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WORKOUT A				WEEK 1				WEEK 2				WORKOUT B				WEEK 1				WEEK 2																			
EXERCISE/MOVEMENT				WT RANGE		SETS*REPS		WT USED		NOTES		WT RANGE		SETS*REPS		WT USED		NOTES		EXERCISE/MOVEMENT				WT RANGE		SETS*REPS		WT USED		NOTES									
PREP WORK	COUNTER BALANCE SQUAT SPIDERMAN + T-SPINE ROTATION SCAP PUSH UP REVERSE LUNGE + TWIST PLATE BENT OVER RAISE			25lb PLATE		x 5						25lb PLATE		x 5						PREP WORK	PLATE GOOD MORNING CROSS-UNDER LUNGE to LATERAL LUNGE YOGA PUSH UP REVERSE LUNGE + OH REACH CHIN UP			25lb PLATE		x 5						25lb PLATE		x 5					
				BW		x 3 e						BW		x 3 e										BW		x 3 e						BW		x 3 e					
				BW		x 10						BW		x 10										BW		x 5						BW		x 5					
				10lb PLATE		x 3 e						10lb PLATE		x 3 e										10lb PLATE		x 3 e						10lb PLATE		x 3 e					
				5		x 10						5		x 10										BW		x 3						BW		x 3					
A	KB SQUAT JUMP			YLLW	GRN	3 x 5						YLLW	GRN	3 x 5						A1	FRONT SQUAT			85-85		x 5				85-85		x 5							
																								90-90		x 3				90-90		x 3							
B1	TOP HALF FRONT SQUAT			45-45		x 3						45-45		x 3						135				95-110		x 1				95-110		x 1							
				55-60		x 3						55-60		x 3										90-105		x 3				90-105		x 3							
135				55-60		x 3						55-60		x 3										95-110		x 3				95-110		x 3							
				55-60		x 3						55-60		x 3										105-110		x 3				95-110		x 3							
100%																				95%																			
B2	DEPTH JUMP					3 x 2								3 x 2						A2	KEISER BROAD JUMP			3 x 1 + 1						3 x 1 + 1									
B3	QUAD T-SPINE ROTATION					3 x 5 e								3 x 5 e						A3	ADDUCTOR ROCKING			3 x 5 e		STRAIGHT LEG				3 x 5 e				STRAIGHT LE					
C1	FLOOR PRESS			75-75		x 5						75-75		x 5						B1	BENCH PRESS			80-80		x 5				85-85		x 5							
				90-90		x 3						90-90		x 3										95-95		x 3				95-95		x 3							
135	:2 SEC PAUSE - EXPLODE			100-100		x 1						100-100		x 1						135				110-110		x 1				110-110		x 1							
				80-90		x 3						80-90		x 3										95-100		x 3				100-110		x 3							
				80-90		x 3						80-90		x 3										95-100		x 3				100-110		x 3							
				80-90		x 3						80-90		x 3										95-100		x ()				100-110		x ()							
100%																				100%																			
C2	BENCH PLYO PUSH UP					3 x 2								3 x 2						B2	SUPINE MB CHEST PASS			3 x 6						3 x 6									
C3	BENT OVER Y HOLD					3 x :15								3 x :15						B3	BENT OVER T HOLD			3 x :15						3 x :15									
D1	DB FFE REVERSE LUNGE			25	50	x 5 e				VEST?		25	50	x 5 e				VEST?		C1	PLATE LATERAL LUNGE + PRESS			10	25	x 5 e		PLATE		10	25	x 5 e		PLATE					
				25	50	x 4 e						25	50	x 4 e										10	25	x 4 e				10	25	x 4 e							
	[OFF BUMPER PLATE]			25	50	x 3 e						25	50	x 3 e										10	25	x 3 e				10	25	x 3 e							
D2	RING INVERTED ROW			BW	VEST	x 8				FEET UP		BW	VEST	x 10				FEET UP		C2	CHIN UP			BW	VEST	MAX		RECORD #		BW	VEST	MAX		RECORD #					
				BW	VEST	x 8						BW	VEST	x 10										BW	VEST	MAX - 1				BW	VEST	MAX - 1							
				BW	BW	x ()						BW	BW	x ()										BW	VEST	MAX - 2				BW	VEST	MAX - 2							
D3	HK 45° KEISER PALOFF PRESS			30		3 x 5 e						30		3 x 5 e						C3	HK KEISER ROPE LIFT			30		3 x 5 e				30		3 x 5 e							
ACCESSORY WORK - A																		ACCESSORY WORK - A																					
A	DB RDL			30	60	2 x 5						30	60	2 x 5						A	NORDIC HAM CURL					2 x 5						2 x 5							
B	SINGLE ARM FARMER'S CARRY			GRN		2 x 30m e						GRN		2 x 30m e						B	LATERAL GOBLET CARRY [BAND]			GRN		2 x 10m e		ADD BAND		GRN		2 x 10m e				ADD BAND			
C	1-LEG GLUTE BRIDGE on ROLLER					2 x :15 e								2 x :15 e						C	1-LEG DB CALF RAISE					2 x 5 e		OFFSET				2 x 5 e				OFFSET			
D	KEISER TRANSVERSE CHOP					2 x 5 e								2 x 5 e						D	MB SIDE THROW w/ STEP					2 x 5 e						2 x 5 e							
ACCESSORY WORK - B																		ACCESSORY WORK - B																					
A	PLATE SCAPTION RAISE			5	10	2 x 8						5	10	2 x 8						A	SCAP PUSH UP					2 x 12						2 x 12							
B	OFFSET SIDE PLANK					2 x :15 e								2 x :15 e						B	1-ARM DB ROTATIONAL ROW					2 x 5 e						2 x 5 e							
C	KEISER ROPE FACE PULL					2 x 8								2 x 8						C	BAND REAR DELT					2 x 8						2 x 8							
POST WORK	FOAM RDL: FIGURE-4 GLUTE			x :30 SEC EACH SIDE						x :30 SEC EACH SIDE						POST WORK			FOAM ROLL: FIGURE-4 GLUTE			x :30 SEC EACH SIDE						x :30 SEC EACH SIDE											
	FOAM ROLL: IT BAND			x :30 SEC EACH SIDE						x :30 SEC EACH SIDE									FOAM ROLL: IT BAND			x :30 SEC EACH SIDE						x :30 SEC EACH SIDE											
	FOAM ROLL: CALF			x :30 SEC EACH SIDE						x :30 SEC EACH SIDE									FOAM ROLL: CALF			x :30 SEC EACH SIDE						x :30 SEC EACH SIDE											
	SPIDERMAN LUNGE w/ T-SPINE ROT			x 5 e						x 5 e									REV LUNGE w/ ROT & OH REACH			x 5 e						x 5 e											
	CAT/CAMEL			x 10						x 10									QUAD T-SPINE ROTATION			x 5 e						x 5 e											
	SQUAT TO STAND			x 5						x 5									TOE TOUCH SQUAT w/ ALT ARM RAISE			x 3 e						x 3 e											
	YOGA PUSH UP			x 10						x 10									YOGA TABLE			x 10						x 10											
	LEG DRAIN			x :60						x :60									LEG DRAIN			x :30 SEC EACH SIDE						x :30 SEC EACH SIDE											
	PRONE BELLY BREATHING			x 10 BREATHS (:3 IN - :3 OUT)						x 10 BREATHS (:3 IN - :3 OUT)									PRONE BELLY BREATHING			x :30 SEC EACH SIDE						x :30 SEC EACH SIDE											
NUTRITION/HYDRATION				EXTRA WORK OPTIONS: AIRDYNE SPRINTS: 5 x :15 / :45														HIP PROGRAM				EXTRA WORK OPTIONS: SPIN BIKE INTERVALS: 5 x :30 / :90																	