

ENDEAVOR

SPORTS PERFORMANCE

Name _____
Day 1

Date ____/____/____

A1) Dynamic Starts (15-Yard Sprints)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 5-Yard Forward Shuffle/5-Yard Lateral Back Pedal	3x/side/each						
Week 2: 5-Yard Forward Shuffle/5-Yard Lateral Back Pedal	3x/side/each						
Week 3: 5-Yard Forward Shuffle/5-Yard Lateral Back Pedal	3x/side/each						
Week 4: 5-Yard Forward Shuffle/5-Yard Lateral Back Pedal	3x/side/each						

A2) Wall March

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (8x2s)/side						
Week 2	2 x (8x2s)/side						
Week 3	2 x (8x2s)/side						
Week 4	2 x (8x2s)/side						

B1) Unloaded Squat Jumps

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

B2) Vertimax Resisted Rapid Stride Recovery

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10/side						
Week 2	3 x 12/side						
Week 3	3 x 15/side						
Week 4	3 x 10/side						

C1) DB Walking Lunge

		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	3 x 8/side						

C2) Stability Ball Stir the Pot

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5/side						
Week 2	3 x 5/side						
Week 3	3 x 5/side						
Week 4	3 x 5/side						

D1) 1-Leg Hamstring Curl

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6/side						
Week 2	3 x 7/side						
Week 3	3 x 8/side						
Week 4	3 x 6/side						

D2) 2-Way Skater

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (2x6)/side						
Week 2	3 x (2x6)/side						
Week 3	3 x (2x6)/side						
Week 4	3 x (2x6)/side						

D3) 1/2 Squat SB 3-Position Battle Perturbation

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (3x10s)/side						
Week 2	3 x (3x10s)/side						
Week 3	3 x (3x10s)/side						
Week 4	3 x (3x10s)/side						

CON) Slideboard w/ Vest

Week 1	5 x (:10/:20, :30/:60, 15/:45), 1 x (:45/1:30) after 2nd and 4th time through	
Week 2	5 x (:10/:20, :30/:60, 15/:45), 1 x (:45/1:30) after 2nd and 4th time through	
Week 3	6 x (:10/:20, :30/:60, 15/:45), 1 x (:45/1:30) after 2nd and 4th time through	
Week 4: No Vest	3 x (:10/:20, :30/:60, 15/:45), 1 x (:45/1:30) after 2nd and 4th time through	

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) Back Shuffle-Shuffle-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) 1-Arm SB Wall Hold w/ Scap Push-Up

		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) Close Grip Hang Snatch

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

B2a) Reach, Roll, and Lift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 6/side						
Week 2	2 x 6/side						
Week 3	2 x 6/side						
Week 4	2 x 6/side						

C1) 1-Arm DB Chest Press w/ Active Pull Down

		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	3 x 8/side						

C2) Standing 1-Arm Rotational Cable Row

		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	3 x 8/side						

C3) Standing Alternate Arm Overhead DB 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	3 x 8/side						

C4) Chin-Up (Underhand Grip)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8-F						
Week 2	3 x 10-F						
Week 3	3 x 6-F						
Week 4	3 x 8						

C5) Rice Digs

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 60s						
Week 2	3 x 60s						
Week 3	3 x 60s						
Week 4	3 x 60s						

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 3

Date ____/____/____

A1) Dynamic Starts (15-Yard Sprints)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 5-Yard Lateral Shuffle/5-Yard Backward Back Pedal	3x/side/each						
Week 2: 5-Yard Lateral Shuffle/5-Yard Backward Back Pedal	3x/side/each						
Week 3: 5-Yard Lateral Shuffle/5-Yard Backward Back Pedal	3x/side/each						
Week 4: 5-Yard Lateral Shuffle/5-Yard Backward Back Pedal	3x/side/each						

A2) Wall March

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (8x2s)/side						
Week 2	2 x (8x2s)/side						
Week 3	2 x (8x2s)/side						
Week 4	2 x (8x2s)/side						

B1) Unloaded Squat Jumps

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

B2) Vertimax Resisted Rapid Stride Recovery

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10/side						
Week 2	3 x 12/side						
Week 3	3 x 15/side						
Week 4: Pair with A's	3 x 10/side						

C1) KB Swings

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 15						
Week 2	3 x 18						
Week 3	3 x 20						
Week 4	3 x 10						

C2) Top Leg Bunkie Side Plank w/ Active Lower Hip

		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						

C3) 2-Way Skater

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (2x6)/side						
Week 2	3 x (2x6)/side						
Week 3	3 x (2x6)/side						
Week 4	3 x (2x6)/side						

C4) Split Squat IsoHold

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 30s/side						
Week 2	3 x 45s/side						
Week 3	3 x 60s/side						
Week 4	3 x 30s/side						

C5) SB Knee Tucks

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

C6) Split Stance SB 3-Position Pulse Perturbation

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (3x10s)/side						
Week 2	3 x (3x10s)/side						
Week 3	3 x (3x10s)/side						
Week 4	3 x (3x10s)/side						

CON) 30-Yard Shuttle w/ Vest

Week 1	5 x (:10/:20, :20/:60, 15/:30), 1 x (:30/1:30) after 2nd and 4th time through	
Week 2	5 x (:10/:20, :20/:60, 15/:30), 1 x (:30/1:30) after 2nd and 4th time through	
Week 3	6 x (:10/:20, :20/:60, 15/:30), 1 x (:30/1:30) after 2nd and 4th time through	
Week 4: No Vest	3 x (:10/:20, :20/:60, 15/:30), 1 x (:30/1:30) after 2nd and 4th time through	

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 4

Date ____ / ____ / ____

A1) Side Standing MB Shotput w/ Rapid Step Behind

		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) 1-Arm SB Wall Hold w/ Perturbation

		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) Hang Clean

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

B2) Quadraped Rock vs. Stability Ball w/ Alternate 1-Arm Reach

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 6/side						
Week 2	2 x 6/side						
Week 3	2 x 6/side						
Week 4	2 x 6/side						

C1) Slideboard Push-Up w/ 1-Arm Reach

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6/side						
Week 2	3 x 7/side						
Week 3	3 x 8/side						
Week 4	3 x 6/side						

C2) 1-Arm DB Row w/ Active Press Away

		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	3 x 8/side						

C3) Hi-Low Farmer/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						

D1) 1-Arm Front Standing Incline Cable Press

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

D2) Weighted Suspended Row w/ Rotation

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 12						
Week 2	3 x 14						
Week 3	3 x 16						
Week 4: No Vest	3 x 12						

D3) Rice Dig Rotations

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 60s						
Week 2	3 x 60s						
Week 3	3 x 60s						
Week 4	3 x 60s						

CON) Slideboard w/ Vest

Week 1	5 x (:10/:20, :20/:60, 15/:30), 1 x (:30/1:30) after 2nd and 4th time through	
Week 2	5 x (:10/:20, :20/:60, 15/:30), 1 x (:30/1:30) after 2nd and 4th time through	
Week 3	6 x (:10/:20, :20/:60, 15/:30), 1 x (:30/1:30) after 2nd and 4th time through	
Week 4: No Vest	3 x (:10/:20, :20/:60, 15/:30), 1 x (:30/1:30) after 2nd and 4th time through	

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