

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	3	5				
2	3	5				
3	3	5				
4	3	5				

max: 315x3

B1) Elevated 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)

B2) Goblet Squats

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

C1) Racked KB Walking Lunges

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

C2) Alphabet Pallof Press

Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	1/side				
2	3	1/side				
3	3	1/side				
4	3	1/side				

D1) Valslide Hamstring Curls

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

D2) KB Crosswalks

Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.
1	3	30ea				
2	3	30ea				
3	3	30ea				
4	3	30ea				

E) Cool Down

3rep max: 225

A) Swiss Bar Bench Press vs. KBs						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

B1) SA DB Seal Rows w/pause						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8ea				
2	4	8ea				
3	4	8ea				
4	4	8ea				

B2) SA Incline DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8ea				
2	4	8ea				
3	4	8ea				
4	4	8ea				

C1) 1-Arm DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12ea				
2	3	12ea				
3	3	12ea				
4	3	12ea				

C2) Standing SA Band Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12ea				
2	3	12ea				
3	3	12ea				
4	3	12ea				

D1) TRX Ys						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

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

E) 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				

B1) DB RDLs						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	12				
2	4	12				
3	4	12				
4	4	12				

B2) Split Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10ea				
2	3	10ea				
3	3	10ea				
4	3	10ea				

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

C2) SL Hip Thrust off Bench						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

D1) Valslide Hamstring Curls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	15				
2	3	15				
3	3	15				
4	3	15				

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

E) Cool Down

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

A2) Push Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

B1) Barbell Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	12				
2	4	12				
3	4	12				
4	4	12				

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

C1) Lat Pulldowns						
Week	Sets		Wt.	Wt.	Wt.	Wt.
1	4		12	10	8	6
2	4		12	10	8	6
3	4		12	10	8	6
4	4		12	10	8	6

C2) DB Bench Press						
Week	Sets		Wt.	Wt.	Wt.	Wt.
1	4		12	10	8	6
2	4		12	10	8	6
3	4		12	10	8	6
4	4		12	10	8	6

D1) Hammer Curls						
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.
1	3	15				
2	3	15				
3	3	15				
4	3	15				

E) Cool Down
