

Name	Date	Week	Day
Complete Strength		4	2

Order	Warm-up	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	World's Greatest Stretch w/ Rotation	1		30s	
	Shinbox	1	10e		
	Fire Hydrants	2	10e		
	Cradle 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	Broad jump	5	3									
Core	V ups	3	10									
Unilateral Quad	Bulgarian Split Squat	4	5e									
Horizontal Pull Unilateral	SA Cable/Band Row *from low setting*	3	10e									
Hip Dominant	BB Deadlift	5	3									
Vertical Press Unilateral	SA DB Incline Bench Press	4	5e									
Alt	Reverse Curl *cable or BB*	3	15									
Alt	Tate Press	3	15									

Notes:
1) for the deadlifts, 1 or 2 warmup sets, then hit 5 working sets of 3 reps!

Order	Finisher	Sets	Reps	Work	Rest

Notes:
OMIT