

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				
1	Reset Circuit	1 set		1. Supine 90/90 Single Leg Hamstring Hemipelvic w/ Contralateral Reach x 2 2. Supine 90/90 Hip Shift x 20 Total 3. Dead Bug w/ Neck Nods x 10 4. Quadruped Rocking x 10 5. Elevated Rolls x 5/each way 6. Short Lever Side Plank w/ Top Hand on Ground 7. Forward/Backward Leopard Crawls x 15 yards/each
2	Double Leg SnapDown to Hurdle Jump (Single Response)	3	5	2 Sec Iso Hold
Lift				
Order	Exercise	Sets	Reps	Notes
A1.	Zombie Arm Front 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	3-2-X Tempo
C2.	Inverted Row	3	8	2-2-2 Tempo
D1.	FFE Split Squat	3	8	3-2-X Tempo Goblet or 2DB
D2.	Split Stance Cable Chop	3	8/e	
E1.	PB Hamstring Curl - 2/1 Method	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				
1	Reset Circuit	1 set		1. Side-Lying Adductor Pullback 2. Side-Lying Hip Shift w/ Glute 3. Short Lever Side Plank w/ Top Hand on Ground 4. Plate-Hold Dead Bug w/ Vertical Reach and Neck Nods x 10 5. Quadruped Rocking x 10 6. Upper Body Segmental Roll x 5 Each Way 7. Lateral Leopard Crawls x 15 yards/each
2	Athletic Development- Single Leg Snap Down ISO Hold to Lateral Bound	3	3/each side	2 Sec Iso Hold
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.	Cable Cross Body Split Squat ISO Hold	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.	Foam Roller Single Leg Hamstring Hold	3	20-30 Sec/each	
D2.	Quadruped Bear Hold with Wall Heel Reference	3	20-30 Sec	
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				
1	Reset Circuit	1 set		1. Supine 90/90 Single Leg Hamstring Hemipelvic w/ Contralateral Reach x 2 2. Supine 90/90 Hip Shift x 20 Total 3. Dead Bug w/ Neck Nods x 10 4. Quadruped Rocking x 10 5. Elevated Rolls x 5/each way 6. Short Lever Side Plank w/ Top Hand on Ground 7. Forward/Backward Leopard Crawls x 15 yards/each
2	Double Leg SnapDown to Hurdle Jump (Single Response)	3	5	2 Sec Iso Hold
Lift				
Order	Exercise	Sets	Reps	Notes
A1.	Zombie Arm Front 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.	DB Hooklying Alternating Bench Press	3	8	
C2.	Bilateral Stance DB Row	3	8	2-2-2 Tempo
D1.	Goblet RFE Split Squat	3	8	3-2-X Tempo Goblet or 2DB
D2.	Split Stance Cable Lift	3	8/e	
E1.	PB Hamstring Curl - 2/1 Method	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				
1	Reset Circuit	1 set		1. Side-Lying Adductor Pullback 2. Side-Lying Hip Shift w/ Glute 3. Short Lever Side Plank w/ Top Hand on Ground 4. Plate-Hold Dead Bug w/ Vertical Reach and Neck Nods x 10 5. Quadruped Rocking x 10 6. Upper Body Segmental Roll x 5 Each Way 7. Lateral Leopard Crawls x 15 yards/each
2	Athletic Development- Single Leg Snap Down ISO Hold to Lateral Bound	3	3/each side	2 Sec Iso Hold
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.	Cable Cross Body Split Squat ISO Hold	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	20-30 Sec	
D1.	Foam Roller Single Leg Hamstring Hold	3	20-30 Sec/each	
D2.	Quadruped Bear Hold with Wall Heel Reference	3	20-30 Sec	
E1.	Cross-Over Step Sled Drag	3	20 yards	
E2.	DB Suitcase Carry	3	20 yards/each side	