

DOLANIZED TRAINING

Day One- Dynamic

Release/Breathing

Order	Exercise	Sets	Reps	Notes
1	Foam Roll	1	3-5 min total	Calves, Hamstrings, Glutes, Lateral Leg, Quads, Adductors, Lats, T-Spine Rolls
2	90/90 Wall Breathing	1	10 Breaths	Box Breathing 5-5-5-5

Movement Prep

Order	Exercise	Sets	Reps	Notes
1	Reset Circuit	1 set		1. Supine 90/90 Hamstring Hemi-Bridge w/ Heel Taps x 5 Breaths/Each 2. Band-Hold Dead Bug w/ Neck Nods x 10/each 3. Quadruped Rocking x 10 4. Hip Flexor Half Rolls x 5/each way 5. Forward/Backward Leopard Crawls x 15 yards/each
2	Double Leg SnapDown to Vertical Jump	3	5	5 Sec Iso Hold

Lift

Order	Exercise	Sets	Reps	Notes
A1.	Goblet Squat	4	5	3-2-X Tempo
A2.	Cable External Rotation-Humerus at 90 Degrees	3	10/each	Scapular Plane; Control Ribcage
B1.	Band Hinge Patterning	4	5	
B2.	Landmine RDL	4	5	3-2-X Tempo
B3.	Prone Y-Raise	4	8	2 Sec Hold at Top
C1.	Pushup	3	8	
C2.	Inverted Row	3	8	2-2-2 Tempo
D1.	Goblet Split Squat w/ Heel Reference	3	8	3-2-X Tempo
D2.	Half-Kneeling Cable Chop	3	8/e	
E1.	PB Hamstring Curl	2	8	
E2.	Band Groiners	2	20	

DOLANIZED TRAINING

Day Two- Isometric

Release/Breathing

Order	Exercise	Sets	Reps	Notes
1	Foam Roll	1	3-5 min total	Calves, Hamstrings, Glutes, Lateral Leg, Quads, Adductors, Lats, T-Spine Rolls
2	90/90 Wall Breathing	1	10 Breaths	Box Breathing 5-5-5-5

Movement Prep

Order	Exercise	Sets	Reps	Notes
1	Reset Circuit	1 set		1. Supine 90/90 Glute Bridge w/ Heel Taps x 5 Breaths/Side 2. Plate-Hold Dead Bug w/ Neck Nods x 10 3. Quadruped Rocking x 10 4. Upper Body Segmental Roll x 5 Each Way 5. Lateral Leopard Crawls x 15 yards/each
2	Athletic Development- Single Leg Snap Down ISO Hold to Vertical Jump	3	3/each side	5 Sec Iso Hold, 2 Foot Landing Reset Each Time

Lift

Order	Exercise	Sets	Reps	Notes
A1.	Goblet Squat ISO Hold	4	30 sec	Spanish Squat if Necessary Heels Elevated if Necessary
A2.	Back to Wall Shoulder Flexion	3	8	
B1.	Split Squat ISO Hold w/ Heel Reference and Contralateral Reach	4	30 sec/each	
B2.	Pullup Hold- Active Scap	4	30 sec	
C1.	Pushup ISO Hold	3	30 sec	
C2.	DB Batwings ISO Hold	3	30 sec/each	
D1.	Supine Single Leg Hamstring Hemi-Bridge with Cross-Over Reach	3	30 sec/each	
D2.	Quadruped Bear Hold with Wall Heel Reference	3	30 sec/each	
E1.	Reverse Sled Drag	3	20 yards	
E2.	DB Farmers Carry	3	40 yards	

DOLANIZED TRAINING

Day Three- Dynamic

Release/Breathing

Order	Exercise	Sets	Reps	Notes
1	Foam Roll	1	3-5 min total	Calves, Hamstrings, Glutes, Lateral Leg, Quads, Adductors, Lats, T-Spine Rolls
2	90/90 Wall Breathing	1	10 Breaths	Box Breathing 5-5-5-5

Movement Prep

Order	Exercise	Sets	Reps	Notes
1	Reset Circuit	1 set		1. Supine 90/90 Hamstring Hemi-Bridge w/ Heel Taps x 5 Breaths/Each 2. Band-Hold Dead Bug w/ Neck Nods x 10/each 3. Quadruped Rocking x 10 4. Hip Flexor Half Rolls x 5/each way 5. Forward/Backward Leopard Crawls x 15 yards/each
2	Double Leg SnapDown to Vertical Jump	3	5	5 Sec Eccentric

Lift

Order	Exercise	Sets	Reps	Notes
A1.	Goblet Squat	4	5	3-2-X Tempo
A2.	Cable External Rotation-Humerus at 90 Degrees	3	10/each	Scapular Plane; Control Ribcage
B1.	Band Hinge Patterning	4	5	
B2.	KB Deadlift	4	5	
B3.	Prone Y-Raise	4	8	2 Sec Hold at Top
C1.	Pushup	3	8	
C2.	Inverted Row	3	8	2-2-2 Tempo
D1.	Goblet Split Squat w/ Heel Reference	3	8	3-2-X Tempo
D2.	Half-Kneeling Cable Lift	3	8/e	
E1.	PB Hamstring Curl	2	8	
E2.	Band Groiners	2	20	

DOLANIZED TRAINING

Day Four- Isometric

Release/Breathing

Order	Exercise	Sets	Reps	Notes
1	Foam Roll	1	3-5 min total	Calves, Hamstrings, Glutes, Lateral Leg, Quads, Adductors, Lats, T-Spine Rolls
2	90/90 Wall Breathing	1	10 Breaths	Box Breathing 5-5-5-5

Movement Prep

Order	Exercise	Sets	Reps	Notes
1	Reset Circuit	1 set		1. Supine 90/90 Glute Bridge w/ Heel Taps x 5 Breaths/Side 2. Plate-Hold Dead Bug w/ Neck Nods x 10 3. Quadruped Rocking x 10 4. Lower Body Segmental Roll x 5 Each Way 5. Lateral Leopard Crawls x 15 yards/each
2	Athletic Development- Single Leg Snap Down ISO Hold to Vertical Jump	3	3/each side	

Lift

Order	Exercise	Sets	Reps	Notes
A1.	Goblet Squat ISO Hold	4	30 sec	Spanish Squat if Necessary Heels Elevated if Necessary
A2.	Back to Wall Shoulder Flexion	3	8	
B1.	Split Squat ISO Hold w/ Heel Reference and Contralateral Reach	4	30 sec/each	
B2.	Pullup Hold- Active Scap	4	30 sec	
C1.	Pushup ISO Hold	3	30 sec	
C2.	DB Batwings ISO Hold	3	30 sec/each	
D1.	Supine Single Leg Hamstring Hemi-Bridge with Cross-Over Reach	3	30 sec/each	
D2.	Quadruped Bear Hold with Wall Heel Reference	3	30 sec/each	
E1.	Cross-Over Step Sled Drag	3	20 yards	
E2.	DB Suitcase Carry	3	20 yards/each side	