

**DAY 1**

MOVEMENT PREP	
<b>QUADRUPED</b>	HYDRANTS 2x15 each BIRD DOGS 2x15 each
<b>RAMP UP</b> 20 yards	FORWARD STEPOVERS QUAD PULL TO FORWARD LUNGE KNEE HUG TO ALT LATERAL LUNGE
<b>SID</b> 20 yards	<b>A SERIES</b> A MARCH-A SKIP-HURDLE SKIP <b>HIGH KNEE SERIES</b> HIGH KNEES-BUTT KICKS-STAGGERED START
SPEED & POWER	
<b>Mechanics</b> 3x10 each leg	Wall Drill- Drive Up Wall Drill- Drive Down
<b>Lower Plyos</b> 3x6 reps 30 sec rest	Vertical Jump Tuck Jump Broad Jump
<b>Build-Ups</b> 6 reps each	20 Yard (10+10) 30 Yard (15+15)

**DAY 2**

MOVEMENT PREP	
<b>QUADRUPED</b>	HIP ROTATIONS 2x15 each T SPINE 2x15 each
<b>RAMP UP</b> 20 yards	REVERSE STEPOVERS QUAD PULL TO TOE TOUCH SQUAT & TURN
<b>SID</b> 20 yards	<b>LATERAL MOBILITY</b> PUDDLE JUMP-HK CARIOCA-SHUFFLE <b>BACKPEDAL SERIES</b> BACKPEDAL EXT-BACKPEDAL-8P HIP FLIPS
LATERAL & COD	
<b>Hold</b> 4 reps each side	5 Yard Shuffle & Hold 5 yard Shuffle & Hold Shuffle Back to Start
<b>3 Cone</b> 4 reps each side	Sprint-Sprint-Sprint Sprint-Backpedal-Sprint Backpedal-Shuffle-Sprint
<b>Sprint Shuttles</b> 4 reps each	5, 10, 5 10,5, 10 10,10,10

**NO EQUIPMENT**

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

**NO EQUIPMENT**

LIFT-STRENGTH	
<b>SQUAT</b>	4 sec Eccentric Squat 3x8 4 sec Isometric Squat 3x8 Body Weight Squat 3xMax 45 seconds
<b>PUSH</b>	Push-up- 4 sec Eccentric 3x8 Feet Elevated Push-up 3x12 Incline Push-up 3x12
<b>SINGLE LIMB</b>	Bulgarian Squat 3x5 each leg Front Foot Elevated Split Squat 3x5 each leg Forward Lunge 3x5 each leg

**EQUIPMENT**

LIFT-POWER	
<b>POWER</b>	Clean Grip High Pull 3x4 Hang Clean From Thigh 3x4 Snatch Balance 3x5
<b>POST CHAIN</b>	RDL 3x8 Glute Bridge 3x10 Towel Leg Curl 3x5
<b>PULL</b>	Bent Over Row 3x10 Single Arm Row 3x10 each arm Inverted Pull-up 3xAs Many As Possible

**EQUIPMENT**

LIFT-STRENGTH	
<b>SQUAT</b>	Front Squat-3 sec Eccentric 3x5 Back Squat-3 sec Eccentric 3x5 Zercher Squat-3 sec Eccentric 3x5
<b>PUSH</b>	Bench Press- 3 sec Eccentric 3x5 Incline Press- 3 sec Eccentric 3x5 Front Press 3x9
<b>SINGLE LIMB</b>	Back Bulgarian Squat 3x5 each leg Front Reverse Lunge 3x5 each leg Goblet Step-Up 3x5 each leg

**DAY 3**

MOVEMENT PREP	
<b>QUADRUPED</b>	KICKBACKS 2x15 each SPIDERMAN LUNGE 2x15 each
<b>RAMP UP</b> 20 yards	FORWARD STEPOVERS QUAD PULL TO FORWARD LUNGE KNEE HUG TO ALT LATERAL LUNGE
<b>SID</b> 20 yards	<b>B SERIES</b> B SKIP-B RUN- FALLING START <b>HIGH KNEE SERIES</b> HIGH KNEES-BUTT KICKS-STAGGERED START
SPEED & POWER	
<b>Mechanics</b> 3x25 seconds	Seated Arm Swings- 75% Seated Arm Swings- 100%
<b>Upper Plyos</b> 3x6 reps 30 sec rest	Drop and Catch Clap Push-Up Fast Hands Over Line
<b>Falling Start</b> 6 reps each	20 Yards 30 Yards

**DAY 4**

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

**NO EQUIPMENT**

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

**NO EQUIPMENT**

LIFT-STRENGTH	
<b>SQUAT</b>	4 sec Eccentric Squat 3x8 4 sec Isometric Squat 3x8 Body Weight Squat 3xMax 45 seconds
<b>PUSH</b>	Push-up- 4 sec Eccentric 3x8 Feet Elevated Push-up 3x12 Incline Push-up 3x12
<b>SINGLE LIMB</b>	Bulgarian Squat 3x5 each leg Front Foot Elevated Split Squat 3x5 each leg Forward Lunge 3x5 each leg

**EQUIPMENT**

LIFT-POWER	
<b>POWER</b>	Clean Grip High Pull 3x4 Hang Clean From Thigh 3x4 Snatch Balance 3x5
<b>POST CHAIN</b>	RDL 3x8 Glute Bridge 3x10 Towel Leg Curl 3x5
<b>PULL</b>	Bent Over Row 3x10 Single Arm Row 3x10 each arm Inverted Pull-up 3xAs Many As Possible

**EQUIPMENT**

LIFT-STRENGTH	
<b>SQUAT</b>	Front Squat-3 sec Eccentric 3x5 Back Squat-3 sec Eccentric 3x5 Zercher Squat-3 sec Eccentric 3x5
<b>PUSH</b>	Bench Press- 3 sec Eccentric 3x5 Incline Press- 3 sec Eccentric 3x5 Front Press 3x9
<b>SINGLE LIMB</b>	Back Bulgarian Squat 3x5 each leg Front Reverse Lunge 3x5 each leg Goblet Step-Up 3x5 each leg