

Workout 1

Power

A1) Single Leg - Single Leg Hop
(Jump both forward and laterally - alternating sets. Make sure you land with a bent knee and hips back. Pay attention to your foot & ankle - don't collapse inward.)

Anti-Extension

A2) 3 Pt PUPP
(Press away from the floor. Keep your head back, chin tucked. Keep pelvis still as you lift your hands.)

Mobility

A3) Wall Hip Flexor Drill

Hinge

B1) Hip Extension March
(Maintain control of your body as you march. Don't let pelvis rock side-side. Hold for 2 counts at the top.)

Upper Pull

B2) Face Pull
(Keep your head back, move shoulder blades, not just arms.)

Anti-Lateral Flexion

B3) Side Plank
(Perform with your bottom leg bent, stop leg straight. Lift your top leg and hold it up for the duration.)

Knee Dominant

C1) RearFoot Elevated Split Squat
(Perform baefoot, pay attention to where the weight is balanced in your foot - outside of the foot, big toe.)

Upper Push

C2) DB Bench Press

Locomotion

C3) Farmer Carry

Week	Sets	Reps	Rest	Tempo
1	4	5 ea	15	
2	4	5 ea	15	
3	4	5 ea	15	
4	4	5 ea	15	
5	4	5 ea	15	
6	4	5 ea	15	
Week	Sets	Reps	Rest	Tempo
1	3	6/	15	
2	3	6/	15	
3	3	6/	15	
4	3	6/	15	
5	3	6/	15	
6	3	6/	15	
Week	Sets	Reps	Rest	Tempo
1	3	10/	45	1 breath
2	3	10/	45	1 breath
3	3	10/	45	1 breath
4	3	10/	45	1 breath
5	3	10/	45	1 breath
6	3	10/	45	1 breath
Week	Sets	Reps	Rest	Tempo
1	3	12/	15	2 counts
2	3	12/	15	2 counts
3	3	12/	15	2 counts
4	3	12/	15	2 counts
5	3	12/	15	2 counts
6	3	12/	15	2 counts
Week	Sets	Reps	Rest	Tempo
1	3	10	15	3111
2	3	10	15	3111
3	3	10	15	3111
4	3	12	15	3111
5	3	12	15	3111
6	3	12	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	2011
2	3	5/	15	2011
3	3	5/	15	2011
4	3	6/	15	2011
5	3	6/	15	2011
6	3	6/	15	2011
Week	Sets	Reps	Rest	Tempo
1	3	6	15	2111
2	3	6	15	2111
3	3	6	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) Jump Up to Box
(Use a box, land in the athletic position. Step down, don't jump down.)

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

Anti-Extension

A2) Deadbug w/ Medball Lowering
(Keep ribs down and low back
connected to the floor. Exhale when
leg & ball are down.)

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

Mobility

A3) T-Spine Windmill

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) Offset RDL
(Sit back squarely, don't allow your shoulder blades to drop.

Week	Sets	Reps	Rest	Tempo
1	3	5/	15	3111
2	3	5/	15	3111
3	3	5/	15	3111
4	3	6/	15	3111
5	3	6/	15	3111
6	3	6/	15	3111

Upper Pull

B2) 1 Arm Band or Cable Row
(Perform standing in a slightly split stance.)

Week	Sets	Reps	Rest	Tempo
1	3	8/	15	2111
2	3	8/	15	2111
3	3	8/	15	2111
4	3	8/	15	2111
5	3	8/	15	2111
6	3	8/	15	2111

Anti-Lateral Rotation

B3) Pallof Press
(Perform standing, keep pelvis square, don't allow weight to shift forward in to toes.)

Week	Sets	Reps	Rest	Tempo
1	3	20s/	60	
2	3	20s/	60	
3	3	20s/	60	
4	3	20s/	60	
5	3	20s/	60	
6	3	20s/	60	

Knee Dominant

C1) Reverse Lunge
Load the front leg, weight to the
outside of the foot.)

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

Upper Push

C2) Alternating Incline DB Bench Press

Week	Sets	Reps	Rest	Tempo
1	3	6/	15	2111
2	3	6/	15	2111
3	3	6/	15	2111
4	3	6/	15	2111
5	3	6/	15	2111
6	3	6/	15	2111

Locomotion

C3) Suitcase 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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