

Name	Date	Week	Day
Complete Strength		3	1

Order	Warm-up	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	Standing wall soleus stretch	1		30s	
	Lat Band Walks	3	10e		
	Inchworm w/ squat (no pushup)	3	10		
	Gate Swings	3	10		
	Band Pull Aparts	3	10		

Notes:

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Power Dev	SA DB Snatch	4	5,4,3,3									
Core	Side Plank w/ Hip Ext.	3	10e									
Quad Dominant	BB Back Squat	4	5,4,3,3									
Horizontal Pull	BB Bent-Over Row	4	5									
Hip Dominant	KB Swing	3	10									
Vertical Press	Split Stance DB OH Press *hold in lunge position*	3	5e									
Alt	Knee Break/Ankle Mob. *done after squat*	3	10e									
Alt	Supine T's on floor *done after press*	3	10									

Notes:
1) MAXIMIZE WEIGHTS!!!

Order	Finisher	Sets	Reps	Work	Rest
	Bench Hops	4		20	10
	X-Climbers	4		20	10

Notes:
Tabata Style