

	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 calves quads Tspine			0-10'	Glutes Hamstring Post Shoulder Hip Flexors			0-10'	Adductors calves quads Tspine			10'
Warm Up - Length												
Flexibility W1	TRX Squat w lateral shift	2x5ea			W1 Leg Lowers	2x10 ea			W1 TRX Squat w lateral shift	2x5ea		
Flexibility W2	Stick Shoulder Matrix	2x5			W2 Cobra/back Extension	2x10			W2 Stick Shoulder Matrix	2x5		
Muscle Activation W3	Reverse Clams	2x5			W3 Scap Pull Down	2x10			W3 Reverse Clams	2x5		
Core												
Core Prep C1	Cable Chop Variation	2x10 ea side			C1 RockerBoard	2x10			C1 Cable Chop Variation	2x10 ea side		
Core Prep C2	Supine Straight Leg Trunk Rotations	2x5 ea side			C2 Rope Variation	2x			C2 Supine Straight Leg Trunk Rotations	2x5 ea side		
Movement Training - Temperature												
Dynamic Flexibility M1	Cradle Variation/Vert Hip CARS	2x10-15 yd			M1 Reverse Lunge With Rotation	2x5 ea			M1 Cradle Variation/Vert Hip CARS	2x10-15 yd		
Dynamic Flexibility M2	TRX Lat Stretch	2x5 ea			M2 Dive Bomb Push Up	2x10			M2 TRX Lat Stretch	2x5 ea		
ovement (Linear/Lateral) M3	Suicide Run Variation	2x			M3 Crossover to stick	2x10-15 yds			M3 Suicide Run Variation	2x		
Speed/Agility												
Speed S1	Heavy Sled Push	3x			S1 Bounding (banded) Variation	3x15 yd			S1 Heavy Sled Push	3x		
Agility S2	Linear Ladder Variation	3x10			S2 Lateral Ladder Variation	3x			S2 Linear Ladder Variation	3x10		
Power S3	SL Sqt/Box Jump	3x5ea			S3 Box Jump W band	3x5			S3 SL Sqt/Box Jump	3x5ea		
Power - Neurological												
P1	KB Swing variation	3x5-20			P1 KB Swing variation	3x			P1 KB Swing variation	3x5-20		
P2	OLY lift variation	4x3-5			P2 OLY lift variation	4x3			P2 OLY lift variation	4x3-5		
Core Lifts - Strength												
LB Core Lift A1	Squat	5x5			A1 Deadlift	5x5			A1 Squat	5x5		
UB Core Lift A2	Pull Up	5x5			A2 Horz Press Variation	5x5			A2 Pull Up	5x5		
Strength Circuit - Strength												
LB Strength B1	SL Hip Thruster	2x10 ea			B1 RFE Lunge	2x5 ea			B1 SL Hip Thruster	2x10 ea		
UB Strength B2	SA Landmine Press	2x5			B2 Inverted Row	2x5			B2 SA Landmine Press	2x5		
Core B3	Stir the pot	2x10			B3 Landmine Rotation	2x10 ea			B3 Stir the pot	2x10		
Conditioning - Tolerance												
C1	Bike Sprints				C1 Bike Sprints				C1 Bike Sprints			0