

MONDAY WSWO

- Dynamic warp up
- Knee to Chest (stretch)
- High Step/kick (toe to hand)
- Lung & Twist
- Kneeling power right 20yd sprint
- Kneeling power left 20yd sprint
- Carioca W/high knee run
- 10 Superman Burpee's
- >>>Speed and lateral movement
- Figure 8 drill (twice at full speed)
- Gasser's 5yd sprint/5yd backwards (15yrd,30yrd) (2x)
- Side Lat hurdles and sprawl (4x)
- High Knee hurdles & 3 shoots (4x)
- 2-foot hurdle down block (2x)
- Lateral run right/left 30yrds full speed twice
- >>>Strength and stamina
- Kettle bell hip swing 2x 18 reps at 35% of BW
- Jump box 28-36inch 8-10 jumps with a step off into a square stance.
- Bulgarian split squat w/kettle bell (2 x 18)
- Dumbbell squat press (2x10) jump rope between set's for 30sec.
- Lateral walk w/ band & inverted wall walk back
- Battle Rope 30 sec to 10 pull ups twice
- Medicine ball wrestler spin into mountain climb
- Medicine ball pushups (R,L, Diamond)
- Smash Ball (2x18)
- 60 sec plank and ball twist

TUESDAY Olympic lift lower body

- Level 1
- Front or rear Squat 9 reps
- Barbell Dead lift 9 reps
- Single Leg ext. 9 reps
- Kettlebell wide squat 9 reps
- Dumbbell calf raise 12 reps
- Leg Curl 9 reps
- Power clean & snatch 6

This 6-week circuit is designed to be done twice for the first 4 weeks and 3 sets for the final 2 weeks. At 6 weeks, we will test out and increase weights and drop back to two rotations of the circuit.

This circuit is designed for 2 min breaks between exercises and a 4-min break between circuit's.

This training session should take 45-50 minutes.

Thursday WSWO

- Dynamic warp up
- Knee to Chest (stretch)
- High Step/kick (toe to hand)
- Lung & Twist
- Kneeling power right 20yd sprint
- Kneeling power left 20yd sprint
- Carioca W/high knee run
- 10 Superman Burpee's
- >>>Speed and lateral movement
- Figure 8 drill (twice at full speed)
- Gasser's 5yd sprint/5yd backwards (15yrd,30yrd) (2x)
- Side Lat hurdles and sprawl (4x)
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- Dumbbell squat press (2x10) jump rope between set's for 30sec.
- Lateral walk w/ band & inverted wall walk back
- Battle Rope 30 sec to 10 pull ups twice
- Medicine ball wrestler spin into mountain climb
- Medicine ball pushups (R,L, Diamond)
- Smash Ball (2x18)
- 60 sec plank and ball twist

Friday Olympic lift upper body

- Level 1
- Flat Bench Press 9
- Incline dumbbell press 9
- Overhead tri press 9
- Bicep curl (pyramid) 1-2-3-4-3-2-1
- Hammer Curls 9
- Lat Pull Downs 9
- One Arm Dumbbell Row 9
- Standing overhead press 9
- Side Lateral Dumbbell raise 9
- Hanging Roman abs (12)
- Side Wall Ball (12) each side

This is a 6-week Olympic upper body lifting circuit. This training session is designed to be completed in two full circuits for the first 4 weeks and three full circuits the last two weeks.

Each exercise is designed for a 2-minute break and a 4-minute break between circuits.