

3 DAY – 35 MINUTE ATHLETE DEVELOPMENTAL WORKOUT PROGRAM

WEEK 1 – DAY 1: UPPER BODY

WARM-UP		BLOCK 1		BLOCK 2		EXTRA WORK	
SPEED PUSH-UP	1 X 8-12	BENCH PRESS (3 SEC. ECCENTRIC)	8, 6, 6, 5, 5 INCREASE WEIGHT EVERY SET	BENT OVER BARBELL ROW (PAUSE FOR 1 SEC. AT CHEST)	4 X 8	2 DUMBBELL BICEP CURL	2 X 12
MED BALL SLAM	1 X 15	CLOSE GRIP CABLE PULLDOWN	3 X 12	MED BALL PUSH-UP	3 X 10-15	2 DUMBBELL FRONT RAISE + SIDE RAISE + REVERSE FLY	2 X 8+8+8
PULL-UPS *JUMP – 3 SEC. ECCENTRIC LOWER FOR THOSE WHO CANT PERFORM 6 – 8 PULLUPS*	1 X 6-8	MED BALL SLAM *START TALL, SLAM TO GROUND INTO ¼ SQUAT, RAISE BALL TO CEILING, REPEAT	2 X 12	STANDING 2 DUMBBELL MILITARY PRESS (PAUSE AT TOP + BOTTOM)	3 X 8	ROPE TRICEPS PUSHDOWN	2 X 15
PLANK	1 X 30 SEC.			KNEELING LANDMINE PRESS *FULL RESET, FULL EXTENSION – PAUSE AT TOP + BOTTOM*	4 X 5		

A "BLOCK" IS A LARGE SUPERSET

LIFT SHOULD BE MINIMAL REST – MAXIMUM EFFORT

ROLLING SETS – FINISH BLOCK AS FAST AS POSSIBLE WITH GREAT FORM/ATTENTION TO DETAIL

BAR SHOULD MOVE WITH SPEED, BUT BE CHALLENGING WEIGHT BY THE END OF THE SETS – ***SHOULD NOT BE FAILING REPS***

SUBSTITUTE ANY LANDMINE PRESS VARIATION WITH JAMMER PRESS IF YOU HAVE ACCESS TO A JAMMER PRESS MACHINE/SETUP

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WEEK 1 – DAY 2: LOWER BODY

WARM-UP		BLOCK 1		BLOCK 2		EXTRA WORK	
SPIDERMAN LUNGE W/ 2 WAY TWIST	1 X 5 EA.	BACK SQUAT (3 SEC. ECCENTRIC)	8, 6, 6, 5, 5 INCREASE WEIGHT EVERY SET	LEG PRESS (PAUSE AT TOP + BOTTOM)	4 X 5	PARTNER HAMSTRING FALLS ON MACHINE	2 X 8
MED BALL SLAM	1 X 15	GROIN STRETCH *ALL FOURS, ONE LEG OUT TO THE SIDE STRAIGHT, ROCK BACK + FOURTH	2 X 30 SEC. EA.	JAMMER PRESS *MAX EXPLOSION, LOCK OUT + PAUSE AT TOP OF THE REP, TOTAL RESET BEFORE NEXT REP	4 X 5	5 DOT DRILL MAT DRILL	2 X 8
GLUTE BRIDGE TO SINGLE LEG GLUTE BRIDGE *KEEP HIPS HIGH WHEN ALTERNATING LEGS*	1 X 45+30+30 SEC.	EXPLOSIVE BOX JUMP	4 X 5	HEX BAR LIFT – DIP – JUMP – STICK *LIGHT FEET ON LANDING, TIGHT CORE BRACING FOR IMPACT – 100LBS MAX	3 X 4	SITTING, STRAIGHT LEG HIP FLEXOR STATIC RAISES	2 X 15 SEC. EA.
SIDE PLANK	1 X 30 SEC. EA.	COPENHAGEN PLANK *SIDE PLANK W/ ONE FOOT ON BENCH – KNEE/GROIN PROTECTION	2 X 20 SEC.	2 DUMBBELL SHRUG	3 X 10	KETTLEBELL SWINGS *1/4 SQUAT, HINGE at HIPS*	3 X 15

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WEEK 1 – DAY 3: TOTAL BODY

WARM-UP		BLOCK 1		BLOCK 2		EXTRA WORK	
SPIDERMAN LUNGE W/ 2 WAY TWIST	1 X 5 EA.	INCLINE BENCH PRESS	8, 6, 6, 5, 5 INCREASE WEIGHT EVERY SET	HEX BAR DEADLIFT *FULL RESET EVERY REP, NO TAP AND GO'S *BRING BAR TO FLOOR WITH CONTROL EVERY REP	4 X 5	PARTNER HAMSTRING FALLS ON MACHINE	2 X 8
SQUAT – STRAIGHT LEG HAMSTRING STRETCH – STAND	1 X 10	SEATED VERTICAL JUMP *SIT ON BENCH, EXPLODE TO CEILING, RESET	3 X 5	BROAD JUMP *STICK LANDING IN ATHLETIC POSITION	3 X 3	MED BALL SPEED PUSH-UP	2 X 10
GLUTE BRIDGE TO SINGLE LEG GLUTE BRIDGE *KEEP HIPS HIGH WHEN ALTERNATING LEGS*	1 X 45+30+30 SEC.	SINGLE ARM DUMBBELL ROW	4 X 5 EA.	SINGLE ARM JAMMER PRESS *MAX EXPLOSION, LOCK OUT + PAUSE AT TOP OF THE REP, TOTAL RESET BEFORE NEXT REP	3 X 3 EA.	SITTING, STRAIGHT LEG HIP FLEXOR STATIC RAISES	2 X 15 SEC. EA.
MED BALL SLAM	1 X 12	SIDE WALL MED BALL TOSS	3 X 8 EA.	BARBELL SHRUG	3 X 12		

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WEEK 2 – DAY 1: UPPER BODY

WARM-UP		BLOCK 1		BLOCK 2		EXTRA WORK	
SPEED PUSH-UP	1 X 8-12	BENCH PRESS (1 SEC. PAUSE AT TOP + BOTTOM)	6, 6, 5, 5, 3 INCREASE WEIGHT EVERY SET	BENT OVER BARBELL ROW (PAUSE FOR 1 SEC. AT CHEST)	4 X 5	2 DUMBBELL BICEP CURL	2 X 12
MED BALL SLAM	1 X 15	CLOSE GRIP CABLE PULLDOWN	4 X 8	MED BALL PUSH-UP	3 X 10	2 DUMBBELL FRONT RAISE + SIDE RAISE + REVERSE FLY	2 X 8+8+8
PULL-UPS *JUMP – 3 SEC. ECCENTRIC LOWER FOR THOSE WHO CANT PERFORM 6 – 8 PULLUPS*	1 X 6-8	MED BALL SLAM *START TALL, SLAM TO GROUND INTO ¼ SQUAT, RAISE BALL TO CEILING, REPEAT	3 X 10	STANDING SINGLE ARM DUMBBELL MILITARY PRESS (3 SEC. ECCENTRIC)	3 X 5 EA.	ROPE TRICEPS PUSHDOWN	2 X 15
PLANK	1 X 30 SEC.			KNEELING LANDMINE PRESS *FULL RESET, FULL EXTENSION – PAUSE AT TOP + BOTTOM*	4 X 5		

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WEEK 2 – DAY 2: LOWER BODY

WARM-UP		BLOCK 1		BLOCK 2		EXTRA WORK	
SPIDERMAN LUNGE W/ 2 WAY TWIST	1 X 5 EA.	BACK SQUAT (1 SEC PAUSE AT BOTTOM)	6, 6, 5, 5, 3 INCREASE WEIGHT EVERY SET	LEG PRESS (3 SEC. ECCENTRIC)	4 X 4	PARTNER HAMSTRING FALLS ON MACHINE	2 X 8
MED BALL SLAM	1 X 15	GROIN STRETCH *ALL FOURS, ONE LEG OUT TO THE SIDE STRAIGHT, ROCK BACK + FOURTH	2 X 30 SEC. EA.	JAMMER PRESS *MAX EXPLOSION, LOCK OUT + PAUSE AT TOP OF THE REP, TOTAL RESET BEFORE NEXT REP	4 X 4	5 DOT DRILL MAT DRILL	2 X 8
GLUTE BRIDGE TO SINGLE LEG GLUTE BRIDGE *KEEP HIPS HIGH WHEN ALTERNATING LEGS*	1 X 45+30+30 SEC.	EXPLOSIVE BOX JUMP	4 X 5	HEX BAR LIFT – DIP – JUMP – STICK *LIGHT FEET ON LANDING, TIGHT CORE BRACING FOR IMPACT – 100LBS MAX	3 X 6	SITTING, STRAIGHT LEG HIP FLEXOR STATIC RAISES	2 X 15 SEC. EA.
SIDE PLANK	1 X 30 SEC. EA.	COPENHAGEN PLANK *SIDE PLANK W/ ONE FOOT ON BENCH – KNEE/GROIN PROTECTION	2 X 20 SEC.	1 ARM DUMBBELL SHRUG	3 X 10		

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WEEK 2 – DAY 3: TOTAL BODY

WARM-UP		BLOCK 1		BLOCK 2		EXTRA WORK	
SPIDERMAN LUNGE W/ 2 WAY TWIST	1 X 5 EA.	INCLINE BENCH PRESS (1 SEC. PAUSE AT TOP)	6, 6, 5, 5, 8 INCREASE WEIGHT EVERY SET	HEX BAR DEADLIFT *FULL RESET EVERY REP, NO TAP AND GO'S *BRING BAR TO FLOOR WITH CONTROL EVERY REP	3 X 10	PARTNER HAMSTRING FALLS ON MACHINE	2 X 8
SQUAT – STRAIGHT LEG HAMSTRING STRETCH – STAND	1 X 10	SEATED VERTICAL JUMP *SIT ON BENCH, EXPLODE TO CEILING, RESET	3 X 5	BROAD JUMP *STICK LANDING IN ATHLETIC POSITION	3 X 3	MED BALL SPEED PUSH-UP	2 X 10
GLUTE BRIDGE TO SINGLE LEG GLUTE BRIDGE *KEEP HIPS HIGH WHEN ALTERNATING LEGS*	1 X 45+30+30 SEC.	SINGLE ARM DUMBBELL ROW	3 X 6 EA.	SINGLE ARM JAMMER PRESS *MAX EXPLOSION, LOCK OUT + PAUSE AT TOP OF THE REP, TOTAL RESET BEFORE NEXT REP	3 X 3 EA.	SITTING, STRAIGHT LEG HIP FLEXOR STATIC RAISES	2 X 15 SEC. EA.
MED BALL SLAM	1 X 12	SIDE WALL MED BALL TOSS	3 X 8 EA.	BARBELL SHRUG	3 X 8	KETTLE BELL SWINGS	3 X 10

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PLANK	1 X 30 SEC.			SQUAT T TO LANDMINE PRESS *FULL RESET, FULL EXTENSION – PAUSE AT TOP*	4 X 5		

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