



Name _____
Day 1

Date ____/____/____

A1) Vertical Jump

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

A2) Glute Bridge on Foam Roller

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (10x2s)						
Week 2	3 x (10x2s)						
Week 3	3 x (10x2s)						

B1) DB RFE Split Squat

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	4 x 6/side						
Week 2: 80%	4 x 8/side						
Week 3: 90%	5 x 5/side						

B2a) Wall Ankle Mobilization

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

B2b) Backward Monster Walk

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

C1) Stiff-Legged Deadlift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	4 x 6						
Week 2: 80%	4 x 8						
Week 3: 90%	5 x 5						

C2) Slideboard Hamstring Curl

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

C3) SB Front Plank w/ MiniRollout

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

D1) 2-Way Med Ball Crush

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (2x20s)						
Week 2	2 x (2x20s)						
Week 3	2 x (2x20s)						

D2) PRI HemiBridge w/ Left Hamstring

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)						
Week 2	2 x (4 breaths)						
Week 3	2 x (4 breaths)						

CON) Lateral Sled Drag

Week 1	4 x 50 yards	
Week 2	5 x 50 yards	
Week 3	6 x 50 yards	

AIS: 8x2s/each

Lateral Hamstring
Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 2

Date ____ / ____ / ____

A1) Hang Clean

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

A2) Prayer Position Thoracic Rotation

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

A3) UB Soft Rolling

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

B1) Bench Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	4 x 6						
Week 2: 90%	4 x 8						
Week 3: 80%	5 x 5						

B2) Alt Arm Scap Wall Slide

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

C1) Chin-Up (Underhand Grip)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	4 x 6						
Week 2: 90%	4 x 8						
Week 3: 80%	5 x 5						

C2) Cable Face Pull

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 15						
Week 2	3 x 15						
Week 3	3 x 15						

C3) 1/2 Kneeling Belly Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4x5s)/side						
Week 2	2 x (5x5s)/side						
Week 3	2 x (6x5s)/side						

D1) 1/2 Kneeling Hip Flexor/Opposite Pec Mob

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

D2) PRI 90-90 Hip Lift w/ R Arm Reach & Balloon

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)						
Week 2	2 x (4 breaths)						
Week 3	2 x (4 breaths)						

AIS: 8x2s/each

Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch
135° Pec Stretch
Cross-Body Lat
Diagonal Neck Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 3

Date ____ / ____ / ____

A1) Vertimax Jump (Continuous)

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

A2) Glute Bridge on Foam Roller

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (10x2s)						
Week 2	3 x (10x2s)						
Week 3	3 x (10x2s)						

B1) Trap Bar Deadlift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	4 x 6						
Week 2: 70%	4 x (2x4)						
Week 3: 80%	5 x 5						

B2a) Wall Ankle Mobilization

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

B2b) Lateral MiniBand Walk

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

C1) DB Reverse Lunge

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	4 x 6/side						
Week 2: 70% w/ 3s Pause	4 x 6/side						
Week 3: 80%	5 x 5/side						

C2) Dynamic Squat Hold

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

C3) Side Plank w/ Active Top Leg (Flex-Ext)

		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						

D1) Reverse Crunch w/ Med Ball Crush

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 12						
Week 2	2 x 12						
Week 3	2 x 15						

D2) PRI Right Sidelying Adductor Pullback

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)						
Week 2	2 x (4 breaths)						
Week 3	2 x (4 breaths)						

CON) Forward Sled Drag

Week 1	8 x 25 yards	
Week 2	10 x 25 yards	
Week 3	12 x 25 yards	

AIS: 8x2s/each

Lateral Hamstring
Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 4

Date ____/____/____

A1) Hang Clean

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

A2) Prayer Position Thoracic Rotation

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

A3) UB Soft Rolling

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

B1) 1-Arm DB Row

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	4 x 6/side						
Week 2: 90%	4 x 8/side						
Week 3: 90%	5 x 5/side						

B2) Scap Push-Up into Yoga Push-Up

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 8						
Week 3	3 x 8						

C1) Incline DB Chest Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	4 x 6						
Week 2: 90%	4 x 8						
Week 3: 90%	5 x 5						

C2) Push-Up

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

D1) Tall Kneeling Cable Chop

		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						

D2) PRI R Sidelying Apical Expansion

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)						
Week 2	2 x (4 breaths)						
Week 3	2 x (4 breaths)						

CON) Waiter's-Farmer's Walk Combo

Week 1	4 x (50+50 yards)	
Week 2	5 x (50+50 yards)	
Week 3	6 x (50+50 yards)	

AIS: 8x2s/each

Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch
135° Pec Stretch
Cross-Body Lat
Diagonal Neck Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 5

Date ____/____/____

CON) Elliptical

Week 1	12 x :20/:40	
Week 2	15 x :20/:40	
Week 3	10 x :20/:40	

AIS: 8x2s/each

Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch
135° Pec Stretch
Cross-Body Lat
Diagonal Neck Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				