

Name	Date	Week	Day
Complete Strength		2	2

Order	Warm-up	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	Wall hip swings (lateral for groin)	1	20e			
	Wall hip swings (forward for hips)	1	20e			
	Sumo squat to hold	1		20s		
	Fire Hydrants	1	12e			
	SL leg raises	1	12e			
	Side lying Windmills	1	12e			
	Alt lateral lunge w/ overhead reach	1	10e			
	Inchworm w/ Pushup	1	10			
	Prisoner Squat	1	12			
	Low Pogos	1	30			

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes:
Power Dev	SA DB Push Press	3	6e										
Core	Plank Rainbows	3	8e										
Single Leg	TRX Single-Leg Squat w/ Jump	4	6e										
Vertical Pull	Band-Assisted Chins	4	8										
Unilateral Hip	BB SL RDL	3	8e										
Horizontal Press	BB Bench press	4	6										
Bicep (opt.)	DB Curls seated	2	25										
Tricep (opt.)	Bench Dips	2	25										

Order	Finisher	Sets	Reps	Work	Rest	Notes:
	Squat Thrust *no pushup, but jump at the top*	4	10			Finisher is done as fast as possible!
	Wideouts	4	15			
	High Pogos	4	20			