

Name	Date	Week	Day
Complete Strength		2	1

Order	Warm-up	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	Wall hip swings (lateral for groin)	1	20e		
	Wall hip swings (forward for hips)	1	20e		
	Sumo squat to hold	1		20s	
	Fire Hydrants	1	12e		
	SL leg raises	1	12e		
	Side lying Windmills	1	12e		
	Alt lateral lunge w/ overhead reach	1	10e		
	Inchworm w/ Pushup	1	10		
	Prisoner Squat	1	12		
	Low Pogos	1	30		

Notes:

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Power Dev	Jump squats	3	6									
Core	Hanging Knees to elbows	3	8									
Quad Dominant	BB Back Squat	4	6									
Horizontal Pull	BB Bent Over Row *underhand*	4	8									
Hip Dominant	Glute/Ham Raise *use partners*	4	8									
Vertical Press	SA KB Bottoms Up Shoulder Press	3	8e									
Alt	Standing Clamshells *after back squat*	3	10									
Alt	Supine Bridge w/ Alt Reach *after press*	3	10									

Notes:
1) Jump Squats should be lighter weight= work on explosion not speed!
2) May use GHD machine instead of partner if advanced enough.
3) If hanging knees to elbow is too hard, regress to Valside/SB knee tucks.
4) MAXIMIZE WEIGHTS!

Order	Finisher	Sets	Reps	Work	Rest
	DB/KB/BB Squat to Press	8		20	10

Notes:
Tabata Style: 20/10> 1 rnd