

Name	Date	Week	Day
Complete Strength		1	2

Order	Warm-up	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	Standing heel to butt quad/hip stretch	1		20	
	Toe touch to squat arms OH to stand	1	10		
	Knee Break with ankle mobilization	1	10		
	Triangle	1	10e		
	Single leg deadlift both legs	1	15e		
	Cradel Stretch to Lunge to OH Reach	1	10e		
	Bear Crawl	1	20yd		
	Wide outs	1	30		
	High Knees	1	30f		
	Band pull-aparts	1	20		

Notes:

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Power Dev	BB Push Press	3	15									
Core	V ups	3	15									

Single Leg	TRX Single-Leg Squat	3	15e									
Vertical Pull	Lat Pulldowns	3	15									

Unilateral Hip	Double DB SL RDL	3	15e									
Horizontal Press	Alternating DB Incline Bench Press	3	15e									

Bicep (opt.)	DB Isolation Curl	3	15e									
Tricep (opt.)	DB Tricep Kickbacks	3	15e									

Notes:

Order	Finisher	Sets	Reps	Work	Rest

Notes:
Omit