Workout 1

Power	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3
A1) Long Jump	1	3	3	15				
(Explode! Land as softly as	2	3	3	15				
possible.)	3	3	3	15				
	4	3	4	15				
	5	3	4	15				
	6	3	4	15				
Anti-Extension	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
A2) 3 Pt PUPP	1	3	5/	15	1 breath			
(Keep your pelvis still as you	2	3	5/	15	1 breath			
pick up your hands. Move your	3	3	5/	15	1 breath			
feet as wide as necessary to keep	4	3	6/	15	1 breath			
still.)	5	3	6/	15	1 breath			
	6	3	6/	15	1 breath			
Mobility	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
A3) Rocking Frog	1	3	3x3 br/	45				
(Keep your head back and	2	3	3x3 br/	45				
spine neutral.)	3	3	3x3 br/	45				
	4	3	3x3 br/	45				
	5	3	3x3 br/	45				
	6	3	3x3 br/	45				
Hinge	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
B1) Swiss Ball Leg Curl (2/1)	1	3	5/	15	4121			
	2	3	5/	15	4121			
	3	3	5/	15	4121			
	4	3	6/	15	4121			
	5	3	6/	15	4121			
	6	3	6/	15	4121			
Upper Pull	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
B2) 1 Arm DB/KB Row	1	3	8/	15	3111			
(Continue to increase load.)	2	3	8/	15	3111			
	3	3	8/	15	3111			
	4	3	10/	15	3111			
	5	3	10/	15	3111			
	6	3	10/	15	3111			
Anti-Lateral Flexion	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
B3) DNS Side Plank	1	3	3x5 br/	45				
	2	3	3x5 br/	45				
	3	3	3x5 br/	45				
	4	3	3x5 br/	45				
	5	3	3x5 br/	45				
	6	3	3x5 br/	45				
Knee Dominant	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
C1) Forward Lunge	1	3	5/	15	3121			
(Leave a couple reps in the tank	2	3	5/	15	3121			
on each set - add weight	3	3	5/	15	3121			
accordingly.)	4	3	6/	15	3121			
	5	3	6/	15	3121			
	6	3	6/	15	3121			
Upper Push	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
C2) Push Up	1	3	4-8	15	2111			
(Lower under control and press	2	3	4-8	15	2111			
away from the floor. Do as many	3	3	4-8	15	2111			
as you can with good form.)	4	3	4-8	15	2111			
	5	3	4-8	15	2111			
	6	3	4-8	15	2111			
Locomotion	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
C3) Offset Carry	1	3	50 steps	60				
	2	3	50 steps	60				
	3	3	50 steps	60				
	4	3	60 steps	60				
	5	3	60 steps	60				
	6	3	60 steps	60				

D) Foam Roll & Lax ball - 5 minutes

Workout 2

Power	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3
A1) Single Leg - Single Leg Hop	1	3	5/	15				
(Jump further than you did in the	2	3	5/	15				
previous phase. Make sure you have	3	3	5/	15				
balance before moving to the	4	3	6/	15				
other leg.)	5	3	6/	15				
	6	3	6/	15				
Anti-Extension	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
A2) Deadbug with Medball lowering	1	3	5/	15	1 breath			
(Keep ribs down as you lower the	2	3	5/	15	1 breath			
medball, Low back in contact with	3	3	5/	15	1 breath			
the floor.)	4	3	6/	15	1 breath			
	5	3	6/	15	1 breath			
	6	3	6/	15	1 breath			
Mobility	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
A3) Ankle Mobility	1	3	6 br/	45	Back and			
	2	3	6 br/	45	forward			
	3	3	6 br/	45				
	4	3	6 br/	45				
	5	3	6 br/	45				
	6	3	6 br/	45				
Hinge	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
B1) KB/DB RDL	1	3	6	15	4121			
(Keep spine neutral as you hinge	2	3	6	15	4121			
back.)	3	3	6	15	4121			
	4	3	8	15	4121			
	5	3	8	15	4121			
	6	3	8	15	4121			
Upper Pull	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
B2) Half Kneeling 1 Arm Row	1	3	8/	15	3121			
(Keep ribs and pelvis still as you	2	3	8/	15	3121			
row. Increase load from previous	3	3	8/	15	3121			
phase.)	4	3	10/	15	3121			
	5	3	10/	15	3121			
	6	3	10/	15	3121			
Anti-Lateral Rotation	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
B3) Half Kneeling Pallof Press	1	3	2x5 br/	60				
	2	3	2x5 br/	60				
	3	3	2x5 br/	60				
	4	3	2x5 br/	60				
	5	3	2x5 br/	60				
	6	3	2x5 br/	60				
Knee Dominant	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
C1) Lateral Lunge	1	3	5/	0	2111			
(Sit back in to the hip.)	2	3	5/	0	2111			
	3	3	5/	0	2111			
	4	3	6/	0	2111			
	5	3	6/	0	2111			
	6	3	6/	0	2111			
Upper Push	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
C2) DB Bench Press	1	3	5	15	3111			
	2	3	5	15	3111			
	3	3	5	15	3111			
	4	3	6	15	3111			
	5	3	6	15	3111			
	6	3	6	15	3111			
Locomotion	**Week**	**Sets**	**Reps**	**Rest**	**Tempo**	**Set 1**	**Set 2**	**Set 3**
C3) Suitcase Carry	1	3	50 steps	60				
	2	3	50 steps	60				
	3	3	50 steps	60				
	4	3	60 steps	60				
	5	3	60 steps	60				
	6	3	60 steps	60				