

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
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A) Straight Leg Deadlifts							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	12					90
2	4	12					90
3	4	12					90
4	4	12					90

(build up to recommended sets and reps)

B) Safety Bar Squat							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	5	245-265				90
2	4	5					90
3	4	5					90
4	4	5					90

C) Dual DB RDLs							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	6	75-85				60
2	4	6					60
3	4	6					60
4	4	6					60

D) Heavy Walking Lunges						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	6ea	50-55			60
2	3	6ea				60
3	3	6ea				60
4	3	6ea				60

E) Sled Push						
Week	Sets	Yards	Wt.	Wt.	Wt.	Rest
1	3	60				60
2	3	60				60
3	3	60				60
4	3	60				60

F) Cool Down

A) Barbell Bench Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	5	245				90
2	4	5					90
3	4	5					90
4	4	5					90

(build up to recommended sets and reps)

B) Spoto Press						
Week	Sets		Wt.	Wt.	Wt.	Rest
1	3		10/	8	/6	90
2	3		10/	8	/6	90
3	3		10/	8	/6	90
4	3		10/	8	/6	90

C1) TRX Sled Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

C2) SA DB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	12ea				75
2	3	12ea				75
3	3	12ea				75
4	3	12ea				75

D1) UH Lat Pulldowns						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D2) Side Plank w/ABduction						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea				60
2	3	8ea				60
3	3	8ea				60
4	3	8ea				60

F) Cool Down

Date	Wk1:	Wk2:	Wk3:	Wk4:	Outside	Day 3
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A) Barbell Squat							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	3					90
2	4	3					90
3	4	3					90
4	4	3					90

B) BB RDLs							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	8					90
2	4	8					90
3	4	8					90
4	4	8					90

C) Goblet RFE Split Squats							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	6ea					90
2	4	6ea					90
3	4	6ea					90
4	4	6ea					90

D1) Box Step Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	6ea				60
2	3	6ea				60
3	3	6ea				60
4	3	6ea				60

D2) Half Kneeling 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

E) Cool Down

Date	Wk1:	Wk2:	Wk3:	Wk4:	Outside	Day 4
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A) BB Bench Press

Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	12					90
2	4	12					90
3	4	12					90
4	4	12					90

B) Floor Press

Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	6					90
2	4	6					90
3	4	6					90
4	4	6					90

C1) Seated Cable Rows

Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

C2) Back Extensions

Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	15				60
2	3	15				60
3	3	15				60
4	3	15				60

D1) Push Ups

Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

D2) Triceps Pushdowns

Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	12				60
2	3	12				60
3	3	12				60
4	3	12				60

E) Cool Down