



Name _____
Day 1

Date ____/____/____

A1) Box 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) 1/2 Kneeling Hip Flexor AIS

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

B1) DB Reverse Lunge w/ 3s Hold

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

B2) Lying Knee to Knee AIS

		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)						

B3) Glute Bridge

		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)						

C1) Stiff-Legged Deadlift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	3 x 8						
Week 2: 80%	4 x 8						
Week 3: 90%	4 x 10						

C2) Supported Hip Airplane

		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						

C3) Feet Elevated Front Plank

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

D1) Lateral Lunge -> Cross Behind Lunge

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

D2) PRI HemiBridge w/ Left Hamstring

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

D3) PRI Right Sidelying Adductor Pullback

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

CON) Elliptical (HR: 130-150)

Week 1	20 minutes	
Week 2	25 minutes	
Week 3	30 minutes	

AIS: 8x2s/each

Lateral Hamstring
Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
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				
Body Weight				



Name _____
Day 2

Date ____ / ____ / ____

A1) Hang Clean (Technique)

		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) Med Ball Thoracic Extension

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (3x3)						
Week 2	3 x (3x3)						
Week 3	3 x (3x3)						

A3) Wall Chin Tuck

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

B1) Push-Up w/ 3s Hold

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	3 x 8						
Week 2: 90%	4 x 8						
Week 3: 80%	4 x 10						

B2) Alt Arm Scap Wall Slide

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

C1) Low Pulley Row

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	3 x 8						
Week 2: 90%	4 x 8						
Week 3: 80%	4 x 10						

C2) Quadruped Thoracic Extension-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						

C3) 1/2 Kneeling Belly Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 1 set on shooting side	3 x (4x5s)/side						
Week 2: 1 set on shooting side	3 x (5x5s)/side						
Week 3: 1 set on shooting side	3 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	3 x 8/side						
Week 2	3 x 8/side						
Week 3	3 x 8/side						

D2) PRI R Sidelying Apical Expansion

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

D3) PRI 90-90 Hip Lift w/ R Arm Reach & Balloon

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



Name _____
Day 3

Date ____/____/____

A1) Vertimax Jump		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 4						
Week 2	3 x 4						
Week 3	3 x 4						

A2) Lateral Hip Rock		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (8x2s)/side						
Week 2	3 x (8x2s)/side						
Week 3	3 x (8x2s)/side						

A3) Glute Bridge		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%	3 x 8						
Week 2: 70%	4 x 8						
Week 3: 80%	4 x 6						

B2) Lying Knee to Knee AIS		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)						

B3) Lateral MiniBand Walk		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						

C1) Split Squat IsoHold		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	3 x 30s/side						
Week 2: 70%	4 x 30s/side						
Week 3: 80%	4 x 45s/side						

C2) Wide Stance Quadruped Rock		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						

C3) Feet Elevated Side Plank		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s/side						
Week 2	3 x 30s/side						
Week 3	3 x 45s/side						

D1) PRI HemiBridge w/ Left Hamstring		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (4 breaths)						
Week 2	3 x (4 breaths)						
Week 3	3 x (4 breaths)						

D2) PRI Right Sidelying Adductor Pullback		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (4 breaths)						
Week 2	3 x (4 breaths)						
Week 3	3 x (4 breaths)						

CON) Forward 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 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				
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Muscle Soreness: 5 = No Soreness				
Fatigue: 5 = Lots of Energy				
Quality of Pre-Workout Meal 5 = Perfect Meal				
Body Weight				



Name _____
Day 4

Date ____ / ____ / ____

A1) Hang Clean (Technique)

		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) Sidelying Diagonal Arm Arc

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

A3) Wall Chin Tuck

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

B1) Incline DB Chest Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	3 x 8						
Week 2: 90%	4 x 8						
Week 3: 90%	4 x 10						

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) 1-Arm DB Row

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	3 x 8/side						
Week 2: 90%	4 x 8/side						
Week 3: 90%	4 x 10/side						

C2) Quadruped Thoracic Extension-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						

C3) Tall Kneeling Cable Lift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 1 set on shooting side	3 x 8/side						
Week 2: 1 set on shooting side	3 x 8/side						
Week 3: 1 set on shooting side	3 x 8/side						

D1) PRI R Sidelying Apical Expansion

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

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	3 x (4 breaths)						
Week 2	3 x (4 breaths)						
Week 3	3 x (4 breaths)						

CON) Farmer's Walk

Week 1	4 x 100 yards	
Week 2	5 x 100 yards	
Week 3	6 x 100 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 Pre-Training Sessions Assessment

Rate each category on a scale from 1-5, with 1 being the worst and 5 being the best.

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Stress: 5 = No Stress				
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Body Weight				



Name _____
Day 5

Date ____ / ____ / ____

CON) Elliptical

Week 1: High Resistance/Slow Pace (RPMs ~3.5-4)	8 x 2:00/2:00	
Week 2: High Resistance/Slow Pace (RPMs ~3.5-4)	8 x 3:00/3:00	
Week 3: High Resistance/Slow Pace (RPMs ~3.5-4)	2 x (6 x 3:00/3:00)	5 minutes off between sets

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 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				
Body Weight				