

PROGRAM	athlete construction										ATHLETE	PHASE	BASE				WEEK	WEEK 1-4																				
	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 2 In- F/B/LT/RT Scissors- F/B In/In/Out/Out-F/B 'Icky Shuffle' Crossover- F/B			Wall Ankle Mob. X6e RDL to Squat x6 Side-lying Rotation x6e PNF Diagonals x10e				Bike or Light Jog 5:00			3 Plane Leg Swings x10e *lean on wall, chest up Walking Knee Hugs x5e Walking Lunge & Reach x5e Straight-leg March x5e Lateral Lunge x5e Inch Worm x5 Power Skip x10			Yoga Pushup x8 *begin in pushup posn. Supine External Rotation x8 *green band around knees Side-lying 'Windmill' x6e				Bike or Light Jog 5:00			3 Plane Leg Swings x10e *lean on wall, chest up Med Ball Series: Woodchopper x10 RDL x10 Squat + Reach x10 Alt. Rev. Lunge + OH Reach x5e Alt Lat. Lunge x5e			Wall Ankle Mob. X6e Spideman Lunge + Twist x6e Seated Wall 45' Press x10 Seated Wall Abduction x10											
	WORKOUT A	WK 1		WK 2		WK 3		WK 4		WORKOUT B	WK 1		WK 2		WK 3		WK 4		WORKOUT C	WK 1		WK 2		WK 3		WK 4												
REP		% LOAD	REP	% LOAD	REP	% LOAD	REP	% LOAD	REP		% LOAD	REP	% LOAD	REP	% LOAD	REP	% LOAD	REP		% LOAD	REP	% LOAD	REP	% LOAD	REP	% LOAD	REP	% LOAD										
A1	1-DB ISO BOX SQUAT				5	:05	5	:05	6	:05	6	:10	A1	BAND PULLTHRU				4	:03	4	:05	5	:05	6	:10	A1	1-DB RDL				8		8		10		12	
	*hold 1 DB at chest (goblet style) *slowly lower hips to box *hold bottom posn. For time shown				5		5		6		6			*feet shldr. Width, begin with back flat, wt. in heels, legs straight, stand up & hold				4		4		5		6			*opp. Hand behind back *keep shldr square, hinge at hips & lower DB to below knees				8		8		10		12	
A2	DROP SQUAT				5	:03	5	:03	5	:05	5	:07	A2	LOW BOX JUMP (9-12")				5		5		5		6		A2	1-DB 1/2 KNEEL SHLDR. PRESS				5E		5E		6E		6E	
	*stand tall on balls of feet with feet hip-width, shift feet, drop in to squat & hold				5		5		5		5			*pull arms & hips back, explode up whipping arms & hips fwd. *absorb landing & hold, chest up				5		5		5		6			*stay tall in 1/2 kneel. Posn with DB in opp. Hand of up knee, maintain neutral spine & press				5E		5E		6E		6E	
A3	SQUAT JUMP				5	:03	5	:05	5	:07	5	:09	A3	MB 1/2 KNEEL SIDE SCOOP THROW				6E	6lbs	6E	6lbs	8E	8lbs	8E	8lbs	A3	MB 1/2 KNEELING OVERHEAD THROW				6E	6lbs	6E	6lbs	8E	8lbs	8E	8lbs
	*hands on hips, jump for max ht. *stick & hold landing for time indicated				5		5		5		5			*face wall, ball starts on opp. side of up knee, hands under ball *rotate & throw, catch & reset				6E		6E		8E		8E			*face wall in 1/2 kneel. Posn. *bend at waist & pull down on every throw *catch ball on bounce off wall; reset				6E		6E		8E		8E	
A4	MINI BAND RES. LAT WALK (R/L)				10	Yds	10	Yds	15	Yds	20	Yds	A4	CHEST-SUPPORTED Y's				10		10		12		15		A4	SB ISO KNEELING ROLLOUT				4	:05	5	:05	6	:05	8	:05
	*resistance band around ankles *sit in def. stance, step laterally 1 foot at a time, long strides				10	Yds	10	Yds	15	Yds	20	Yds		*lie chest down on bench, arms below bench, lift thumbs at 45' & retract scaps				10		10		12		15			*drive toes in to floor, roll out slowly & hold end posn. For time shown				4		5		6		8	
BLOCK A- REST :90 BETWEEN SETS										BLOCK A- REST :90 BETWEEN SETS										BLOCK A- REST :90 BETWEEN SETS																		
B1	ISO INCLINE PUSHUP				3	:05	3	:05	3	:10	5	:10	B1	1-DB SPLIT SQUAT				3	:05	3	:05	4	:05	4	:05	B1	LOW-ECC. STEPDOWN				3E	:03	3E	:05	4E	:05	4E	:05
	*hands on bench/low box *hold bottom posn. *keep elbows tight to sides *move to floor or add load in wk. 3				3		3		3		5			*goblet hold (1-DB on chest) *slowly lower back knee to floor				3		3		4		4			*stand on low box or bench *slowly lower back heel to floor then pull body back up to starting posn.				3E		3E		4E		4E	
B2	MB 1/2 KNEELING CHEST THROW				6E	6lbs	6E	6lbs	8E	8lbs	8E	8lbs	B2	DB CHEST-SUPPORTED ROW				8		10		12		15		B2	SUPINE ISO HIP EXTN.				3	:10	4	:10	3	:20	4	:20
	*face wall in 1/2 kneel posn. *throw & catch maintaining tall posn. *catch & hold for :03 every rep				6E		6E		8E		8E			*lie chest down on bench *pinch scaps, then pull DB's to armpits *hold for :02 at top of ea. Rep				8		10		12		15			*lie on back, knees bent, feet flat, squeeze glutes, lift hips & hold for time indicated				3	:10	4	:10	3	:20	4	:20
B3	TALL KNEELING ANTI-ROTN. PRESS				3	:05	3	:05	4	:10	5	:10	B3	BLACKBURNS				8		10		12		15		B3	SIDE-LYING HIP EXTL. ROTN.				12E		12E		12E		12E	
	*1/2 band *drive toes in to floor, glutes on *punch & hold, arms straight				3		3		4		5			*lie chest down on flat bench with hands palms up on butt				8		10		12		15			*band around knees, lie on side *knees bent, ankles stacked *open top hip, hold :03				12E		12E		12E		12E	
B4	ELEVATED BRIDGE SERIES				20E	:25E	20E	:30E	20E	:40E	20E	:40E	B4	1-KB SUITCASE HOLD- HIP				20E	:25E	20E	:30E	20E	:40E	20E	:40E	B4	DYNAMIC SIDE BRIDGE				4E		5E		6E		8E	
	*Elbow Bridge -elbows on low box/bench *Side Bridge (R/L)- elbow/forearm on bench *hold perfect posture, glutes on!				20E		20E		20E		20E			*hold 1 DB or KB at side on one side only, stay tall w. perfect posture				20E		25E		30E		40E			*begin knees bent on forearm *extend heels, straighten legs lift hips & hold				4E		5E		6E		8E	
BLOCK B- REST :90 BETWEEN SETS										BLOCK B- REST :90 BETWEEN SETS										BLOCK B- REST :90 BETWEEN SETS																		
C1	BW LONG WALKING LUNGE				20	Yds	30	Yds	20	Yds	30	Yds	C1	MB OVERHEAD SLAM				6	12lb	8	12lb	6	12lb	8	12lb	C1	1-DB ALT. LAT. SQUAT				6E		8E		6E		8E	
	*exaggerate stride length *pull thru' using front leg & in to next stride				20	Yds	30	Yds	20	Yds	30	Yds		*reach overhead with ball in hands, bend at waist & slam ball in to floor, pick up & repeat *feet parallel				6		8		6		8			*wide base, alternate squatting R/L *hold 1-DB at chest				6E		8E		6E		8E	
C2	STDG. CORD 2-ARM ROW				10		15		10		15		C2	1-DB ALT. REV. LUNGE				5E		6E		5E		6E		C2	LOW BOX LATERAL SPLIT JUMPS				6		8		6		8	
	*stand with feet parallel, sit in to athletic stance (get low), pull handles to armpits with thumbs up				10		15		10		15			*hold DB to chest, goblet-style *begin with feet together *step back, lower hips to floor, touch back knee				5E		6E		5E		6E			*1 foot on box, other on floor explode for height, land on opp. Side				6		8		6		8	
C3	SUPINE HIP EXTN.				6		8		6		8		C3	SPEED INCLINE PUSHUPS- BOX				6		8		6		8		C3	DB 1-ARM ROW- supported				6E		8E		6E		8E	
	*knees bent, feet flat, lift hips & hold :02				6		8		6		8			*hands on low box *touch chest to box, do not lock elbows at top				6		8		6		8			*parallel stance, lean on bench, back flat				6E		8E		6E		8E	
BLOCK C- COMPLETE AS MANY SETS AS POSS IN 6 MINS (WK 1&2), 8 MINS. (WK 3&4)										BLOCK C- COMPLETE AS MANY SETS AS POSS IN 6 MINS (WK 1&2), 8 MINS. (WK 3&4)										BLOCK C- COMPLETE AS MANY SETS AS POSS IN 6 MINS (WK 1&2), 8 MINS. (WK 3&4)																		
POSTWORK	ROLL/ STRETCH/ DRINK RECOVERY SHAKE										POSTWORK	ROLL/ STRETCH/ DRINK RECOVERY SHAKE										POSTWORK	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