

Workout 1

Power

A1) Jump Up to Box
(Spring up, land on the box with your hips & knees in an athletic position. Don't move to a higher if you can't land in the proper position.)

Anti-Extension

A2) Plank
(Press away from the floor, keep head and pelvis away from the floor.)

Mobility

A3) Cone Taps
(Use 3-5 cones. Perform 3 reps per leg, each set.)

Hinge

B1) Single Leg Hip Extension (Bench)
(Drive from the hips, don't arch the low back. Perform the 'Up' portion under control, feel the glutes drive.)

Upper Pull

B2) Assisted Pull Up
(Each rep should begin and end in a "dead hang". Keep ribs and chin down.)

Anti-Lateral Flexion

B3) DNS Side Plank
(Press away from the floor with your down arm and leg. Don't arch the back, push from the glutes.)

Knee Dominant

C1) Forward Lunge
(Don't allow your foot & ankle to collapse inward. Keep the heel down in the front foot.)

Upper Push

C2) DB Bench Press

Locomotion

C3) Suitcase Carry
(Carry a heavy weight, don't allow your body to lean.)

Week	Sets	Reps	Rest	Tempo
1	3	4	15	
2	3	4	15	
3	3	4	15	
4	3	4	15	
5	3	4	15	
6	3	4	15	
Week	Sets	Reps	Rest	Tempo
1	3	2 x 20s	15	
2	3	2 x 20s	15	
3	3	2 x 20s	15	
4	3	2 x 20s	15	
5	3	2 x 20s	15	
6	3	2 x 20s	15	
Week	Sets	Reps	Rest	Tempo
1	3	3x3-5	45	
2	3	3x3-5	45	
3	3	3x3-5	45	
4	3	3x3-5	45	
5	3	3x3-5	45	
6	3	3x3-5	45	
Week	Sets	Reps	Rest	Tempo
1	3	8/	15	2122
2	3	8/	15	2122
3	3	8/	15	2122
4	3	8/	15	2122
5	3	8/	15	2122
6	3	8/	15	2122
Week	Sets	Reps	Rest	Tempo
1	3	3	15	3111
2	3	3	15	3111
3	3	3	15	3111
4	3	4	15	3111
5	3	4	15	3111
6	3	4	15	3111
Week	Sets	Reps	Rest	Tempo
1	3	20 sec/	45	
2	3	20 sec/	45	
3	3	20 sec/	45	
4	3	20 sec/	45	
5	3	20 sec/	45	
6	3	20 sec/	45	
Week	Sets	Reps	Rest	Tempo
1	3	5/	15	2111
2	3	5/	15	2111
3	3	5/	15	2111
4	3	6/	15	2111
5	3	6/	15	2111
6	3	6/	15	2111
Week	Sets	Reps	Rest	Tempo
1	3	5	15	2111
2	3	5	15	2111
3	3	5	15	2111
4	3	6	15	2111
5	3	6	15	2111
6	3	6	15	2111
Week	Sets	Reps	Rest	Tempo
1	3	50 steps	60	
2	3	50 steps	60	
3	3	50 steps	60	
4	3	60 steps	60	
5	3	60 steps	60	
6	3	60 steps	60	

D) Foam Roll & Lax ball - 5 minutes

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Workout 2

Power

A1) Depth Jump
(Spend as little time on the ground as possible. Spring up quickly.)

Week	Sets	Reps	Rest	Tempo
1	3	4	15	
2	3	4	15	
3	3	4	15	
4	4	4	15	
5	4	4	15	
6	4	4	15	

Anti-Extension

A2) Swiss Ball Deadbug
(Squeeze the ball hard while keeping your low back in contact with the floor.)

Week	Sets	Reps	Rest	Tempo
1	3	5/	15	3131
2	3	5/	15	3131
3	3	5/	15	3131
4	3	6/	15	3131
5	3	6/	15	3131
6	3	6/	15	3131

Mobility

A3) Ankle Mobility

Week	Sets	Reps	Rest	Tempo
1	3	6/	45	
2	3	6/	45	
3	3	6/	45	
4	3	6/	45	
5	3	6/	45	
6	3	6/	45	

Hinge

B1) Swiss Ball Leg Curl (2/1)
(Use both legs to pull, lower with one leg. Keep the hips up throughout the set, don't allow right side drop.)

Week	Sets	Reps	Rest	Tempo
1	3	5/	15	4121
2	3	5/	15	4121
3	3	5/	15	4121
4	3	6/	15	4121
5	3	6/	15	4121
6	3	6/	15	4121

Upper Pull

B2) 1 Arm DB/KB Row

Week	Sets	Reps	Rest	Tempo
1	3	8/	15	3121
2	3	8/	15	3121
3	3	8/	15	3121
4	3	10/	15	3121
5	3	10/	15	3121
6	3	10/	15	3121

Anti-Lateral Rotation

B3) Tall Kneeling Pallof Press
(Stay tall, squeeze the glutes, press hands as far away as possible.)

Week	Sets	Reps	Rest	Tempo
1	3	3 x 5 sec/	60	
2	3	3 x 5 sec/	60	
3	3	3 x 5 sec/	60	
4	3	3 x 5 sec/	60	
5	3	3 x 5 sec/	60	
6	3	3 x 5 sec/	60	

Knee Dominant

C1) Rear Foot Elevated Split Squat
(Increase load during this phase, if possible, but move the weight as fast as possible on the way up.)

Week	Sets	Reps	Rest	Tempo
1	3	5/	0	2111
2	3	5/	0	2111
3	3	5/	0	2111
4	3	6/	0	2111
5	3	6/	0	2111
6	3	6/	0	2111

Upper Push

C2) Push Up

Week	Sets	Reps	Rest	Tempo
1	3	5	15	3121
2	3	5	15	3121
3	3	5	15	3121
4	3	6	15	3121
5	3	6	15	3121
6	3	6	15	3121

Locomotion

C3) Racked Carry

Week	Sets	Reps	Rest	Tempo
1	3	50 steps	60	
2	3	50 steps	60	
3	3	50 steps	60	
4	3	60 steps	60	
5	3	60 steps	60	
6	3	60 steps	60	

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