PROGRAM	•athle cons	tcu	ctio	Π		NAME	NAME:						DEVELOPMENTAL			WEEK 5-8		
		MOVEMENT PREP					MOVEMENT PREP					MOVEMENT PREP						
	Bike or Light Jog	3 Plane Leg		Wall Ankle Mob. X6e			Bike or Light Jog	3 Plane Leg Swings x10e Yoga Pushup x8			ushup x8	-	Bike or Light Jog	3 Plane Leg Swings x10e		Wall Ankle	Mob. x6e	
Š Š	5:00	*lean on wall, chest up				PRE-WORK	5:00	*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		*begin in pushup posn. Standing External Rotation x8 *green band around knees Side-lying 'Windmill' x6e		PRE-WORK	5:00	Med Ball Series:		Spideman Lunge + Twist to Hamstring Stretch x6e Seated Wall 45' Press x10 Seated Wall Abduction x10		
	0 f T	Ladder Series 2-3 reps each 2 In- F/B/LT/RT Scissors- F/B In/In/Out/Out-F/B 'Icky Shuffle'		RDL to Squat + OH Reach x6 Side-lying Rotation x6e PNF Diagonals x10e									Soft Tissue Quality: Foam Roll Series	Woodchopper x10 RDL x10 Squat + Reach x10 Alt. Rev. Lunge + OH Reach x5e Alt Lat. Lunge x5e				
l ≥	Soft Tissue Quality:						Soft Tissue Quality:											
2	Foam Roll Series						Foam Roll Series											
		Crossov						Power Skip x10		, , ,				Rotational Lift x5e				
	WORKOUT A	WK5 WK6		WK7 WK8		,	WORKOUT B	WK5 WK6		WK7 WK8		,	WORKOUT C	WK5 WK6		WK7 WK8		
		REP % LOAD	REP % LOAD	REP % LOAD	REP % LOAD				ND REP % LOAD							REP % LOAD	REP % LOAD	
Aí	2-DB BOX SQUAT	5	5	6	6		KB SWING *watch video	12	12	15	20		DB RDL	8 : 03	8 :03	6 :03	6 : 03	
	*Slow-Eccentric Emphasis **Tempo= 3-3-1	5	5	6			-watch video	12	12	15	20		*Tempo: 3-3-1 *Hold DB's below knees	8	8	6	6	
	*band around knees		5	6					12	15			for :03 on every rep		8	6		
A2	DROP SQUAT	5 :03	5 : 03	5 :05	5 :07	A2	HIGH BOX JUMP	5	5	5	6		2-DB 1/2 KNEEL SHLDR. PRESS		5E	6E	6E	
	*stand tall on ball of feet	5	5	5	5		*absorb landing, chest up	5	5	5	6		stay tall in 1/2 kneel. Posn with	5E	5E	6E	6E	
	with fee hip-width, quickly	5	5	5	5			5	5	5	6		2DB's on shldrs.	5E	5E	6E	6E	
A	drop in to a deep squat & hold DROP JUMP - LOW BOX	: 03	5 - :03	5 - :0 5	507	A3	MB SIDE SCOOP THROW	6E - :	5 os 6E - 6lbs	8E 6lbs	8F - 6lbs		maintain neutral spine & press MB OVERHEAD THROW	6 8lbs	6 - 8lbs	8 8lbs	8 - 8lbs	
	*begin on low (12") box	5 :03	5 : 03	5 :05	5 :07	~~	*side stance, ball at hip ht.	6E	6E	8E	8E		*face wall	6	6	8	8	
	*step fwd & drop to floor,	5 :03	5 :03	5 :05	5 ;07		*load back leg, pivot, rotate	6E	6E	8E	8E		*begin w/ ball overhead,bend	6	6	8	8	
	hold landing posn. for time shown		5 : 03	5 : 05			and release		6E	8E			at waist and pull down					
A4	MINI BAND RES. LAT WALK (R/L) *resistance band around ankles	20 Yds Ea.	20 Yds Ea. 20 Yds Ea.	25 Yds Ea. 25 Yds Ea.	30 Yds Ea. 30 Yds Ea.		CHEST-SUPPORTED W's *lie chest down on bench,	10	10	12	15 15		SB KNEELING ROLL-OUT *begin in tall kneeling posn,	6	8	10	12 12	
	*resistance band around ankles *def. stance, max distance	20 Yds Ea.	20 Yds: Ea.	25 Yds Ea. 25 Yds Ea.	30 Yds Ea.		elbows bent at side, lift	10	10 :	12	15		begin in tall kneeling posn, hands on ball, roll fwd staying	6	8	10	12	
	on every stride		20 103. La.	23 103 La.			forearms and pinch scaps		10	12			tall- hips under shldrs.					
BLOCK A- REST :90 BETWEEN SETS							BLOCK A- REST :90 BETWEEN SETS						BLOCK A- REST :90 BETWEEN SETS					
Bí	SLOW-ECC, PUSHUP	3 : BW	3 BW	4 BW	5 : BW	B1	1-DB RFE SPLIT SQUAT	5E :	5E	6E	6E	B1	1-DB STEP-UP	4E	4F :	5E	6E :	
	*Tempo 3-3-1	3 BW	3 BW	4 BW	5 BW	_	*hold DB goblet style	5E	5E	6E	6E		*goblet hold	4E	4E	5E	6E	
	*hands on bench/low box	3 BW	3 BW	4 BW	5 BW		*elevate back foot on low box	5E	5E	6E	6E		*begin w. up leg on box,	4E	4E	5E	6E	
	bench if nec. *keep elbows in		3 BW	4 BW			*slowly lower back knee to floor, explode up		5E	6E			drive heel down in to box pull body up to tall posn.		4E	5E		
82	MB STDG. CHEST THROW	8 - 6lbs	8 — 6lbs	8 6lbs	10 6lbs		DB BENTOVER ROW	-	10	12	15		BOSU SUPINE ISO HIP EXTN.	5 5 :05	5 : 05	6 - :05	805	
	*parallel stance	8	8	8	10		*back flat, legs straight, slight	8	10	12	15		*knees bent, heels on Bosu	5	5	6	8	
	*catch & hold :03	8	8	8	10		bend at knees, arms straight,	8	10	12			*fire glutes, lift hips & hold	5	5	6	8	
		_ +	8	8			pull DB's to armpits		10	12			*hold for time shown		5	6		
33	1/2 KNEEL ANTI-ROTN. PRESS *outside knee up, 1/2" band	6 :05	6 :05	8 : 05	8 :05	B3	"NO MONEY"	8	10	12	15 15		SIDE-LYING HIP COMBO *Abduction (legs straight)	12E	12E	12E	12E	
	at chest, press & hold for	6	6	8	8			8	10	12	15		*External Rotations (knees bent)	IZE	120	IZE	IZE	
	time indicated										*****		*band at ankles then knees					
B4	BRIDGE SERIES	:20	:20	:30	:40	B4	1-KB SUITCASE HOLD- SHLDR	:20E	:25E	:30E	:40E		SIDE BRIDGE	:20E	:25E	:30E	:40E	
~~~	*Elbow Bridge -elbows on floor	:20	:20	:30	:40		*hold 1 KB on shldr	:20E	:25E	:30E	:40E		*elbow & forearm under	:20E	:25E	:30E	:40E	
	*Side Bridge (R/L)- elbow/forearm on floor *hold perfect posture, glutes on!	:20	:20	:30	:40		on one side only, stay tall w. perfect posture	:20E	:25E	:30E	:40E		shoulder, legs straight	ļ <del> </del>				
		B- REST :90						DECT -O	BETWEEN S	ETC			BLOCK	D DECT OF	BETWEEN S	ETC		
C	1-DB WALKING LUNGE	15 Yds:	20 Yds	15 Yds	C1	MB OVERHEAD SLAM	4E 12		4E 12lbs	5F 12lbs	CI	1-DB LAT. LUNGE	6E :	AE :	8F	8E		
ľ	*hold DB on chest vertically	100			20 Yds		*split stance		12.10.		02 12.03		*step laterally and sit back		- SE			
	(goblet style), pinch shldr											i	in to lunge posn., hold					
	blades togethe						wk 1&2- 8-10lbs						for :02 and explode back up					
^	2 TRX 45' ROW						wk 3&4- 10-12lbs BAND PULLTHRU	10	12	10	12		*hold 1 DB vertically at chest LOW BOX LATERAL SPLIT JUMPS	10 - + -	12	10	12	
-	*overhand grip	-6	-	6		C2	*1" band or cable column	-10	12	10	12	C2	*1 foot on box, other on floor	10	12	10	12	
	overnana grip						with rope attachment						jump side to side on box using	l				
L							,						arms- as fast as possible					
C	BOSU SUPINE HIP EXTN.	6	8	6	8	СЗ	SPEED PUSHUPS- FLOOR	6	8	6	8		DB 1-ARM ROW- unsupported	8E	10E	8E	8E	
	*feet on Bosu or stability ball, hold at top for :02						*don't lock elbows at top, up & down fast!						*unsupported, split stance, pull DB to armpit					
	bail, floid at top for .02			<del></del>			*elbows tight to body	-++					with thumb up					
В	SLOCK C- COMPLETE AS I			10 MINS (V	VK 1&2), 12		BLOCK C- COMPLETE AS MANY SETS AS POSS IN 10 MINS (WK 1&2), 12						BLOCK C- COMPLETE AS MANY SETS AS POSS IN 10 MINS (WK 1&2), 12					
		MINS. (W	(3&4)				MINS. (WK 3&4)						MINS. (WK 3&4)					
<u> </u>	POLL/STREET	אוםט / ווי	NK DEC	JVEDV 9	HAVE	ST- TOC	POLL/STRETCH/DRINK RECOVERY SHAKE					ST- 2001	BOLL / STRETCH/ DRINK RECOVERY SHAKE					
Š.	ROLL/ STRETO	UNII	AV VEC	JVERT 3	N IANE	NOR NOR	ROLL/ STRETCH/ DRINK RECOVERY SHAKE						ROLL/ STRETCH/ DRINK RECOVERY SHAKE					