

Name	Date
Complete Strength	Wk 3- Day1

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	1/2 kneeling hip flexor/ankle mobility w/ Rotation	1		30s	
	Hips Flexed/Hips Rocking	2	8e		
	SL RDL (both legs)	2	12e		
	Lunge w/ OH Reach	2	12e		
	Gate Swings	2	12		
	Band Pull A-part	2	12		

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
A1	Power	DB/BB Jump Shrug	1	8		30 sec
B1	Core	MR Wall Rot. Throw	1	8e		30 sec
C1	Quad	BB Back Squat	1	4		30 sec
D1	Press	DB Push Press (bi-lat)	1	8		30 sec
E1	Hip	DB/KB Lateral Lunge	1	8e		30 sec
F1	Pull	DB Bent-over Row (bi-lat)	1	8		30 sec
G1	Core	Foot Grabs	1	8e		30 sec

Notes:
**40 minutes on the circuit** Maximize your weights on each lift.

# of rounds	5 Rounds
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Order	Finisher	Sets	Reps	Work	Rest

Notes:
OMIT