

Foam Rolling (3-4 minutes)

Dynamic Warm-Up (8 minutes)

- *Perform at the beginning of each training session
 - Supine Bridge x8
 - Side Lying Windmills x5ea
 - Hip Transitions x5ea
 - Kneeling Adductor Mobilizations x5ea
 - Kneeling Rockbacks x8
 - Squat-Stand x5
 - Lateral Lunge w/OH reach x3ea

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

Notes:

Goals:

Date	Wk1:	Wk2:	Wk3:	Wk4:		Day 1
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A) Wide Stance High Bar Box Squat									
Week	LSRPE	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Wt.	Rest
1	7	4	6						90
2	7.5-8	5	5						90
3	8	5	4						90
4	8.5-9	5	3						90

(1x10 w/empty bar)

B1) 2KB Racked Deficit Split Squat						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	10ea				
3	3	8ea				
4	3	10ea				

B2) Marching Bridge						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea				60
2	3	10ea				60
3	3	12ea				60
4	3	8ea				60

(WK 4: add chains)

C1) Alt. KB Goblet Lateral Lunges						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	10ea				
3	3	8ea				
4	3	10ea				

C2) Copenhagen Plank						
Week	Sets	sec	Wt.	Wt.	Wt.	Rest
1	3	20ea				60
2	3	30ea				60
3	3	45ea				60
4	3	60ea				60

D) Cool Down

A) Sumo Deadlift w/3sec eccentric										
Week	LSRPE	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Wt.	Wt.	Rest
1	7	4	5							90
2	7.5-8	4	4							90
3	8	5	3							90
4	8.5-9	6	2							90

B1) SL RDL						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	10ea				
4	3	10ea				

B2) SL Hip Thrust w/2sec hold @ top							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	8ea					60
2	3	8ea					60
3	3	10ea					60
4	3	10ea					60

C1) 2KB Deficit Sumo DL						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	10				
4	3	10				

C2) Sumo Stance Pallof Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	10ea					60
2	3	12ea					60
3	3	15ea					60
4	3	20ea					60

D1) KB Swing						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	2	10				
2	2	10				
3	2	10				
4	2	10				

D2) MB Slam						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	2	10				
2	2	10				
3	2	10				
4	2	10				

D3) Downward Dog w/toe touches							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	2	10ea					60
2	2	10ea					60
3	2	10ea					60
4	2	10ea					60

F) Cool Down

A) Medium Grip Bench Press									
Week	LSRPE	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Wt.	Rest
1	7	4	6						90
2	7.5-8	5	5						90
3	8	5	4						90
4	8.5-9	5	3						90

(pinky on rings - 1x10 w/empty bar)

B1) Wide Grip Seated Cable Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	10				
3	3	8				
4	3	10				

B2) 2DB Bench Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	8					60
2	3	10					60
3	3	8					60
4	3	10					60

C1) 2DB Pec Flyes						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	10				
3	3	12				
4	3	15				

C2) Band Pull Aparts on Bench							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	10					60
2	3	12					60
3	3	15					60
4	3	20					60

D1) 2DB Skull Crushers						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

D2) Plank Builders						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

D3) 2DB Hammer Curls							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	10					60
2	3	10					60
3	3	10					60
4	3	10					60

F) Cool Down

B1) BB Overhead Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	6				
3	3	5				
4	3	4				

A2) Lat Pulldown						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8				60
2	3	8				60
3	3	10				60
4	3	10				60

B1) 2DB Incline Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	10				
4	3	10				

B2) SA DB Row						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea				60
2	3	8ea				60
3	3	10ea				60
4	3	10ea				60

C1) 2DB Front Raises						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

C2) 2DB Lateral Raises						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	10				60
2	3	10				60
3	3	10				60
4	3	10				60

C3) Band Pull Aparts						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	10				60
2	3	10				60
3	3	10				60
4	3	10				60

D) Rower						
Week	Sets	m	Wt.	Wt.	Wt.	
1	3	500				
2	2	750				
3	2	750				
4	1	1500				

F) Cool Down
