

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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max: 315 x3

A) BB Squats <i>(add pause to opener)</i>						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	3	3	3	1 315	
2	3	8				
3	4	8				
4	4	8				

Warm Up: Bar x8, 135x5, 185x3, 225x3

B) Sumo Deadlift						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	3	3	3	1 385	
2	3	5				
3	3	5				
4	3	5				

Warm Up: 135x5, 225x3, 275x3, 315x1, 345 x1

C) Goblet Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

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

D2) RFE Split Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

E1) Sled Push						
Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.
1	3	60				
2	3	60				
3	3	60				
4	3	60				

E2) Half Kneeling Pallof ISO HOLD						
Week	Sets	sec	Wt.	Wt.	Wt.	Wt.
1	3	15ea				
2	3	15ea				
3	3	15ea				
4	3	15ea				

F) Cool Down

Bench: 275x1

A) BB Bench Press <i>(add pause to opener)</i>						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	3	3	3	1 265	
2	3	8				
3	4	8				
4	4	8				

Warm Up: BBx8, 135x5, 185 x3, 225 x1)

B) UH BB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

C) SA Landmine Shoulder Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

D1) SA DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

D2) 3 Point Stance DB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12ea				
2	3	12ea				
3	3	12ea				
4	3	12ea				

E1) Feet Elevated Push Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

E2) Inverted Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

(to be done in power rack)

F) Cool Down

A) Barbell Squat						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	5				
2	3	5				
3	3	5				
4	3	5				

B) Sumo Deadlift						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

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

D1) Goblet Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

D2) SL Hip Thrust off Bench						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

E2) Walking Lunges						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

E2) Copenhagen Plank						
Week	Sets	sec	Wt.	Wt.	Wt.	Wt.
1	3	15ea				
2	3	15ea				
3	3	15ea				
4	3	15ea				

F) Cool Down

A) BB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

Warm Up: BBx8, 135x5, 155 x3

B) Close Grip Landmine Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

C) Meadows Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

D1) SA Incline DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

D2) Seated Cable Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

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

E2) Tricep Pushdowns						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

F) Cool Down
