

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

MONDAY [TOTAL BODY]														
ORDER	EXERCISE	WEEK 1 2-Nov				WEEK 2 9-Nov				WEEK 3 16-Nov				NOTES
		INTRO LOAD				BASE LOAD				INTENSITY LOAD				
		SETS/REPS	LOAD	USED		SETS/REPS	LOAD	USED		SETS/REPS	LOAD	USED		
1	TRAP BAR SQUAT JUMP	3 x 5	115-155			3 x 4	115-155			3 x 3	115-155			
2A	PIN SQUAT [:2 SEC PAUSE]	3 x 3-5	WARM UP	155-185		3 x 2-4	WARM UP	155-185		3 x 1-3	WARM UP	155-185		
			BUILD UP				BUILD UP				BUILD UP			
		WORK SET			WORK SET			WORK SET						
2B	KB GOBLET SQUAT	3 x 5	RED			3 x 5	RED			3 x 5	RED			
2C	BENCH HIP/GLUTE STRETCH	3 x :15 e				3 x :15 e				3 x :15 e				
3A	PIN PRESS [:2 SEC PAUSE]	4, 3 x 4	WARM UP	135-155		4, 3 x 3	WARM UP	135-155		4, 3 x 2	WARM UP	135-155		
			BUILD UP				BUILD UP				BUILD UP			
		BUILD UP			BUILD UP			BUILD UP						
		WORK SET			WORK SET			WORK SET						
3B	REBOUND MED BALL PUNCH [WALL]	3 x 6				3 x 6				3 x 6				
3C	RACK LAT STRETCH	3 x :15 e				3 x :15 e				3 x :15 e				
4A	KB GOBLET STEP UP	2 x 5 e	RED			2 x 5 e	RED			2 x 5 e	RED			
4B	LATERAL HIP CIRCLE WALK [ABOVE KNEE]	2 x 6 stps e				2 x 6 stps e				2 x 6 stps e				
4C	RDL	2 x 5				2 x 5				2 x 5				
SIZE	WEIGHTED PUSH UP	2 x 5	BLUE/RED			2 x 5	BLUE/RED			2 x 5	BLUE/RED			
	BAND REAR DELT	2 x 10				2 x 10				2 x 10				
TORSO	ALTERNATING SHOULDER TAPS	x 8 e				x 8 e				x 8 e				
	SIDE PLANK TRANSFERS	x 6-8 e				x 6-8 e				x 6-8 e				
	BIRD DOGS	x 8 e				x 8 e				x 8 e				
	MARCHING GLUTE BRIDGE	x 10 e				x 10 e				x 10 e				
MOBILITY	3 WAY WALL ANKLE MOBILITY	1 x 5 e				1 x 5 e				1 x 5 e				
	ALT LATERAL LUNGE	1 x 6 e				1 x 6 e				1 x 6 e				
	TOE TOUCH SQUAT w/ ALT ARM RAISE	1 x 4-6				1 x 4-6				1 x 4-6				
RECOVERY		FOAM ROLL				HIP PROGRAM				HYDRATION/NUTRITION				

WEDNESDAY [TOTAL BODY]													
ORDER	EXERCISE	WEEK 1 2-Nov			WEEK 2 9-Nov				WEEK 3 16-Nov				NOTES
		VOLUME LOAD			BASE LOAD				INTENSITY LOAD				
		SETS/REPS	LOAD	USED	SETS/REPS	LOAD		USED	SETS/REPS	LOAD		USED	
1	HANG CLEAN [LIGHT & FAST]	3 x 3			3 x 3				3 x 3				
2A	FRONT SQUAT [CHAIN] [TENDO UNIT = > 0.8m/s]	3, 4 x 2	WARM UP SET ADJUST SET ADJUST SET ADJUST	135-155 (+ or -)	3, 4 x 2	WARM UP SET ADJUST SET ADJUST SET ADJUST	135-155 (+ or -)	3, 4 x 2	WARM UP SET ADJUST SET ADJUST SET ADJUST	135-155 (+ or -)			
2B	DEPTH JUMP	3 x 2			3 x 2				3 x 2				
2C	BENCH QUAD STRETCH	3 x :15 e			3 x :15 e				3 x :15 e				
3A	BENCH PRESS [CHAIN] [TENDO UNIT = > 0.8m/s]	4, 3 x 2 + 2	WARM UP SET ADJUST SET ADJUST SET ADJUST	95-115 (+ or -)	4, 3 x 2 + 2	WARM UP SET ADJUST SET ADJUST SET ADJUST	95-115 (+ or -)	4, 3 x 2 + 2	WARM UP SET ADJUST SET ADJUST SET ADJUST	95-115 (+ or -)			
3B	MED BALL SIDE TOSS	3 x 3 e			3 x 3 e				3 x 3 e				
3C	SPEED BENT OVER BAND ROW	3 x 6			3 x 6				3 x 6				
4A	STANDING LAND MINE PRESS	3 x 5 e	YLLW/BLUE		3 x 5 e	YLLW/BLUE			3 x 5 e	YLLW/BLUE			
4B	ONE ARM DB ROW	2 x 6-8 e			2 x 6-8 e				2 x 6-8 e				
4C	SINGLE LEG DB CONTRA-LATERAL RDL	2 x 5 e	RED		2 x 5 e	RED			2 x 5 e	RED			
SIZE	PLATE FRONT RAISE	2 x 5	YLLW/BLUE		2 x 5	YLLW/BLUE			2 x 5	YLLW/BLUE			
	PLATE CUBAN PRESS	2 x 10			2 x 10				2 x 10				
TORSO	RKC PLANK	x 20 COUNT			x 20 COUNT				x 20 COUNT				
	OFFSET SIDE PLANK	x 15 COUNT E			x 15 COUNT E				x 15 COUNT E				
	GLUTE BRIDGE	x 20 COUNT			x 20 COUNT				x 20 COUNT				
MOBILITY	SPIDERMAN w/ T-SPINE ROTATION	1 x 5 e			1 x 5 e				1 x 5 e				
	CAT/CAMEL STRETCH	1 x 8			1 x 8				1 x 8				
	SUPINE KNEE TO CHEST	1 x 5 e			1 x 5 e				1 x 5 e				
RECOVERY		FOAM ROLL			HIP PROGRAM				HYDRATION/NUTRITION				

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

MONDAY [TOTAL BODY]											
ORDER	EXERCISE	WEEK 1 2-Nov			WEEK 2 9-Nov			WEEK 3 16-Nov			NOTES
		VOLUME LOAD			BASE LOAD			INTENSITY LOAD			
		SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	
1	SG JUMP SHRUG	3 x 5			3 x 4			3 x 3			
2A	FRONT SQUAT	3, 3 x 3	WARM UP	135-155	3, 3 x 3	WARM UP	135-155	3, 3 x 3	WARM UP	135-155	
			BUILD UP			BUILD UP			BUILD UP		
			BUILD UP			BUILD UP			BUILD UP		
			WORK SET			WORK SET			WORK SET		
2B	HURDLE HOP	3 x 3			3 x 3			3 x 3			
2C	ROLLER QUAD STRETCH	3 x :15 e			3 x :15 e			3 x :15 e			
3A	FLOOR PRESS	4, 3 x 4	WARM UP	135-155	4, 3 x 3	WARM UP	135-155	4, 3 x 2	WARM UP	135-155	
			BUILD UP			BUILD UP			BUILD UP		
			BUILD UP			BUILD UP			BUILD UP		
			WORK SET			WORK SET			WORK SET		
3B	OC DB BENCH PRESS	3 x 3-5			3 x 3-5			3 x 3-5			
3C	RACK LAT STRETCH	3 x :15 e			3 x :15 e			3 x :15 e			
4A	DB REVERSE LUNGE	3 x 5 e			3 x 5 e			3 x 5 e			
4B	MED BALL PLYO PUSH UP	2 x 3 e			2 x 3 e			2 x 3 e			
4C	RDL	3 x 5			3 x 5			3 x 5			
SIZE	PLATE FRONT RAISE + PRESS 3 WAY SHOULDER	2 x 5	GRN/YLLW		2 x 5	GRN/YLLW		2 x 5	GRN/YLLW		
		2 x 5 e			2 x 5 e			2 x 5 e			
CORE	FOREARM SAW	1 x 10			1 x 12			1 x 14			
	SIDE PLANK TRANSFERS	1 x 5 e			1 x 6 e			1 x 7 e			
	SINGLE LEG HIP LIFT	1 x 8 e			1 x 10 e			1 x 12 e			
RECOVERY		FOAM ROLL			HIP PROGRAM			HYDRATION/NUTRITION			

WEDNESDAY [TOTAL BODY]												
ORDER	EXERCISE	WEEK 1			WEEK 2			WEEK 3			NOTES	
		2-Nov			9-Nov			16-Nov				
		VOLUME LOAD			BASE LOAD			INTENSITY LOAD				
		SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED	SETS/REPS	LOAD	USED		
1	OC BARBELL SQUAT JUMP	4 x 4	95-115		4 x 4	95-115		4 x 4	95-115			
2A	RACK PULL	4 x 3	WARM UP		4 x 3	WARM UP		4 x 3	WARM UP			
			BUILD UP			BUILD UP			BUILD UP			
			BUILD UP			BUILD UP			BUILD UP			
			WORK SET			WORK SET			WORK SET			
2B	BAND RESISTED BROAD JUMP	3 x 3			3 x 3			3 x 3				
2C	BENCH HIP/GLUTE STRETCH	3 x :15 e			3 x :15 e			3 x :15 e				
3A	DB NG INCLINE BENCH	3 x 4-6			3 x 4-6			3 x 4-6				
3B	SUPINE MED BALL CHEST PASS	3 x 8	18/20		3 x 8	18/20		3 x 8	18/20			
3C	CABLE FACE PULL	3 x 10			3 x 10			3 x 10				
4A	DB STEP UPS	2 x 5 e	30-45 e		2 x 5 e	30-45 e		2 x 5 e	30-45 e			
4B	LATERAL KB SWING WALK	2 x 3-5 e	YLLW/GRN		2 x 3-5 e	YLLW/GRN		2 x 3-5 e	YLLW/GRN			
4C	SINGLE LEG RDL	2 x 5 e			2 x 5 e			2 x 5 e				
SIZE	PLATE CUBAN PRESS	2 x 10			2 x 10			2 x 10				
	BAND REAR DELT	2 x 10			2 x 10			2 x 10				
TORSO	RKC PLANK	x 20 count			x 20 count			x 20 count				
	OFFSET SIDE PLANK	x 15 count e side			x 15 count e side			x 15 count e side				
	GLUTE BRIDGE	x 20 count			x 20 count			x 20 count				
MOBILITY	SPIDERMAN w/ T-SPINE ROTATION	1 x 5 e			1 x 5 e			1 x 5 e				
	CAT/CAMEL STRETCH	1 x 8			1 x 8			1 x 8				
	SUPINE KNEE TO CHEST	1 x 5 e			1 x 5 e			1 x 5 e				
RECOVERY		FOAM ROLL			HIP PROGRAM			HYDRATION/NUTRITION				