

MONDAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
ACTIVE WARM-UP						
DRYLAND AGILITY						
AGILITY LADDER = ONE FOOT, TWO FOOT, TWO FOOT BACKWARD, TWO FOOT LATERAL, LEAD FOOT SWITCH, TWO IN TWO OUT, ICKEY SHUFFLE, BACKWARD ICKEY, SLALOM, BACKWARD SLALOM, 2 FOOT HOPSCOTCH, 2 FOOT HOPSCOTCH SKIP, 1 FOOT HOPSCOTCH, 1 FOOT HOPSCOTCH SKIP, SALSA R,L, SCISSORS R,L, DIAGONAL WEAVE R,L,						
PRO AGILITY	2EA	2EA	2EA	2EA	2EA	2EA
SHUFFLE PRO AGILITY	2EA	2EA	2EA	2EA	2EA	2EA
NEBRASKA	2EA	2EA	2EA	2EA	2EA	2EA
RACK CLEAN	5	5	4	4	3	3
(LIGHT AND FAST)	5	5	4	4	3	3
60-65% OF 1RM	5	5	4	4	3	3
BACK SQUAT	70% 3x10	3x10	3x8	3x8	3x6	3x6
<i>PAIRED W/</i>						
IRON CROSS RAISE	3x8	3x8	3x6	3x6	3x5	3x5
LATERAL SQUAT (same level)	3x8ea	3x8ea	3x6ea	3x6ea	3x4ea	3x4ea
<i>PAIRED W/</i>						
BAND REAR DELT	3x6	3x6	3x8	3x8	3x10	3x10
WALKING 45 LUNGE	3x8ea	3x8ea	3x6ea	3x6ea	3x4ea	3x4ea
<i>PAIRED W/</i>						
BICEP/GRIP CHOICE	3x10	3x10	3x8	3x8	3x6	3x6
MANUAL GLUTE-HAM	3x5	3x5	3x6	3x6	3x7	3x7
<i>PAIRED W/</i>						
STANDING PHYSIO BALL SQUEEZE	3x5	3x5	3x6	3x6	3x7	3x7
MED BALL CIRCUIT	3x6ea	3x6ea	3x8ea	3x8ea	3x10ea	3x10ea
R,L,OVR,QUICK,PRESS,TWIST,OVER HOLD						
STATIC STRETCH						
QUAD, HAM, HIP FLEXOR, GLUTE, LOW BACK						
CONDITIONING						
MONDAY ON ATTACHMENT						

TUESDAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
CORE CIRCUIT						
CRUNCH (FEET DOWN)	3x20	3x20	3x20	3x25	3x25	3x25
BLADE	3x10ea	3x10ea	3x12ea	3x12ea	3x14ea	3x14ea
TUCK CRUNCH	3x10	3x10	3x10	3x12	3x12	3x12
FRONT PLANK	3x45s	3x45s	3x60s	3x60s	3x75s	3x75s
SUPERMAN	3x5	3x5	3x5	3x6	3x6	3x6
POLICEMAN	3x5	3x5	3x5	3x6	3x6	3x6
DRYLAND SPEED						
BACKWARD RUN 20yds	3	3	4	4	5	5
SHUFFLE SPRINT 10/10	2ea	2ea	2ea	3ea	3ea	3ea
BACKPEDAL SPRINT 10/10	2ea	2ea	2ea	3ea	3ea	3ea
WORKOUT						
SKATE HOPS	3x4ea	3x4ea	3x5ea	3x5ea	3x6ea	3x6ea
FORWARD 45 BOUND	3x4ea	3x4ea	3x5ea	3x5ea	3x6ea	3x6ea
LATERAL PUSH-OFF	3x4ea	3x4ea	3x5ea	3x5ea	3x6ea	3x6ea
BENCH PRESS	70% 3x10	3x10	3x8	3x8	3x6	3x6
<i>PAIRED W/</i>						

ONE ARM ROW	3x10	3x10	3x8	3x8	3x6	3x6
ALT DB INCLINE PRESS	3x8ea	3x8ea	3x6ea	3x6ea	3x4ea	3x4ea
<i>PAIRED W/</i>						
PULL-UPS	3xf	3xf	3xf	3xf	3xf	3xf
PUSH-UPS	3xf	3xf	3xf	3xf	3xf	3xf
<i>PAIRED W/</i>						
BAND OR MACHINE ROW	3x10	3x10	3x8	3x8	3x6	3x6
EXTRA CHEST/TRICEP CHOICE	3x10	3x10	3x8	3x8	3x6	3x6
CONDITIONING						
TUESDAY ON ATTACHMENT						

WEDNESDAY						
CONDITIONING ONLY						
SEE ATTACHMENT FOR WEDNESDAY						
LOW BODY STRETCH						

THURSDAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
ACTIVE WARM-UP						
AGILITY LADDER = ONE FOOT, TWO FOOT, TWO FOOT BACKWARD, TWO FOOT LATERAL, LEAD FOOT SWITCH, TWO IN TWO OUT, ICKEY SHUFFLE, BACKWARD ICKEY, SLALOM, BACKWARD SLALOM, 2 FOOT HOPSCOTCH, 2 FOOT HOPSCOTCH SKIP, 1 FOOT HOPSCOTCH, 1 FOOT HOPSCOTCH SKIP, SALSA R,L, SCISSORS R,L, DIAGONAL WEAVE R,L,						
SHUFFLE SWITCH	2	2	2	3	3	3
CARIOCA SWITCH	2	2	2	3	3	3
L DRILL	2EA	2EA	2EA	2EA	2EA	2EA
HANG CLEAN	5x3 80%	5x4 80%	5x5 80%	5x4 85%	5x3 90%	5x2 95%
FRONT SQUAT (use hang clean wt)	3x5	3x5	3x4	3x4	3x3	3x3
<i>PAIRED W/</i>						
UPRIGHT ROW	3x12	3x12	3x10	3x10	3x8	3x8
CROSSOVER STEP-UP	3x6ea	3x6ea	3x5ea	3x5ea	3x4ea	3x4ea
<i>PAIRED W/</i>						
DB SHRUGS	3x12	3x12	3x10	3x10	3x8	3x8
RDL	3x10	3x10	3x8	3x8	3x6	3x6
<i>PAIRED W/</i>						
BICEP/GRIP CHOICE	3x10	3x10	3x8	3x8	3x6	3x6
CORE CIRCUIT						
PLATE CRUNCH	3x20	3x20	3x20	3x30	3x30	3x30
PLATE TWIST	3x20	3x20	3x20	3x30	3x30	3x30
TRIFECTORS	3x6	3x6	3x6	3x8	3x8	3x8
SIDE PLANK	3x45s	3x45s	3x60s	3x60s	3x75s	3x75s
RESISTED ROTATION	3x4ea	3x4ea	3x5ea	3x5ea	3x6ea	3x6ea
BACKWARD MED BALL TOSS	3x4ea	3x4ea	3x5ea	3x5ea	3x6ea	3x6ea
SLEDGE CHOPS	3x6ea	3x6ea	3x8ea	3x8ea	3x10ea	3x10ea
LAT CIRCUIT						
BW SQUAT <i>PAIRED W/</i>	2x30	2x30	2x50	2x50	2x75	2x75
BW LAT SQUAT <i>PAIRED W/</i>	2x15ea	2x15ea	2x17ea	2x17ea	2x20ea	2x20ea
BW SL BENCH SQUAT <i>PAIRED W/</i>	2x10ea	2x10ea	2x12ea	2x12ea	2x15ea	2x15ea
BAND WALK <i>PAIRED W/</i>	2x8ea	2x8ea	2x10ea	2x10ea	2x12ea	2x12ea
WALL SIT <i>PAIRED W/</i>	2x45s	2x45s	2x60s	2x60s	2x75s	2x75s
LOW BODY STRETCH						
QUAD, HAM, HIP FLEXOR, GLUTE, LOW BACK						

FRIDAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
CORE CIRCUIT						
CRUNCH (FEET UP)	3x20	3x20	3x20	3x30	3x30	3x30
ALT BLADE	3x20	3x20	3x20	3x30	3x30	3x30
SINGLE BICYCLE	3x6ea	3x6ea	3x8ea	3x8ea	3x10ea	3x10ea
LYING OPPOSITES	3x6ea	3x6ea	3x8ea	3x8ea	3x10ea	3x10ea
FRONT PLANK	3x45s	3x45s	3x60s	3x60s	3x75s	3x75s
BACK BRIDGE	3x10s	3x10s	3x15s	3x15s	3x20s	3x20s
BIRD DOG	3x10s	3x10s	3x15s	3x15s	3x20s	3x20s
ACTIVE WARM-UP						
DRYLAND SPEED						
BACK WARD RUN 20yds	3	3	3	4	4	4
BUILD-UP 40yds	2	2	2	3	3	3
HOLLOW SPRINT 10/10/10	2	2	2	3	3	3
PLYO'S						
2 FOOT LATERAL HOPS	3x4ea	3x4ea	3x5ea	3x5ea	3x6ea	3x6ea
2 FOOT BROAD JUMP	3x3	3x3	3x4	3x4	3x5	3x5
2 FOOT BOX JUMP	3x3	3x3	3x4	3x4	3x5	3x5
WORKOUT						
PAUSE BENCH PRESS 60%	4x5	4x5	4x4	4x4	4x3	4x3
<i>PAIRED W/</i>						
NEUTRAL PULL-UPS	3xf	3xf	3xf	3xf	3xf	3xf
DB FLAT BENCH	4x10	4x10	4x8	4x8	4x6	4x6
<i>PAIRED W/</i>						
BODY ROW	3xf	3xf	3xf	3xf	3xf	3xf
ELEVATED BOSU PUSH-UPS	3xf	3xf	3xf	3xf	3xf	3xf
<i>PAIRED W/</i>						
INCLINE RHOMBOID ROW	4x10	4x10	4x8	4x8	4x6	4x6
EXTRA CHEST/TRICEP CHOICE	4x10	4x10	4x8	4x8	4x6	4x6
CONDITIONING						
FRIDAY ON ATTACHMENT						
STRETCH						