

GROUP			TEAM GOALS
B	FEELEY		P.S.T GET BETTER EVERYDAY BE A PRO

MONDAY [TOTAL BODY - SPEED/POWER]											
ORDER	EXERCISE	WEEK 1			WEEK 2			WEEK 3			NOTES
		OCTOBER 12th			OCTOBER 19th			OCTOBER 26th			
		VOLUME LOAD			BASE LOAD			INTENSITY LOAD			
		SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	
1	TRAP BAR SQUAT JUMP [RESET EACH REP]	3 x 5			4 x 4			4 x 3			
2A	BENCH PRESS [CHAIN] [TENDO = > 0.8m/s]	5, 3 x 5	95-115		5, 3 x 3	95-115		5, 3 x 2	95-115		
2B	REBOUND MED BALL PUNCH [WALL]	3 x 10			3 x 8			3 x 6			
2C	CABLE FACE PULL [STANDING]	3 x 10			3 x 8			3 x 6			
3A	FRONT SQUAT [CHAIN] [TENDO = > 0.8m/s]	3, 3 x 1,1,1			3, 3 x 1,1,1			3, 3 x 1,1,1			
3B	REBOUND BOX JUMP	3 x 3			3 x 3			3 x 3			
3C	MOBILITY CHOICE [T-SPINE OR HIP]										
4A	DB RFE SPLIT SQUAT [BENCH]	3 x 5 e	30-45 e		3 x 4 e	30-45 e		3 x 3 e	30-45 e		
4B	MED BALL PUSH UP	3 x 3-5 e			3 x 3-5 e			3 x 3-5 e			
4C	RDL	3 x 5			3 x 4			3 x 3			
SIZE	PLATE FRONT RAISE	2 x 10			2 x 10			2 x 10			
	3 WAY SHOULDER	2 x 5 e			2 x 5 e			2 x 5 e			
CORE	FRONT PLANK	1 x :30			1 x :35			1 x :40			
	SIDE PLANK	1 x :20 e			1 x :25 e			1 x :30 e			
	GLUTE BRIDGE	1 x :30			1 x :35			1 x :40			
RECOVERY		FOAM ROLL			HIP PROGRAM			HYDRATION/NUTRITION			

WEDNESDAY [TOTAL BODY - STRENGTH, POWER, SIZE]											
ORDER	EXERCISE	WEEK 1			WEEK 2			WEEK 3			NOTES
		OCTOBER 12th			OCTOBER 19th			OCTOBER 26th			
		VOLUME LOAD			BASE LOAD			INTENSITY LOAD			
		SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	
1	SNATCH GRIP JUMP SHRUG	3 x 5	95-115		4 x 4	95-115		4 x 3	95-115		
2A	SA DB BENCH PRESS	3 x 5 e			3 x 4 e			3 x 3 e			
2B	BENT OVER ROW	3 x 10	95-115		3 x 8			3 x 6			
2C	BAND REAR DELT	3 x 10			3 x 8			3 x 6			
3A	BACK SQUAT [CHAIN]	4, 3 x 3	185-225		4, 3 x 3	185-225		4, 3 x 3	185-225		
	[:2 PAUSE]										
3B	HURDLE HOP	3 x 3			3 x 3			3 x 3			
3C	MOBILITY CHOICE [T-SPINE OR HIP]										
4A	DB STEP UPS	3 x 5 e	30-45 e		3 x 4 e	30-45 e		3 x 3 e	30-45 e		
4B	LATERAL KB GOBLET WALK	2 x 6 e			2 x 6 e			2 x 6 e			
4C	SINGLE LEG RDL	3 x 5 e			3 x 4 e			3 x 3 e			
CORE	MED BALL FRONT TWIST THROW	1 x 8 e			1 x 8 e			1 x 8 e			
	MED BALL STEP SIDE TOSS	1 x 8 e			1 x 8 e			1 x 8 e			
	MED BALL SIDE TO SIDE OH SLAM	1 x 8 e			1 x 8 e			1 x 8 e			
MOBILITY	SPIDERMAN w/ T-SPINE ROTATION	2 x 5 e			2 x 5 e			2 x 5 e			
	ALT LATERAL LUNGE	2 x 3 e			2 x 3 e			2 x 3 e			
	TOE TOUCH SQUAT w/ ALT ARM RAISE	2 x 6			2 x 6			2 x 6			
RECOVERY		FOAM ROLL			HIP PROGRAM			HYDRATION/NUTRITION			

GROUP			TEAM GOALS
C	BEST		P.S.T GET BETTER EVERYDAY BE A PRO

MONDAY [TOTAL BODY - STRENGTH, POWER, SIZE]											
ORDER	EXERCISE	WEEK 1			WEEK 2			WEEK 3			NOTES
		OCTOBER 12th			OCTOBER 19th			OCTOBER 26th			
		VOLUME LOAD			BASE LOAD			INTENSITY LOAD			
		SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	
1	BB SQUAT JUMP [:3 SEC DOWN - EXPLODE UP]	3 x 5	95-115		3 x 4	95-115		3 x 3	95-115		
2A	STANDING LM PRESS	3 x 5 e			3 x 4 e			3 x 3 e			
2B	CHEST SUPPORTED ROW	3 x 10			3 x 8			3 x 6			
2C	MOBILITY CHOICE [T-SPINE OR HIP]										
3A	TRAP BAR DL [BAND]	3 x 3	225-275		3 x 3	225-275		3 x 3	225-275		
3B	DROP SQUAT to VERTICAL JUMP	3 x 6	65-85		3 x 6	65-85		3 x 6	65-85		
3C	MOBILITY CHOICE [T-SPINE OR HIP]										
4A	DB GOBLET STEP UP	3 x 5 e			3 x 4 e			3 x 3 e			
4B	DECLINE PUSH UP [VEST]	2 x 10			2 x 10			2 x 10			
4C	KB SWING	3 x 5			3 x 5			3 x 5			
SIZE	DB HAMMER CURL & PRESS	2 x 10			2 x 10			2 x 10			
CORE	PLATE ROTATION & PUNCH	1 x 8 e			1 x 8 e			1 x 8 e			
	SIDE PLANK TRANSFERS	1 x 8 e			1 x 8 e			1 x 8 e			
	BIRD DOGS	1 x 8 e			1 x 8 e			1 x 8 e			
RECOVERY		FOAM ROLL			HIP PROGRAM			HYDRATION/NUTRITION			

WEDNESDAY [TOTAL BODY - SPEED/POWER]											
ORDER	EXERCISE	WEEK 1			WEEK 2			WEEK 3			NOTES
		OCTOBER 12th			OCTOBER 19th			OCTOBER 26th			
		VOLUME LOAD			BASE LOAD			INTENSITY LOAD			
		SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	
1	JUMP SHRUG [FROM PINS]	3 x 5	95-115		3 x 4	95-115		3 x 3	95-115		
2A	NEUTRAL GRIP BENCH PRESS [1/4 + 1 = FULL REP]	3 x 5			4 x 4			5 x 3			
2B	PLYO PUSH UP [BUMPERS]	3 x 5			4 x 4			5 x 3			
2C	RING FACE PULL	3 x 10			4 x 8			5 x 6			
3A	FRONT SQUAT [BOX] [:2 PAUSE]	3 x 3	155-185		3 x 3	155-185		3 x 3	155-185		
3B	DROP SQUAT to VERTICAL JUMP	3 x 3			3 x 3			3 x 3			
3C	MOBILITY CHOICE [T-SPINE OR HIP]										
4A	ONE LEG SQUATS [BENCH]	2 x 5 e	VEST		2 x 5 e	VEST		2 x 5 e	VEST		
4B	ROTATIONAL RING ROW	2 x 8-10	VEST		2 x 8-10	VEST		2 x 8-10	VEST		
4C	SL CONTRA-LATERAL KB RDL	2 x 5 e			2 x 5 e			2 x 5 e			
4D	BAND REAR DELT	2 x 10			2 x 10			2 x 10			
CORE	RKC PLANK	1 x :30			1 x :35			1 x :40			
	OFFSET SIDE PLANK	1 x :20 e			1 x :25 e			1 x :30 e			
	MARCHING GLUTE BRIDGE	1 x :30			1 x :35			1 x :40			
MOBILITY	SPIDERMAN w/ T-SPINE ROTATION	2 x 5 e			2 x 5 e			2 x 5 e			
	ALT LATERAL LUNGE	2 x 3 e			2 x 3 e			2 x 3 e			
	TOE TOUCH SQUAT w/ ALT ARM RAISE	2 x 6			2 x 6			2 x 6			
RECOVERY		FOAM ROLL			HIP PROGRAM			HYDRATION/NUTRITION			