

	Day A				Day B				Day C			
	Exercise	Sets x Reps	Notes	Timing	Exercise	Sets x Reps	Notes	Timing	Exercise	Sets x Reps	Notes	Timing
Recovery - Quality	Adductor				TFL				Glute			
	Calf				IT Band				Chest			
	Quad				Hip Flexor				Hamstring			
	Thoracic Spine				Shoulder Capsule				Tspine w/double ball			
Warm Up - Length												
Muscle Activation	Hip Thruster	2x10	SL Preferred		Hip CARS	2x5 ea			Shoulder CARS	2x5 ea side		
Muscle Activation	Hip Flexor Bicycle	2x10 ea			PRI Floor Angels	2x5			SA KB Farmer Hold	2x30 sec ea		
Flexibility - Static	Hip Flexor/Hamstring Combo Stretch	2x5 ea			Supine Sleeper Stretch	2x5			Pigeon Stretch	2x5		
Movement Training - Temperature												
Core Prep (anti)	Plate/DB Anterior Lift	2x10			SA/SK Cable Press	2x5 ea side			SB Army Crawl	2x5		
Dynamic Flexibility	Stationary Bear crawl Cat/Camel combo	2x5			SL Cone Touch Variation	2x5 ea side			Yoga Push Up	2x5		
Movement (Linear/Lateral)	TRX Leg Drives	2x10 ea			Wide Stance Yoga Plex	2x5 ea side			Lateral Skip	2x		
Power/Dyanmic Warm Up - Neurological												
Power	KB Swing/Catch	2x5			1-2- cut mutli agilty rings	3-4x			Horizontal MB Squat Throw	3x5		
Lineral/Lateral Power	5 Yd Acceleration Run	2x	Drop in/Base to		Multi directional Shuffle/Crossover	3-4x	Fwd or Bkwd		SA Lateral Crossover Sled Drag	2x		
Flexibility	Dynamic Calf Stretch	2x10 ea			Bear Crawl Slide	3-4x			Leg Lowers	2x10 ea		
Core Lifts - Strength												
LB Core lift	Squat	2x5			RFE Hip Flexor w Lateral Slide	2x5 ea			Dead Lift	5x5		
UB Core lift	Pull Up/Pull Down	2x5			SA Asymetrical KB Rack Squat	2x5 ea	3:0:1		Horizontal Press Variation	5x5		
Mobility/Corrective					Prone Bench Row	2x10						
Strength Circuit - Strength												
LB Strength	Reverse SB Lunge	2x5 ea			Sled Relay Variation							
UB Strength	Standing SA Band Press	2x5 ea side										
Core												
Conditioning - Tolerance												
									Bike Sprints	1 mile sprint		