

Name	Date	Week	Day
Complete Strength		1	1

Order	Warm-up	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	Standing heel to butt quad/hip stretch	1		20s		
	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			

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes:
Power Dev	MB Speed Skater	3	15e										
Core	SB pikes	3	15										
Quad Dominant	Double KB Front Squat	3	15										
Horizontal Pull	BB Bent-Over Row	3	15										
Hip Dominant	Single-arm KB Swing	3	15e										
Vertical Press	1/2 Kneeling SA OH Press	3	15e										
Alt	TRX Y *done after row*	3	15										
Alt													

Order	Finisher	Sets	Reps	Work	Rest	Notes:
	Plank Finisher	3		30	15	
	Plank Jacks, Plank Ups, Plank w/ Hip Extension					