

Name	Date	Week	Day
Complete Strength		3	3

Order	Warm-up	Sets	Reps	Work	Rest
	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		

Notes:

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Power Dev	MB Press Slam	4	5									
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.)												

Notes:
1) Make sure they go heavier on stepups and SL RDL's! 2) Challenge to a small or no band on the chin ups!

Order	Finisher	Sets	Reps	Work	Rest
	Sled Push	3	40yds		
	Plank Wipers	3	8e		

Notes:
1) Plank Wipers= 24total hops