

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	4	8				
2	4	8				
3	4	8				
4	4	8				

max: 315x3

B) Trap Bar Deadlift						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	5				
2	4	5				
3	4	5				
4	4	5				

(60sec rest between each set)

C) Nordic Hamstring Curls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	5				
2	4	5				
3	4	5				
4	4	5				

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

D2) Pallof Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8ea				
2	4	8ea				
3	4	8ea				
4	4	8ea				

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

E2) Suitcase Deadlifts						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	5ea				
2	3	5ea				
3	3	5ea				
4	3	5ea				

F) Cool Down

Date	Wk1:	Wk2:	Wk3:	Wk4:		Day 2
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3rep max: 225

A) Swiss Bar Bench Press

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

(tempo: 3-0-1)

B1) Bent Over Barbell Rows

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

B2) Bottoms Up KB Incline Bench Press

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

C1) Chest Supported 1-Arm DB Rows

Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10ea				
2	3	10ea				
3	3	10ea				
4	3	10ea				

C2) KB Floor Pullovers

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

D1) TRX Face Pulls

Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	12				
4	3	12				

D2) Push Up Plus

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

E) Cool Down

Date	Wk1:	Wk2:	Wk3:	Wk4:	Outside	Day 3																																																																																																																																																																																																																																																					
<div>A) Barbell Front Squats</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr></table> <div>B1) Heavy DB RDLs</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr></table> <div>B2) Goblet Squats</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>12</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>12</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>12</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>12</td><td></td><td></td><td></td><td></td></tr></table> <div>C1) Goblet Reverse Lunges</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>12ea</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>12ea</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>12ea</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>12ea</td><td></td><td></td><td></td><td></td></tr></table> <div>C2) Box Step Ups</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>12ea</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>12ea</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>12ea</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>12ea</td><td></td><td></td><td></td><td></td></tr></table> <div>D1) Cable Pull Throughs</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>12</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>12</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>12</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>12</td><td></td><td></td><td></td><td></td></tr></table> <div>D2) Lateral Lunges</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>10ea</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>10ea</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>10ea</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>10ea</td><td></td><td></td><td></td><td></td></tr></table> <div>E) Cool Down</div>							Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	8					2	3	8					3	3	8					4	3	8					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	8					2	3	8					3	3	8					4	3	8					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	12					2	3	12					3	3	12					4	3	12					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	12ea					2	3	12ea					3	3	12ea					4	3	12ea					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	12ea					2	3	12ea					3	3	12ea					4	3	12ea					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	12					2	3	12					3	3	12					4	3	12					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	10ea					2	3	10ea					3	3	10ea					4	3	10ea				
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A) Neutral Grip Pull Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8				
2	4	8				
3	4	8				
4	4	8				

B1) Bent Over Barbell Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

(tempo:3-0-1)

B2) DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

(tempo:3-0-1)

C1) Seated Wide Grip Cable Rows w/reach						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	12				
2	4	12				
3	4	12				
4	4	12				

C2) Pallof Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	10ea				
2	4	10ea				
3	4	10ea				
4	4	10ea				

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

D2) DB Skull Crushers						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	15				
2	3	15				
3	3	15				
4	3	15				

E) Cool Down
