

Name	Date	Week	Day
Small Group		4	1

Order	Warm-up	Sets	Reps	Work	Rest
	Foam Roll Series				
	Worlds greatest stretch w/ Rotation	1		30s	
	Shinbox	1	10e		
	Fire Hydrants	2	10e		
	Cradel Stretch to Forward Lunge	3	5e		
	Jumping Jacks	3	10		
	High Knees	3	10e		

Notes:

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Power Dev	SA DB Snatch	5	3									
Core	Sitouts	3	10e									

Quad Dominant	BB Back Squat	5	3									
Horizontal Pull	BB Bent-Over Row *Snatch Grip*	3	10									

Hip Dominant	Single-arm KB Swing	5	4e									
Vertical Press	Standing SA DB Press	3	10e									

Alt	Side Lying Clamshells *done after squats*	3	10e									
Alt	Prone Y on floor *done after press*	3	10									

Notes:

Order	Finisher	Sets	Reps	Work	Rest

Notes:
Omit