

Workout 1

Power

A1) Step off box to stick wk 1-2

Vertical Jump

Anti-Extension
A2) Plank
(Use Core360 Belt)

Anti-Extension

A2) Plank
(Use Core360 Belt)

Mobility

A3) Hip Flexor & Quad

Hinge

B1) Swiss Ball Leg Curl

Upper Pull

B2) Standing 1 Arm Row

Anti-Lateral Flexion

B3) DNS Side Plank
(Use Core360 Belt)

Knee Dominant

C1) Split Squat
(Perform 1 set of RNT Split Squats for a warm-up set.)

Upper Push

C2) DB Floor Press

Locomotion

C3) Farmer Carry

Week	Sets	Reps	Rest	Tempo
1	3	3/	15	Land
2	3	3/	15	softly
3	3	5	15	EXPLODE
4	3	4	15	FOR
5	3	4	15	JUMPS!
6	3	4	15	
Week	Sets	Reps	Rest	Tempo
1	3	2x6 br	15	
2	3	2x6 br	15	
3	3	2x7 br	15	
4	3	2x7 br	15	
5	3	2x8 br	15	
6	3	2x8 br	15	
Week	Sets	Reps	Rest	Tempo
1	3	10 br/	45	
2	3	10 br/	45	
3	3	10 br/	45	
4	3	10 br/	45	
5	3	10 br/	45	
6	3	10 br/	45	
Week	Sets	Reps	Rest	Tempo
1	3	8	15	4121
2	3	8	15	4121
3	3	10	15	4121
4	3	10	15	4121
5	3	12	15	4121
6	3	12	15	4121
Week	Sets	Reps	Rest	Tempo
1	3	8	15	3111
2	3	8	15	3111
3	3	10	15	3111
4	3	10	15	3111
5	3	12	15	3111
6	3	12	15	3111
Week	Sets	Reps	Rest	Tempo
1	3	2x5 br/	45	
2	3	2x5 br/	45	
3	3	2x5 br/	45	
4	3	2x5 br/	45	
5	3	2x5 br/	45	
6	3	2x5 br/	45	
Week	Sets	Reps	Rest	Tempo
1	3	6/	15	3111
2	3	6/	15	3111
3	3	6/	15	3111
4	3	5/	15	3111
5	3	5/	15	3111
6	3	5/	15	3111
Week	Sets	Reps	Rest	Tempo
1	3	5/	15	3121
2	3	5/	15	3121
3	3	5/	15	3121
4	3	6/	15	3121
5	3	6/	15	3121
6	3	6/	15	3121
Week	Sets	Reps	Rest	Tempo
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

[illegible]

Workout 2

Lower	Week	Sets	Reps	Rest	Tempo
A1) Depth Jump Rebound Landing (Pay attention to your foot, ankle, and knee when you land.)	1	3	3/	15	Control
	2	3	3/	15	landing.
	3	3	3/	15	
	4	3	4/	15	
	5	3	4/	15	
	6	3	4/	15	
Anti-Extension	Week	Sets	Reps	Rest	Tempo
A2) Deadbug with heel tap and upper body reach (Wear Core360 Belt)	1	3	4/	15	1 breath
	2	3	4/	15	1 breath
	3	3	5/	15	1 breath
	4	3	5/	15	1 breath
	5	3	6/	15	1 breath
	6	3	6/	15	1 breath
Mobility	Week	Sets	Reps	Rest	Tempo
A3) Frog Mobility	1	3	3x3 br/	45	Back and
	2	3	3x3 br/	45	forward
	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
B1) Hip Extension March (Bench) (Wear Core360 Belt)	1	3	6/	15	1 breath
	2	3	6/	15	1 breath
	3	3	8/	15	1 breath
	4	3	8/	15	1 breath
	5	3	10/	15	1 breath
	6	3	10/	15	1 breath
Upper Pull	Week	Sets	Reps	Rest	Tempo
B2) 1 Arm DB / KB Row	1	3	8/	15	3121
	2	3	8/	15	3121
	3	3	10/	15	3121
	4	3	10/	15	3121
	5	3	12/	15	3121
	6	3	12/	15	3121
Anti-Lateral Rotation	Week	Sets	Reps	Rest	Tempo
B3) Kneeling Pallof Press "I"	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
C1) Step Up (Stay back and touch your heel, not your toe on the floor.)	1	3	6/	0	3111
	2	3	6/	0	3111
	3	3	6/	0	3111
	4	3	8/	0	3111
	5	3	8/	0	3111
	6	3	8/	0	3111
Upper Push	Week	Sets	Reps	Rest	Tempo
C2) Standing 1 Arm Press	1	3	5/	15	3121
	2	3	5/	15	3121
	3	3	5/	15	3121
	4	3	6/	15	3121
	5	3	6/	15	3121
	6	3	6/	15	3121
Locomotion	Week	Sets	Reps	Rest	Tempo
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	

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Completing all of this would be your third optional workout of the week, but workouts 1 and 2 are the only mandatory days.

A selection of these should be used as a warm up before you begin your workouts, the soft tissue, mobility, and motor control pages (accessible through your [main account page](#)) demonstrate exactly how to do this.

Workout 3

Soft tissue treatment

Spend 30-60 seconds per area.

If one area feels particularly tight, spend a little more time working through it. The videos demonstrate how to do this effectively.

- Quads
- Glutes
- Calves
- Feet
- Hamstrings
- Upper Back

Static Mobility

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|-----------------------|------------------------------|
| • T-Spine Rotation | 6 reps per side |
| • Hip Flexor and quad | 2 reps x 6 breaths (per leg) |
| • Frog stretch | 2 reps x 6 breaths |
| • Pigeon | 2 reps x 6 breaths (per leg) |
| • Hamstring 1 | 8 reps x 1 breath (per leg) |
| • Ankle mobility | 6 reps (per leg) |
| • Rocking Frog | 5 reps x 2 breaths (per leg) |
| • Scapular Slides | 10 reps per side |

Toe Mobility

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|-------------------------|--------------------|
| • Spread toes | 10 reps (per foot) |
| • Big Toe / Lesser toes | 10 reps (per foot) |
| • Flexion / Extension | 5 reps (per foot) |

Dynamic Mobility

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|------------------------------------|--|
| • Walking high knee pull | 6 reps per side (breathe at each rep) |
| • Heel to butt to reverse lunge | 6 reps per side (breathe at end range of motion) |
| • Spiderman | 6 reps per side |
| • High knee pull reverse spiderman | 6 reps per side |
| • Cradle walk | 6 reps per side |

Motor Control / Stability

- Wall hip flexion drill 10 reps x 1 breath (per leg)
- Leg lowering 8 reps per leg
- Quadruped hip extension 8 reps x 1 breath (per leg)
- Advanced toe tap 8 reps per leg
- Cook hip lift 10 reps x 2 breaths (per leg)
- Athletic stance to single leg stance 10 reps x 1 breath (per leg)
- Athletic stance to single leg hop 6 reps per leg
- Step off box to stick landing 6 reps per leg

Breathing

- 3 month breathing 10 - 15 breaths
- Chin tuck 10 reps x 2 breaths