

Warm Up- Phase 1

Foam Rolling- 5 minutes

- Feet, Calves, Anterior Tib, Quads, Hamstrings, Groins, Hips, Hipflexors, Shoulder Blades, Lats, Chest/Pec Minor

Stretch and Mobility- 7 minutes

- Lying Cross Crawl x 5ea
- ½ Kneeling Hipflexor Stretch x 5 breaths ea
- Quadrupd Pirformis x 5 breaths ea
- Heel Slide x 5ea
- Bent Knee Quadruped Hip Extension x 10ea
- Spiderman + Hamstring x 5ea
- Side Lying T-Spine x 5ea
- Quadruped T-Spine x 5ea
- Lateral Squat with Overhead Reach x 5ea
- Cook Squat x 5

Dynamic Warm Up- 7 minutes

- Days 1,3: 2 x BB Complex #1- Hang Clean x 10, Overhead Press x 10, Overhead Split Squat x 5ea, Bent Over Row X 10, SLDL x 5ea
- Days 2,4: 2 x BB Complex #2- Hang Snatch x 5, Overhead Press x 10, Front Carry Reverse Lunge x 5ea, Bent Over Row x 10, SLDL x 10ea
- Skip fwd/bk 40ft
- Shuffle 40ft
- Carioca 40ft

Plyos + Sprints

- Day 1,3-
 - 2 x Bench Jump with Single Leg Landing x 4ea
 - Tri-set with Swiss Ball Rollout x 10
 - Tri-set with 2 x 60ft Flys
- Day 2,4-
 - 2 x 1-Way Lateral Bounds, stick landing x 5ea
 - Tri-Set with Side Plank and Row x 10
 - Tri-set with 2 x 60ft Flys

Warm Up- Phase 2

Foam Rolling- 5 minutes

- Feet, Calves, Anterior Tib, Quads, Hamstrings, Groins, Hips, Hipflexors, Shoulder Blades, Lats, Chest/Pec Minor

Stretch and Mobility- 7 minutes

- Standing Cross Crawl x 5ea
- RFE Hipflexor Stretch x 5 breaths ea
- Floor Slide Heel Slide Combo x 5ea
- Straight Leg Hip Extension x 10ea
- Hips Flexed Lateral Rocking x 5ea
- Rack Lat Stretch x 5 breaths ea
- Rack Chest Stretch x 5 breaths ea
- ½ Kneeling T-Spine x 5ea
- Lateral Lunge with Overhead Reach x 5ea
- Overhead Squat x 5

Dynamic Warm Up- 7 minutes

- 2 x Kettlebell Complex- SA KB Swing x 5ea, SA SL KB Shoulder Press x 5ea, Waiter Reverse Lunge x 5ea, SL KB Row x 5ea
- Walking SLDL x 5ea
- Duck Under x 5ea
- Inch Worm x 5
- Crab Crawl x 40ft

Plyos + Sprints

- Day 1,3-
 - Drop Squat + Jump X 4- pull into eccentric
 - 3 x SL Drop Squat + Jump x 3ea
 - Tri-set Stir the Pot x 8ea
 - Tri-set with Sled Sprint down/back
- Day 2,4-
 - 3 x Lateral Bounds w/ bounce x 6ea- push out not up
 - Tri-Set Suitcase Carry 60ft ea
 - Tri-set with Sled Crossover down/back

Warm Up- Phase 3

Foam Rolling- 5 minutes

- Feet, Calves, Anterior Tib, Quads, Hamstrings, Groins, Hips, Hipflexors, Shoulder Blades, Lats, Chest/Pec Minor

Stretch and Mobility- 7 minutes

- Quadruped Rocking x 10
- Quadruped Hipflexor Stretch x 5 breaths ea
- Spiderman Complex x 5ea
- Single Leg Hip Press x 10ea
- Miniband Lateral Walk x 10ea
- Prayer Lat Stretch x 5 breaths ea
- TRX Chest Stretch x 5 breaths ea
- Wall Slide x 10
- Rotational Squat x 5ea
- Tripod Getup x 5ea

Dynamic Warm Up- 7 minutes

- Toe Walk fwd/back
- High Knee Walk fwd/back
- Walking SLDL x 5ea
- Reverse Lunge x 5ea
- Duck Under x 5ea
- Lateral Miniband Walk x 10ea
- Inch Worm x 5
- Crab Crawl x 40ft
- Skip
- 4x40ft Flys

Plyos + Sprints

- Day 1,3-
 - 3 x Low Split Stance Broad Jump x 5ea- load ankle + midfoot
 - Quad-set TRX Pushup + Rollout x 8ea
 - Quad-set with Sled Sprint down/back
 - Quad-set with 2x ball drop L sprint (sprint start)
- Day 2,4-
 - 3 x Lateral Bounds x 4ea- out, not up, AND crossover jump to 2 foot landing X 4ea
 - Quad-Set with TRX Lateral Line x 8
 - Quad-set with Sled Crossover down/back
 - Quad-set with 2x ball drop sprint (lateral start)

Warm Up- Phase 4

Foam Rolling- 5 minutes

- Feet, Calves, Anterior Tib, Quads, Hamstrings, Groins, Hips, Hipflexors, Shoulder Blades, Lats, Chest/Pec Minor

Stretch and Mobility- 7 minutes

- 360 Rocking X 10
- Stride Hipflexor Stretch w/ ER x 5 breaths ea
- RFE Hipflexor Stretch x 5 breaths ea
- Single Leg Hip Press x 10ea
- Band Stride Adduction x 10ea
- Side Lying Rainbow x 5ea
- Deep Squat T-Spine, Waiter Hold- elevate heels if needed x 5ea
- Wall Shoulder Flexion x 10
- Lateral Squat w/ OH Reach x 5ea
- Tripod Getup x 5ea

Dynamic Warm Up- 7 minutes

- Toe Walk fwd/back
- High Knee Walk fwd/back
- Walking SLDL x 5ea
- Reverse Lunge x 5ea
- Duck Under x 5ea
- Lateral Miniband Walks- 3 positions, x 5ea
- Inch Worm x 5
- Skip fwd/back
- 4x40ft Flys

Plyos + Sprints

- Day 1,3-
 - 3 x SL Plyo Hurdle Hop x 5ea
 - Tri-set Plank + Row x 8ea
 - Tri-set Reaction Belt Linear (partner tries to break strap) 2ea x 3sec
- Day 2,4-
 - 3 x Diagonal Bounds x 6ea
 - Tri-Set Suitcase Carry 60ft ea
 - Tri-set Reaction Belt 3D 2ea x 5sec

