL | Bent Over Row 3x10 Single Arm Row 3x10 each arm Inverted Pull-up 3xAs Many As Possible |

EQUIPMENT

| LIFT-STRENGTH | |
|--------------------|--|
| SQUAT | Front Squat-5 sec Eccentric 3x5 Back Squat-5 sec Eccentric 3x5 Zercher Squat-5 sec Eccentric 3x5 |
| PUSH | Bench Press- 5 sec Eccentric 3x5 Incline Press- 5 sec Eccentric 3x5 Front Press 3x10 |
| SINGLE LIMB | Back Bulgarian Squat 3x5 each leg Front Reverse Lunge 3x5 each leg Goblet Step-Up 3x5 each leg |