

Name	Date	Week	Day
Complete Strength		1	3

Order	Warm-up	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series					
	Standing heel to butt quad/hip stretch			20s		
	Toe touch to squat arms OH to stand		10			
	Knee Break with ankle mobilization		10			
	Triangle		10e			
	Single leg deadlift both legs		15e			
	Cradel Stretch to Lunge to OH Reach		10e			
	Bear Crawl		20yd			
	Wide outs		30			
	High Knees		30t			
	Band pull-aparts		20			

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes:
Power Dev	DB High Pull	3	15										
Core	Leg raise w/ hip lift	3	15										
Unilateral Quad	Valslide Reverse Lunge	3	15e										
Horizontal Pull Unilateral	TRX Single-Arm Row	3	15e										
Hip Dominant	BB Sumo Deadlift	3	15										
Vertical Press	Seated DB OH Press	3	15										
Alt													
Alt													

Order	Finisher	Sets	Reps	Work	Rest	Notes:
	MB Slam	1	50			Done as fast as possible