

Name	Date	Week	Day
Complete Strength		1	3

Order	Warm-up	Sets	Reps	Work	Rest
	Foam Roll Series				
	Standing heel to butt quad/hip stretch			20s	
	Toe touch to squat arms OH to stand		10		
	Knee Break with ankle mobilization		10		
	Triangle		10e		
	Single leg deadlift both legs		15e		
	Cradel Stretch to Lunge to OH Reach		10e		
	Bear Crawl		20yd		
	Wide outs		30		
	High Knees		30t		
	Band pull-aparts		20		

Notes:

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Power Dev	DB High Pull	3	15									
Core	Leg raise w/ hip lift	3	15									
Unilateral Quad	Valslide Reverse Lunge	3	15e									
Horizontal Pull Unilateral	TRX Single-Arm Row	3	15e									
Hip Dominant	BB Sumo Deadlift	3	15									
Vertical Press	Seated DB OH Press	3	15									
Alt												
Alt												

Notes:

Order	Finisher	Sets	Reps	Work	Rest
	MB Slam	1	50		

Notes:
Done as fast as possible