



Performance and Health
ON A WHOLE NEW LEVEL

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)

Side-Lying Extension-Rotation	8/side
Split-Stance Kneeling Adductor Mobilizations	8/side
1-leg Scap Push-ups	5/side
Multiplanar Hamstrings Mobilizations	5/5/5/side
Multiplanar Wall Ankle Mobilizations	3/3/3/side
Bowler Squats	8/side
High Knee Walk to Forward Lunge	5/side
Scapular Wall Slides	1x10



Day 1

A1) Front Squats (Wks 1,2), Conventional Deadlift (Wk. 3, barefoot), Overhead Squats (Wk. 4)

*The sets of one only count if they are at least 90% of your max weight for the day.

Date	Week	Sets	Reps	Rest	Tempo
	1	5	4x1, 1x4		
	2	4	3x1, 1x4		
	3	8	1		
	4	3	5		

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

A2) No Money Drill, Wall T-Spine Dips (pick one b/t sets)

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

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

B) Speed Deadlifts (barefoot)

Week	Sets	Reps	Rest	Load
1	5	1	60s	65%
2	5	1	60s	68%
3	Omit		60s	
4	3	1	60s	45%

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

C1) Barbell Reverse Lunges

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

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

C2) Half-Kneeling Anti-Rotation Press

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) Stability Ball Push-ups

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

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

D2) Face Pulls w/External Rotation

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

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

E1) 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

E2) Kneeling Rocker Stretch: 2x30s/side



Day 2

A) Decline Bench Press (Wks 1,2), Close-Grip Bench Press (Wks 3,4)

*The sets of one only count if they are at least 90% of your max weight for the day.

Date	Week	Sets	Reps	Rest	Tempo
	1	5	4x1,1x4		
	2	4	3x1,1x4		
	3	8	1		
	4	3	3 (easy)		

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

B1) Chin-ups

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

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

B2) 45-degree Incline DB 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

C1) Chest-Supported Row - Neutral Grip

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

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

C2) 1-arm DB Turkish Get-ups

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

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

D1) Cable External Rotation - arm adducted

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

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

D2) 1-arm DB Bulgarian Split Squats

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

E) 3-way Band Hamstrings Stretch

Week	Sets	Reps	Rest	Tempo
1	1	15/15/15s/side		
2	1	15/15/15s/side		
3	1	15/15/15s/side		
4	1	15/15/15s/side		

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



A1) Box Squats for Speed (barefoot)

Date	Week	Sets	Reps	Rest	Load
	1	8*	2	60s	55%
	2	6	2	60s	60%
	3	8*	2	60s	65%
	4	5	2	60s	50%

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

Last two sets in weeks 1 and 3 are heavy sets of two.

A2) Bent-Over T-Spine Rotation (6), Wall Hip Flexor Mobs (8/side) - pick one b/t sets

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

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

B1) Conventional Deadlifts (barefoot)

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

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

B2) 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

C1) Speed Bench

Week	Sets	Reps	Rest	Load
1	5	3		65%
2	5	3		67%
3	5	3		69%
4	4	3		71%

C2) Pull-ups

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

D1) Band-Resisted Ab Wheel Rollouts

Week	Sets	Reps	Rest	Tempo
1	2	6		
2	2	6		
3	2	8		
4	2	8		

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

D2) 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



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)

Lateral High Knee Skips

5-10-5 Drill

30-yd Starts, Standing

Week 1	Week 2	Week 3	Week 4
2x15yds/side	2x15yds/side	2x15yds/side	2x15yds/side
x4/side	x4/side	x4/side	x3/side
x5/side	x5/side	x5/side	x4/side

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)

Jump-Back 15-yd Starts

60-yd Sprints, Side Start

Week 1	Week 2	Week 3	Week 4
x5/side	x5/side	x5/side	x4/side
x4/side, 90%	x4/side, 90%	x4/side, 90%	x3/side, 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 (20s work: 40s rest)

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

OR

Mobility Warm-up

Repeated 40s w/jog-backs: 4 sets of 5 (120s rest)

*description below

Saturday

Mobility Warm-up

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

In-Place Heidens x 8/side

Close-Grip Push-ups x 10

Body Weight Jump Squats x 10

DB Plank Rows x 8/side

DB Swings x 15

Notes:

1. Take it easy in week 1, as you'll likely be sore from all the new lifts in this month's program.
2. On repeated 40s with jog-backs, you're going to do five 40-yd sprints, each with an easy jog back to the starting position. At the end of the five, you rest two minutes, then do another five (second set). So, four sets of five is actually 20 total 40-yd sprints.



Option 3

Tuesday

Mobility Warm-up

Bike, Elliptical, or Rowing Intervals for 15 minutes (20s work: 40s rest)

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

OR

Mobility Warm-up

Repeated 40s w/jog-backs: 4 sets of 5 (120s rest)

*description below

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)

Lateral High Knee Skips

5-10-5 Drill

30-yd Starts, Standing

Week 1	Week 2	Week 3	Week 4
2x15yds/side	2x15yds/side	2x15yds/side	2x15yds/side
x4/side	x4/side	x4/side	x3/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.
2. On repeated 40s with jog-backs, you're going to do five 40-yd sprints, each with an easy jog back to the starting position. At the end of the five, you rest two minutes, then do another five (second set). So, four sets of five is actually 20 total 40-yd sprints.