

Workout 1

Power

A1) Single Leg - Single Leg Hop

(JUMP laterally, land softly. You should try to jump just about as far as possible.)

Anti-Extension

A2) Plank

(Squeeze your quads and glutes, lift one leg at a time, hold for a breath, switch. The lift should be from the glutes.)

Mobility

A3) Wall Hip Flexor Drill

(Don't allow your pelvis to tilt when you drive your knee up.)

Hinge

B1) Hip Extension (Bench)

(Continue to add load to the bar. Make sure you have a pad across your lap to protect from the bar. Squeeze the glutes, don't arch your back.)

Upper Pull

B2) 1 Arm Cable / Band Row

(Perform standing, keep your ribs down.)

Don't pull the elbow too far past your torso.)

Anti-Lateral Flexion

B3) Pallof Press

(Perform standing with a VERY wide stance. Squeeze your glutes and don't allow your outside hip to turn open.)

Knee Dominant

C1) Lateral Lunge

Upper Push

C2) Push Up

(Leave 2 reps in the tank on each set, but make sure that your form doesn't suffer.)

Locomotion

C3) Waiter Walk

Week	Sets	Reps	Rest	Tempo
1	3	3/	15	
2	3	3/	15	
3	3	4/	15	
4	3	4/	15	
5	3	5/	15	
6	3	5/	15	
Week	Sets	Reps	Rest	Tempo
1	3	5/	15	
2	3	5/	15	
3	3	5/	15	
4	3	6/	15	
5	3	6/	15	
6	3	6/	15	
Week	Sets	Reps	Rest	Tempo
1	3	10/	45	
2	3	10/	45	
3	3	10/	45	
4	3	10/	45	
5	3	10/	45	
6	3	10/	45	
Week	Sets	Reps	Rest	Tempo
1	4	6	15	2111
2	4	6	15	2111
3	4	6	15	2111
4	4	8	15	2111
5	4	8	15	2111
6	4	8	15	2111
Week	Sets	Reps	Rest	Tempo
1	3	8/	15	2111
2	3	8/	15	2111
3	3	8/	15	2111
4	3	10/	15	2111
5	3	10/	15	2111
6	3	10/	15	2111
Week	Sets	Reps	Rest	Tempo
1	3	6/	45	1 Breath
2	3	6/	45	1 Breath
3	3	6/	45	1 Breath
4	3	6/	45	1 Breath
5	3	6/	45	1 Breath
6	3	6/	45	1 Breath
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	Max - 2	15	3111
2	3	Max - 2	15	3111
3	3	Max - 2	15	3111
4	3	Max - 2	15	3111
5	3	Max - 2	15	3111
6	3	Max - 2	15	3111
Week	Sets	Reps	Rest	Tempo
1	3	75 steps	60	
2	3	75 steps	60	
3	3	75 steps	60	
4	3	75 steps	60	
5	3	75 steps	60	
6	3	75 steps	60	

D) Foam Roll & Lax ball - 5 minutes

[illegible]

