

**A1 Split Squat**

Date	Sets	Reps	Tempo	
	4	8	4010	chaos w/ bands
	4	8	4010	
	5	5	210	
	5	5	210	

Set 1	Set 2	Set 3	Set 4	Set 5

**A2 Box Jump**

Sets	Reps	Tempo	
4	3		
4	3		
4	3		
3	3		

Set 1	Set 2	Set 3	Set 4	Set 5

**B1 Rev Lunge W Med Ball**

Sets	Reps	Tempo	
4	8/side		
4	8/side		
4	8/side		
3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5

**B2 Pallof Press**

Sets	Reps	Tempo	
3	A-Z		
3	A-Z		
3	A-Z		
3	A-Z		

Set 1	Set 2	Set 3	Set 4	Set 5

**C1 Lat Lunge**

Sets	Reps	Tempo	
3	10/side		
3	10/side		
3	10/side		
2	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5

**C2 Half Kneeling Lo Hi Chop**

Sets	Reps	Tempo	
3	10/side		
3	10/side		
3	10/side		
2	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5

**C3 Horizontal Abduction w/ j band**

Sets	Reps	Tempo	
3	12		
3	12		
3	12		
3	12		

Set 1	Set 2	Set 3	Set 4	Set 5

**D1 Movement**

Sets	Reps	Tempo	
1			
2			
3			
4			

Set 1	Set 2	Set 3	Set 4	Set 5

A1 SA DB Bench				
Date	Sets	Reps	Tempo	
	4	8	4010	Back on Foam roll
	4	8	4010	
	5	5	210	
	5	5	210	

Set 1	Set 2	Set 3	Set 4	Set 5

A2 MB Shot Put				
Sets	Reps	Tempo		
4	3/side			
4	3/side			
4	3/side			
3	3/side			

Set 1	Set 2	Set 3	Set 4	Set 5

B1 Half Kneeling Cable Press				
Sets	Reps	Tempo		
4	10			
4	10			
4	10			
3	10			

Set 1	Set 2	Set 3	Set 4	Set 5

B2 Plank				
Sets	Reps	Tempo		
3	30 sec			
3	30 sec			
3	30 sec			
3	30 sec			

Set 1	Set 2	Set 3	Set 4	Set 5

C1 Ft Elevated Yoga Push Up				
Sets	Reps	Tempo		
3	8			
3	8			
3	8			
2	8			

Set 1	Set 2	Set 3	Set 4	Set 5

C2 Reverse Crunch				
Sets	Reps	Tempo		
3	10			
3	10			
3	10			
2	10			

Set 1	Set 2	Set 3	Set 4	Set 5

C3 TGU				
Sets	Reps	Tempo		
3	3/side			
3	3/side			
3	3/side			
2	3/side			

Set 1	Set 2	Set 3	Set 4	Set 5

D1 Movement				
Sets	Reps	Tempo		
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5

A1		TBDL		
Date	Sets	Reps	Tempo	
	4	8	4010	
	4	8	4010	
	5	5	210	
	5	5	210	

Set 1	Set 2	Set 3	Set 4	Set 5

A2		Broad Jump		
Sets	Reps	Tempo		
4	3			
4	3			
4	3			
3	3			

Set 1	Set 2	Set 3	Set 4	Set 5

B1		DB Row		
Sets	Reps	Tempo		
4	8/side			
4	8/side			
4	8/side			
3	8/side			

Set 1	Set 2	Set 3	Set 4	Set 5

B2		MB Fake Throw		
Sets	Reps	Tempo		
3	10/side			
3	10/side			
3	10/side			
3	10/side			

Set 1	Set 2	Set 3	Set 4	Set 5

C1		High Tension Dead Bug		
Sets	Reps	Tempo		
3	5/5 sec			
3	5/5 sec			
3	5/5 sec			
2	5/5 sec			

Set 1	Set 2	Set 3	Set 4	Set 5

C2		KB Swing		
Sets	Reps	Tempo		
3	12			
3	12			
3	12			
2	12			

Set 1	Set 2	Set 3	Set 4	Set 5

C3		Cable Rev Toss		
Sets	Reps	Tempo		
3	10			
3	10			
3	10			
2	10			

Set 1	Set 2	Set 3	Set 4	Set 5

D1		Movement		
Sets	Reps	Tempo		
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5