

Week 1 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/8	/8	—	
2) 3-Way Med Ball Slam	/5	/5	—	Each direction
3) Split-Squat Jumps	/3	/3	—	Each leg
4) Sumo Squat	/4	/3	—	
5a) Deadlift	/8	/8	—	
5b) Standing Single-Arm Row	/6	/6	/6	Each arm
5c) Half-Kneeling Quad Stretch	/10 sec.	/10 sec.	—	Each leg
6a) Alternating Kettlebell Bench Press	/6	/6	—	Each arm
6b) Single-Leg Glute Bridge	/5	/5	—	Each leg
6c) Floor Y's and T's	/12	/12	—	Each exercise
7a) Farmer's Walk	/30 yards	/30 yards	—	
7b) Underhand Lat Pulldown	/8	/8	—	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kneeling Med Ball Side Toss	/6-8	/6-8	—	Each side
2) Skaters	/3-6	/3-6	—	Each leg
3) Reverse Lunge	/4	/3	—	Each leg
4a) Dumbbell Reverse Lunge	/5	/5	—	Each leg
4b) Seated Row	/8	/8	—	
4c) Stretch Series	/3	/3	—	Each stretch
5a) Push-Ups	/10	/10	—	
5b) Single-Leg RDL	/6	/6	—	Each leg
5c) Band Pull-Aparts	/12	/12	—	
6a) Half-Kneeling Cable Press	/12	/12	—	Each side
6b) Half-Kneeling Single-Arm Lat Pulldown	/8	/8	—	Each side

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 2 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Med Ball Overhead Throws	/8	/8	—	
2) 3-Way Med Ball Slam	/5	/5	—	Each direction
3) Split-Squat Jumps	/3	/3	—	Each leg
4) Sumo Squat	/4	/3	—	
5a) Deadlift	/5	/5	/5	
5b) Standing Single-Arm Row	/6	/6	/6	Each arm
5c) Half-Kneeling Quad Stretch	/10 sec.	/10 sec.	/10 sec.	Each leg
6a) Alternating Kettlebell Bench Press	/6	/6	/6	Each arm
6b) Single-Leg Glute Bridge	/5	/5	/5	Each leg
6c) Floor Y's and T's	/12	/12	/12	Each exercise
7a) Farmer's Walk	/30 yards	/30 yards	/30 yards	
7b) Underhand Lat Pulldown	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kneeling Med Ball Side Toss	/6-8	/6-8	—	Each side
2) Skaters	/6-8	/6-8	—	Each leg
3) Reverse Lunge	/4	/3	—	Each leg
4a) Dumbbell Reverse Lunge	/5	/5	/5	Each leg
4b) Seated Row	/8	/8	—	
4c) Stretch Series	/3	/3	/3	Each stretch
5a) Push-Ups	/15	/15	—	
5b) Single-Leg RDL	/6	/6	—	Each leg
5c) Band Pull-Aparts	/12	/12	—	
6a) Half-Kneeling Cable Press	/12	/12	—	Each side
6b) Half-Kneeling Single-Arm Lat Pulldown	/8	/8	—	Each side

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 3 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/8	/8	—	
2) 3-Way Med Ball Slam	/6	/6	/6	Each direction
3) Split-Squat Jumps	/3	/3	—	Each leg
4) Sumo Squat	/4	/3	—	
5a) Deadlift	/5	/5	/5	
5b) Standing Single-Arm Row	/6	/6	/6	Each arm
5c) Half-Kneeling Quad Stretch	/10 sec.	/10 sec.	/10 sec.	Each leg
6a) Alternating Kettlebell Bench Press	/6	/6	/6	Each arm
6b) Single-Leg Glute Bridge	/8	/8	/8	Each leg
6c) Floor Y's and T's	/12	/12	/12	Each exercise
7a) Farmer's Walk	/30 yards	/30 yards	/30 yards	
7b) Underhand Lat Pulldown	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kneeling Med Ball Side Toss	/6-8	/6-8	—	Each side
2) Skaters	/6-8	/6-8	—	Each leg
3) Reverse Lunge	/4	/3	—	Each leg
4a) Dumbbell Reverse Lunge	/5	/5	—	Each leg
4b) Seated Row	/8	/8	—	
4c) Stretch Series	/3	/3	—	Each stretch
5a) Push-Ups	/20	/20	—	
5b) Single-Leg RDL	/6	/6	—	Each leg
5c) Band Pull-Aparts	/12	/12	—	
6a) Half-Kneeling Cable Press	/15	/15	—	Each side
6b) Half-Kneeling Single-Arm Lat Pulldown	/8	/8	—	Each side

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 4 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Med Ball Overhead Throws	/8	/8	—	
2) 3-Way Med Ball Slam	/6	/6	/6	Each direction
3) Split-Squat Jumps	/3	/3	—	Each leg
4) Sumo Squat	/4	/3	—	
5a) Deadlift	/5	/5	/5	
5b) Standing Single-Arm Row	/5	/5	/5	Each arm
5c) Half-Kneeling Quad Stretch	/10 sec.	/10 sec.	/10 sec.	Each leg
6a) Alternating Kettlebell Bench Press	/6	/6	/6	Each arm
6b) Single-Leg Glute Bridge	/8	/8	/8	Each leg
6c) Floor Y's and T's	/12	/12	/12	Each exercise
7a) Farmer's Walk	/30 yards	/30 yards	/30 yards	
7b) Underhand Lat Pulldown	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kneeling Med Ball Side Toss	/6-8	/6-8	—	Each side
2) Skaters	/6-8	/6-8	—	Each leg
3) Reverse Lunge	/4	/3	—	Each leg
4a) Dumbbell Reverse Lunge	/5	/5	—	Each leg
4b) Seated Row	/8	/8	—	
4c) Stretch Series	/3	/3	—	Each stretch
5a) Push-Ups	/20	/20	—	
5b) Single-Leg RDL	/6	/6	—	Each leg
5c) Band Pull-Aparts	/12	/12	—	
6a) Half-Kneeling Cable Press	/15	/15	—	Each side
6b) Half-Kneeling Single-Arm Lat Pulldown	/8	/8	—	Each side

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 5 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/8	/8	—	
2) Deceleration Jumps	/3	/3	—	
3) Sumo Squat	/4	/3	—	
4a) Deadlift	/8	/8	/2	
4b) Standing Single-Arm Row	/5	/5	/5	Each arm
4c) Half-Kneeling Quad Stretch	/10 sec.	/10 sec.	/10 sec.	Each leg
5a) Single-Leg, Single-Arm Dumbbell Press	/8	/8	/8	Each arm
5b) Single-Leg Reach	/6	/6	/8	Each leg
5c) Floor L's	/12	/12	/12	
6a) Single-Arm Farmer's Walk	/30 yards	/30 yards	/30 yards	Each arm
6b) Neutral-Grip Pulldown	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Skater Jump to Double-Leg Jump	/3	/3	—	Each side
2) Med Ball Rotational Throws	/6	/6	—	Each side
3a) Bodyweight Reverse to Forward Lunge	/4	/3	—	Each leg
3b) Reverse to Forward Lunge	/5	/5	—	Each leg
3c) Inverted Row	/8	/8	—	
3d) Half-Kneeling Quad Stretch	/3	/3	—	Each leg
4a) Feet-Elevated Push-Ups	/12	/12	—	
4b) Single-Leg RDL	/5	/5	—	Each leg
4c) Band Pull-Aparts	/12	/12	—	
5a) Half-Kneeling Cable Chop	/8	/8	—	Each side
5b) Lunging Single-Arm Lat Pulldown	/8	/8	—	Each arm

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 6 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Med Ball Push Press	/8	/8	—	
2) Deceleration Jumps	/3	/3	—	
3) Sumo Squat	/4	/3	—	
4a) Deadlift	/5	/3	/2	
4b) Standing Single-Arm Row	/5	/5	/5	Each arm
4c) Half-Kneeling Quad Stretch	/10 sec.	/10 sec.	/10 sec.	Each leg
5a) Single-Leg, Single-Arm Dumbbell Press	/8	/8	/8	Each arm
5b) Single-Leg Reach	/8	/8	/8	Each leg
5c) Floor L's	/12	/12	/12	
6a) Single-Arm Farmer's Walk	/30 yards	/30 yards	/30 yards	Each arm
6b) Neutral-Grip Pulldown	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Skater Jump to Double-Leg Jump	/3	/3	—	Each side
2) Med Ball Rotational Throws	/6	/6	—	Each side
3a) Bodyweight Reverse to Forward Lunge	/4	/3	—	Each leg
3b) Reverse to Forward Lunge	/5	/5	—	Each leg
3c) Inverted Row	/8	/8	—	
3d) Half-Kneeling Quad Stretch	/3	/3	—	Each leg
4a) Feet-Elevated Push-Ups	/15	/15	—	
4b) Single-Leg RDL	/5	/5	—	Each leg
4c) Band Pull-Aparts	/12	/12	—	
5a) Half-Kneeling Cable Chop	/8	/8	—	Each side
5b) Lunging Single-Arm Lat Pulldown	/8	/8	—	Each arm

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 7 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/8	/8	—	
2) Deceleration Jumps	/3	/3	—	
3) Sumo Squat	/4	/3	—	
4a) Deadlift	/5	/3	/2	
4b) Standing Single-Arm Row	/5	/5	/5	Each arm
4c) Half-Kneeling Quad Stretch	/10 sec.	/10 sec.	/10 sec.	Each leg
5a) Single-Leg, Single-Arm Dumbbell Press	/8	/8	/8	Each arm
5b) Single-Leg Reach	/8	/8	/8	Each leg
5c) Floor L's	/12	/12	/12	
6a) Single-Arm Farmer's Walk	/30 yards	/30 yards	/30 yards	Each arm
6b) Neutral-Grip Pulldown	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Skater Jump to Double-Leg Jump	/3	/3	—	Each side
2) Med Ball Rotational Throws	/6	/6	—	Each side
3a) Bodyweight Reverse to Forward Lunge	/4	/3	—	Each leg
3b) Reverse to Forward Lunge	/5	/5	—	Each leg
3c) Inverted Row	/8	/8	—	
3d) Half-Kneeling Quad Stretch	/3	/3	—	Each leg
4a) Feet-Elevated Push-Ups	/15	/15	—	
4b) Single-Leg RDL	/5	/5	—	Each leg
4c) Band Pull-Aparts	/12	/12	—	
5a) Half-Kneeling Cable Chop	/10	/10	—	Each side
5b) Lunging Single-Arm Lat Pulldown	/8	/8	—	Each arm

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 8 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Med Ball Push Press	/8	/8	—	
2) Deceleration Jumps	/3	/3	—	
3) Sumo Squat	/4	/3	—	
4a) Deadlift	/5	/3	/2	
4b) Standing Single-Arm Row	/5	/5	/5	Each arm
4c) Half-Kneeling Quad Stretch	/10 sec.	/10 sec.	/10 sec.	Each leg
5a) Single-Leg, Single-Arm Dumbbell Press	/8	/8	/8	Each arm
5b) Single-Leg Reach	/8	/8	/8	Each leg
5c) Floor L's	/12	/12	/12	
6a) Single-Arm Farmer's Walk	/30 yards	/30 yards	/30 yards	Each arm
6b) Neutral-Grip Pulldown	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Skater Jump to Double-Leg Jump	/3	/3	—	Each side
2) Med Ball Rotational Throws	/6	/6	—	Each side
3a) Bodyweight Reverse to Forward Lunge	/4	/3	—	Each leg
3b) Reverse to Forward Lunge	/5	/5	—	Each leg
3c) Inverted Row	/8	/8	—	
3d) Half-Kneeling Quad Stretch	/3	/3	—	Each leg
4a) Feet-Elevated Push-Ups	/20	/20	—	
4b) Single-Leg RDL	/5	/5	—	Each leg
4c) Band Pull-Aparts	/12	/12	—	
5a) Half-Kneeling Cable Chop	/10	/10	—	Each side
5b) Lunging Single-Arm Lat Pulldown	/8	/8	—	Each arm

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.