

ENDEAVOR

SPORTS PERFORMANCE

Name _____
Day 1

Date ____ / ____ / ____

A1) 15-Yard Sprint w/ 5-Yard Decel. (Drop Lunge Start)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4x/side						
Week 2	4x/side						
Week 3	4x/side						
Week 4	4x/side						

A2) Lying Unresisted Hip Flexion		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side						
Week 2	2 x 10/side						
Week 3	2 x 10/side						
Week 4	2 x 10/side						

B1) Broad Jump w/ Rebound		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 4						
Week 2	3 x 4						
Week 3	3 x 4						
Week 4							

B2) Wall March Hold		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 (4x5s)/side						
Week 4: Pair with A's	2 x (4x5s)/side						

C1) Reverse Lunge (Front Squat Grip)		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	4 x 4/side						
Week 4: Easy	3 x 6/side						

C2a) Quadruped Rock vs. Stability Ball w/ 1-Arm Reach		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 5/side						
Week 2	2 x 5/side						
Week 3	2 x 5/side						
Week 4	2 x 5/side						

C2b) Lateral MiniBand Walk		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 12/side						
Week 2	2 x 12/side						
Week 3	2 x 12/side						
Week 4	2 x 12/side						

D1) Slideboard Hamstring Curl w/ 1-Leg Negative		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4/side						
Week 2	4 x 5/side						
Week 3	4 x 6/side						
Week 4: Double-Leg	3 x 10						

D2) 1-Arm DB Farmer'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						

D3) Lateral Slideboard Lunge		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						

CON) Slideboard w/ Vest		
Week 1	3 x (:30/:30), 3 x (:30/:45), 4 x (:30/:60)	
Week 2	3 x (:30/:30), 4 x (:30/:45), 4 x (:30/:60)	
Week 3	4 x (:30/:30), 4 x (:30/:45), 4 x (:30/:60)	
Week 4: No Vest	3 x (:30/:30), 3 x (:30/:45), 3 x (:30/:60)	

Static Stretch: 30s/each

Box Hip Rotator
Box Lateral Hamstring
Lying Glute (Knee to Opposite Shoulder)
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
Bilateral 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				

ENDEAVOR

SPORTS PERFORMANCE

Name _____
Day 2

Date ____/____/____

A1) Side Standing Med Ball Shotput

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 6/side						
Week 2	4 x 6/side						
Week 3: w/ Partner Pass	4 x 6/side						
Week 4: w/ Partner Pass	4 x 6/side						

A2) Scap Push-Up into Yoga Push-Up

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

B1) DB Chest Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4						
Week 2	4 x 6						
Week 3	5 x 3						
Week 4: Easy	3 x 8						

B2a) Prone Retraction-to-External Rotation

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

B2b) SB Front Plank w/ Perturbation

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

C1) Chin-Up (Underhand Grip)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x (3x2)						
Week 2	4 x (2x3)						
Week 3	5 x 4						
Week 4: Easy	3 x 8						

C2) Quadraped Chin Tuck

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

C3) Standing Belly Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: Only 1-Set Shooting Side	3 x (4x5s)/side						
Week 2: Only 1-Set Shooting Side	3 x (5x5s)/side						
Week 3: Only 1-Set Shooting Side	3 x (6x5s)/side						
Week 4: Only 1-Set Shooting Side	3 x (4x5s)/side						

D1) Side Standing Rotational Incline Cable Press

		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 6/side						
Week 4							

D2) Loaded Suspended Row

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

Static Stretch: 30s/each

Box Hip Rotator
Box Lateral Hamstring
Lying Glute (Knee to Opposite Shoulder)
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
Bilateral 90° Pec Stretch

Daily Pre-Training Sessions Assessment

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Muscle Soreness: 5 = No Soreness				
Fatigue: 5 = Lots of Energy				
Quality of Pre-Workout Meal 5 = Perfect Meal				

ENDEAVOR

SPORTS PERFORMANCE

Name _____
Day 3

Date ____ / ____ / ____

A1) 15-Yard Sprint w/ 5-Yard Decel. (5-Yard Back Run Start)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4x/side						
Week 2	4x/side						
Week 3	4x/side						
Week 4	4x/side						

A2) Lying Unresisted Hip Flexion		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side						
Week 2	2 x 10/side						
Week 3	2 x 10/side						
Week 4	2 x 10/side						

B1) Lateral Bound (w/ Rebound)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 3/side						
Week 2	3 x 3/side						
Week 3	3 x 3/side						
Week 4							

B2) Wall March Hold		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 (4x5s)/side						
Week 4: Pair with A's	2 x (4x5s)/side						

C1) Back Leg Raised Split Squat (Back Squat Grip)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 5/side						
Week 2	4 x 6/side						
Week 3	5 x 3/side						
Week 4: Easy	3 x 8/side						

C2a) Quadruped Rock vs. Stability Ball w/ 1-Arm Reach		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 5/side						
Week 2	2 x 5/side						
Week 3	2 x 5/side						
Week 4	2 x 5/side						

C2b) Lateral MiniBand Walk		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 12/side						
Week 2	2 x 12/side						
Week 3	2 x 12/side						
Week 4	2 x 12/side						

D1) Trap Bar Deadlift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 6						
Week 2	4 x (2x4)						
Week 3	5 x 4						
Week 4: Easy	3 x 8						

D2) 1-Arm Waiter 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						

D3) Top Leg Bunkie Side Plank		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						

CON) 30-Yard Shuttle/75-Yard Shuttle (On 20s/On 60s)			
Week 1: w/ Vest	6x/6x		
Week 2: w/ Vest	7x/7x		
Week 3: w/ Vest	8x/8x		
Week 4	4x/4x		

Static Stretch: 30s/each
 Box Hip Rotator
 Box Lateral Hamstring
 Lying Glute (Knee to Opposite Shoulder)
 Lying Knee-to-Knee
 Rectus Femoris w/ Internal Rotation
 Bilateral 90° Pec Stretch

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Quality of Pre-Workout Meal 5 = Perfect Meal				

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SPORTS PERFORMANCE

Name _____
Day 4

Date ____ / ____ / ____

A1) Front Standing Med Ball Scoop		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 6/side						
Week 2	4 x 6/side						
Week 3: w/ Partner Pass	4 x 6/side						
Week 4: w/ Partner Pass	4 x 6/side						

A2) Bird Dog		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side						
Week 2	2 x 8/side						
Week 3	2 x 8/side						
Week 4	2 x 8/side						

B1) Incline Alternate DB Chest Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 5/side						
Week 2	4 x 6/side						
Week 3	5 x 4/side						
Week 4: Easy	3 x 6/side						

B2a) 1-Arm SB Wall Hold		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 20s/side						
Week 2	2 x 20s/side						
Week 3	2 x 20s/side						
Week 4	2 x 20s/side						

B2b) Bottom Leg Bunkie Side Plank w/Active Upper Hip		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side						
Week 2	2 x 10/side						
Week 3	2 x 10/side						
Week 4	2 x 10/side						

C1) Standing 1-Arm Cable Row		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	3 x 8/side						

C2) Quadruped Chin Tuck		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8						
Week 2	2 x 8						
Week 3	2 x 8						
Week 4	2 x 8						

C3) Standing Cable Lift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10/side						
Week 2	3 x 10/side						
Week 3	3 x 10/side						
Week 4	3 x 10/side						

D1) Suspended Push-Ups		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8-10						
Week 2	3 x 10-12						
Week 3	3 x 12-14						
Week 4	2 x 6-8						

D2) Alternate Grip Chin-Ups		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 8						
Week 2	4 x 10						
Week 3	4 x 6						
Week 4	2 x 8						

CON) Slideboard w/ Vest		
Week 1	4 x (:15/:15), 4 x (:15/:30), 5 x (:15/:45)	
Week 2	4 x (:15/:15), 5 x (:15/:30), 5 x (:15/:45)	
Week 3	5 x (:15/:15), 5 x (:15/:30), 5 x (:15/:45)	
Week 4: No Vest	4 x (:15/:15), 4 x (:15/:30), 4 x (:15/:45)	

Static Stretch: 30s/each

Box Hip Rotator
Box Lateral Hamstring
Lying Glute (Knee to Opposite Shoulder)
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
Bilateral 90° Pec Stretch

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