

Name	Date	Week	Day
Complete Strength		2	1

Order	Warm-up	Sets	Reps	Work	Rest	Notes:
	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			

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes:
Power Dev	Jump squats	3	6										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!
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										

Order	Finisher	Sets	Reps	Work	Rest	Notes:
	DB/KB/BB Squat to Press	8		20	10	Tabata Style: 20/10> 1 rnd