



Foam Rolling:

- IT Band/Tensor Fasciae Latae
- Quads
- Hip Flexors
- Adductors
- Hamstrings
- Lats
- Pecs
- Rhomboids
- Thoracic Extension
- Arches of Feet (ball)
- Calves and peroneals (ball)
- Piriformis/Glutes (ball)
- Infraspinatus (ball)

Warm-ups (preferably, barefoot)

Bird dogs	6/side
3-point Extension-Rotation	8/side
Supine Leg Whips	6/side
Wall Hip Flexor Mobilizations	8/side
Split-Stance Broomstick Pec Mobilizations	6/side
Knee-Break Ankle Mobilizations	1x8
Reverse 1-leg SLDL Walk	5/side
Walking Spiderman w/Hip Lift & Overhead Reach	5/side

Day 1
A1) Barbell Overhead Squats

Date	Week	Sets	Reps	Rest	Tempo
	1	3	6		30X0
	2	3	6		30X0
	3	3	6		30X0
	4	3	6		30X0

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Clap Push-ups

Week	Sets	Reps	Rest	Tempo
1	3	4		
2	3	4		
3	3	4		
4	3	4		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) Barbell Forward Lunges

Week	Sets	Reps	Rest	Tempo
1	5	6/side		
2	4	6/side		
3	5	6/side		
4	3	6/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) One-arm DB Rows

Week	Sets	Reps	Rest	Tempo
1	4	8/side		
2	4	8/side		
3	4	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Low Incline DB Press

Week	Sets	Reps	Rest	Tempo
1	2	8		
2	2	8		
3	2	8		
4	2	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) 1-arm, 1-leg DB RDLs (barefoot)

Week	Sets	Reps	Rest	Tempo
1	2	8/side		
2	2	8/side		
3	2	8/side		
4	2	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D) Cable Woodchops - chest height

Week	Sets	Reps	Rest	Tempo
1	2	8/side		
2	2	8/side		
3	2	8/side		
4	2	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

E1) Corner Pec Minor Stretch

Week	Sets	Reps	Rest	Tempo
1	2	30s		
2	2	30s		
3	2	30s		
4	2	30s		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

E2) Seated 90/90 Stretch: 2x30s/side

Day 2
A1) Push Press (Wks. 1,2), Close-Grip Floor Press (Wks 3,4)

Date	Week	Sets	Reps	Rest	Tempo
	1	5	3		
	2	7	3		
	3	5	3		
	4	4	3		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Thick Grip Neutral Grip (Weighted) Pull-ups

Week	Sets	Reps	Rest	Tempo
1	5	3		
2	7	3		
3	5	3		
4	4	3		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) 1-arm Cable Rotational Row

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) 1-arm DB Bench Press

Week	Sets	Reps	Rest	Tempo
1	2	8/side		
2	2	8/side		
3	2	8/side		
4	2	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Stir the Pot

Week	Sets	Reps	Rest	Tempo
1	2	6/direction		
2	2	6/direction		
3	2	6/direction		
4	2	6/direction		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Cable External Rotation at 90 degrees - scapular plane

Week	Sets	Reps	Rest	Tempo
1	2	10/side		
2	2	10/side		
3	2	10/side		
4	2	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Wall Lat Stretch with Stabilization

Week	Sets	Reps	Rest	Tempo
1	2	20s/side		
2	2	20s/side		
3	2	20s/side		
4	2	20s/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) Stability Ball Adductor Stretch on Wall

Week	Sets	Reps	Rest	Tempo
1	2	30s		
2	2	30s		
3	2	30s		
4	2	30s		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

Day 3

A1) Trap (Hex) Bar Deadlifts (if you don't have access to a trap/hex bar, you can do slightly-elevated conventional DLs) (barefoot)

Date	Week	Sets	Reps	Rest	Tempo
	1	5	3		
	2	7	3		
	3	5	3		
	4	3	3 (easy)		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Side-Lying Internal-External Rotation (perform one side b/t each set of A1)

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	4	8/side		
3	3	8/side		
4	2	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) DB Bulgarian Split Squats from Deficit

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	2	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) DB Pullovers

Week	Sets	Reps	Rest	Tempo
1	3	8		
2	3	8		
3	3	8		
4	1	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) DB Cuban Press

Week	Sets	Reps	Rest	Tempo
1	2	12		
2	2	12		
3	2	12		
4	2	12		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Natural Glute-Ham Raise

Week	Sets	Reps	Rest	Tempo
1	1	6		Lower as
2	1	6		slowly as
3	1	6		possible on
4	1	6		each rep

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Tall Kneeling Cable Lift

Week	Sets	Reps	Rest	Tempo
1	2	10/side		
2	2	10/side		
3	2	10/side		
4	2	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) Kneeling Heel to Butt Stretch

Week	Sets	Reps	Rest	Tempo
1	2	30s/side		
2	2	30s/side		
3	2	30s/side		
4	2	30s/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6



Option 1

Tuesday

Mobility Warm-up

Side shuffle w/Overhead Reach (15 yards/side)

High Knee Skip (15 yards)

Easy Carioca (15 yards/side)

Backpedal (15 yards)

Crossover Jumps

10yd Push-up Starts

10-yd Side Shuffle to 20-yd Sprint

Week 1	Week 2	Week 3	Week 4
4x3/side	4x3/side	4x3/side	4x3/side
x6	x6	x6	x6
x4/side, 80%	x4/side, 100%	x4/side, 100%	x3/side, 90%

Saturday

Mobility Warm-up

Side shuffle w/Overhead Reach (15 yards/side)

High Knee Skip (15 yards)

Easy Carioca (15 yards/side)

Backpedal (15 yards)

10yd Side Starts

Sprint-Backpedal-Sprint (10yds each)

80yd Build-ups

Week 1	Week 2	Week 3	Week 4
x4/side	x4/side	x4/side	x3/side
x5, 80%	x5, 100%	x5, 100%	x4, 90%
x6, 80%	x6, 90%	x6, 100%	x4, 90%

Notes:

1. Take it easy in week 1, as you'll likely be sore from all the new lifts in this month's program.



Option 2

Tuesday

Mobility Warm-up

Bike, Elliptical, or Rowing Intervals for 15 minutes (15s work: 30s rest)

"Rest" should be easy pedaling, striding, or rowing, respectively.

OR

Mobility Warm-up

6x200 with 60s rest, then 2x400m with 120s rest

(omit 2x400m in week 4)

Saturday

Mobility Warm-up

Circuit (5x through, 60s rest b/t sets):

Naked Get-up x 5/side

Bent-over Trap Raise x 10

Overhead Lunge Walk x 10/side

Feet-Elevated Push-ups x 10

Jump Rope x 30s

Side Bridges x 20s/side

Notes:

1. Take it easy in week 1, as you'll likely be sore from all the new lifts in this month's program.



Option 3

Tuesday

Mobility Warm-up

Bike, Elliptical, or Rowing Intervals for 15 minutes (15s work: 30s rest)

"Rest" should be easy pedaling, striding, or rowing, respectively.

OR

Mobility Warm-up

6x200 with 60s rest, then 2x400m with 120s rest

(omit 2x400m in week 4)

Friday

Mobility Warm-up

Side shuffle w/Overhead Reach (15 yards/side)

High Knee Skip (15 yards)

Easy Carioca (15 yards/side)

Backpedal (15 yards)

10yd Side Starts

Sprint-Backpedal-Sprint (10yds each)

80yd Build-ups

Week 1	Week 2	Week 3	Week 4
x4/side	x4/side	x4/side	x3/side
x5, 80%	x5, 100%	x5, 100%	x4, 90%
x6, 80%	x6, 90%	x6, 100%	x4, 90%

Notes:

1. Take it easy in week 1, as you'll likely be sore from all the new lifts in this month's program.