

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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A) Safety Bar Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	5				
2	4	5				
3	4	5				
4	4	5				

B) Sumo Deadlifts						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	10				
2	4	10				
3	4	10				
4	4	10				

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

D1) Goblet Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

D2) Pallof Press ISO Hold						
Week	Sets	sec	Wt.	Wt.	Wt.	Wt.
1	3	20ea				
2	3	20ea				
3	3	20ea				
4	3	20ea				

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

E2) Kettlebell Carries						
Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.
1	3	40				
2	3	40				
3	3	40				
4	3	40				

F) Cool Down

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

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

C) 1/2 Kneeling Bottoms Up KB Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

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

D2) Tate Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

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

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

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

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

C) Barbell Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

D1) Dumbbell Box Step Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

D2) Hamstring Curls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

E1) Rear Foot Elevated Split Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10ea				
2	3	10ea				
3	3	10ea				
4	3	10ea				

E2) Pallof Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12ea				
2	3	12ea				
3	3	12ea				
4	3	12ea				

F) Cool Down

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

B) Chest Supported Rows w/pause						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8				
2	4	8				
3	4	8				
4	4	8				

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

D1) 1-Arm DB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12ea				
2	3	12ea				
3	3	12ea				
4	3	12ea				

D2) DB Hammer Curls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

E1) Cable Face Pulls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

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

F) Cool Down
