

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
- Squat-Stand x5
- Inch Worms x3
- Bear Crawls x5ea
- Greatest Stretch 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
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max: 205x3

A) Safety Bar Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	6	185lbs			
2	3	6				
3	3	6				
4	3	6				

max: 315x3

B) Speed Sumo Pulls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	8	1	275lbs			
2	8	1				
3	8	1				
4	8	1				

(30sec rest between each set)

C) Pendlay Barbell Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

D1) DB RDLs						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D2) Side Plank vs. Chain						
Week	Sets	sec	Wt.	Wt.	Wt.	Wt.
1	3	15ea				
2	3	15ea				
3	3	15ea				
4	3	15ea				

E1) Sled Push						
Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.
1	3	30				
2	3	30				
3	3	30				
4	3	30				

E2) Glute Ham Raises						
Week	Sets	Rep	Wt.	Wt.	Wt.	Wt.
1	3	6				
2	3	6				
3	3	6-8				
4	3	6-8				

F) Cool Down
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A) Barbell Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	3	175lbs			
2	4	3				
3	4	3				
4	4	3				

B) Closed Grip Barbell Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

C) KB Z Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

D1) Incline DB Squeeze Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

D2) SA Plank						
Week	Sets	sec	Wt.	Wt.	Wt.	Wt.
1	3	15ea				
2	3	15ea				
3	3	15ea				
4	3	15ea				

E1) 1-Arm DB Floor Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	6ea				
2	3	6ea				
3	3	6ea				
4	3	6ea				

E2) Tate Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

F) Cool Down
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A) Barbell Front Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8				
2	4	8				
3	4	8				
4	4	8				

B) Paused Sumo Deadlifts						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	5				
2	4	5				
3	4	5				
4	4	5				

(1sec pause at mid-shin)

C) Barbell RDLs						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D1) Rear Foot Elevated Split Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10ea				
2	3	10ea				
3	3	10ea				
4	3	10ea				

D2) Paused Goblet Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

E1) Walking DB Lunges						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12ea				
2	3	12ea				
3	3	12ea				
4	3	12ea				

E2) Plank						
Week	Sets	sec	Wt.	Wt.	Wt.	Wt.
1	3	20				
2	3	20				
3	3	20				
4	3	20				

F) Cool Down
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A) Assisted Neutral Grip Pull Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	6				
2	4	6				
3	4	6				
4	4	6				

B) Barbell Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	6				
2	4	6				
3	4	6				
4	4	6				

C) Lat Pulldowns						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D1) 1-Arm DB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	6ea				
2	4	6ea				
3	4	6ea				
4	4	6ea				

D2) Chest Supported Reverse Flyes						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8				
2	4	8				
3	4	8				
4	4	8				

E1) DB Hammer Curls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

E2) Cable Face Pulls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	15				
2	3	15				
3	3	15				
4	3	15				

F) Cool Down
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