



WARM UP

PERFORM DAILY BEFORE STRENGTH TRAINING

- HALF KNEELING HIP FLEXOR STRETCH** 2 X :10 EACH
- SQUAT SPIDERMAN STRETCH** 2 X :10 EACH
- HEEL SIT UPPER BACK ROTATION** X 10 EACH
- YOGA PUSH UP CALF STRETCH** X 10 EACH
- HIP BRIDGE 2 TO 1** X 10 W/:02 PAUSE AT TOP
- FRONT PLANK ARM REACH** 2 X 10 (5 REACHES EACH ARM)
- SIDE PLANK** 2 X :25 EACH SIDE
- CLAMSHELL** OR **BAND WALK SIDEWAYS** 2 X 10 EACH SIDE
- BENCH T** 2 X 10
- REVERSE LUNGE TO 1 LEG SUPERMAN** X 8 EACH
- SPLIT SQUAT JUMP** W1: 2 X 10 W2: 3 X 10 W3: 4X10

A1) BARBELL SQUAT
OR DUMBBELL GOBLET SQUAT

WEEK	SETS	REPS	
1	3	8	
2	4	6	
3	4	4	

SET 1	SET 2	SET 3	SET 4	SET 5

A2) PULL UP
OR BARBELL INVERTED ROW

WEEK	SETS	REPS	
1	3	AMAP	
2	3	AMAP	
3	3	AMAP	

SET 1	SET 2	SET 3	SET 4	SET 5

B1) BARBELL PRESS
OR PUSH UP 5 SECOND LOWERING

WEEK	SETS	REPS	
1	3	6	
2	3	6	
3	3	6	

SET 1	SET 2	SET 3	SET 4	SET 5

B2) TALL KNEELING CABLE OR BAND CHOP

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	3	8	

SET 1	SET 2	SET 3	SET 4	SET 5



DAY 2

- A1) 1 DUMBBELL DEADLIFT**
OR 2 DUMBBELL STIFF LEG DEADLIFT

WEEK	SETS	REPS	
1	4	8	
2	4	8	
3	4	8	

SET 1	SET 2	SET 3	SET 4	SET 5

- A2) PUSH UP W/PAUSE AT BOTTOM**
OR PUSH UP

WEEK	SETS	REPS	
1	4	AMAP	
2	4	AMAP	
3	4	AMAP	

SET 1	SET 2	SET 3	SET 4	SET 5

- B1) DUMBBELL RFE SPLIT SQUAT**
OR DUMBBELL REVERSE LUNGE

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	3	8	

SET 1	SET 2	SET 3	SET 4	SET 5

- B2) DUMBBELL ROW**

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	3	8	

SET 1	SET 2	SET 3	SET 4	SET 5

DAY 3

- A1) 1 LEG SQUAT FROM BOX OR BENCH**
OR STEP UP TO BOX OR BENCH

WEEK	SETS	REPS	
1	3	6	
2	3	8	
3	3	10	

SET 1	SET 2	SET 3	SET 4	SET 5

- A2) PULL UP**
OR BARBELL INVERTED ROW

WEEK	SETS	REPS	
1	3	AMAP	
2	3	AMAP	
3	3	AMAP	

SET 1	SET 2	SET 3	SET 4	SET 5

- B1) INCHWORM**
OR PHYSIOBALL MARCH

WEEK	SETS	REPS	
1	3	6	
2	3	8	
3	3	10	

SET 1	SET 2	SET 3	SET 4	SET 5

- B2) STANDING BAND OR CABLE ROTATION**

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	3	8	

SET 1	SET 2	SET 3	SET 4	SET 5