

Name	Date	Week	Day
Complete Strength		3	1

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			

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes:
Power Dev	SA DB Snatch	4	5,4,3,3										1) MAXIMIZE WEIGHTS!!!
Core	Side Plank w/ Hip Ext.	3	10e										
Quad Dominant	BB Back Squat	4	5,4,3,3										
Horizontal Pull	BB Bent-Over Row	4	5										
Hip Dominant	KB Swing	3	10										
Vertical Press	Split Stance DB OH Press *hold in lunge position*	3	5e										
Alt	Knee Break/Ankle Mob. *done after squat*	3	10e										
Alt	Supine T's on floor *done after press*	3	10										

Order	Finisher	Sets	Reps	Work	Rest	Notes:
	Bench Hops	4		20	10	Tabata Style
	X-Climbers	4		20	10	