

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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A1) MB Chest Pass						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

A2) BB Bench Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	12					75
2	3	12					75
3	3	12					75
4	3	12					75

B1) Chest Supported DB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

B2) Incline DB Bench Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	12					60
2	3	12					60
3	3	12					60
4	3	12					60

C1) TRX Facepulls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

C2) DB Hammer Curls							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	15					60
2	3	15					60
3	3	15					60
4	3	15					60

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

D2) Tricep Pushdowns							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	12					60
2	3	12					60
3	3	12					60
4	3	12					60

E) Cool Down

A1) Box Jumps						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

A2) Trap Bar Deadlift							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	10					75
2	3	10					75
3	3	10					75
4	3	10					75

B1) Goblet Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

B2) SL KB RDLs							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	8ea					60
2	3	8ea					60
3	3	8ea					60
4	3	8ea					60

C1) Lateral Lunges						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10ea				
2	3	10ea				
3	3	10ea				
4	3	10ea				

C2) Half Kneeling Rotational Band Chop							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	8ea					60
2	3	8ea					60
3	3	8ea					60
4	3	8ea					60

D1) MB Slam						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

D2) Bike							
Week	Sets	cal	Wt.	Wt.	Wt.	Wt.	Rest
1	3	12					60
2	3	12					60
3	3	12					60
4	3	12					60

E) Cool Down

A1) Plyo Push Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8				
2	4	8				
3	4	8				
4	4	8				

A2) BB Incline Bench Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	12					75
2	4	12					75
3	4	12					75
4	4	12					75

B1) Lat Pulldowns						
Week	Sets		Wt.	Wt.	Wt.	Wt.
1	4		15/	10/	10/	10/
2	4		15/	10/	10/	10/
3	4		15/	10/	10/	10/
4	4		15/	10/	10/	10/

B2) Back Extensions							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	15					60
2	4	15					60
3	4	15					60
4	4	15					60

C1) DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	10				
2	4	10				
3	4	10				
4	4	10				

C2) SA DB Rows							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	12ea					60
2	4	12ea					60
3	4	12ea					60
4	4	12ea					60

D1) DB Bicep Curls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	10				
2	4	10				
3	4	10				
4	4	10				

D2) DB Skull Crushers							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	10					60
2	4	10					60
3	4	10					60
4	4	10					60

E) Cool Down

A1) Jump Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	5				
2	3	5				
3	3	5				
4	3	5				

A2) Leg Press							
Week	Sets		Wt.	Wt.	Wt.	Wt.	Rest
1	4		20/	10/	10/	10/	75
2	4		20/	10/	10/	10/	75
3	4		20/	10/	10/	10/	75
4	4		20/	10/	10/	10/	75

B1) Deadlift						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8				
2	4	8				
3	4	8				
4	4	8				

B2) Pallof Press							
Week	Sets	sec	Wt.	Wt.	Wt.	Wt.	Rest
1	3	20ea					60
2	3	20ea					60
3	3	20ea					60
4	3	20ea					60

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

C2) Body Saws							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	12					60
2	3	12					60
3	3	12					60
4	3	12					60

D1) Leg Extensions						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D2) Lying Hamstring Curls							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	12					60
2	3	12					60
3	3	12					60
4	3	12					60

E) Cool Down
