

PROGRAM	athlete construction								NAME	PHASE	DEVELOPMENTAL				WEEK	WEEK 5-8													
	MOVEMENT PREP										MOVEMENT PREP																		
PRE-WORK	Bike or Light Jog 5:00		3 Plane Leg Swings x10e *lean on wall, chest up Ladder Series 2-3 reps each		Wall Ankle Mob. X6e RDL to Squat + OH Reach x6		Soft Tissue Quality: Foam Roll Series		Bike or Light Jog 5:00		3 Plane Leg Swings x10e *lean on wall, chest up Walking Lunge to Knee Hugs x5e Walking 1-Leg RDL x5e Walking Leg Cradle x5e Lateral Lunge + OH Reach x5e Inch Worm x5 Power Skip x10		Yoga Pushup x8 *begin in pushup posn. Standing External Rotation x8 *green band around knees Side-lying 'Windmill' x6e		Soft Tissue Quality: Foam Roll Series		Bike or Light Jog 5:00		3 Plane Leg Swings x10e Med Ball Series: Woodchopper x10 RDL x10 Squat + Reach x10 Alt. Rev. Lunge + OH Reach x5e Alt Lat. Lunge x5e Rotational Lift x5e		Wall Ankle Mob. x6e Spideman Lunge + Twist to Hamstring Stretch x6e Seated Wall 45' Press x10 Seated Wall Abduction x10								
	WORKOUT A	WK 5		WK 6		WK 7		WK 8		WORKOUT B	WK 5		WK 6		WK 7		WK 8		WORKOUT C	WK 5		WK 6		WK 7		WK 8			
	REP	%	LOAD	REP	%	LOAD	REP	%	LOAD	REP	%	LOAD	REP	%	LOAD	REP	%	LOAD	REP	%	LOAD	REP	%	LOAD	REP	%	LOAD		
A1	2-DB BOX SQUAT		5		5		6		6		6		6		6		6		A1	1-DB RDL		8	:03	8	:03	6	:03	6	:03
	*Slow-Eccentric Emphasis **Tempo= 3-3-1 *band around knees																			*Tempo: 3-3-1 *Hold DB's below knees for :03 on every rep									
A2	DROP SQUAT		5	:03	5	:03	5	:05	5	:07	5	:07	5	:07	5	:07	5	:07	A2	1/2 DB KNEEL SHLDR. PRESS		5E		5E		6E		6E	
	*stand tall on ball of feet with fee hip-width, quickly drop in to a deep squat & hold																			*stay tall in 1/2 kneel. Posn with 2DB's on shldr. *maintain neutral spine & press									
A3	DROP JUMP - LOW BOX		5	:03	5	:03	5	:05	5	:07	5	:07	5	:07	5	:07	5	:07	A3	1-DB OVERHEAD THROW		6	:05	6	:05	8	:05	8	:05
	*begin on low (12") box *step fwd & drop to floor, hold landing posn. for time shown																			*face wall *begin w/ ball overhead, bend at waist and pull down									
A4	MINI BAND RES. LAT WALK (R/L)		20	Yds	20	Yds	25	Yds	30	Yds	30	Yds	30	Yds	30	Yds	30	Yds	A4	SB KNEELING ROLL-OUT		6		8		10		12	
	*resistance band around ankles *def. stance, max distance on every stride																			*begin in tall kneeling posn, hands on ball, roll fwd staying tall- hips under shldr.									
BLOCK A- REST :90 BETWEEN SETS									BLOCK A- REST :90 BETWEEN SETS									BLOCK A- REST :90 BETWEEN SETS											
B1	SLOW-ECC. PUSHUP		3	BW	3	BW	4	BW	5	BW	5	BW	5	BW	5	BW	5	BW	B1	1-DB RFE SPLIT SQUAT		5E		5E		6E		6E	
	*Tempo 3-3-1 *hands on bench/low box bench if nec. *keep elbows in																			*hold DB goblet style *elevate back foot on low box *slowly lower back knee to floor, explode up									
B2	1-DB STDG. CHEST THROW		8	:05	8	:05	8	:05	10	:05	10	:05	10	:05	10	:05	10	:05	B2	DB BENTOVER ROW		8		10		12		15	
	*parallel stance *catch & hold :03																			*back flat, legs straight, slight bend at knees, arms straight, pull DB's to armpits									
B3	1/2 KNEEL ANTI-ROTN. PRESS		6	:05	6	:05	8	:05	8	:05	8	:05	8	:05	8	:05	8	:05	B3	"NO MONEY"		8		10		12		15	
	*outside knee up, 1/2" band at chest, press & hold for time indicated																			*hold 1 KB on shldr on one side only, stay tall w. perfect posture									
B4	BRIDGE SERIES		:20		:20		:30		:40		:40		:40		:40		:40		B4	1-KB SUITCASE HOLD- SHLDR		:20E		:25E		:30E		:40E	
	*Elbow Bridge -elbows on floor *Side Bridge (R/L)- elbow/forearm on floor *hold perfect posture, glutes on!																			*elbow & forearm under shoulder, legs straight									
BLOCK B- REST :90 BETWEEN SETS									BLOCK B- REST :90 BETWEEN SETS									BLOCK B- REST :90 BETWEEN SETS											
C1	1-DB WALKING LUNGE		15	Yds	20	Yds	15	Yds	20	Yds	15	Yds	20	Yds	15	Yds	20	Yds	C1	MB OVERHEAD SLAM		4E	:12bs	5E	:12bs	4E	:12bs	5E	:12bs
	*hold DB on chest vertically (goblet style), pinch shldr blades together																			*split stance wk 1&2- 8-10lbs wk 3&4- 10-12lbs									
C2	TRX 45' ROW		6		8		6		8		6		8		6		8		C2	BAND PULLTHRU		10		12		10		12	
	*overhand grip																			*1" band or cable column with rope attachment									
C3	BOSU SUPINE HIP EXTN.		6		8		6		8		6		8		6		8		C3	SPEED PUSHUPS- FLOOR		6		8		6		8	
	*feet on Bosu or stability ball, hold at top for :02																			*don't lock elbows at top, up & down fast! *elbows tight to body									
BLOCK C- COMPLETE AS MANY SETS AS POSS IN 10 MINS (WK 1&2), 12 MINS. (WK 3&4)									BLOCK C- COMPLETE AS MANY SETS AS POSS IN 10 MINS (WK 1&2), 12 MINS. (WK 3&4)									BLOCK C- COMPLETE AS MANY SETS AS POSS IN 10 MINS (WK 1&2), 12 MINS. (WK 3&4)											
POST-WORKOUT	ROLL/ STRETCH/ DRINK RECOVERY SHAKE								POST-WORKOUT	ROLL/ STRETCH/ DRINK RECOVERY SHAKE								POST-WORKOUT	ROLL/ STRETCH/ DRINK RECOVERY SHAKE										

LEGEND	
DB	DUMBBELL
BW	BODYWEIGHT
KB	KETTLEBELL
ISO	ISOMETRIC HOLD
SB	STABILITY BALL
MB	MED. BALL

**VIDEOS FOR ALL EXERCISES ARE ON YOUR DVD