



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



Monday

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) Hand Switches w/Band

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

D2) Stability Ball Pec 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

E) 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



Wednesday

A) Decline Bench Press (Wks 1,2), 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) Alternating DB Floor Press

Week	Sets	Reps	Rest	Tempo
1	3	10/side		
2	3	10/side		
3	3	10/side		
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-up

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) EZ Bar Reverse Curls

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

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



Thursday

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/side), Kneeling Glute Mobs (8/side) - pick one b/t sets

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

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) 1-arm DB Bulgarian Split Squats

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

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

C2) Tall Kneeling Pallof Press

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

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

D1) Lying Knee-to-Knee Stretch (females should omit this)

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

D2) Elbow/Wrist Flexors Stretch

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

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



Saturday

A) Paused Speed Bench

Date	Week	Sets	Reps	Rest	Load
	1	6	3	60s	65%
	2	6*	3	60s	67%
	3	8	3	60s	69%
	4	5	3	60s	71%

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

*Heavy paused set of one in place of last speed bench set in week 2.

B1) 45-degree Incline DB Press

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

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

B2) Pull-ups

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

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

C1) Face Pulls w/External Rotation

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) 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

D1) Band-Resisted Ab Wheel Rollouts

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

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	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

E) Seated 90/90 Stretch

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

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

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)

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.



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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

Friday

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.



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

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)

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: