

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	Wall Drill- Drive Up Wall Drill- Drive Down Wall Drill- Alternate
Lower Plyos 3x8 reps 30 sec rest	Tuck to Broad Jump Split Cycle Jump Lateral Jumps
Sprints 10 reps 1 min rest	Flying 20's

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-BP HIP FLIPS
LATERAL & COD	
Hold 3 reps each side	5 Yard Shuffle & Hold, Sprint 5 yards (10yds) 5 yard Shuffle & Hold, Shuffle 5 yards (10yds)
3 Cone 5 reps each side	Sprint-Sprint-Sprint Sprint-Backpedal-Sprint Backpedal-Shuffle-Sprint
Sprint Shuttles 5 reps each	5,5,5 5,10,5 5,10,10

NO EQUIPMENT

LIFT-POWER	
POWER	Depth Drop to Tuck Jump 3x5 Seated Jump 3x5 Squat 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	3 sec Eccentric Squat 3x10 3 sec Isometric Squat 3x10 Body Weight Squat 3xMax 1 min
PUSH	Push-up- 5 sec Isometric 3x5 Feet Elevated Push-up 3x15 Incline Push-up 3x15
SINGLE LIMB	Bulgarian Squat 3x5 each leg Front Foot Elevated Split Squat 3x5 each leg Reverse Lunge 3x5 each leg

EQUIPMENT

LIFT-POWER	
POWER	Clean Grip Pull 3x3 Hang Clean From Knee 3x3 Hang Snatch 3x5
POST CHAIN	RDL 3x8 Good Morning 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 Isometric 3x4 Back Squat-5 sec Isometric 3x4 Zercher Squat-5 sec Isometric 3x4
PUSH	Bench Press- 5 sec Isometric 3x4 Incline Press- 5 sec Isometric 3x4 Front Press 3x8
SINGLE LIMB	Front Bulgarian Squat 3x5 each leg Forward Lunge 3x5 each leg SL 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 3x30 seconds	Seated Arm Swings- 75% Seated Arm Swings- 100%
Upper Plyos 3x8 reps 30 sec rest	Drop and Catch and Push Plyo Push-Up Over Line
Sprints 10 reps 1 min rest	Flying 30's

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-BP HIP FLIPS
LATERAL & COD	
Stick 3 reps each side	5 Yard Shuffle & Stick, Sprint Back, Shuffle 5 yd 5 Yard Shuffle & Stick, Sprint Back, BP 5 yds
4 Cone 5 reps each side	Sprint-Sprint-Sprint-Sprint Sprint-Shuffle-Backpedal- Shuffle Shuffle-Sprint-Shuffle-Backpedal
Shuffle Shuttles 5 reps each	5,5,5 5,10,5 5,10,10

NO EQUIPMENT

LIFT-POWER	
POWER	Depth Drop to Tuck Jump 3x5 Seated Jump 3x5 Squat Jump 3x5
POST CHAIN	Hip Hinge 3x10 w/ 5 sec Eccentric Glute Bridge 3x10 w/ 5 sec Isometric Manual Ham 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	3 sec Eccentric Squat 3x10 3 sec Isometric Squat 3x10 Body Weight Squat 3xMax 1 min
PUSH	Push-up- 5 sec Isometric 3x5 Feet Elevated Push-up 3x15 Incline Push-up 3x15
SINGLE LIMB	Bulgarian Squat 3x5 each leg Front Foot Elevated Split Squat 3x5 each leg Reverse Lunge 3x5 each leg

EQUIPMENT

LIFT-POWER	
POWER	Clean Grip Pull 3x3 Hang Clean From Knee 3x3 Hang Snatch 3x5
POST CHAIN	RDL 3x8 Good Morning 3x10 Floor 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 Isometric 3x4 Back Squat-5 sec Isometric 3x4 Zercher Squat-5 sec Isometric 3x4
PUSH	Bench Press- 5 sec Isometric 3x4 Incline Press- 5 sec Isometric 3x4 Front Press 3x8
SINGLE LIMB	Front Bulgarian Squat 3x5 each leg Forward Lunge 3x5 each leg SL Goblet Step-Up 3x5 each leg