

NT

**WE BUILD
ATHLETES**



HIT

POWERFUL BODIES | POWERFUL MINDS

PRIMER WORKOUT

WEEK 1

Exercise	Sets x Reps
Week 1 DAY 1	
1a. Squat	4x8
1b. ISO Brets	4x15 sec./side
2a. 1 Arm Door Frame Row	4x8 ea./side
2b. Windmill Hold	4x15 sec./side
3a. Lateral Lunge	4x8 ea./side
3b. SL Balance	4x15 sec./side
Plyo's	
Landing Series 1:	
4a. Two to Two	2x8
4b. Two to One	2x8 ea./side
4c. Two to Two Rebound	2x8
Core	
5a. Core awareness	3x15 sec. hold
5b. Deadbugs	3x15 sec./side
Optional Finisher	
Squat Pulses	3x30 sec.
Mountain Climbers	3x30 sec.
ISO Brets	15 sec./side
Exercise	Sets x Reps
Week 1 DAY 2	
1a. Hip Thrust	4x8
1b. Frog Pumps	4x20
2a. Push Ups	4x8
2b. Wall Slides	4x8
3a. Medball ISO Squeeze	4x15 sec.
3b. Pistol Holds (front, side, rear)	4x8 sec./ea.
Plyo's	
Landing Series 2:	
4a. One to two	2x8 ea./side
4b. One to one	2x8 ea./side
4c. One to two rebound	2x8 ea./side
Core	
5a. Core Awareness Plank	3x15 sec.
5b. Wall Pallof	3x15 sec. hold/ea.
Optional Finisher	
Speed Skaters	3x20 sec.
Flutter Kicks	3x20 sec.
Calf Raises	3x20 ea./side

Exercise	Sets x Reps
Week 1 DAY 3	
1a. Split Squat	4x8 ea./side
1b. Active Bret	4x8 ea./side
2a. SA Bent Over Row	4x8 ea./side
2b. Squat Stretch Hold	4x15 sec./side
3a. Lateral Plank Reaches	4x8 ea./side
3b. Seated Hips	4x8 ea./side
Plyo's	
Combo 1 & 2	
4a. One to One	2x8 ea./side
4b. One to two lateral	2x8 ea./side
4c. Two to two, broad jump	2x8
Core	
5a. Side Plank	3x15 sec./side
5b. Bird Dog	3x15 sec./side
Finisher	
Split Squat	3x15 sec./side
Plank Reaches	3x30 sec.
Plank Toe Touches	3x30 sec.
Exercise	Sets x Reps
Week 1 DAY 4- SAQ	
Mechanics	
1. Triple Extension Lunge	3x10 yards
2. Lateral Extension Step (Right, then left)	3x10 yards each way
Cone Drills	
3a. Triple Extension--> T Drill (left and right)	5x1 each direction
3b. SL Balance (eyes closed)	5x10 sec./ea
4a. Banana Run (left and right)	5x1 each direction
4b. Plank	5x20 sec.
Combo Drill	
5a. Triple Extension--> 10 yard sprint (left leg start, right leg start)	5x1 each
5b. Deadbug (Active Recovery)	5x15 sec./ea.
6a. Triple Extension Lunge 5yds-->10 yard sprint	5x1
6b. Core Awareness (Active Recovery)	5x15 sec. hold
Exercise	Sets x Reps
Week 1 DAY 5	
Mobility **Double up on most difficult exercise for yourself**	
1a. SL Balance	3x 15 sec./ea.
1b. Windmill Hold	3x 15 sec./ea.
2a. Wall Slides	3x 15 sec./ea.
2b. ISO Brets	3x 15 sec./ea.
Finisher	
2a. Pick most difficult plyo from week	Mimic same sets and reps from workout you choose
2b. Choose 1 of 3 Heart Rate Activity (Squat pulses, speed skaters, split squat)	3x30 sec.
2c. Choose 1 of 3 Heart Rate Activity (Mt. Climber, Plank toe touch, Plank Reaches)	3x30 sec.

WEEK 2

Exercise	Sets x Reps
Week 2 DAY 1	
1a. Bulgarian Squats	4x10
1b. ISO Brett w/ Shoulder Stability	4x15 sec./side
2a. Lateral/Rear Delt Raise	4x10 each
2b. Kneeling Rotations	4x10 sec./side
3a. Copenhagens	4x10 sec./side
3b. Core Marches	4x10 ea./side
Plyo's	
4a. Front to Back Line Hop	2x10 sec.
4b. Two to One	2x10 ea./side
4c. Two to Two Rebound	2x10
4d. Side to Side Line Hop	2x10 sec.
Core	
5a. Penguins	3x15 ea./side
5b. Bearcrawls	3x10 ea.
Optional Finisher	
Plank Shuffle	3x30 sec.
Plank to Windmill	3x30 sec.
Mountain Climber	3x30 sec.
Exercise	Sets x Reps
Week 2 DAY 2	
1a. SL RDL	4x10 ea./side
1b. Fire Hydrants	4x10 ea./side
2a. Push-up to reach	4x5 ea./side
2b. Hovers	4x10
3a. Lateral Lunge Slide	4x10 ea./side
3b. Step-Ups	4x10 ea./side
Plyo's	
4a. SL Front to Back Line Hop	2x10 ea./side
4b. One to Two Broadjump	2x10 ea./side
4c. SL Side to Side Line Hop	2x10 ea./side
4d. Two to One Rebound	2x10 ea./side
Core	
5a. Inchworms	3x10
5b. Deadbugs	3x10 ea./side
Optional Finisher	
Calf Raises	3x20 sec.
Jump Squats	3x20 sec.
Speed Skaters	3x20 sec.

Exercise	Sets x Reps
Week 2 DAY 3	
1a. SL Hip Thrust	4x10 ea./side
1b. Hip Airplanes	4x10 ea./side
2a. Bird Dog w/ Row	4x10 ea./side
2b. Front Wall Slide	4x10
3a. Plank Shuffles	4x10 ea./side
3b. Pidgeons	4x15 sec./side
Plyo's	
4a. Two to One Rebound	2x10 ea./side
4b. Front to Back Vertical Line Jump	2x10 sec.
4c. One to One Lateral	2x10 ea./side
4d. Side to Side Knee Tuck Line Jump	2x10
Core	
5a. Plank Reach	3x10 ea./side
5b. Palloff Hold	3x15 sec./side
Finisher	
Plank Shuffle	3x30 sec.
Leg Raises	3x30 sec.
Plank Toe Touches	3x30 sec.
Exercise	Sets x Reps
Week 2 DAY 4- SAQ	
Mechanics	
1. Triple Extension Start	3x5 yards each way
2. Lateral Pivot Starts	3x5 yards each way
Cone Drills	
3a. Push Up to T-Drill	5x1 each direction
3b. Hip Airplanes	5x10 sec./ea
4a. 4 Cone Drill (Sprint, Shuffle, Backpedal, Sprint)	5x1 each direction
4b. Shoulder Taps	5x20 sec.
Combo Drill	
5a. 5 yd Backpedal into 10 yd Sprint	5x1 each direction
5b. SL Standing Hip Opener	5x10 ea.
6a. 5 yd Lateral Shuffle x2 => Sprint	5x1 each direction
6b. Deadbugs	5x15 sec. hold
Exercise	Sets x Reps
Week 2 DAY 5	
Mobility **Double up on most difficult exercise for yourself**	
1a. Pistol Squat Holds	3x15 sec./ea.
1b. Squat Stretch	3x15 sec./ea.
2a. Kneeling Rotations	3x15 sec./ea.
2b. Glute Bridge March	3x30 sec.
Finisher	
2a. Pick most difficult plyo from week	Mimic same sets and reps from workout you choose
2b. Choose 1 of 3 Heart Rate Activity (Bulgarian Squat, Lateral Lunge Slide, Reverse Lunge)	3x30 sec.
2c. Choose 1 of 3 Heart Rate Activity (Inch Worms, Bearcrawls, Plank to Windwill)	3x30 sec./3x15 sec./side

N.E.W. TRAINING

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