**PHASE 1: FUNCTIONAL STRENGTH & MUSCLE**

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| **DAY 1** | **WK1 REPS WK2 REPS WK3 REPS** | **DAY 2** | **WK1 REPS WK2 REPS WK3 REPS** |
| **Trapbar Jumps**  **Body Weight Jump Squats** | x3 x3 x3  x3 x3 x3  x3 x3 x3  x3 x3 x3  3x5 3x5 3x5 | **Med Ball Push Pass** | 3x5 3x5 3x5 |
| **Glute Bridge with Foot Lifts**  **Trapbar Deadlifts** | 3x5. 3x5 3x5  x5 x5 x5  x5 x5 x5  x5 x5 x5  x5 x5 x5  x5 x5 x5 | **Chin Ups**  **Kneeling T Spine Behind the Head with Stick**  **Shoulder Press Bar** | 5x5 5x5 5x5  5x5 5x5 5x5  5x5 5x5 5x5 |
| **Ankle Mobility Drill**  **Split Squat** | 5x5 5x5 5x5  x5 x5 x5  x5 x5 x5  x5 x5 x5  x5 x5 x5  x5 x5 x5 | **Prone DB Row**  **DB Bench Press** | x8 x7 x6  x8 x7 x6  x8 x7 x6  x8 x7 x6  x8 x7 x6  x5 x5 x5  x5 x5 x5  x5 x5 x5  x5 x5 x5  x5 x5 x5 |
| **Farmer’s Walk** | x3 x3 x3 | **Sprints** | x4 x5 x6 |
| **Vertical Pallof Press** | x10 x10 x10  x10. x10 x10 | **Multi-Plane Hops with Stability** | x2 x2 x2 |
| **Ankle Eversion with band** | 3x10 3x10 3x10 |  |  |

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| **Day 3** | **WK1 REPS WK2 REPS WK3 REPS** | **DAY 4** | **WK1 REPS WK2 REPS WK3 REPS** |
| **Cleans**  **Bodyweight Jump Squats** | x3 x3 x3  x3 x3 x3  x3 x3 x3  x3 x3 x3  x3 x3 x3  3x5 3x5 3x5 | **Pull Ups**  **Kneeling T Spine Reach with Stick**  **Standing DB Shoulder Press** | 3x10 3x10 3x10  3x8 3x8 3x8  x10 x8 x6  x10 x8 x6  x10 x8 x6 |
| **Sprints** | x5 x5 x5 | **Seated Cable Row (Wide Grip)**  **Incline DB Press** | x10 x10 x10  x10 x10 x10  x15 x15 x15  x8 x8 x8  x8 x8 x8  x10 x11 x12 |
| **Reverse Lunges** | x8 x7 x6  x8 x7 x6  x8 x7 x6  x8 x7 x6 | **Standing DB Curls**  **Face Pulls**  **Rope Pressdowns** | 3x10 3x8 3x6  3x15 3x12 3x10  3x12 3x10 3x8 |
| **SLDL** | x10 x8 x6  x10 x8 x6  x10 x8 x6 | **Waiter’s Carry** | x2 x2 x2 |
| **Farmer’s Walk** | x3 x3 x3 |  |  |
| **Glute Bridge with Foot Lifts**  **Dynamic Hip Flexor Stretch**  **Hip Thrust**  **AB or Ball Rollouts**  **DB Toe Raises** | 2x3 2x3 2x3  2x8 2x8 2x8  x10 x8 x6  x10 x8 x6  2x10 2x10 2x10  3x15 3x15 3x15 |  |  |