

| Name | Date | Week | Day |
|-------------------|------|------|-----|
| Complete Strength | | 3 | 2 |

| Order | Warm-up | Sets | Reps | Work | Rest | Notes: |
|-------|-------------------------------|------|------|------|------|--------|
| | Foam Roll Series | 1 | | | | |
| | Standing Wall Soleus Stretch | 1 | | 30s | | |
| | Lat Band Walks | 3 | 10e | | | |
| | Inchworm w/ Squat (no pushup) | 3 | 10 | | | |
| | Gate Swings | 3 | 10 | | | |
| | Band Pull Aparts | 3 | 10 | | | |
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| Movement | Exercise | Sets | Reps | Work | Rest | Tempo | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Notes: |
|----------------------------|---------------------------------------|------|---------|------|------|-------|-------|-------|-------|-------|-------|-------|--------|
| Power Dev | DB/BB Jump Shrugs | 4 | 5 | | | | | | | | | | |
| Core | Knee ups on bench | 3 | 20 | | | | | | | | | | |
| Unilateral Quad | Walking KB/DB Lunge *GET HEAVY* | 4 | 5e | | | | | | | | | | |
| Horizontal Pull Unilateral | Chest Supported SA DB Row *GET HEAVY* | 4 | 5e | | | | | | | | | | |
| Hip Dominant | BB Deadlift | 4 | 5,4,3,3 | | | | | | | | | | |
| Vertical Press Unilateral | Incline BB Bench Press | 4 | 5 | | | | | | | | | | |
| Alt | DB Hammer Curl | 3 | 20 | | | | | | | | | | |
| Alt | DB Tricep Kickback | 3 | 20e | | | | | | | | | | |
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| Order | Finisher | Sets | Reps | Work | Rest | Notes: |
|-------|----------|------|------|------|------|--------|
| | | | | | | Omit |
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