

Name	Date	Week	Day
Complete Strength		3	3

Order	Warm-up	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	Standing wall soleus stretch	1		30s		
	Lat Band Walks	3	10e			
	Inchworm w/ Squat (no pushup)	3	10			
	Gate Swings	3	10			
	Band Pull Aparts	3	10			

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes:
Power Dev	MB Press Slam	4	5										1) Make sure they go heavier on stepups and SL RDL's! 2) Challenge to a small or no band on the chin ups!
Core	TRX Flutters	3	10e										
Single Leg	DB/KB Front-Loaded Step-up	4	5e										
Vertical Pull	Chin Up	4	5										
Unilateral Hip	BB Single-Leg RDL	4	5e										
Horizontal Press	BB Bench press	4	5,4,3,3										
Bicep (opt.)													
Tricep (opt.)													

Order	Finisher	Sets	Reps	Work	Rest	Notes:
	Sled Push	3	40yds			1) Plank Wipers= 24total hops
	Plank Wipers	3	8e			