

ENDEAVOR

SPORTS PERFORMANCE

Name _____
Day 1

Date ____/____/____

A1) 10-Yard Sprint w/ 5-Yard Decel. (2-Point Start)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3x/side						
Week 2	3x/side						
Week 3	3x/side						
Week 4	3x/side						

A2) Seated Psoas Lift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4x5s)/side						
Week 2	2 x (4x5s)/side						
Week 3	2 x (5x5s)/side						
Week 4	2 x (5x5s)/side						

B1) DB Reverse Lunge

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 6/side						
Week 2	4 x 8/side						
Week 3	5 x 4/side						
Week 4	2 x 6/side						

B2) 1-Leg Glute Bridge w/ Opposite Knee Up

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (2x10s)/side						
Week 2	3 x (2x10s)/side						
Week 3	3 x (3x10s)/side						
Week 4	2 x (2x10s)/side						

B3) Feet Elevated Front Plank March

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 10/side						
Week 3	3 x 12/side						
Week 4	2 x 10/side						

C1) Stiff-Legged Deadlift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 6						
Week 4	2 x 8						

C2) 1/2 Kneeling Cable Chop

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 1-Set Shooting Side	3 x 10/side						
Week 2: 1-Set Shooting Side	3 x 10/side						
Week 3: 1-Set Shooting Side	3 x 10/side						
Week 4: 1-Set Shooting Side	2 x 10/side						

C3) 1-Arm Stability Ball Wall Hold

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s/side						
Week 2	3 x 20s/side						
Week 3	3 x 20s/side						
Week 4	3 x 20s/side						

D) Loaded Split Squat IsoHold

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 30s/side						
Week 2	4 x 45s/side						
Week 3	4 x 60s/side						
Week 4	3 x 30s/side						

E) Stability Ball Loaded "Y" Stretch

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	1 x 5 mins						
Week 2	1 x 5 mins						
Week 3	1 x 5 mins						
Week 4	1 x 5 mins						

Static Stretch: 30s/each

Lateral Hamstring
Lying Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch

Daily Pre-Training Sessions Assessment

Rate each category on a scale from 1-5, with 1 being the worst and 5 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 5 = No Stress				
Sleep: 5 = Great Sleep				
Muscle Soreness: 5 = No Soreness				
Fatigue: 5 = Lots of Energy				
Quality of Pre-Workout Meal 5 = Perfect Meal				

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SPORTS PERFORMANCE

Name _____
Day 2

Date ____ / ____ / ____

A1) Overhead Med Ball Slam		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 8						
Week 3	3 x 8						
Week 4	3 x 8						

A2) Alternate-Arm Scap Wall Slide		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 8/side						
Week 3	3 x 8/side						
Week 4	3 x 8/side						

B1) DB Chest Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6, 1 x F						
Week 2	3 x 8, 1 x F						
Week 3	4 x 4, 1 x F						
Week 4	3 x 6						

B2) Inverted Scap Row		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 8						
Week 3	3 x 8						
Week 4	3 x 8						

B3) 1/2 Kneeling Hip Flexor Stretch		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 30s/side						
Week 2	2 x 30s/side						
Week 3	2 x 30s/side						
Week 4	2 x 30s/side						

C1) Low Pulley Row		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 8						
Week 2	4 x 10						
Week 3	5 x 6						
Week 4	3 x 8						

C2) Quadruped Chin Tuck		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (6x3s)						
Week 2	3 x (6x3s)						
Week 3	3 x (6x3s)						
Week 4	3 x (6x3s)						

C3) 1-Arm Waiter's Walk		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 25 yards/side						
Week 2	3 x 25 yards/side						
Week 3	3 x 25 yards/side						
Week 4	3 x 25 yards/side						

D1) Band-Resisted Push-Up		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10, 1x F						
Week 2	2 x 12, 1 x F						
Week 3	2 x 8, 1 x F						
Week 4: No Band	3 x 10						

D2) DB Hammer Curls		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	3 x 6						
Week 4	3 x 8						

E) Rectus Femoris Stretch		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	1 x 5mins/side						
Week 2	1 x 5mins/side						
Week 3	1 x 5mins/side						
Week 4	1 x 5mins/side						

Static Stretch: 30s/each
 Lateral Hamstring
 Lying Glute
 Lying Knee-to-Knee
 Rectus Femoris w/ Internal Rotation
 90° Pec Stretch

Daily Pre-Training Sessions Assessment

Rate each category on a scale from 1-5, with 1 being the worst and 5 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 5 = No Stress				
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Muscle Soreness: 5 = No Soreness				
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SPORTS PERFORMANCE

Name _____
Day 3

Date ____/____/____

A1) Vertical Jump		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5						
Week 2	3 x 6						
Week 3	3 x 6						
Week 4	3 x 5						

A2) Seated Psoas Lift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4x5s)/side						
Week 2	2 x (4x5s)/side						
Week 3	2 x (5x5s)/side						
Week 4	2 x (5x5s)/side						

B1) DB Back Leg Raised Split Squat		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6/side, 1 x F						
Week 2: 3s negative	3 x 5/side, 1 x F						
Week 3	4 x 4/side, 1 x F						
Week 4	2 x 6/side						

B2) 1-Leg Glute Bridge w/ Opposite Knee Up		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (2x10s)/side						
Week 2	3 x (2x15s)/side						
Week 3	3 x (3x15s)/side						
Week 4	2 x (2x10s)/side						

B3) Stability Ball Front Plank w/ Mini Rollout		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10						
Week 2	3 x 10						
Week 3	3 x 12						
Week 4	3 x 12						

D1) Slideboard Hamstring Curl		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10, 1 x F						
Week 2	3 x 10, 1 x F						
Week 3	3 x 12, 1 x F						
Week 4	2 x 12						

D2) 1/2 Kneeling Belly Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 1 set shooting side	3 x (2x10s)/side						
Week 2: 1 set shooting side	3 x (3x10s)/side						
Week 3: 1 set shooting side	3 x (3x15s)/side						
Week 4: 1 set shooting side	2 x (3x10s)/side						

D3) Bunkie Side Plank (Top Leg Only)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (2x10s)/side						
Week 2	3 x (2x10s)/side						
Week 3	3 x (2x15s)/side						
Week 4	3 x (2x15s)/side						

E) Forward Sled Drag		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 25 yards						
Week 2	5 x 25 yards						
Week 3	6 x 25 yards						
Week 4	3 x 25 yards						

F) Bench Loaded "T" Stretch		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	1 x 5 mins						
Week 2	1 x 5 mins						
Week 3	1 x 5 mins						
Week 4	1 x 5 mins						

Static Stretch: 30s/each
 Lateral Hamstring
 Lying Glute
 Lying Knee-to-Knee
 Rectus Femoris w/ Internal Rotation
 90° Pec Stretch

Daily Pre-Training Sessions Assessment

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Stress: 5 = No Stress				
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SPORTS PERFORMANCE

Name _____
Day 4

Date ____/____/____

A1) Sidestanding Med Ball Shotput

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 1-Set Shooting Side x 6	3 x 10						
Week 2: 1-Set Shooting Side x 6	3 x 10						
Week 3: 1-Set Shooting Side x 6	3 x 10						
Week 4: 1-Set Shooting Side x 6	3 x 10						

A2) Quadruped Extension-Rotation

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 8/side						
Week 3	3 x 8/side						
Week 4	3 x 8/side						

A3) Bird Dog

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4x5s)/side						
Week 2	2 x (4x5s)/side						
Week 3	2 x (5x5s)/side						
Week 4	2 x (4x5s)/side						

B1) Loaded Chin-Up (Underhand Grip)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (2x3), 1 x F						
Week 2	3 x (3x3), 1 x F						
Week 3	4 x 4, 1 x F						
Week 4	3 x 6						

B2) Yoga Push-Up

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 8/side						
Week 3	3 x 8/side						
Week 4	3 x 8/side						

B3) Rectus Femoris Stretch

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 30s/side						
Week 2	2 x 30s/side						
Week 3	2 x 30s/side						
Week 4	2 x 30s/side						

C1) Low Incline Chest Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 8						
Week 2	4 x 10						
Week 3	5 x 6						
Week 4	3 x 8						

C2) Quadruped Chin Tuck

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (6x3s)						
Week 2	3 x (6x3s)						
Week 3	3 x (6x3s)						
Week 4	3 x (6x3s)						

C3) DB-Farmer's Walk

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 50 yards						
Week 2	3 x 50 yards						
Week 3	3 x 50 yards						
Week 4	3 x 50 yards						

D1) Loaded Suspended Row

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10, 1x F						
Week 2	2 x 12, 1 x F						
Week 3	2 x 8, 1 x F						
Week 4	3 x 10						

D2) Cable Pressdowns

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	3 x 6						
Week 4	3 x 8						

E) Box Hip Flexor Stretch w/ Int. Rot.

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	1 x 5mins/side						
Week 2	1 x 5mins/side						
Week 3	1 x 5mins/side						
Week 4	1 x 5mins/side						

Static Stretch: 30s/each

Lateral Hamstring
Lying Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch

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Quality of Pre-Workout Meal 5 = Perfect Meal				