

Foam Rolling (3-4 minutes)

**Dynamic Warm-Up (8 minutes)**  
\*Perform at the beginning of each training session

- Supine Bridge x8
- Side Lying Book Openers x5ea
- Kneeling Rockbacks x5
- Yoga Push Ups x5
- Stationary Greatest Stretch x3ea
- Squat-Stand x5
- Lateral Lunge w/OH reach x3ea

Notes:

**Cool Down**  
\*Perform at the end of each training session

- Single Leg Hamstring Floss x5ea
- Pigeon Pose x15s/ea
- Kneeling Rockbacks x5
- Half Kneeling Wall Stretch x15s/ea
- 1-Arm TRX Lat Stretch w/ Rotation x15s/ea
- TRX Deep Squat Stretch x20s

Date	Wk1:	Wk2:	Wk3:	Wk4:		Day 1
------	------	------	------	------	--	-------

A) Deadlift vs. Chains <i>(2 chains each side)</i>						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	3	375			90
2	3	3				90
3	3	3				90
4	3					90

*(build up to recommended sets and reps)*

B) Straddle Lift						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	4	8	100-120			90
2	4	8-10				90
3	4	8-10				90
4	3					90

*(elevate on two boxes)*

C) Goblet Box Step Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea	16-20			60
2	3	6-8ea				60
3	3	6-8ea				60
4	3					

D) RFE Goblet Split Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea	16kg			60
2	3	6-8ea				60
3	3	6-8ea				60
4	3					

*(use two blue boxes)*

E) Wide Stance Anti-Rotation Chop						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea	red			60
2	3	8-10ea				60
3	3	8-10ea				60
4	3					60

F) Cool Down
--------------

A) Barbell Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	4	5				90
2	4	5				90
3	4	5				90
4	3					90

B) Spoto BB Press						
Week	Sets	Reps	Reps	Reps	RPE	Rest
1	3	10/	8/	6/		90
2	3	10/	8/	6/		90
3	3	10/	8/	6/		90
4	3					

C) Close Grip T-Bell Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	12				60
2	3	10-12				60
3	3	10-12				60
4	3					60

D) SA Fat Grip DB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea				60
2	3	8-10ea				60
3	3	8-10ea				60
4	3					60

E1) Close Grip Lat Pulldown						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	15				60
2	3	10-12				60
3	3	10-12				60
4	3					

E2) Weighted Body Saws						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8-10ea				
3	3	8-10ea				
4	3					

F) Cool Down
--------------

Date	Wk1:	Wk2:	Wk3:	Wk4:	Outside	Day 3
------	------	------	------	------	---------	-------

A) Barbell Squat						
Week	Sets	Reps	Wt.	Wt.	RPE	Rest
1	4	5				n/a
2	4	5				n/a
3	4	5				n/a
4	3	5				n/a

B) Sumo Deadlift						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8	225			90
2	3	8				90
3	3	8				90
4	3	8				90

C) DB Walking Lunges						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea				60
2	3	8-10ea				60
3	3	8-10ea				60
4	3	8ea				60

D) SA SL KB RDL						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea				60
2	3	6-8ea				60
3	3	6-8ea				60
4	3	8ea				60

E) Standing Pallof Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	10ea				60
2	3	10ea				60
3	3	10ea				60
4	3	10ea				60

F) Cool Down
--------------

A) Barbell Bench Press						
Week	Sets	Reps	Wt.	Wt.	RPE	Rest
1	3	8				n/a
2	3	8				n/a
3	3	8				n/a
4	3	8				n/a

B) BB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8				90
2	3	8-10				90
3	3	8-10				90
4	3	8				90

C) Decline DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	12				60
2	3	10-12				60
3	3	10-12				60
4	3	10				60

D) Alt. DB Floor Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	10ea				60
2	3	10-12ea				60
3	3	10-12ea				60
4	3	10ea				60

E) Half Kneeling SA Lat Pulldown						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	12ea				
2	3	10-12ea				
3	3	10-12ea				
4	3	10ea				

F) Tate Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	12				
2	3	10-12				
3	3	10-12				
4	3	10				

G) Cool Down
--------------