

| Monday | | | | | |
|--------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Burpees | 8 | 8 | | | 1 |
| Jump Squat | 8 | 8 | | | 1 |
| Explosive Overhead MB Throw | 8 | 8 | | | 1 |
| Hang Clean | 6 | 5 | 5 | 5 | 1 |
| Med Ball Push-Up | 10 | 10 | 10 | | 1 |
| Explosive MB Bench | 8 | 8 | 8 | | 1 |
| Front Squat | 8 | 8 | 8 | | 1 |
| DB Row | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 12 | 12 | | | 1 |
| Tricep Pushdown | 10 | 10 | 10 | | 1 |
| Physioball Jackknife | 15 | 15 | 15 | | 1 |
| Overhead MB Slams | 10 | 10 | 10 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Fuereies | Col 1 | 0-4-0 | 0-4-0 | C-L 4 | Day |
|-------------------------------------|-------------|-------------|-------|-------|------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Res (mi |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 | 20 | | | |
| | yards | yards | | | |
| Shuffle | 20 | 20 | | | |
| Cariana | yards | yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 | 20 | | | |
| | yards | yards | | | |
| Buttkicks | 20 | 20 | | | |
| | yards | yards | | | |
| A-Skips | 20 | 20 | | | |
| Markanti | yards | yards | | | |
| Workout: Power Skips | 8 | 8 | | | 1 |
| <u>'</u> | ļ - | _ | | | |
| Split-Squat Jumps | 8 | 8 | | | 1 |
| Mountain Climbers | 8 | 8 | | | 1 |
| Broad Jumps | 8 | 8 | | | 1 |
| Single Arm DB Snatch | 6 | 5 | 5 | 5 | 1 |
| DB Side Lunge | 8 | 8 | 8 | | 1 |
| Physioball Hamstring Curl | 8 | 8 | 8 | | 1 |
| DB Incline | 8 | 8 | 8 | | 1 |
| DB Front Lat and Rear Delt Raise | 12 | 12 | | | 1 |
| Towel Pullup | 10 | 10 | 10 | | 1 |
| Explosive MB Rotational Throw | 15 | 15 | 15 | | 1 |
| Rollouts | 10 | 10 | 10 | | 1 |
| Cooldown: | | | | | |
| Quad Stretch | 30 | | | | |
| | sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 | | | | |
| | sec. | | | | |
| Lying Glute/Hip Stretch | 30 | | | | |
| 0.11.01 | sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Exercise Set 1 Set 2 Set 3 Set 4 Rest (min) Warm-Up: High Knee Walks 20 yards yards 20 yards yards | Friday | | | | | |
|--|-----------------------------|-------|-------|-------|-------|-------|
| Warm-Up: High Knee Walks 20 yards yards 20 yards yards 20 yards< | | Set 1 | Set 2 | Set 3 | Set 4 | Rest |
| High Knee Walks | | | | | | (min) |
| High Knee Jog | Warm-Up: | | | | | |
| High Knee Jog | High Knee Walks | 1 | | | | |
| Walking Lunge yards yards yards yards | | - | - | | | |
| Walking Lunge 20 yards 20 yards Lateral Walking Lunge 20 yards 20 yards Shuffle 20 yards 20 yards Lateral A Skips 20 yards 20 yards Lateral A Skips 20 yards 20 yards Workout: Tuck Jumps 8 8 1 Broad Jumps 8 8 1 Lateral Box Jump 8 8 1 Hang Snatch 6 5 5 5 Squat 10 10 10 1 Box Jump 8 8 8 1 Incline Bench 8 8 8 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. <td>High Knee Jog</td> <td></td> <td></td> <td></td> <td></td> <td></td> | High Knee Jog | | | | | |
| Lateral Walking Lunge 20 | Walking Lunge | +- | , | | | |
| Shuffle | 0 0 | yards | yards | | | |
| Shuffle 20 yards yards yards 20 yards yards 20 yards yards Lateral A Skips 20 yards yards 20 yards 20 yards Workout: Tuck Jumps 8 8 1 Broad Jumps 8 8 1 Lateral Box Jump 8 8 1 Hang Snatch 6 5 5 5 1 Squat 10 10 10 1 1 Box Jump 8 8 8 1 | Lateral Walking Lunge | 1 | | | | |
| Vards Vard | 01 (11 | + | | | | |
| Description | Shuffle | 1 | | | | |
| Workout: Tuck Jumps 8 8 1 Broad Jumps 8 8 1 Lateral Box Jump 8 8 1 Hang Snatch 6 5 5 5 1 Squat 10 10 10 1 1 Box Jump 8 8 8 1 | Lateral A Skips | - | - | | | |
| Tuck Jumps 8 8 1 Broad Jumps 8 8 1 Lateral Box Jump 8 8 1 Hang Snatch 6 5 5 5 1 Squat 10 10 10 1 1 Box Jump 8 8 8 1 | | yards | yards | | | |
| Broad Jumps 8 8 1 Lateral Box Jump 8 8 1 Hang Snatch 6 5 5 5 Squat 10 10 10 1 Box Jump 8 8 8 1 Incline Bench 8 8 8 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Sec. Hip Flexor Stretch 30 sec. Sec. Seated Hip Adbuctor Stretch 30 sec. Sec. Straddle Stretch 30 sec. Sec. Calf Stretch 30 sec. Sec. | Workout: | | | | | |
| Lateral Box Jump 8 8 1 Hang Snatch 6 5 5 5 1 Squat 10 10 10 1 Box Jump 8 8 8 1 Incline Bench 8 8 8 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Cooldown: Standing Glute Stretch 30 sec. Hip Flexor Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 sec. | Tuck Jumps | 8 | 8 | | | 1 |
| Hang Snatch 6 5 5 5 1 Squat 10 10 10 10 1 Box Jump 8 8 8 8 1 Incline Bench 8 8 8 8 1 MB Push-Up 8 8 8 8 1 Med Ball Russian Twists 10 10 10 10 1 Weighted Dips 8 8 8 8 1 Back Hypers 15 15 15 1 1 Overhead MB Slams 10 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 sec. Calf Stretch 30 sec. | Broad Jumps | 8 | 8 | | | 1 |
| Squat 10 10 10 1 Box Jump 8 8 8 1 Incline Bench 8 8 8 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Sec. Hip Flexor Stretch 30 sec. Sec. Sec. Lying Glute/Hip Stretch 30 sec. Sec. Sec. Seated Hip Adbuctor Stretch 30 sec. Sec. Sec. Calf Stretch 30 sec. Sec. Sec. | Lateral Box Jump | 8 | 8 | | | 1 |
| Box Jump 8 8 8 1 Incline Bench 8 8 8 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Hip Flexor Stretch 30 sec. Sec. Lying Glute/Hip Stretch 30 sec. Sec. Seated Hip Adbuctor Stretch 30 sec. Sec. Calf Stretch 30 sec. Sec. | Hang Snatch | 6 | 5 | 5 | 5 | 1 |
| Incline Bench | Squat | 10 | 10 | 10 | | 1 |
| MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. | Box Jump | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Image: Stretch Sec. < | Incline Bench | 8 | 8 | 8 | | 1 |
| Weighted Dips 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Image: Stretch of the sec. Image: S | MB Push-Up | 8 | 8 | 8 | | 1 |
| Back Hypers 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. 80 | Med Ball Russian Twists | 10 | 10 | 10 | | 1 |
| Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Hip Flexor Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 | Weighted Dips | 8 | 8 | 8 | | 1 |
| Cooldown: Standing Glute Stretch 30 sec. Hip Flexor Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 | Back Hypers | 15 | 15 | 15 | | 1 |
| Standing Glute Stretch 30 sec. Hip Flexor Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 sec. | Overhead MB Slams | 10 | 10 | 10 | | 1 |
| sec. Hip Flexor Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 | Cooldown: | " | | 1 | ı | ı |
| Hip Flexor Stretch Sec. Lying Glute/Hip Stretch Seated Hip Adbuctor Stretch Straddle Stretch Calf Stretch 30 Sec. 30 Sec. 30 Sec. 30 Sec. 30 Sec. 30 Sec. | Standing Glute Stretch | | | | | |
| sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 | LEs Flance Charles | _ | | | | |
| Lying Glute/Hip Stretch Seated Hip Adbuctor Stretch Straddle Stretch Calf Stretch 30 sec. 30 sec. 30 sec. | Hip Flexor Stretch | | | | | |
| Seated Hip Adbuctor Stretch Straddle Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 | Lvina Glute/Hip Stretch | _ | | | | |
| sec. Straddle Stretch 30 sec. Calf Stretch 30 | 7 3 | sec. | | | | |
| Straddle Stretch 30 sec. Calf Stretch 30 | Seated Hip Adbuctor Stretch | 30 | | | | |
| Sec. Sec. Calf Stretch 30 | | 1 | | | | |
| Calf Stretch 30 | Straddle Stretch | | | | | |
| 55 | Calf Stretch | _ | | | | |
| | Can Stroton | | | | | |



| Monday | 1 | | | | l |
|--------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | () |
| High Knee Walks | 20 | 20 | | | |
| | yards | yards | | | |
| High Knee Jog | 20 | 20 | | | |
| | yards | yards | | | |
| Walking Lunge | 20 | 20 | | | |
| Lateral Walliam Lunna | yards 20 | yards 20 | | | |
| Lateral Walking Lunge | yards | yards | | | |
| Shuffle | 20 | 20 | | | |
| onamo | yards | yards | | | |
| Lateral A Skips | 20 | 20 | | | |
| · | yards | yards | | | |
| Workout: | | | | | |
| Burpees | 8 | 8 | | | 1 |
| Jump Squat | 8 | 8 | | | 1 |
| Explosive Overhead MB Throw | 8 | 6 | 6 | | 1 |
| Hang Clean | 5 | 4 | 4 | 4 | 1 |
| Med Ball Push-Up | 8 | 8 | 8 | | 1 |
| Explosive MB Bench | 6 | 6 | 6 | | 1 |
| Front Squat | 6 | 6 | 6 | | 1 |
| DB Row | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 12 | 12 | | | 1 |
| Tricep Pushdown | 10 | 10 | 10 | | 1 |
| Physioball Jackknife | 15 | 15 | 15 | | 1 |
| Overhead MB Slams | 10 | 10 | 10 | | 1 |
| Cooldown: | • | | | | |
| Standing Glute Stretch | 30 | | | | |
| | sec. | | | | |
| Hip Flexor Stretch | 30 | | | | |
| | sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 | | | | |
| | sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 | | | | |
| 34 34.01011 | sec. | | | | |

| Wednesday | | | | | |
|-------------------------------------|-------------|-------------|-------|-------|--------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 yards | 20 yards | | | |
| Buttkicks | 20 yards | 20 yards | | | |
| A-Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Power Skips | 8 | 8 | | | 1 |
| Split-Squat Jumps | 8 | 8 | | | 1 |
| Mountain Climbers | 8 | 6 | 6 | | 1 |
| Broad Jumps | 8 | 6 | 6 | | 1 |
| Single Arm DB Snatch | 5 | 4 | 4 | 4 | 1 |
| DB Side Lunge | 6 | 6 | 6 | | 1 |
| Physioball Hamstring Curl | 6 | 6 | 6 | | 1 |
| DB Incline | 8 | 8 | 8 | | 1 |
| DB Front Lat and Rear Delt Raise | 12 | 12 | | | 1 |
| Towel Pullup | 10 | 10 | 10 | | 1 |
| Explosive MB Rotational Throw | 15 | 15 | 15 | | 1 |
| Rollouts | 10 | 10 | 10 | | 1 |
| Cooldown: | | | | | |
| Quad Stretch | 30 sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Name | Politica | | | | | |
|---|-----------------------------|-------|-------|-------|-------|---|
| Warm-Up: Warm-Up: High Knee Walks 20 yards yards yards 20 yards yards | Friday | | | l | l - | |
| High Knee Walks | Exercise | Set 1 | Set 2 | Set 3 | Set 4 | |
| High Knee Jog | Warm-Up: | | | | | |
| High Knee Jog | High Knee Walks | 20 | 20 | | | |
| Walking Lunge yards yards yards | | yards | yards | | | |
| Lateral Walking Lunge | High Knee Jog | | | | | |
| Lateral Walking Lunge | Walking Lunge | | _ | | | |
| Shuffle 20 yards yards 20 yards yards Lateral A Skips 20 yards yards 20 yards Workout: 20 yards 20 yards Tuck Jumps 8 8 1 Broad Jumps 8 8 1 Lateral Box Jump 8 6 6 1 Hang Snatch 5 4 4 4 1 Squat 8 8 8 1 Box Jump 6 6 6 6 1 Incline Bench 6 6 6 1 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 1 1 Cooldown: 2 2 1 1 1 Standing Glute Stretch 30 sec. 30 sec. 1 1 Lying Glute/ | Lateral Walking Lunge | 20 | 20 | | | |
| Lateral A Skips 20 yards 20 yards Workout: Tuck Jumps 8 8 1 Broad Jumps 8 8 1 Lateral Box Jump 8 6 6 1 Hang Snatch 5 4 4 4 1 Squat 8 8 8 1 Box Jump 6 6 6 6 1 Incline Bench 6 6 6 1 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Sec. Lying Glute/Hip Stretch 30 sec. Sec. Seated Hip Adbuctor Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. | Shuffle | 20 | 20 | | | |
| Workout: Tuck Jumps 8 8 1 Broad Jumps 8 8 1 Lateral Box Jump 8 6 6 1 Hang Snatch 5 4 4 4 1 Squat 8 8 8 1 Box Jump 6 6 6 6 1 Incline Bench 6 6 6 1 1 Med Ball Russian Twists 10 10 10 1 1 Weighted Dips 8 8 8 1 | Lateral A Skips | 20 | 20 | | | |
| Tuck Jumps 8 8 1 Broad Jumps 8 8 1 Lateral Box Jump 8 6 6 1 Hang Snatch 5 4 4 4 1 Squat 8 8 8 1 Box Jump 6 6 6 6 1 Incline Bench 6 6 6 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Sec. Lying Glute/Hip Stretch 30 sec. Sec. Seated Hip Adbuctor Stretch 30 sec. Sec. Straddle Stretch 30 sec. | Workout: | yaras | yarao | | | |
| Broad Jumps 8 8 1 Lateral Box Jump 8 6 6 1 Hang Snatch 5 4 4 4 1 Squat 8 8 8 1 Box Jump 6 6 6 6 1 Incline Bench 6 6 6 1 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 8 8 1 Lying Glute/Hip Stretch 30 8 8 1 1 Lying Glute/Hip Adbuctor Stretch 30 8 8 8 1 1 Seated Hip Adbuctor Stretch 30 8 | | 0 | Q | | | 1 |
| Lateral Box Jump 8 6 6 1 Hang Snatch 5 4 4 4 1 Squat 8 8 8 1 Box Jump 6 6 6 6 1 Incline Bench 6 6 6 6 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Sec. Lying Glute/Hip Stretch 30 sec. Sec. Seated Hip Adbuctor Stretch 30 sec. Sec. Straddle Stretch 30 sec. Sec. Calf Stretch 30 sec. Sec. | | - | | | | |
| Hang Snatch 5 4 4 4 1 Squat 8 8 8 1 Box Jump 6 6 6 6 1 Incline Bench 6 6 6 6 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Sec. Hip Flexor Stretch 30 sec. Sec. Lying Glute/Hip Stretch 30 sec. Sec. Seated Hip Adbuctor Stretch 30 sec. Sec. Calf Stretch 30 sec. Sec. | Broad Jumps | ļ - | _ | | | |
| Squat 8 8 8 1 Box Jump 6 6 6 6 1 Incline Bench 6 6 6 6 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Sec. Hip Flexor Stretch 30 sec. Sec. Sec. Lying Glute/Hip Stretch 30 sec. Sec. Sec. Seated Hip Adbuctor Stretch 30 sec. Sec. Sec. Calf Stretch 30 sec. Sec. Sec. | • | - | _ | _ | | |
| Box Jump 6 6 6 1 Incline Bench 6 6 6 6 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Sec. Hip Flexor Stretch 30 sec. Sec. Lying Glute/Hip Stretch 30 sec. Sec. Seated Hip Adbuctor Stretch 30 sec. Sec. Straddle Stretch 30 sec. Sec. Calf Stretch 30 sec. Sec. | Hang Snatch | 5 | 4 | 4 | 4 | 1 |
| Incline Bench 6 6 6 1 MB Push-Up 8 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. | Squat | 8 | 8 | 8 | | 1 |
| MB Push-Up 8 8 1 Med Ball Russian Twists 10 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. | Box Jump | 6 | 6 | 6 | | 1 |
| Med Ball Russian Twists 10 10 1 Weighted Dips 8 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. | Incline Bench | 6 | 6 | 6 | | 1 |
| Weighted Dips 8 8 1 Back Hypers 15 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. 8 8 1 Hip Flexor Stretch 30 sec. 8 8 1 1 Lying Glute Stretch 30 sec. 8 8 1 1 Seated Hip Adbuctor Stretch 30 sec. 8 1 1 Straddle Stretch 30 sec. 8 1 1 Calf Stretch 30 8 1 1 | MB Push-Up | 8 | 8 | 8 | | 1 |
| Back Hypers 15 15 1 Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. 80 | Med Ball Russian Twists | 10 | 10 | 10 | | 1 |
| Overhead MB Slams 10 10 10 1 Cooldown: Standing Glute Stretch 30 sec. Hip Flexor Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 sec. | Weighted Dips | 8 | 8 | 8 | | 1 |
| Cooldown: Standing Glute Stretch 30 sec. Hip Flexor Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 | Back Hypers | 15 | 15 | 15 | | 1 |
| Standing Glute Stretch 30 sec. Hip Flexor Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 sec. | Overhead MB Slams | 10 | 10 | 10 | | 1 |
| sec. Hip Flexor Stretch 30 sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 | Cooldown: | | | | | |
| Sec. Lying Glute/Hip Stretch 30 sec. Seated Hip Adbuctor Stretch 30 sec. Straddle Stretch 30 sec. Calf Stretch 30 sec. Calf Stretch 30 | Standing Glute Stretch | | | | | |
| Seated Hip Adbuctor Stretch Seated Hip Adbuctor Stretch Straddle Stretch 30 sec. Calf Stretch 30 | Hip Flexor Stretch | | | | | |
| Straddle Stretch Stratdle Stretch Sec. Calf Stretch Sec. 30 sec. | Lying Glute/Hip Stretch | | | | | |
| Sec. Calf Stretch 30 | Seated Hip Adbuctor Stretch | | | | | |
| | Straddle Stretch | | | | | |
| | Calf Stretch | | | | | |



| Monday | | | | | |
|--------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Burpees | 8 | 8 | | | 1 |
| Jump Squat | 8 | 8 | | | 1 |
| Explosive Overhead MB Throw | 8 | 6 | 6 | | 1 |
| Hang Clean | 5 | 4 | 4 | 3 | 1 |
| Med Ball Push-Up | 6 | 6 | 6 | 6 | 1 |
| Explosive MB Bench | 5 | 5 | 5 | | 1 |
| Front Squat | 5 | 5 | 5 | 5 | 1 |
| DB Row | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 12 | 12 | | | 1 |
| Tricep Pushdown | 10 | 10 | 10 | | 1 |
| Physioball Jackknife | 18 | 18 | 18 | | 1 |
| Overhead MB Slams | 10 | 10 | 10 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Wednesday | | | | | |
|-------------------------------------|-------------|-------------|-------|-------|--------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 yards | 20 yards | | | |
| Buttkicks | 20 yards | 20 yards | | | |
| A-Skips | 20 yards | 20 yards | | | |
| Workout: | yarae | y an ac | | | |
| Power Skips | 8 | 8 | | | 1 |
| Split-Squat Jumps | 8 | 8 | | | 1 |
| Mountain Climbers | 8 | 6 | 6 | | 1 |
| Broad Jumps | 8 | 6 | 6 | | 1 |
| Single Arm DB Snatch | 5 | 4 | 4 | 3 | 1 |
| DB Side Lunge | 5 | 5 | 5 | | 1 |
| Physioball Hamstring Curl | 5 | 5 | 5 | 5 | 1 |
| DB Incline | 8 | 8 | 8 | | 1 |
| DB Front Lat and Rear Delt Raise | 12 | 12 | | | 1 |
| Towel Pullup | 10 | 10 | 10 | | 1 |
| Explosive MB Rotational Throw | 18 | 18 | 18 | | 1 |
| Rollouts | 10 | 10 | 10 | | 1 |
| Cooldown: | | | | | |
| Quad Stretch | 30 sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Tuck Jumps | 8 | 8 | | | 1 |
| Broad Jumps | 8 | 8 | | | 1 |
| Lateral Box Jump | 8 | 6 | 6 | | 1 |
| Hang Snatch | 5 | 4 | 4 | 3 | 1 |
| Squat | 6 | 6 | 6 | 6 | 1 |
| Box Jump | 5 | 5 | 5 | | 1 |
| Incline Bench | 5 | 5 | 5 | 5 | 1 |
| MB Push-Up | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 10 | 10 | 10 | | 1 |
| Weighted Dips | 8 | 8 | 8 | | 1 |
| Back Hypers | 18 | 18 | 18 | | 1 |
| Overhead MB Slams | 10 | 10 | 10 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |
| | | | | | |



| Monday | | | | | |
|--------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Burpees | 6 | 6 | 6 | | 0.5 |
| Jump Squat | 6 | 6 | 6 | | 0.5 |
| Explosive Overhead MB Throw | 6 | 6 | 6 | | 0.5 |
| Hang Clean | 5 | 4 | 3 | 3 | 0.5 |
| Med Ball Push-Up | 5 | 5 | 5 | 5 | 0.5 |
| Explosive MB Bench | 5 | 5 | 5 | | 0.5 |
| Front Squat | 4 | 4 | 4 | 4 | 0.5 |
| DB Row | 8 | 8 | 8 | | 0.5 |
| Med Ball Russian Twists | 12 | 12 | | | 0.5 |
| Tricep Pushdown | 8 | 8 | 8 | | 0.5 |
| Physioball Jackknife | 18 | 18 | 18 | | 0.5 |
| Overhead MB Slams | 12 | 12 | 12 | | 0.5 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Wednesday | | | | | |
|-------------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 yards | 20 yards | | | |
| Buttkicks | 20 yards | 20 yards | | | |
| A-Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Power Skips | 6 | 6 | 6 | | 0.5 |
| Split-Squat Jumps | 6 | 6 | 6 | | 0.5 |
| Mountain Climbers | 6 | 6 | 6 | | 0.5 |
| Broad Jumps | 6 | 6 | 6 | | 0.5 |
| Single Arm DB Snatch | 5 | 4 | 3 | 3 | 0.5 |
| DB Side Lunge | 5 | 5 | 5 | | 0.5 |
| Physioball Hamstring Curl | 4 | 4 | 4 | 4 | 0.5 |
| DB Incline | 8 | 8 | 8 | | 0.5 |
| DB Front Lat and Rear Delt Raise | 12 | 12 | | | 0.5 |
| Towel Pullup | 8 | 8 | 8 | | 0.5 |
| Explosive MB Rotational Throw | 18 | 18 | 18 | | 0.5 |
| Rollouts | 12 | 12 | 12 | | 0.5 |
| Cooldown: | | | | | |
| Quad Stretch | 30 sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | ' | |
| Tuck Jumps | 6 | 6 | 6 | | 0.5 |
| Broad Jumps | 6 | 6 | 6 | | 0.5 |
| Lateral Box Jump | 6 | 6 | 6 | | 0.5 |
| Hang Snatch | 5 | 4 | 3 | 3 | 0.5 |
| Squat | 5 | 5 | 5 | 5 | 0.5 |
| Box Jump | 5 | 5 | 5 | | 0.5 |
| Incline Bench | 4 | 4 | 4 | 4 | 0.5 |
| MB Push-Up | 8 | 8 | 8 | | 0.5 |
| Med Ball Russian Twists | 10 | 10 | 10 | | 0.5 |
| Weighted Dips | 6 | 6 | 6 | | 0.5 |
| Back Hypers | 18 | 18 | 18 | | 0.5 |
| Overhead MB Slams | 12 | 12 | 12 | | 0.5 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |



| Monday | | | • | | |
|--------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Burpees | 6 | 6 | 6 | | 1 |
| Jump Squat | 6 | 6 | 6 | | 1 |
| Explosive Overhead MB Throw | 6 | 6 | 6 | | 1 |
| Hang Clean | 5 | 4 | 3 | 3 | 1 |
| Med Ball Push-Up | 4 | 4 | 4 | 4 | 1 |
| Explosive MB Bench | 4 | 4 | 4 | | 1 |
| Front Squat | 5 | 4 | 3 | 3 | 1 |
| DB Row | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 12 | 12 | | | 1 |
| Tricep Pushdown | 8 | 8 | 8 | | 1 |
| Physioball Jackknife | 20 | 20 | 20 | | 1 |
| Overhead MB Slams | 12 | 12 | 12 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Wednesday | | | | | |
|-------------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 yards | 20 yards | | | |
| Buttkicks | 20 yards | 20 yards | | | |
| A-Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Power Skips | 6 | 6 | 6 | | 1 |
| Split-Squat Jumps | 6 | 6 | 6 | | 1 |
| Mountain Climbers | 6 | 6 | 6 | | 1 |
| Broad Jumps | 6 | 6 | 6 | | 1 |
| Single Arm DB Snatch | 5 | 4 | 3 | 3 | 1 |
| DB Side Lunge | 4 | 4 | 4 | | 1 |
| Physioball Hamstring Curl | 5 | 4 | 3 | 3 | 1 |
| DB Incline | 8 | 8 | 8 | | 1 |
| DB Front Lat and Rear Delt Raise | 12 | 12 | | | 1 |
| Towel Pullup | 8 | 8 | 8 | | 1 |
| Explosive MB Rotational Throw | 20 | 20 | 20 | | 1 |
| Rollouts | 12 | 12 | 12 | | 1 |
| Cooldown: | | | | | |
| Quad Stretch | 30 sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Tuck Jumps | 6 | 6 | 6 | | 1 |
| Broad Jumps | 6 | 6 | 6 | | 1 |
| Lateral Box Jump | 6 | 6 | 6 | | 1 |
| Hang Snatch | 5 | 4 | 3 | 3 | 1 |
| Squat | 4 | 4 | 4 | 4 | 1 |
| Box Jump | 4 | 4 | 4 | | 1 |
| Incline Bench | 5 | 4 | 3 | 3 | 1 |
| MB Push-Up | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 10 | 10 | 10 | | 1 |
| Weighted Dips | 6 | 6 | 6 | | 1 |
| Back Hypers | 20 | 20 | 20 | | 1 |
| Overhead MB Slams | 12 | 12 | 12 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |



| Monday | | | | | |
|--------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Burpees | 5 | 5 | 5 | | 0.5 |
| Jump Squat | 5 | 5 | 5 | | 0.5 |
| Explosive Overhead MB Throw | 6 | 5 | 4 | | 0.5 |
| Hang Clean | 3 | 2 | 2 | 3 | 0.5 |
| Med Ball Push-Up | 4 | 4 | 4 | 5 | 0.5 |
| Explosive MB Bench | 4 | 3 | 2 | | 0.5 |
| Front Squat | 3 | 3 | 3 | 4 | 0.5 |
| DB Row | 8 | 8 | 8 | | 0.5 |
| Med Ball Russian Twists | 12 | 12 | | | 0.5 |
| Tricep Pushdown | 8 | 8 | 8 | | 0.5 |
| Physioball Jackknife | 20 | 20 | 20 | | 0.5 |
| Overhead MB Slams | 12 | 12 | 12 | | 0.5 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Wednesday | | | | | |
|-------------------------------------|-------------|-------------|-------|-------|--------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 | 20 | | | |
| | yards | yards | | | |
| Shuffle | 20 | 20 | | | |
| | yards | yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 | 20 | | | |
| Alikie Baliu Shullie | yards | yards | | | |
| Buttkicks | 20 | 20 | | | |
| Dutinicks | yards | yards | | | |
| A-Skips | 20 | 20 | | | |
| - 1- | yards | yards | | | |
| Workout: | | | | | |
| Power Skips | 5 | 5 | 5 | | 0.5 |
| Split-Squat Jumps | 5 | 5 | 5 | | 0.5 |
| Mountain Climbers | 6 | 5 | 4 | | 0.5 |
| Broad Jumps | 6 | 5 | 4 | | 0.5 |
| Single Arm DB Snatch | 3 | 2 | 2 | 3 | 0.5 |
| DB Side Lunge | 4 | 3 | 2 | | 0.5 |
| Physioball Hamstring Curl | 3 | 3 | 3 | 4 | 0.5 |
| DB Incline | 8 | 8 | 8 | | 0.5 |
| DB Front Lat and Rear Delt Raise | 12 | 12 | | | 0.5 |
| Towel Pullup | 8 | 8 | 8 | | 0.5 |
| Explosive MB Rotational Throw | 20 | 20 | 20 | | 0.5 |
| Rollouts | 12 | 12 | 12 | | 0.5 |
| Cooldown: | | | | | |
| Quad Stretch | 30 | | | | |
| | sec. | | | | |
| Standing Glute Stretch | 30 | | | | |
| | sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Tuck Jumps | 5 | 5 | 5 | | 0.5 |
| Broad Jumps | 5 | 5 | 5 | | 0.5 |
| Lateral Box Jump | 6 | 5 | 4 | | 0.5 |
| Hang Snatch | 3 | 2 | 2 | 3 | 0.5 |
| Squat | 4 | 4 | 4 | 5 | 0.5 |
| Box Jump | 4 | 3 | 2 | | 0.5 |
| Incline Bench | 3 | 3 | 3 | 4 | 0.5 |
| MB Push-Up | 8 | 8 | 8 | | 0.5 |
| Med Ball Russian Twists | 10 | 10 | 10 | | 0.5 |
| Weighted Dips | 6 | 6 | 6 | | 0.5 |
| Back Hypers | 20 | 20 | 20 | | 0.5 |
| Overhead MB Slams | 12 | 12 | 12 | | 0.5 |
| Cooldown: | " | | | ı | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |



| Monday | | | | | |
|---------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | • | | | • |
| High Knee Walks | 20 | 20 | | | |
| | yards | yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 | 20 | | | |
| Waiking Lunge | yards | yards | | | |
| Lateral Walking Lunge | 20 | 20 | | | |
| | yards | yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 | 20 | | | |
| | yards | yards | | | |
| Workout: | | | | | |
| Burpees | 8 | 8 | | | 1 |
| Jump Squat | 8 | 8 | | | 1 |
| Explosive Overhead MB Throw | 8 | 8 | | | 1 |
| Hang Clean | 6 | 5 | 5 | 5 | 1 |
| Physioball Dumbbell Bench | 8 | 8 | 8 | | 1 |
| Explosive MB Bench | 6 | 6 | 6 | | 1 |
| Front Squat | 6 | 6 | 6 | | 1 |
| Sgle Leg, Sgle Arm Cable Row | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 10 | 10 | 10 | | 1 |
| Tricep Pushdown | 10 | 10 | 10 | | 1 |
| Physioball V-Up | 18 | 18 | 18 | | 1 |
| Overhead MB Slams | 15 | 15 | 15 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Wednesday | 1 | 1 | 1 | l | |
|-------------------------------|-------------|-------------|-------|-------|--------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Resi (min |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 yards | 20 yards | | | |
| Buttkicks | 20 yards | 20 yards | | | |
| A-Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Power Skips | 8 | 8 | | | 1 |
| Split-Squat Jumps | 8 | 8 | | | 1 |
| Mountain Climbers | 8 | 8 | | | 1 |
| Broad Jumps | 6 | 6 | 6 | | 1 |
| Single Arm DB Snatch | 6 | 5 | 5 | 5 | 1 |
| Barbell Side Lunge | 8 | 8 | 8 | | 1 |
| Physioball Hamstring Curl | 8 | 8 | 8 | | 1 |
| DB Incline | 8 | 8 | 8 | | 1 |
| Physioball Shoulder Y,L,T, W | 15 | 15 | | | 1 |
| Towel Pullup | 10 | 10 | 10 | | 1 |
| Explosive MB Rotational Throw | 15 | 15 | 15 | | 1 |
| Rollouts | 10 | 10 | 10 | | 1 |
| Cooldown: | | | | | |
| Quad Stretch | 30 sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| | 0-14 | 0-10 | 0-10 | 0-14 | D1 |
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 | 20 | | | |
| | yards | yards | | | |
| High Knee Jog | 20 | 20 | | | |
| | yards | yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunga | 20 | 20 | | | |
| Lateral Walking Lunge | yards | yards | | | |
| Shuffle | 20 | 20 | | | |
| Shame | yards | yards | | | |
| Lateral A Skips | 20 | 20 | | | |
| ' | yards | yards | | | |
| Workout: | | | | | |
| Tuck Jumps | 8 | 8 | | | 1 |
| Broad Jumps | 8 | 8 | | | 1 |
| Lateral Box Jump | 8 | 8 | | | 1 |
| Hang Snatch | 6 | 5 | 5 | 5 | 1 |
| Squat | 8 | 8 | 8 | | 1 |
| Barbell Step Up | 8 | 8 | 8 | | 1 |
| Incline Bench | 8 | 8 | 8 | | 1 |
| MB Push-Up | 10 | 10 | 10 | | 1 |
| Medball Throw and Sprint | 12 | 12 | 12 | | 1 |
| Weighted Dips | 8 | 8 | 8 | | 1 |
| Back Hypers | 18 | 18 | 18 | | 1 |
| Overhead MB Slams | 12 | 12 | 12 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 | | | | |
| | sec. | | | | |
| Hip Flexor Stretch | 30 | | | | |
| | sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 | | | | |
| | sec. | | | | |
| Straddle Stretch | 30 | | | | |
| | sec. | | | | |
| Calf Stretch | 30 | | | | |
| | sec. | | | | |



| Monday | | | | | |
|---------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Burpees | 8 | 8 | | | 1 |
| Jump Squat | 8 | 8 | | | 1 |
| Explosive Overhead MB Throw | 8 | 6 | 6 | | 1 |
| Hang Clean | 5 | 4 | 4 | 4 | 1 |
| Physioball Dumbbell Bench | 6 | 6 | 6 | 6 | 1 |
| Explosive MB Bench | 5 | 5 | 5 | | 1 |
| Front Squat | 5 | 5 | 5 | | 1 |
| Sgle Leg, Sgle Arm Cable Row | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 10 | 10 | 10 | | 1 |
| Tricep Pushdown | 10 | 10 | 10 | | 1 |
| Physioball V-Up | 18 | 18 | 18 | | 1 |
| Overhead MB Slams | 15 | 15 | 15 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |
| | | | | | |

| Wednesday | | | | | |
|-------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 yards | 20 yards | | | |
| Buttkicks | 20 yards | 20 yards | | | |
| A-Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Power Skips | 8 | 8 | | | 1 |
| Split-Squat Jumps | 8 | 8 | | | 1 |
| Mountain Climbers | 8 | 6 | 6 | | 1 |
| Broad Jumps | 6 | 6 | 6 | | 1 |
| Single Arm DB Snatch | 5 | 4 | 4 | 4 | 1 |
| Barbell Side Lunge | 6 | 6 | 6 | | 1 |
| Physioball Hamstring Curl | 6 | 6 | 6 | | 1 |
| DB Incline | 8 | 8 | 8 | | 1 |
| Physioball Shoulder Y,L,T, W | 15 | 15 | | | 1 |
| Towel Pullup | 10 | 10 | 10 | | 1 |
| Explosive MB Rotational Throw | 15 | 15 | 15 | | 1 |
| Rollouts | 10 | 10 | 10 | | 1 |
| Cooldown: | | | | | |
| Quad Stretch | 30 sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | • | | | |
| High Knee Walks | 20 yards | 20 vards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Tuck Jumps | 8 | 8 | | | 1 |
| Broad Jumps | 8 | 8 | | | 1 |
| Lateral Box Jump | 8 | 6 | 6 | | 1 |
| Hang Snatch | 5 | 4 | 4 | 4 | 1 |
| Squat | 6 | 6 | 6 | 6 | 1 |
| Barbell Step Up | 6 | 6 | 6 | | 1 |
| Incline Bench | 6 | 6 | 6 | 6 | 1 |
| MB Push-Up | 10 | 10 | 10 | | 1 |
| Medball Throw and Sprint | 12 | 12 | 12 | | 1 |
| Weighted Dips | 8 | 8 | 8 | | 1 |
| Back Hypers | 18 | 18 | 18 | | 1 |
| Overhead MB Slams | 12 | 12 | 12 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |



| Monday | | | | | |
|---------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Burpees | 8 | 8 | | | 1 |
| Jump Squat | 8 | 8 | | | 1 |
| Explosive Overhead MB Throw | 8 | 6 | 6 | | 1 |
| Hang Clean | 5 | 3 | 3 | 3 | 1 |
| Physioball Dumbbell Bench | 5 | 5 | 5 | 5 | 1 |
| Explosive MB Bench | 4 | 4 | 4 | | 1 |
| Front Squat | 4 | 4 | 4 | 4 | 1 |
| Sgle Leg, Sgle Arm Cable Row | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 12 | 12 | 12 | | 1 |
| Tricep Pushdown | 10 | 10 | 10 | | 1 |
| Physioball V-Up | 20 | 20 | 20 | | 1 |
| Overhead MB Slams | 20 | 20 | 20 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Wednesday | 0.11 | 0-: 0 | 0-: 0 | 0-: 4 | _ |
|----------------------------------|-------------|-------------|-------|-------|-------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Res (mir |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 yards | 20 yards | | | |
| Buttkicks | 20 yards | 20 yards | | | |
| A-Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Power Skips | 8 | 8 | | | 1 |
| Split-Squat Jumps | 8 | 8 | | | 1 |
| Mountain Climbers | 8 | 6 | 6 | | 1 |
| Broad Jumps | 6 | 5 | 5 | 5 | 1 |
| Single Arm DB Snatch | 5 | 4 | 4 | 3 | 1 |
| Barbell Side Lunge | 5 | 5 | 5 | | 1 |
| Physioball Hamstring Curl | 5 | 5 | 5 | 5 | 1 |
| DB Incline | 8 | 8 | 8 | | 1 |
| Physioball Shoulder Y,L,T, W | 15 | 15 | | | 1 |
| Towel Pullup | 10 | 10 | 10 | | 1 |
| Explosive MB Rotational Throw | 18 | 18 | 18 | | 1 |
| Rollouts | 10 | 10 | 10 | | 1 |
| Cooldown: | | | | | |
| Quad Stretch | 30 sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Tuck Jumps | 8 | 8 | | | 1 |
| Broad Jumps | 8 | 8 | | | 1 |
| Lateral Box Jump | 8 | 6 | 6 | | 1 |
| Hang Snatch | 5 | 4 | 4 | 3 | 1 |
| Squat | 5 | 5 | 5 | 5 | 1 |
| Barbell Step Up | 5 | 5 | 5 | | 1 |
| Incline Bench | 5 | 5 | 5 | 5 | 1 |
| MB Push-Up | 10 | 10 | 10 | | 1 |
| Medball Throw and Sprint | 12 | 12 | 12 | | 1 |
| Weighted Dips | 8 | 8 | 8 | | 1 |
| Back Hypers | 20 | 20 | 20 | | 1 |
| Overhead MB Slams | 15 | 15 | 15 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |



| Monday | | | | | |
|---------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Burpees | 6 | 6 | 6 | | 0.5 |
| Jump Squat | 6 | 6 | 6 | | 0.5 |
| Explosive Overhead MB Throw | 6 | 6 | 6 | | 0.5 |
| Hang Clean | 5 | 4 | 3 | 2 | 0.5 |
| Physioball Dumbbell Bench | 4 | 4 | 4 | 4 | 0.5 |
| Explosive MB Bench | 4 | 4 | 4 | | 0.5 |
| Front Squat | 4 | 4 | 3 | 3 | 0.5 |
| Sgle Leg, Sgle Arm Cable Row | 8 | 8 | 8 | | 0.5 |
| Med Ball Russian Twists | 12 | 12 | 12 | | 0.5 |
| Tricep Pushdown | 8 | 8 | 8 | | 0.5 |
| Physioball V-Up | 25 | 25 | 25 | | 0.5 |
| Overhead MB Slams | 20 | 20 | 20 | | 0.5 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Wednesday Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Doot |
|-------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 | 20 | | | |
| Shume | yards | yards | | | |
| Caricoca | 20 | 20 | | | |
| | yards | yards | | | |
| Ankle Band Shuffle | 20 yards | 20 yards | | | |
| Buttkicks | 20 | 20 | | | |
| | yards | yards | | | |
| A-Skips | 20 | 20 | | | |
| | yards | yards | | | |
| Workout: | | | | | |
| Power Skips | 6 | 6 | 6 | | 0.5 |
| Split-Squat Jumps | 6 | 6 | 6 | | 0.5 |
| Mountain Climbers | 6 | 6 | 6 | | 0.5 |
| Broad Jumps | 5 | 5 | 5 | | 0.5 |
| Single Arm DB Snatch | 5 | 4 | 3 | 3 | 0.5 |
| Barbell Side Lunge | 5 | 5 | 5 | | 0.5 |
| Physioball Hamstring Curl | 4 | 4 | 4 | 4 | 0.5 |
| DB Incline | 8 | 8 | 8 | | 0.5 |
| Physioball Shoulder Y,L,T, W | 15 | 15 | | | 0.5 |
| Towel Pullup | 8 | 8 | 8 | | 0.5 |
| Explosive MB Rotational Throw | 18 | 18 | 18 | | 0.5 |
| Rollouts | 12 | 12 | 12 | | 0.5 |
| Cooldown: | · | | | | |
| Quad Stretch | 30 sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Tuck Jumps | 6 | 6 | 6 | | 0.5 |
| Broad Jumps | 6 | 6 | 6 | | 0.5 |
| Lateral Box Jump | 6 | 6 | 6 | | 0.5 |
| Hang Snatch | 5 | 4 | 3 | 3 | 0.5 |
| Squat | 5 | 5 | 5 | 5 | 0.5 |
| Barbell Step Up | 5 | 5 | 5 | | 0.5 |
| Incline Bench | 5 | 4 | 4 | 3 | 0.5 |
| MB Push-Up | 12 | 12 | 12 | | 0.5 |
| Medball Throw and Sprint | 15 | 15 | 15 | | 0.5 |
| Weighted Dips | 6 | 6 | 6 | | 0.5 |
| Back Hypers | 20 | 20 | 20 | | 0.5 |
| Overhead MB Slams | 15 | 15 | 15 | | 0.5 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |



| Mandan | | | | | |
|---------------------------------|-------------|-------------|-------|-------|---------------|
| Monday | 0-1.4 | 0-1-0 | 0-1-0 | 0-1.4 | D1 |
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | ı | | | | |
| High Knee Walks | 20 | 20 | | | |
| | yards | yards | | | |
| High Knee Jog | 20 | 20 | | | |
| | yards | yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 | 20 | | | |
| zatora: rrammig zamgo | yards | yards | | | |
| Shuffle | 20 | 20 | | | |
| | yards | yards | | | |
| Lateral A Skips | 20 | 20 | | | |
| | yards | yards | | | |
| Workout: | | | | | |
| Burpees | 6 | 6 | 6 | | 1 |
| Jump Squat | 6 | 6 | 6 | | 1 |
| Explosive Overhead MB Throw | 6 | 6 | 6 | | 1 |
| Hang Clean | 4 | 3 | 3 | 2 | 1 |
| Physioball Dumbbell Bench | 3 | 3 | 3 | | 1 |
| Explosive MB Bench | 3 | 3 | 3 | | 1 |
| Front Squat | 4 | 3 | 3 | 2 | 1 |
| Sgle Leg, Sgle Arm Cable Row | 8 | 8 | 8 | | 1 |
| Med Ball Russian Twists | 12 | 12 | 12 | | 1 |
| Tricep Pushdown | 8 | 8 | 8 | | 1 |
| Physioball V-Up | 25 | 25 | 25 | | 1 |
| Overhead MB Slams | 25 | 25 | 25 | | 1 |
| Cooldown: | 1 | | | | |
| Standing Glute Stretch | 30 | | | | |
| 3 | sec. | | | | |
| Hip Flexor Stretch | 30 | | | | |
| | sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 | | | | |
| | sec. | | | | |
| Calf Stretch | 30 | | | | |
| | sec. | | | | |

| Wednesday | | | | | |
|------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| Lateral Walking Lunge | 20 | 20 | | | |
| 0 | yards | yards | | | |
| Shuffle | 20 yards | 20 vards | | | |
| Caricoca | 20 | 20 | | | |
| Cancoca | yards | yards | | | |
| Ankle Band Shuffle | 20 | 20 | | | |
| | yards | yards | | | |
| Buttkicks | 20 | 20 | | | |
| | yards | yards | | | |
| A-Skips | 20 yards | 20 vards | | | |
| Workout: | yarus | yarus | | | |
| Power Skips | 6 | 6 | 6 | | 1 |
| Split-Squat Jumps | 6 | 6 | 6 | | 1 |
| Mountain Climbers | 6 | 6 | 6 | | 1 |
| Broad Jumps | 5 | 5 | 5 | 4 | 1 |
| Single Arm DB Snatch | 5 | 4 | 3 | 3 | 1 |
| Barbell Side Lunge | 4 | 4 | 4 | | 1 |
| Physioball Hamstring Curl | 5 | 4 | 3 | 3 | 1 |
| DB Incline | 8 | 8 | 8 | | 1 |
| Physioball Shoulder Y,L,T, W | 15 | 15 | | | 1 |
| Towel Pullup | 8 | 8 | 8 | | 1 |
| Explosive MB Rotational | 20 | 20 | 20 | | 1 |
| Throw | | | | | |
| Rollouts | 12 | 12 | 12 | | 1 |
| Cooldown: | | | | | |
| Quad Stretch | 30 | | | | |
| | sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 | | | | |
| | sec. | | | | |
| Seated Hip Abductor Stretch | 30 | | | | |
| | sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 | | _ | | |
| Can Jucion | sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Tuck Jumps | 6 | 6 | 6 | | 1 |
| Broad Jumps | 6 | 6 | 6 | | 1 |
| Lateral Box Jump | 6 | 6 | 6 | | 1 |
| Hang Snatch | 5 | 4 | 3 | 3 | 1 |
| Squat | 4 | 4 | 4 | 4 | 1 |
| Barbell Step Up | 4 | 4 | 4 | | 1 |
| Incline Bench | 4 | 3 | 2 | 2 | 1 |
| MB Push-Up | 12 | 12 | 12 | | 1 |
| Medball Throw and Sprint | 15 | 15 | 15 | | 1 |
| Weighted Dips | 6 | 6 | 6 | | 1 |
| Back Hypers | 22 | 22 | 22 | | 1 |
| Overhead MB Slams | 15 | 15 | 15 | | 1 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |



| Monday | | | | | |
|---------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Burpees | 5 | 5 | 5 | | 0.5 |
| Jump Squat | 5 | 5 | 5 | | 0.5 |
| Explosive Overhead MB Throw | 6 | 5 | 4 | | 0.5 |
| Hang Clean | 4 | 3 | 2 | 1 | 0.5 |
| Physioball Dumbbell Bench | 6 | 4 | 3 | 2 | 0.5 |
| Explosive MB Bench | 4 | 3 | 2 | | 0.5 |
| Front Squat | 3 | 2 | 2 | | 0.5 |
| Sgle Leg, Sgle Arm Cable Row | 8 | 8 | 8 | | 0.5 |
| Med Ball Russian Twists | 15 | 15 | 15 | | 0.5 |
| Tricep Pushdown | 8 | 8 | 8 | | 0.5 |
| Physioball V-Up | 30 | 30 | 30 | | 0.5 |
| Overhead MB Slams | 25 | 25 | 25 | | 0.5 |
| Cooldown: | | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Wednesday | | | | | |
|-------------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | () |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Caricoca | 20 yards | 20 yards | | | |
| Ankle Band Shuffle | 20 yards | 20 yards | | | |
| Buttkicks | 20 yards | 20 yards | | | |
| A-Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Power Skips | 5 | 5 | 5 | | 0.5 |
| Split-Squat Jumps | 5 | 5 | 5 | | 0.5 |
| Mountain Climbers | 6 | 5 | 4 | | 0.5 |
| Broad Jumps | 5 | 4 | 3 | 3 | 0.5 |
| Single Arm DB Snatch | 3 | 2 | 2 | | 0.5 |
| Barbell Side Lunge | 4 | 3 | 2 | | 0.5 |
| Physioball Hamstring Curl | 3 | 3 | 3 | | 0.5 |
| DB Incline | 8 | 8 | 8 | | 0.5 |
| Physioball Shoulder Y,L,T, W | 15 | 15 | | | 0.5 |
| Towel Pullup | 8 | 8 | 8 | | 0.5 |
| Explosive MB Rotational Throw | 20 | 20 | 20 | | 0.5 |
| Rollouts | 12 | 12 | 12 | | 0.5 |
| Cooldown: | | | | | |
| Quad Stretch | 30 sec. | | | | |
| Standing Glute Stretch | 30 sec. | | | | |
| Butterfly Stretch | 30 sec. | | | | |
| Seated Hip Abductor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |

| Friday | | | | | |
|-----------------------------|-------------|-------------|-------|-------|---------------|
| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Rest (min) |
| Warm-Up: | | | | | |
| High Knee Walks | 20 yards | 20 yards | | | |
| High Knee Jog | 20 yards | 20 yards | | | |
| Walking Lunge | 20 yards | 20 yards | | | |
| Lateral Walking Lunge | 20 yards | 20 yards | | | |
| Shuffle | 20 yards | 20 yards | | | |
| Lateral A Skips | 20 yards | 20 yards | | | |
| Workout: | | | | | |
| Tuck Jumps | 5 | 5 | 5 | | 0.5 |
| Broad Jumps | 5 | 5 | 5 | | 0.5 |
| Lateral Box Jump | 6 | 5 | 4 | | 0.5 |
| Hang Snatch | 3 | 2 | 2 | 3 | 0.5 |
| Squat | 3 | 3 | 3 | 5 | 0.5 |
| Barbell Step Up | 4 | 3 | 2 | | 0.5 |
| Incline Bench | 3 | 2 | 1 | 3 | 0.5 |
| MB Push-Up | 12 | 12 | 12 | | 0.5 |
| Medball Throw and Sprint | 15 | 15 | 15 | | 0.5 |
| Weighted Dips | 6 | 6 | 6 | | 0.5 |
| Back Hypers | 25 | 25 | 25 | | 0.5 |
| Overhead MB Slams | 20 | 20 | 20 | | 0.5 |
| Cooldown: | " | | | ı | |
| Standing Glute Stretch | 30 sec. | | | | |
| Hip Flexor Stretch | 30 sec. | | | | |
| Lying Glute/Hip Stretch | 30 sec. | | | | |
| Seated Hip Adbuctor Stretch | 30 sec. | | | | |
| Straddle Stretch | 30 sec. | | | | |
| Calf Stretch | 30 sec. | | | | |