

The
ULTIMATE
Bodyweight Training
Program

No Equipment = No Problem



*Exercises change for Day 1 & 4. Watch video playlist

WEEK 5				
DAY 1 VIDEO PLAYLIST				
WARM UP	WEEK 5			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	30EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:20s	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	2	x	6EA	
SHOT PUT	2	x	6EA	
ALTERNATING MB SLAM	2	x	10EA	
CHEST PASS SHUFFLE	2	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	2	x	5	
MB LUNGE	2	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	2	x	5EA	
FEET ELEVATED INVERTED ROW	2	x	8	
FEET ELEVATED PUSH UP	2	x	10	
SINGLE LEG MB RDL	2	x	8EA	
FINISHER				TIME
BODYWEIGHT FINISHER	1	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:30s	
STIR THE POT (MB)	3	x	8EA	

WEEK 5				
DAY 4 VIDEO PLAYLIST				
WARM UP	WEEK 5			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	1	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:20s	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	2	x	5EA	
MB SIDE TOSS (SIDE)	2	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	2	x	6EA	
FIGURE 8	2	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	2	x	5	
MB SQUAT	2	x	15	
SPEED SKATER (SINGLE RESPONSE)	2	x	6EA	
SINGLE LEG ASSISTED PULL UP	2	x	4EA	
FEET ELEVATED PUSH UP	2	x	8	
KNEELING T-SPINE	2	x	6EA	
FINISHER				
LOWER BODY FINISHER	2	x	:15s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:20s EA	
MB SIDE PLANK	3	x	:20s EA	

<u>DAY 2 VIDEO PLAYLIST</u>				
<u>WARM UP</u>		WEEK 5		
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:30	
Mt. Climbers	3	x	:30	
Push-Up Chest Touch	3	x	:30	
Lateral Lunge	3	x	:30	
Plank	3	x	:30	
Iso Hold w/ T-Spine	3	x	:30	
Bear Hold	3	x	:30	
Push-Ups	3	x	:30	
Lunge Jumps	3	x	:30	
Bodyweight Abs	3	x	:30	
Bodyweight Lunge	3	x	:30	
REST 30 seconds between exercises	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

<u>DAY 5 VIDEO PLAYLIST</u>				
<u>WARM UP</u>		WEEK 5		
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:30	
Scap Push-Up	3	x	:30	
Squat Jumps	3	x	:30	
Glute Bridge Hip Pivot (R)	3	x	:30	
Glute Bridge Hip Pivot (L)	3	x	:30	
Twisters Jump Rope	3	x	:30	
T-Pushups	3	x	:30	
Lateral Lunge	3	x	:30	
Side Plank (L/R)	3	x	:30	
Side Plank (L/R)	3	x	:30	
Hand Walks	3	x	:30	
Lateral Hurdle Hops	3	x	:30	
REST 30 seconds between exercises		1 MINUTE - REPEAT 2 MORE SETS		
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 6				
DAY1				
WARM UP	WEEK 6			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	40EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:30s	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	3	x	6EA	
SHOT PUT	3	x	6EA	
ALTERNATING MB SLAM	3	x	10EA	
CHEST PASS SHUFFLE	3	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	3	x	5	
MB LUNGE	3	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	3	x	5EA	
FEET ELEVATED INVERTED ROW	3	x	8	
FEET ELEVATED PUSH UP	3	x	10	
SINGLE LEG MB RDL	3	x	8EA	
FINISHER				TIME
BODYWEIGHT FINISHER	2	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:45s	
STIR THE POT (MB)	3	x	10EA	

DAY 2				
WARM UP		WEEK 6		
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:40	
Mt. Climbers	3	x	:40	
Push-Up Chest Touch	3	x	:40	
Lateral Lunge	3	x	:40	
Plank	3	x	:40	
Iso Hold w/ T-Spine	3	x	:40	
Bear Hold	3	x	:40	
Push-Ups	3	x	:40	
Lunge Jumps	3	x	:40	
Bodyweight Abs	3	x	:40	
Bodyweight Lunge	3	x	:40	
REST 20 seconds between exercises	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 6				
DAY 4				
WARM UP	WEEK 6			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	2	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:30s	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	3	x	5EA	
MB SIDE TOSS (SIDE)	3	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	3	x	6EA	
FIGURE 8	3	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	3	x	5	
MB SQUAT	3	x	15	
SPEED SKATER (SINGLE RESPONSE)	3	x	6EA	
SINGLE LEG ASSISTED PULL UP	3	x	4EA	
FEET ELEVATED PUSH UP	3	x	8	
KNEELING T-SPINE	3	x	6EA	
FINISHER				
LOWER BODY FINISHER	2	x	:20s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:30s EA	
MB SIDE PLANK	3	x	:30s EA	

DAY 5				
WARM UP		WEEK 6		
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:40	
Scap Push-Up	3	x	:40	
Squat Jumps	3	x	:40	
Glute Bridge Hip Pivot (R)	3	x	:40	
Glute Bridge Hip Pivot (L)	3	x	:40	
Twisters Jump Rope	3	x	:40	
T-Pushups	3	x	:40	
Lateral Lunge	3	x	:40	
Side Plank (L/R)	3	x	:40	
Side Plank (L/R)	3	x	:40	
Hand Walks	3	x	:40	
Lateral Hurdle Hops	3	x	:40	
REST 20 seconds between exercises		1 MINUTE - REPEAT 2 MORE SETS		
POST WORKOUT CONDITIONING - SEE SHEET				

Stationary

Lower Body Focused (5 Min)

WATCH VIDEO HERE

1.) Standing Knee Hugs R/L

Iso Hold without hug 2x per leg

2.) Wide Hip Hinge x10

3.) 3 Way Kneeing Lunge

Forward, 45, Lateral

4.) Bear Position Calf Rocks x6

5.) Hip Flexor Switch x6

6.) Worlds Greatest Twist + Switch x6

7.) SL Hamstring Toe Touch x5ea

8.) 5 Second Ecc Squat.

9.) 30 Seconds ankle holds

Stationary

Upper Focused (5 Min)

WATCH VIDEO HERE

3 Types of Push ups

- 1. Close Grip Plyo to Wide Grip Eccentric x5***
- 2. Regular Iso Hold 5 second hold x5***
- 3. Regular push up x5***

Lat Stretch

- 1. Double x10 Seconds***
- 2. SA x 10 Seconds ea***
- 3. Touch shoulder for x5 ea***

Kneeling

- 1. Arm circles small to bigs (forward and back) x 10 each***
- 2. Hugs Alt. Arm x 10 each***

Quicks (Push up position)

- 1. 20 seconds Over/ Over- Back/Back***

Day 3 - Mobility Day

Video Playlist

*No Lax Ball or Foam Roll Skip to Dynamic Mobility

<u>LAX BALL FEET (5 min each foot)</u> *4:32 of video		
Mid Foot	Heel	Toes
<u>FOAM ROLL LOWER (10 minutes)</u>		
	IT Band	Hamstrings
	Quads	Calves
	Groin	Low Back
	Glutes	
<u>FOAM ROLL UPPER (10 minutes)</u>		
	T Spine	Biceps
	Scaps	Triceps
	Pecs	Forearm
<u>DYNAMIC MOBILITY (10 minutes)</u>		
<u>Rocking Groin Stretch</u>	<u>Side Lying Windmill</u>	
<u>In/Out the Window</u>	<u>Lat Stretch</u>	
<u>Fire Hydrants</u>	<u>Cat/Camel</u>	
<u>Clam Shells</u>	<u>Kneeling Ankle Mobility</u>	
<u>YOGA HOLDS (1 minute each hold each side)</u>		
<u>Lunge and Reach</u>	<u>RDL Hold</u>	
<u>Pigeon + Quad Stretch</u>	<u>Frog Hold</u>	
<u>BAND STRETCH (Prolonged Holds - 1 min. each hold each side)</u>		
	<u>Lying Wall</u>	
<u>Hip Flexor Distraction</u>	<u>Splits</u>	
<u>Hamstring Distraction</u>	<u>Banded Leg Swings x 5-10ea</u>	
<u>Pigeon Distraction</u>		

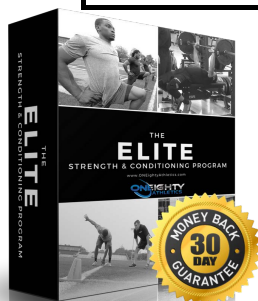
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Maximizes Your TEAMS Training and Athletic Potential

CLICK HERE

SPEED | AGILITIES | CONDITIONING

WEEK 1-8

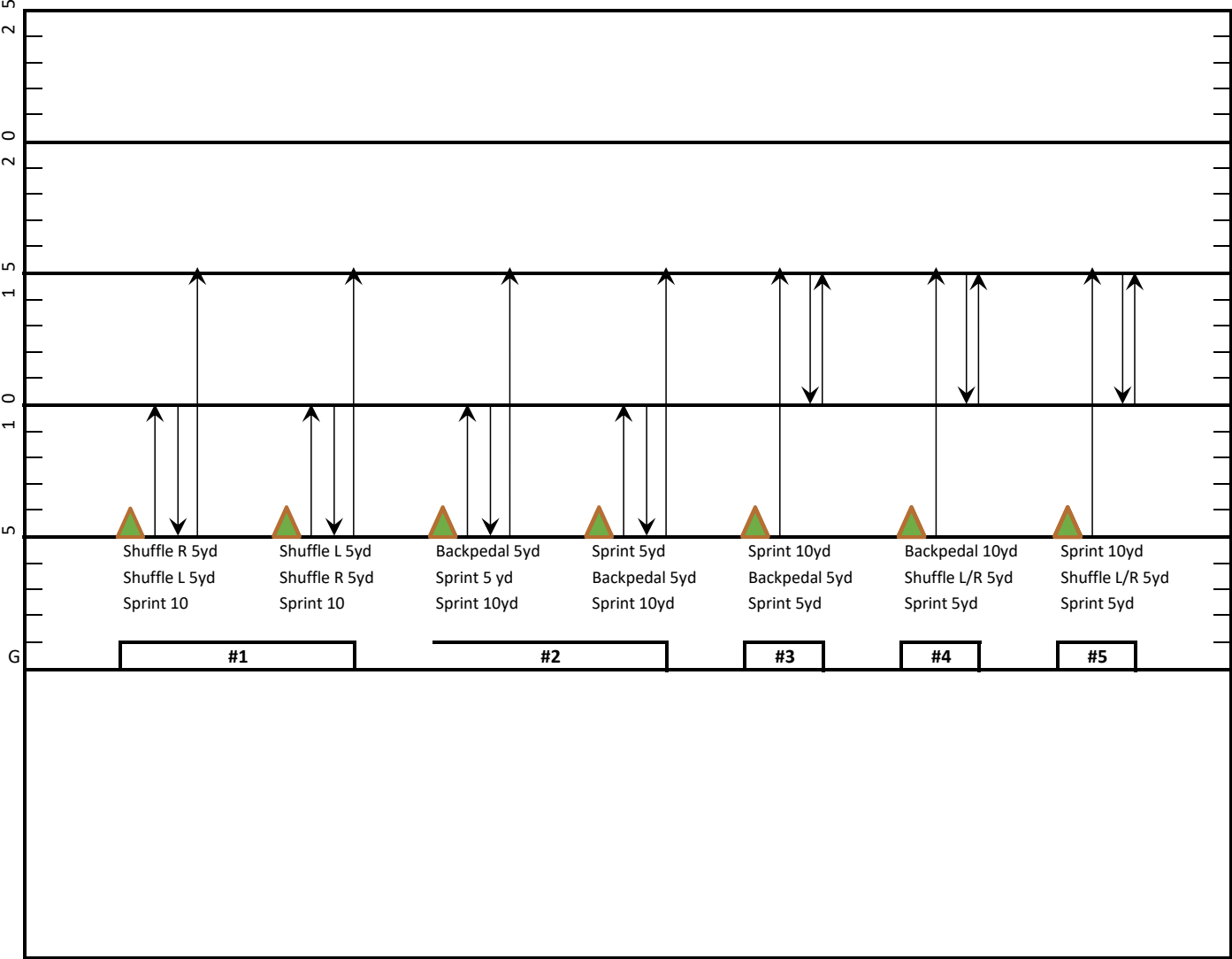
MONDAY	TUESDAY	THURSDAY	FRIDAY
1.) Speed Dynamics a. Kneeling Arm Action x2 (15sec) b. Single Exchange x2 c. Double Exchange x2 (Make sure to get 2 reps in here. Start with R & L leg.) d. Triple x2 2.) 2 Cone Agilites (2 reps ea way) *SEE AGILITES a. Sprint-Sprint b. Sprint- Backpedal c. Backpedal-Sprint d. Figure 8 3.) 5x10yd Sprint (Walk Back Rest) 1 Minute Rest between sets 4.) **4x20yd Sprint (Walk Back Rest) 1 Minute Rest between sets Full Speed <u>Target Times:</u> **Add two reps every 3 weeks Week 1-3 - 4 reps Week 4-6 - 6 reps Week 7,8 - 8 reps <u>Go LIFT!</u>	1.) After Lift 2.) 6x200m <:30-35 seconds or Run in place for 35 seconds. Follow reps below. 1:30 Minute Rest <u>Target Times:</u> HARD - <:30-:35 MOD - <:35-:40 EASY - <:40-:45 **Add 2 reps every 2 weeks Week 1-2 - 6 reps Week 3-4 - 8 reps Week 5-6 - 10 reps Week 7-8 - 12 reps <u>STRETCH</u>	1.) Wall Drill a.1 count x2 (1 ft ea) b.3 count x2 (1 ft ea) c.5 count x2 (1 ft ea) d.20sec ALL OUT 2.) 5-5-10 x 2 ea way Week 1-2 - Pattern 1 Week 3-4 - Pattern 2 Week 5-6 - Pattern 3 Week 7-8 - Pattern 4 3.) 5-10-5 Shuttle x 2 each way 4.) 6-10x30yd Sprint Full Speed 1:00 Minute Rest <u>Target Times:</u> Full Speed Full Speed Full Speed Full Speed <u>Go LIFT!</u>	1.) After Lift 2.) 2 x 400m Sprint (1 Lap around Track) <:60 seconds 3 Minute Rest or Run in place for 60 seconds. Follow reps below. 3 Minute Rest <u>Target Times:</u> HARD - <:60s MOD - <:65s EASY - <:70s **Add one rep every 3 weeks Week 1-3 - 3 reps Week 4-6 - 4 reps Week 7,8 - 5 reps <u>STRETCH</u>



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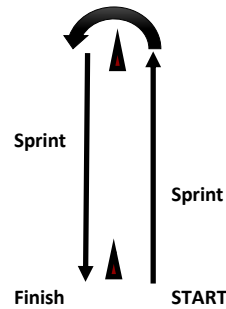
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5-5-10 LINE DRILLS



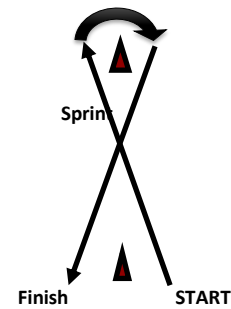
2 Cone Agilities

Sprint - Sprint



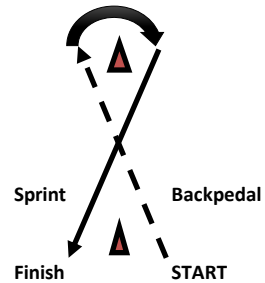
Begin drill in a two point stance. Sprint to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start

Figure 8: Sprint-Sprint



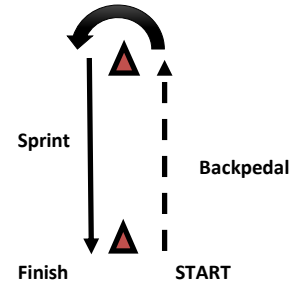
Begin drill in a two point stance. Sprint to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start

Figure 8: Backpedal - Sprint



Begin drill in a two point stance. Backpedal to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start

Backpedal-Sprint



Begin drill in a two point stance. Backpedal to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start