



*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)*

1-leg Supine Bridge	1x8/side
Split-Stance Kneeling Adductor Mobs	1x8/side
Wall Hip Flexor Mobs	1x8/side
Wall Ankle Mobs	1x8/side
Squat to Stand	1x6
Walking Spiderman w/Overhead Reach	1x5/side
Cross-Behind Overhead Reverse Lunge	1x5/side
No Money Drill	1x8



Day 1

A1) Front Squats

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

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

A2) Pull-ups

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

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

B) Speed Deadlifts (barefoot)

Week	Sets	Reps	Rest	Load
1	5	2	60s	50%
2	5	2	60s	55%
3	5	2	60s	60%
4	3	2	60s	65%

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

C1) DB Reverse Lunges 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

C2) Feet-Elevated Push-ups

\*wrap a band around your back to add resistance

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) Pallof Press Iso Holds

Week	Sets	Reps	Rest	Tempo
1	3	3		10s iso
2	3	3		hold at
3	3	3		lockout
4	3	3		each rep

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

D2) Seated Cable Rows - Pronated 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

E1) Split-Stance Kneeling Adductor Stretch - Forward Position

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

E2) 1-arm Doorway Pec Stretch: 30s/side

**Day 2**

**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	4	5		
	2	4	5		
	3	5	5		
	4	4	5		

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

**A2) Wall Ankle Mobs (barefoot)**

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

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

**B1) Natural Glute-Ham Raises**

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) Alternating DB Bench Press**

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

**C1) Chest-Supported 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

**C2) Walking DB Lunges**

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

**D1) Ab Wheel (or Bar) Rollout**

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

**D2) Side-Lying External Rotation - arm propped at 30 degrees abduction**

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

**E) Kneeling Heel-to-Butt Stretch: 30s/side**