

Name	Date
Complete Strength	Wk-1, Day-1

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	Lateral band walking	1	20e			
	Toe touch to squat	3	10			
	Kneeling rock backs (groin)	3	10			
	Around the world (shoulder) (plate OR KB Halo)	3	10e			
	Gate Swings	3	10			

Order	Movement	Exercise	Sets	Reps	Work	Rest	Notes:
A1	Power	DB High Pull	1	5		30 sec	**40 minutes on the circuit** MAXIMIZE weights on each lift.
B1	Core	Plank ups	1	10		30 sec	
C1	Quad	1 Arm KB Front Squat	1	8e		30 sec	
D1	Press	DB Curl to Press	1	8		30 sec	
E1	Hip	Double KB Sumo Deadlift	1	8		30 sec	
F1	Pull	DB Bent-Over Row	1	8		30 sec	
G1	Core	ASLR	1	8e		30 sec	

# of rounds	5 Rounds
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Order	Finisher	Sets	Reps	Work	Rest	Notes:
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