

Name	Date	Week	Day
Complete Strength		4	2

Order	Warm-up	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	World's Greatest Stretch w/ Rotation	1		30s		
	Shinbox	1	10e			
	Fire Hydrants	2	10e			
	Cradle Stretch to forward Lunge	3	5e			
	Jumping Jacks	3	10			
	High Knees	3	10e			

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes:
Power Dev	Broad jump	5	3										1) for the deadlifts, 1 or 2 warmup sets, then hit 5 working sets of 3 reps!
Core	V ups	3	10										
Unilateral Quad	Bulgarian Split Squat	4	5e										
Horizontal Pull Unilateral	SA Cable/Band Row *from low setting*	3	10e										
Hip Dominant	BB Deadlift	5	3										
Vertical Press Unilateral	SA DB Incline Bench Press	4	5e										
Alt	Reverse Curl *cable or BB*	3	15										
Alt	Tate Press	3	15										

Order	Finisher	Sets	Reps	Work	Rest	Notes:
						OMIT