

Name	Date	Week	Day
Complete Strength		1	1

Order	Warm-up	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	Standing heel to butt quad/hip stretch	1		20s	
	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		

Notes:

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Power Dev	MB Speed Skater	3	15e									
Core	SB pikes	3	15									

Quad Dominant	Double KB Front Squat	3	15									
Horizontal Pull	BB Bent-Over Row	3	15									

Hip Dominant	Single-arm KB Swing	3	15e									
Vertical Press	1/2 Kneeling SA OH Press	3	15e									

Alt	TRX Y *done after row*	3	15									
Alt												

Notes:

Order	Finisher	Sets	Reps	Work	Rest
	Plank Finisher	3		30	15
	Plank Jacks, Plank Ups, Plank w/ Hip Extension				

Notes: