



*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)*

Rocking Ankle Mobilizations	1x8/side
Half-Kneeling Adductor Dips	1x8/side
Yoga Push-ups	1x6
Glute Wall March Iso Hold	3x5s/side
Scapular Wall Slides	1x10
Bent-Over T-Spine Rotation	1x5/side
Overhead Lunge Walk w/Hip Lift	1x5/side
Alternating Lateral Lunge Walk	1x5/side

**Monday**

**A1) Sumo Deadlifts (barefoot)**

Date	Week	Sets	Reps	Rest	Tempo
	1	4	2x2, 2x4		
	2	4	2x2, 2x4		
	3	5	2x1, 3x3		
	4	3	3		

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

**A2) Knee-Break Ankle Mobilizations (barefoot)**

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

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

**B1) Barbell Reverse Lunge - Front Squat Grip**

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) Yoga Plex**

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

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

**C1) 1-leg DB RDLs (barefoot)**

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

**C2) Split-Stance Cable Lift**

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

**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) 1-arm Doorway Pec Stretch**

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

**Wednesday**

**A1) Low Incline Barbell Press (Wks 1-3), Alternating DB Bench Press (Wk 4)**

Date	Week	Sets	Reps	Rest	Tempo
	1	4	2x2, 2x4		
	2	4	2x2, 2x4		
	3	5	2x1, 3x3		
	4	3	12/side		

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

\*In Week 4, just pair A1 with B2 instead of A2. You'll be skipping B1, too.

**A2) Wall Hip Flexor Mobs**

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

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

**B1) Neutral Grip DB Bench Press**

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

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

**B2) Towel Pull-ups**

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

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

\*Pair with A1 in week 4.

**C1) Standing 1-arm Cable Rows**

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

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

**C2) 1-leg Feet-Elevated Push-ups**

\*Wrap a band around your back to increase resistance, if desired

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

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

**D1) Supine No Money w/Band**

Week	Sets	Reps	Rest	Tempo
1	2	3		10s iso
2	2	3		hold at
3	2	4		end-range
4	2	4		on each rep

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

**D2) Quadruped Chin Tucks**

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

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



Thursday

A1) Front Box Squats (Wks. 1-3, barefoot), Barbell Overhead Squats (Wk. 4, sneakers on)

Date	Week	Sets	Reps	Rest	Load
	1	6	2	60s	55%
	2	7*	2	60s	60%
	3	8	2	60s	65%
	4	3	5		

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

\*Last set in Week 2 should be a challenging single (one rep).

A2) Prone Row to External Rotation/Feet-Elevated Scap Push-ups (pick one b/t sets)

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

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

B1) Snatch Grip Rack Pulls (barefoot, use straps)

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

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

B2) Side-Lying Extension-Rotation

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) DB Forward Lunges

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

C2) Landmines

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

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

D1) Static Calf Stretch off Step

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

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



Saturday

A) Speed Bench

Date	Week	Sets	Reps	Rest	Load
	1	6	3	60s	50%
	2	6*	3	60s	55%
	3	6	3	60s	60%
	4	5*	3	60s	50%

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

\*In place of last set in Weeks 2 and 4, do a 1-rep max bench press attempt.

B1) Chest-Supported Row - Pronated Grip

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

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

B2) DB Push Press

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

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

C1) T-Push-ups

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

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

C2) Seated Cable Row - neutral grip

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

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

D1) Ab Wheel (or Bar Rollout) Iso Holds

Week	Sets	Reps	Rest	Tempo
1	3	10-15s		
2	3	10-15s		
3	3	10-15s		
4	3	10-15s		

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

D2) Cable External Rotation at 90 Degrees

Week	Sets	Sets	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

E) Lying Knee-to-Knee Stretch (females should omit this)

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

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



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## 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)

10-yd Side-Starts

50-yd Build-ups

Week 1	Week 2	Week 3	Week 4
x3/direction	x3/direction	x3/direction	Omit
x6, 90%	x6, 100%	x6, 100%	Omit

### 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)

Repeated Lateral Heiden's

20-yd Rollover Get-up-and-Go

Week 1	Week 2	Week 3	Week 4
4x5/side	4x5/side	4x5/side	4x5/side
x5/side	x5/side	x5/side	x4/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 2

### Tuesday

Mobility Warm-up

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

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

OR

Mobility Warm-up

6x200m sprints at 90% effort w/200m walking as rest b/t sets

\*only do 4x200m in week 4

### Friday

Mobility Warm-up

*Circuit (3x through, 1:30 rest b/t sets):*

Side Bridge Wall Slides x 8/side

Body Weight Split Squats x 10/side

DB Swings x 10

Hand Switches x 30s

DB Suitcase Deadlifts x 10/side

Face Pulls x 10 (light)

1-leg Prone Bridge x 15s/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 (30s work: 30s rest)

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

OR

Mobility Warm-up

6x200m sprints at 90% effort w/200m walking as rest b/t sets

\*only do 4x200m 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)

Repeated Lateral Heidens

20-yd Rollover Get-up-and-Go

**Week 1**

4x5/side

x5/side

**Week 2**

4x5/side

x5/side

**Week 3**

4x5/side

x5/side

**Week 4**

4x5/side

x4/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.