

Name	Date	Week	Day
Complete Strength		2	3

Order	Warm-up	Sets	Reps	Work	Rest
	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		
	High Pogos	1	30		

Notes:

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Power Dev	BB Sumo Deadlift to High Pull	3	6									
Core	1/2 TGU to Bridge	3	4e									
Unilateral Quad	Landmine OH Reverse Lunge	4	6e									
Horizontal Pull Unilateral	1/2 Kneeling SA DB Row	4	8e									
Hip Dominant	BB Deadlift	4	6									
Press	1:1:1 Incline DB Bench	3	4e									
Alt												
Alt												

Notes:

Order	Finisher	Sets	Reps	Work	Rest
	Suicides	3			30 sec
	Mountain Climbers	3	20f		30 sec

Notes: