

Name	Date	Week	Day
Complete Strength		1	2

Order	Warm-up	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	Standing heel to butt quad/hip stretch	1		20		
	Toe touch to squat arms OH to stand	1	10			
	Knee Break with ankle mobilization	1	10			
	Triangle	1	10e			
	Single leg deadlift both legs	1	15e			
	Cradel Stretch to Lunge to OH Reach	1	10e			
	Bear Crawl	1	20yd			
	Wide outs	1	30			
	High Knees	1	30f			
	Band pull-aparts	1	20			

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes:
Power Dev	BB Push Press	3	15										
Core	V ups	3	15										
Single Leg	TRX Single-Leg Squat	3	15e										
Vertical Pull	Lat Pulldowns	3	15										
Unilateral Hip	Double DB SL RDL	3	15e										
Horizontal Press	Alternating DB Incline Bench Press	3	15e										
Bicep (opt.)	DB Isolation Curl	3	15e										
Tricep (opt.)	DB Tricep Kickbacks	3	15e										

Order	Finisher	Sets	Reps	Work	Rest	Notes:
						Omit