	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	Adductors			0-10'	Glutes			0-10'	Adductors			10'
	calves				Hamstring				calves			
	quads				Post Shoulder				quads			
	Tspine				Hip Flexors				Tspine			
Warm Up - Length												
Flexibilty W1	Standing Hip Flexor Activation/vert Bird Dog	2x10 ea			Dynamic Inchworm	2x15 yd			Standing Hip Flexor Activation/vert Bir	2x10 ea		
Flexibilty W2	Sleeper Stretch Variation	2x5 ea			Dynamic Spiderman	2x15 yd			Sleeper Stretch Variation	2x5 ea		
Muscle Activation W3	Squat Hold w/band IR/ER	2x10 ea			Diagonal Band Pull	2x10			Squat Hold w/band IR/ER	2x10 ea		
Core												
Core Prep C1	In line KB Chop/Lift	2x5 ea			Tspine Crunch Hold	2x5 1:5:1			In line KB Chop/Lift	2x5 ea		
Core Prep C2	Slow Motion Bear Crawl	2x5yd			Bottoms Up Farmer Carry	2x15 yd			Slow Motion Bear Crawl	2x5yd		
Movement Training - Temperature												
Dynamic Flexibility M1	Asymetrical Squat	2x10 ea			Rotational Lunge	2x5 ea			Sleeper Stretch Variation	2x10 ea		
Dynamic Flexibility M2	Bretzel 2.0	2x5 ea			1/4 Get Up	2x5 ea			Bretzel 2.0	2x5 ea		
Movement (Linear/Lateral) M3	Fwd/Backward Run Patterning	2x			Shuffle patterning	2x			Fwd/Backward Run Patterning	2x		
Speed/Agility												
Speed S1	Harness sled pull/Push	3x1			4 way Band Walk	2x			Harness sled pull/Push	3x1		
Agility S2	Ladder Variation	3x5			Ladder - cross front/back	2x5			Ladder Variation	3x5		
Power S3	MB Slam	3x5			Rotational Box Jump	2x			MB Slam	3x5		
Power - Neurological												
P1	KB Swings	3x10			KB Swing variation	3x			KB Swings	3x10		
P2	OLY lift variation	4x3			OLY lift variation	4x3			OLY lift variation	4x3		
Core Lifts - Strength												
LB Core Lift A1	Squat	5x5			Deadlift	5x5			Squat	5x5		
UB Core Lift A2	Pull Up	5x5			Horz Press Variation	5x5			Pull Up	5x5		
Strength Circuit - Strength												
LB Strength B1	Rev SB Lunge	3x5			RFE Lunge	3x5			Rev SB Lunge	3x5		
UB Strength B2	1 Ft OH DB Press	3x5			Prone DB Bench row	3x10			1 Ft OH DB Press	3x5		
Core B3					Body Saw	3x5				0	0	
Conditioning - Tolerance												
C1										0	0	