

# NORTON PERFORMANCE

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Program Start: 11-12-2018

Workout #: 3

## A1: Rear Foot Elevated Split Squat with 2 DB

Date	Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
	1	3	6/leg					
	2	3	6/leg					
	3	3	6/leg					
	4	3	6/leg					

## A2: Bounding (Alternating Legs)

Weight	Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
	1	3	20 yds					
	2	3	20 yds					
	3	3	20 yds					
	4	3	20 yds					

## A3: MedBall Rotational Scoop Toss

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	6/side					
2	3	6/side					
3	3	6/side					
4	3	6/side					

## A4: Body Coil Stretch

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	10/side					
2	3	10/side					
3	3	10/side					
4	3	10/side					

## B1: 1-Arm KB (Racked) Reverse Lunge

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	6/leg					
2	3	6/leg					
3	3	6/leg					
4	3	6/leg					

## B2: Skater

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	4/side					
2	3	4/side					
3	3	4/side					
4	3	4/side					

## B3: Cable Anti-Rotation Press (Half-Kneeling)

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	8					
2	3	8					
3	3	8					
4	3	8					

## B4: Ab Wheel Rollout

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1	3	8					
2	3	8					
3	3	8					
4	3	8					

## C1:

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1							
2							
3							
4							

## C2:

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5
1							
2							
3							
4							