PROGRAM	°athle cons	ete stru	ctic	חכ		NAME							PEAK				WEEK 9-12	
		MOVEME	ENT PREP			MOVEMENT PREP						MOVEMENT PREP						
PRE-WORK	Bike or Light Jog 5:00	*lean on wa	Swings x10e all, chest up	Wall Ankle Mob. x6e		Bike or Light Jog 5:00	*lean on w	3 Plane Leg Swings x10e *lean on wall, chest up Walking Lunge to Knee Hugs x5e		Yoga Pushup x8 *begin in pushup posn.		Bike or Light Jog 5:00	3 Plane Leg Swings x10e  Med Ball Series:  Woodchopper x10		Wall Ankle Mob. x6e  Spideman Lunge + Twist to			
	Soft Tissue Quality: Foam Roll Series	2 In- F/B/LT/RT Scissors- F/B In/In/Out/Out-F/B 'Icky Shuffle' Crossover- F/B		Side-lying Rotation x6e PNF Diagonals x10e		Soft Tissue Quality: Foam Roll Series	Walking 1-Leg RDL x5e Walking Leg Cradle x5e Lateral Lunge + OH Reach x5e Inch Worm x5 Power Skip 2x10yds		Side-lying 'Windmill' x6e		PRE-WORK	Soft Tissue Quality: Foam Roll Series	RDL x10 Squat + Reach x10 Alt. Rev. Lunge + OH Reach x5e Alt Lat. Lunge x5e Rotational Lift x5e		Hamstring Stretch x6e  Stdg. Wall 45' Press x10  Stdg. Wall Abduction x10			
1	WORKOUT A	WK 9 REP: % LOAD	WK 10 REP: % LOAD	WK 11	WK 12 REP: % LOAD	WORKOUT B	WK 9	WK 10 REP % LOAE	WK 11	WK 12 AD REP % LOAD	١	WORKOUT C	REP: %		WK 10 P % LOAD	WK 11	WK 12 AD REP: % LOAD	
A1	1-KB GOBLET SQUAT	8	8	6	6	A1 KB ALT. 1-ARM SWING	12	12 12	14	20		1-DB 1-LEG RDL	5E 5E	5I 5I		4E 4E	4E 4E	
	*increase load in Wk 3 & 4	8	8	6	6	*watch video	12	12	14	20		*Tempo: 3-1-x	5E	51	E	4E	4E 4E	
Δ2	1-LEG BOX JUMP	4E	8 4E	6 5E	6E	A2 1-LEG LAT. BOX JUMP	4F	12 4E	14 5E	6E	Α2	LAT. DROP JUMP-BOX JUMF	3E	5I 3I		4E 3E	5E -	
~	*stand tall on ball of feet	4E	4E	5E	6E	*stand to side of box, pull	4E	4E	5E	6E	,	*begin on top of low box	3E	31	E	3E	5E	
	with fee hip-width, quickly drop in to a deep squat & hold	4E	4E 4E	5E	6E	arms back, load glutes & explode, absorb landing	4E	4E 4E	5E 5E	6E		jump laterally to floor & immed. Back up on to box	3E	31	E i i i	3E	5E	
	MB OVERHEAD THROW- w/ step	4E <b>6lbs</b>	4E 6lbs	6E <b>6lb</b> s		A3 MB SIDE PUSH THROW		4E	5E	6E	A3	MB ROTATIONAL OVERHEAD THROW		6lbs 6l	2	6E <b>6</b> I	1 1	
	*step & throw, catch on bounce *bend at waist & pull down	4E 4E	4E 4E	6E 6E	6E 6E	*stand laterally with ball at armpit, elbow high, wt. on ba		4E 4E	5E 5E	6E 6E		*watch video clip	6E	61		6E	4E 4E	
	on release MINI BAND RES, LAT WALK (R/L)		4E 30 Yds	6E	50 Yds	leg, pivot, rotate & fire!		4E	5E			QUADRIPED T-SPINE ROTATION	05	61		6E		
A4	*resistance band around ankles	30 Yds 30 Yds	30 : Yds	40 Yds 40 Yds	50 Yds	*lie chest down with arms a		10	12	15 15		on all 4's, 1 hand on head,	8E 8E	81		8E 8E	8E	
	*def. stance, max distance		30 Yds	40 Yds		side, palms up. Lift palms u		10	12	15	- 5	rotate to touch opp. Elbow, ther	8E	81	E	8E	8E	
	on every stride	A DEST ON	BETWEEN S	ETC	: :	to ceiling & retract scaps 10 12  BLOCK A- REST :90 BETWEEN SETS						rotate away & open to ceiling  BLOCK A- REST :90 BETWEEN SETS						
B1	WT. CONCENTRIC PUSHUPS	3 : :	3 : :	4: 5:		B1 (2-DB RFE SPLIT SQUAT	5E :	5E	6E	8E	B1	2DB STEPUP	4E	31 .70 BI	4F	5E	6E	
	*begin on floor with plate on	3	3	4	5	*hold DB's at side	5E	5E	6E	8E		*hold DB's at side	4E	41		5E	6E	
	back, drive toes in to floor, activate glutes, explode up	3	3	4	5	*slowly lower back knee to flo *pause for time shown	or 5E	5E 5E	6E 6E	8E			4E	41		5E 5E	6E	
	MB CHEST THROW w/ step	8 6lbs	8 6lbs	8 6lbs	1 1	B2 ASSISTED CHINUPS	4 :03	4 :03	5 :0	3 6 :03		DB STDG. ALT. SHLDR. PRESS		51		5E	6E	
	*step & throw *catch on bounce off wall	8	8	8	10	*hold chin even with hand for time shown	ds 4	4	5	6		*Week 1&2- parallel stance *Week 3&4- split stance	5E 5E	5I 5I		5E 5E	6E 6E	
20	STDG. ANTI-ROTN. PRESS	6E :03	8 6E :05	8 ; <b>03</b>	8E	no 1/2 KNIEEL DI ATELLET	<b>1</b> ,	4 6E	5	10E	20	STDG. ANTI-ROTN PULL to PRESS		:03 6	-	5E	03 10E :03	
ВЗ	STDG. ANTI-ROTN. PRESS	6E :03	6E	8E ;03	8E	B3 1/2 KNEEL PLATE LIFT	6E	6E	8E 8E	10E		*parallel stance	6E	:03 61		8E ;C	10E 303	
		6E	6E	8E	8E		6E	6E	8E		,	*hold locked out posn for :03	6E	61	E	8E		
B4	SB ELBOW BRIDGE	:20	:30	:30	:40	B4 SUITCASE HOLD- BOTTOM U	P :15E	:20E	:25E	:30E	В4	SB PUSHUP BRIDGE	:20	:2	0	:30	:40	
		:20	:30	:30	:40	*hold 1KB wit bottom up at shldr, elbow under wrist	:15E :15E	:20E :20E	:25E :25E	:30E	,	*hold pushup posn.	:20	:2	0	:30	:40	
			.30	.30		at snidi, elbow under wrist	:13E	:20E	.23E)				$\rightarrow$	.2	0	.30		
BLOCK B- REST :90 BETWEEN SETS						BLOCK B- REST :90 BETWEEN SETS						BLOCK B- REST :90 BETWEEN SETS						
C1	2-DB WALKING LUNGE	15 Yds	20 Yds	25 Yds	30 Yds	C1 MB OVERHEAD SLAM	6E 12lbs	6E 12lb:	8E 12I	bs 8E 12lbs		1-DB ROTATIONAL SQUAT	4E	41	E	6E	6E	
						*split stance						*wide base, alternate squatting R/L	-					
											,	*hold 1-DB at chest						
C2	INVERTED ROW- BAR	6	8	10	12	□ DB RDL	6	6	8	8	C2	DB ALT. PUSHUP ROW	4E	41		6E	6E	
	*lie under bar, arms straight *pull chest to touch bar					*hinge at hips & lower DB' to below knees, drive heel						*pushup posn. with feet wide row one arms at a time						
	*bend knees if nec.					in to floor & stand up ta						keep hips square to floor						
СЗ	SB SUPINE HIP EXTN. *knees bent at 90', heels	6	8	10	12	*Bosu is dome side dow	6	8	10	12		SB LEG CURL *heels on ball, legs straight	8	10	0	12	15	
	on ball, lift hips & hold :01					hands on side handles	"				- 1	lift hips & pull heels to but	t					
	*elbows on floor							*keep hips up for all reps										
	BLOCK C- CON	MPLETE 3 RO	DUNDS WIT	H NO REST		BLOCK C- COMPLETE 3 ROUNDS WITH NO REST						BLOCK C- COMPLETE 3 ROUNDS WITH NO REST						
POST- VORKOUT	ROLL/ STRETO	CH/ DRI	NK REC	OVERY S	SHAKE	ROLL/ STRETCH/ DRINK RECOVERY SHAKE						ROLL/ STRETCH/ DRINK RECOVERY SHAKE						