

WEEK 1		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm
Agility Ladder one in the hole two in the hole lateral two in the hole cha cha	Cone Drills down and back (2 cones) 90 degree cut (3 cones) square run (4 cones) t-run (4 cones)	Jump Rope basic jump x 25 alternate jump x 25 skier jump x 25 bell jump x 25
Kettlebell Swing <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 40%1rm x 20 45%1rm x 18 50%1rm x 16 55%1rm x 14 60%1rm x 12	Overhead Step-up <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 40%1rm x 14 each leg 45%1rm x 12 each leg 50%1rm x 10 each leg 55%1rm x 08 each leg 60%1rm x 06 each leg	Goblet Squat <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 60%1rm x 12 70%1rm x 10 75%1rm x 08 80%1rm x 06 85%1rm x 04
1-Arm Barbell Row <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 60%1rm x 14 each arm 65%1rm x 12 each arm 70%1rm x 10 each arm 75%1rm x 08 each arm	Weighted Dip <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight + 00lbs x 12 bodyweight + 10lbs x 10 bodyweight + 15lbs x 08 bodyweight + 20lbs x 06	Inverted Row <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight x 07 bodyweight x 08 bodyweight x 09 bodyweight x 10
1-Arm Overhead Press <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 60%1rm x 14 each arm 65%1rm x 12 each arm 70%1rm x 10 each arm 75%1rm x 08 each arm	Weighted Pull-up w/ Towel <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight + 00lbs x 12 bodyweight + 10lbs x 10 bodyweight + 15lbs x 08 bodyweight + 20lbs x 06	2-Arm Farmers Walk <i>Rest (1-3 min)</i> 25%bodyweight x 50 sec 30%bodyweight x 40 sec 35%bodyweight x 30 sec 40%bodyweight x 20 sec
4-Way Plank front plank x 30 sec left side plank x 30 sec right side plank x 30 sec back plank x 30 sec	Hanging Leg Raises <i>Tempo (2/1/X/1) Rest (1-3 min)</i> bodyweight x 06 bodyweight x 06 bodyweight x 06	Turkish Get-up <i>Tempo (6/1/X/1) Rest (1-3 min)</i> 40%1rm x 3 each arm 45%1rm x 3 each arm 50%1rm x 3 each arm

WEEK 2		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm
Agility Ladder two in the hole lateral two in the hole cha cha ickey shuffle	Cone Drills down and back (2 cones) 90 degree cut (3 cones) t-run (4 cones) 4 corners drill (4 cones)	Jump Rope basic jump x 35 alternate jump x 35 scissors jump x 35 jumping jack jump x 35
Kettlebell Swing <i>Tempo (X/X/X/X) Rest 1-2 min)</i> 45%1rm x 18 50%1rm x 16 55%1rm x 14 60%1rm x 12 65%1rm x 10	Overhead Step-up <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 45%1rm x 12 each leg 50%1rm x 10 each leg 55%1rm x 08 each leg 60%1rm x 07 each leg 65%1rm x 06 each leg	Goblet Squat <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 65%1rm x 12 70%1rm x 10 75%1rm x 08 85%1rm x 05 90%1rm x 03
Romanian Deadlift <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 45%1rm x 10 50%1rm x 08 55%1rm x 06	Zercher Lunge <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 each leg 45%1rm x 10 each leg 50%1rm x 08 each leg 55%1rm x 06 each leg	Inverted Row <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight x 08 bodyweight x 09 bodyweight x 10 bodyweight x 11
1-Arm Barbell Row <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 65%1rm x 12 each arm 70%1rm x 10 each arm 75%1rm x 08 each arm 80%1rm x 06 each arm	Weighted Dip <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight + 00lbs x 12 bodyweight + 15lbs x 10 bodyweight + 20lbs x 08 bodyweight + 25lbs x 06	Standing Cable Pullover w/ Towel <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 60%1rm x 14 65%1rm x 12 70%1rm x 10 75%1rm x 08
1-Arm Overhead Press <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 65%1rm x 12 each arm 70%1rm x 10 each arm 75%1rm x 08 each arm 80%1rm x 06 each arm	Weighted Pull-up w/ Towel <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight + 00lbs x 12 bodyweight + 15lbs x 10 bodyweight + 20lbs x 08 bodyweight + 25lbs x 06	2-Arm Farmers Walk <i>Rest (1-3 min)</i> 30%bodyweight x 50 sec 35%bodyweight x 40 sec 40%bodyweight x 30 sec 45%bodyweight x 20 sec
4-Way Plank front plank x 40 sec left side plank x 40 sec right side plank x 40 sec back plank x 40 sec	Hanging Leg Raises <i>Tempo (2/1/X/1) Rest (1-3 min)</i> bodyweight x 08 bodyweight x 08 bodyweight x 08	Turkish Get-up <i>Tempo (6/1/X/1) Rest (1-3 min)</i> 40%1rm x 4 each arm 45%1rm x 4 each arm 50%1rm x 4 each arm

WEEK 3		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm
Agility Ladder lateral two in the hole cha cha ickey shuffle carioca	Cone Drills 90 degree cut (3 cones) t-run (4 cones) 4 corners drill (4 cones) lateral bear crawl (4 cones)	Jump Rope basic jump x 45 alternate jump x 45 side swing jump x 20 criss cross x 10
Kettlebell Swing <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 50%1rm x 16 55%1rm x 14 60%1rm x 12 65%1rm x 10 70%1rm x 08	Overhead Step-up <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 each leg 55%1rm x 10 each leg 60%1rm x 08 each leg 65%1rm x 07 each leg 70%1rm x 06 each leg	Goblet Squat <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 65%1rm x 12 70%1rm x 10 75%1rm x 08 85%1rm x 05 90%1rm x 03
Romanian Deadlift <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06	Zercher Lunge <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 50%1rm x 10 each leg 55%1rm x 08 each leg 60%1rm x 06 each leg 65%1rm x 05 each leg	Zercher Squat <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 45%1rm x 10 50%1rm x 08 55%1rm x 06
1-Arm Barbell Row <i>Tempo (2/1/X/1) Rest (1-3 min)</i> 70%1rm x 10 each arm 75%1rm x 08 each arm 80%1rm x 06 each arm 85%1rm x 05 each arm	Weighted Dip <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight + 00lbs x 12 bodyweight + 20lbs x 10 bodyweight + 25lbs x 08 bodyweight + 30lbs x 06	Standing Cable Pullover w/ Towel <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 65%1rm x 14 70%1rm x 12 75%1rm x 10 80%1rm x 08
1-Arm Overhead Press <i>Tempo (2/1/X/1) Rest (1-3 min)</i> 70%1rm x 10 each arm 75%1rm x 08 each arm 80%1rm x 06 each arm 85%1rm x 05 each arm	Weighted Pull-up w/ Towel <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight + 00lbs x 12 bodyweight + 20lbs x 10 bodyweight + 25lbs x 08 bodyweight + 30lbs x 06	2-Arm Farmers Walk <i>Rest (1-3 min)</i> 35%bodyweight x 50 sec 40%bodyweight x 40 sec 45%bodyweight x 30 sec 50%bodyweight x 20 sec
4-Way Plank front plank x 50 sec left side plank x 50 sec right side plank x 50 sec back plank x 50 sec	Hanging Leg Raises <i>Tempo (2/1/X/1) Rest (1-3 min)</i> bodyweight x 10 bodyweight x 10 bodyweight x 10	Turkish Get-up <i>Tempo (6/1/X/1) Rest (1-3 min)</i> 40%1rm x 5 each arm 45%1rm x 5 each arm 50%1rm x 5 each arm

WEEK 4		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm
Agility Ladder cha cha ickey shuffle carioca hopscotch	Cone Drills t-run (4 cones) 4 corners drill (4 cones) lateral bear crawl (4 cones) x drill (4 cones)	Jump Rope basic jump x 55 alternate jump x 55 criss cross x 15 double jump x 10
Kettlebell Swing <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 50%1rm x 16 55%1rm x 14 60%1rm x 12	Overhead Step-up <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 each leg 55%1rm x 10 each leg 60%1rm x 08 each leg	Goblet Squat <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 65%1rm x 12 70%1rm x 10 75%1rm x 08
Romanian Deadlift <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06 70%1rm x 05	Zercher Lunge <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 50%1rm x 10 each leg 55%1rm x 08 each leg 60%1rm x 06 each leg 65%1rm x 05 each leg 70%1rm x 04 each leg	Zercher Squat <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06 70%1rm x 05
Dumbbell Deadlift <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 40%1rm x 10 45%1rm x 08 50%1rm x 06 55%1rm x 05	Weighted Dip <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight + 00lbs x 12 bodyweight + 25lbs x 10 bodyweight + 30lbs x 08 bodyweight + 35lbs x 06	Dumbbell Pullover <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 50%1rm x 16 55%1rm x 14 60%1rm x 12 65%1rm x 10
1-Arm Barbell Row <i>Tempo (2/1/X/1) Rest (1-3 min)</i> 70%1rm x 12 each arm 75%1rm x 10 each arm 80%1rm x 08 each arm 85%1rm x 06 each arm	Weighted Pull-up w/ Towel <i>Tempo (3/1/X/1) Rest (1-2 min)</i> bodyweight + 00lbs x 12 bodyweight + 25lbs x 10 bodyweight + 30lbs x 08 bodyweight + 35lbs x 06	2-Arm Farmers Walk <i>Rest (1-3 min)</i> 35%bodyweight x 60 sec 40%bodyweight x 50 sec 45%bodyweight x 40 sec 50%bodyweight x 30 sec
4-Way Plank front plank x 60 sec left side plank x 60 sec right side plank x 60 sec back plank x 60 sec	Hanging Leg Raises <i>Tempo (2/1/X/1) Rest (1-2 min)</i> bodyweight x 12 bodyweight x 12 bodyweight x 12	Turkish Get-up <i>Tempo (6/1/X/1) Rest (1-3 min)</i> 40%1rm x 6 each arm 45%1rm x 6 each arm 50%1rm x 6 each arm

WEEK 5		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm
Agility Ladder ickey shuffle carioca hopscotch ali shuffle	Cone Drills 4 corners drill (4 cones) lateral bear crawl (4 cones) x drill (4 cones) m drill (5 cones)	Jump Rope basic jump x 65 alternate jump x 65 criss cross x 20 double jump x 15
Romanian Deadlift <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 60%1rm x 12 65%1rm x 10 70%1rm x 08 75%1rm x 06	Zercher Lunge <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 60%1rm x 10 each leg 65%1rm x 08 each leg 70%1rm x 06 each leg 75%1rm x 05 each leg	Zercher Squat <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 60%1rm x 12 65%1rm x 10 70%1rm x 08 75%1rm x 06
Dumbbell Deadlift <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1rm x 10 55%1rm x 08 60%1rm x 06	Kettlebell High Pull <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 40%1rm x 14 45%1rm x 12 50%1rm x 10	Sumo Deadlift <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 55%1rm x 10 60%1rm x 08 65%1rm x 06
Sumo Deadlift <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 45%1rm x 10 50%1rm x 08 55%1rm x 06	Barbell Bench Press <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 45%1rm x 10 50%1rm x 08 55%1rm x 06	Dumbbell Pullover <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 55%1rm x 14 60%1rm x 12 65%1rm x 10 70%1rm x 08
1-Arm Kettlebell Push Press <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 each arm 45%1rm x 10 each arm 50%1rm x 08 each arm 55%1rm x 06 each arm	Lat Pulldown w/ Towel <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1rm x 16 55%1rm x 14 60%1rm x 12 65%1rm x 10	2-Arm Overhead Farmers Walk <i>Rest (1-3 min)</i> 10%bodyweight x 50 sec 15%bodyweight x 40 sec 20%bodyweight x 30 sec 25%bodyweight x 20 sec
1-Arm Farmers Walks <i>Rest (1-3 min)</i> 20%bodyweight x 50 sec 25%bodyweight x 40 sec 30%bodyweight x 30 sec 35%bodyweight x 20 sec	Plate Pinch Front/Lateral Raise <i>Tempo (2/1/2/1) Rest (1-2 min)</i> two 5-10 lb plates x 10 two 5-10 lb plates x 10 two 5-10 lb plates x 10 two 5-10 lb plates x 10	Weighted Bear Crawl <i>Rest (30 sec)</i> 10%bodyweight x 30 sec forward 10%bodyweight x 30 sec backward 10%bodyweight x 30 sec lateral 10%bodyweight x 30 sec lateral

WEEK 6		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm
Agility Ladder carioca hopscotch ali shuffle two in, two out (laterally)	Cone Drills lateral bear crawl (4 cones) x drill (4 cones) m drill (5 cones) star drill (5 cones)	Jump Rope basic jump x 75 alternate jump x 75 one legged jump x 25 double jump x 20
Dumbbell Deadlift <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 55%1rm x 10 60%1rm x 08 65%1rm x 06	Kettlebell High Pull <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 45%1rm x 12 50%1rm x 10 55%1rm x 08	Sumo Deadlift <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 60%1rm x 10 65%1rm x 08 70%1rm x 06
Sumo Deadlift <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 45%1rm x 12 50%1rm x 10 55%1rm x 08 60%1rm x 06	Kettlebell Snatch <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 40%1rm x 10 45%1rm x 08 50%1rm x 06 55%1rm x 05	Box Squat <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 45%1rm x 10 50%1rm x 08 55%1rm x 06
Conventional Deadlift <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 45%1rm x 10 50%1rm x 08 55%1rm x 06	Barbell Bench Press <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06	Power Curl <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1rm x 14 55%1rm x 12 60%1rm x 10 65%1rm x 08
1-Arm Kettlebell Push Press <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 45%1rm x 12 each arm 50%1rm x 10 each arm 55%1rm x 08 each arm 60%1rm x 06 each arm	Lat Pulldown w/ Towel <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 55%1rm x 14 60%1rm x 12 65%1rm x 10 70%1rm x 08	2-Arm Overhead Farmers Walk <i>(Rest (1-3 min))</i> 13%bodyweight x 50 sec 18%bodyweight x 40 sec 23%bodyweight x 30 sec 28%bodyweight x 20 sec
1-Arm Farmers Walks <i>Rest (1-3 min)</i> 25%bodyweight x 50 sec 30%bodyweight x 40 sec 35%bodyweight x 30 sec 40%bodyweight x 20 sec	Plate Pinch Front/Lateral Raise <i>Tempo (2/1/2/1) Rest (1-2 min)</i> two 5-10 lb plates x 12 two 5-10 lb plates x 12 two 5-10 lb plates x 12 two 5-10 lb plates x 12	Weighted Bear Crawl <i>Rest (30 sec)</i> 15%bodyweight x 30 sec forward 15%bodyweight x 30 sec backward 15%bodyweight x 30 sec lateral 15%bodyweight x 30 sec lateral

WEEK 7		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm
Agility Ladder hopscotch ali shuffle two in, two out (laterally) slaloms	Cone Drills x drill (4 cones) m drill (5 cones) star drill (5 cones) star drill w/ bear crawl (5 cones)	Jump Rope basic jump x 85 alternate jump x 85 one legged jump x 30 double jump x 25
Sumo Deadlift <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06	Kettlebell High Pull <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 45%1rm x 12 50%1rm x 10 55%1rm x 08 60%1rm x 06	Box Squat <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 45%1rm x 12 50%1rm x 10 55%1rm x 08 60%1rm x 06
Conventional Deadlift <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 45%1rm x 12 50%1rm x 10 55%1rm x 08 60%1rm x 06	Kettlebell Snatch <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 45%1rm x 10 50%1rm x 08 55%1rm x 06 60%1rm x 05	Back Squat <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 45%1rm x 10 50%1rm x 08 55%1rm x 06
Power Clean <i>Tempo (X/XX/X) Rest (1-3 min)</i> 55%1rm x 08 60%1rm x 06 65%1rm x 05 70%1rm x 04	Barbell Bench Press <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 60%1rm x 10 65%1rm x 08 70%1rm x 06 75%1rm x 05	Power Curl <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 55%1rm x 14 60%1rm x 12 65%1rm x 10 70%1rm x 08
1-Arm Kettlebell Push Press <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 each arm 55%1rm x 10 each arm 60%1rm x 08 each arm 65%1rm x 06 each arm	Lat Pulldown w/ Towel <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 60%1rm x 12 65%1rm x 10 70%1rm x 08 75%1rm x 06	2-Arm Overhead Farmers Walk <i>Rest (1-3 min)</i> 15%bodyweight x 50 sec 20%bodyweight x 40 sec 25%bodyweight x 30 sec 30%bodyweight x 20 sec
1-Arm Farmers Walks <i>Rest (1-3 min)</i> 30%bodyweight x 50 sec 35%bodyweight x 40 sec 40%bodyweight x 30 sec 45%bodyweight x 20 sec	Plate Pinch Front/Lateral Raise <i>Tempo (2/1/2/1) Rest (1-2 min)</i> two 5-10 lb plates x 14 two 5-10 lb plates x 14 two 5-10 lb plates x 14 two 5-10 lb plates x 14	Weighted Bear Crawl <i>Rest (30 sec)</i> 20%bodyweight x 30 sec forward 20%bodyweight x 30 sec backward 20%bodyweight x 30 sec lateral 20%bodyweight x 30 sec lateral

WEEK 8		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch inch worm
Agility Ladder ali shuffle two in, two out (laterally) slaloms cherry pickers	Cone Drills m drill (5 cones) star drill (5 cones) star drill w/ bear crawl (5 cones) butterfly drill (5 cones)	Jump Rope basic jump x 95 alternate jump x 95 one legged jump x 35 double jump x 30
Conventional Deadlift <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 45%1rm x 12 50%1rm x 10 55%1rm x 08 60%1rm x 06	Kettlebell High Pull <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06	Box Squat <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06
Power Clean <i>Tempo (X/X/X/X) Rest (1-3 min)</i> 55%1rm x 08 60%1rm x 06 65%1rm x 05 70%1rm x 04	Kettlebell Snatch <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 50%1rm x 10 55%1rm x 08 60%1rm x 06 65%1rm x 05	Back Squat <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 45%1rm x 12 50%1rm x 10 55%1rm x 08 60%1rm x 06
Barbell Hack Squat <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 40%1rm x 12 45%1rm x 10 50%1rm x 08 55%1rm x 06	Barbell Bench Press <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 65%1rm x 10 70%1rm x 08 75%1rm x 06 80%1rm x 05	Power Curl <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 60%1rm x 12 65%1rm x 10 70%1rm x 08 75%1rm x 06
1-Arm Kettlebell Push Press <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 55%1rm x 12 each arm 60%1rm x 10 each arm 65%1rm x 08 each arm 70%1rm x 06 each arm	Lat Pulldown w/ Towel <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 65%1rm x 10 70%1rm x 08 75%1rm x 06 80%1rm x 05	2-Arm Overhead Farmers Walk <i>Rest (1-3 min)</i> 15%bodyweight x 60 sec 20%bodyweight x 50 sec 25%bodyweight x 40 sec 30%bodyweight x 30 sec
1-Arm Farmers Walks <i>Rest (1-3 min)</i> 35%bodyweight x 50 sec 40%bodyweight x 40 sec 45%bodyweight x 30 sec 50%bodyweight x 20 sec	Plate Pinch Front/Lateral Raise <i>Tempo (2/1/2/1) Rest (rest 1-2 min)</i> two 5-10 lb plates x 16 two 5-10 lb plates x 16 two 5-10 lb plates x 16 two 5-10 lb plates x 16	Weighted Bear Crawl <i>Rest (30 sec)</i> 25%bodyweight x 30 sec forward 25%bodyweight x 30 sec backward 25%bodyweight x 30 sec lateral 25%bodyweight x 30 sec lateral

WEEK 9		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm
Agility Ladder two in, two out (laterally) slaloms cherry pickers 180s	Cone Drills star drill (5 cones) star drill w/ bear crawl (5 cones) butterfly drill (5 cones) hourglass drill (5 cones)	Jump Rope basic jump x 105 alternate jump x 105 one legged jump x 40 double jump x 35
Power Clean <i>Tempo (X/XX/X) Rest (1-3 min)</i> 60%1rm x 08 65%1rm x 06 70%1rm x 05 75%1rm x 04	Rack Pull <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 55%1rm x 10 60%1rm x 08 65%1rm x 06 70%1rm x 05	Back Squat <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 45%1rm x 12 50%1rm x 10 55%1rm x 08 60%1rm x 06
Barbell Hack Squat <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 45%1rm x 12 50%1rm x 10 55%1rm x 08 60%1rm x 06	Hang Clean <i>Tempo (X/XX/X) Rest (1-3 min)</i> 55%1rm x 08 60%1rm x 06 65%1rm x 05 70%1rm x 04	Zercher Good Morning <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1RM x 12 55%1RM x 10 60%1RM x 08 65%1RM x 06
Renegade Row <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 each arm 55%1rm x 10 each arm 60%1rm x 08 each arm 65%1rm x 06 each arm	Dumbbell Bench Press <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 55%1RM x 12 60%1RM x 10 65%1RM x 08 70%1RM x 06	Standing Dumbbell Military Press <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 55%1rm x 12 60%1rm x 10 65%1rm x 08 70%1rm x 06
Low Windmill <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 each arm 55%1rm x 10 each arm 60%1rm x 08 each arm 65%1rm x 06 each arm	Shovel Deadlift <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 each side 55%1rm x 10 each side 60%1rm x 08 each side 65%1rm x 06 each side	Figure 8 <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06

WEEK 10		
Day 1	Day 2	Day 3
Foam Roll	Foam Roll	Foam Roll
Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm	Dynamic Warmup knee to chest foot to chest heel to butt toy soldiers lunge and twist side lunge single leg toe touch swim inch worm
Agility Ladder slaloms cherry pickers 180s lateral one in the hole	Cone Drills star drill w/ bear crawl (5 cones) butterfly drill (5 cones) hourglass drill (5 cones) j.p. shuttle (5 cones)	Jump Rope basic jump x 115 alternate jump x 115 one legged jump x 45 double jump x 40
Power Clean <i>Tempo (X/XX/X) Rest (1-3 min)</i> 65%1rm x 06 70%1rm x 05 75%1rm x 04 80%1rm x 03	Rack Pull <i>Tempo (2/1/X/1) Rest (1-3 min)</i> 60%1rm x 10 65%1rm x 08 70%1rm x 06 75%1rm x 05	Back Squat <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06
Barbell Hack Squat <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 50%1rm x 12 55%1rm x 10 60%1rm x 08 65%1rm x 06	Hang Clean <i>Tempo (X/XX/X) Rest (1-3 min)</i> 60%1rm x 08 65%1rm x 06 70%1rm x 05 75%1rm x 04	Zercher Good Morning <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 55%1RM x 12 60%1RM x 10 65%1RM x 08 70%1RM x 06
Renegade Row <i>Tempo (2/1/X/1) Rest (1-2 min)</i> 55%1rm x 12 each arm 60%1rm x 10 each arm 65%1rm x 08 each arm 70%1rm x 06 each arm	Dumbbell Bench Press <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 60%1RM x 12 65%1RM x 10 70%1RM x 08 75%1RM x 06	Standing Dumbbell Military Press <i>Tempo (3/1/X/1) Rest (1-3 min)</i> 60%1rm x 12 65%1rm x 10 70%1rm x 08 75%1rm x 06
Low Windmill <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 55%1rm x 10 each arm 60%1rm x 08 each arm 65%1rm x 06 each arm 70%1rm x 05 each arm	Shovel Deadlift <i>Tempo (3/1/X/1) Rest (1-2 min)</i> 55%1rm x 10 each arm 60%1rm x 08 each arm 65%1rm x 06 each arm 70%1rm x 05 each arm	Figure 8 <i>Tempo (X/X/X/X) Rest (1-2 min)</i> 55%1rm x 12 60%1rm x 10 65%1rm x 08 70%1rm x 06