

Week 1 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1a) Low-Box Landings	/3	/3	/3	/3	/3	Hold each landing for 3 sec.
1b) Single-Leg Balance Holds	/15 sec.	/15 sec.	/15 sec.	/15 sec.	/15 sec.	Each leg
2a) Goblet Squat	/12	/12	/12	—	—	
2b) Pallof Press	/8	/8	/8	—	—	Each side
3a) Single-Arm Dumbbell Row	/12	/12	/12	—	—	Each arm
3b) Dumbbell RDL	/12	/12	/12	—	—	
3c) Seated Band Abduction	/10	/10	/10	—	—	
4a) Bench Push-Ups	/6	/6	/6	—	—	
4b) Face Pulls	/12	/12	/12	—	—	
4c) Straight-Arm Chest Stretch	/20 sec.	/20 sec.	/20 sec.	—	—	Each side
5) 3-Way Planks	/30 sec.	/30 sec.	/30 sec.	—	—	Each way

Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1a) Box Jumps	/6	/6	/6	/6	—	
1b) Med Ball Slams	/6	/6	/6	/6	—	
1c) Single-Leg Balance Touch	/5	/5	/5	/5	—	Each leg
2) Lightweight Trap Bar Deadlifts	/5	/5	—	—	—	
3a) Trap Bar Deadlift	/6	/6	/6	/6	—	
3b) Cat-Camel Stretch	/5	/5	/5	/5	—	
3c) Physioball Rollout	/10	/10	/10	/10	—	
4a) 3-Way Delt Raise	/8	/8	/8	—	—	Each direction
4b) Physioball Hamstring Curl	/10	/10	/10	—	—	
5) 4-Way Band Hip Walk	/10	/10	—	—	—	Each direction
6) 4-Way Ankle Band	/15	—	—	—	—	Each direction

Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1a) Lightweight Hang Clean	/5	/5	—	—	—	
1b) Lightweight Med Ball Rotational Throw	/5	/5	—	—	—	Each side
2a) Hang Clean	/5	/5	/5	/5	—	
2b) Med Ball Rotational Throw	/5	/5	/5	/5	—	Each side
3a) Dumbbell Reverse Lunge	/8	/8	/8	—	—	Each leg
3b) Dumbbell Side Bends	/12	/12	/12	—	—	Each side
3c) Half-Kneeling Hip Mobility	/5	/5	/5	—	—	Each side
4a) Dumbbell Incline Bench	/10	/10	/10	—	—	
4b) Underhand Lat Pull-Down	/12	/12	/12	—	—	
5a) Bodyweight Hypers	/8	/8	/8	—	—	
5b) Med Ball Bridge and Hold	/3 + 6 sec.	/3 + 6 sec.	/3 + 6 sec.	—	—	
6) YTWL	/10	—	—	—	—	Each movement

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 2 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1a) Low-Box Landings	/3	/3	/3	/3	/3	Hold each landing for 3 sec.
1b) Single-Leg Balance Holds	/15 sec.	/15 sec.	/15 sec.	/15 sec.	/15 sec.	Each leg
2a) Goblet Squat	/12	/10	/10	—	—	
2b) Pallof Press	/10	/10	/10	—	—	Each side
3a) Single-Arm Dumbbell Row	/12	/10	/10	—	—	Each arm
3b) Dumbbell RDL	/12	/10	/10	—	—	
3c) Seated Band Abduction	/10	/10	/10	—	—	
4a) Bench Push-Ups	/8	/8	/8	—	—	
4b) Face Pulls	/12	/12	/12	—	—	
4c) Straight-Arm Chest Stretch	/20 sec.	/20 sec.	/20 sec.	—	—	Each side
5) 3-Way Planks	/30 sec.	/30 sec.	/30 sec.	—	—	Each way

Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1a) Box Jumps	/6	/6	/6	/6	—	
1b) Med Ball Slams	/6	/6	/6	/6	—	
1c) Single-Leg Balance Touch	/5	/5	/5	/5	—	Each leg
2) Lightweight Trap Bar Deadlifts	/5	/5	—	—	—	
3a) Trap Bar Deadlift	/5	/5	/5	/5	—	
3b) Cat-Camel Stretch	/5	/5	/5	/5	—	
3c) Physioball Rollout	/12	/12	/12	/12	—	
4a) 3-Way Delt Raise	/10	/10	/10	—	—	Each direction
4b) Physioball Hamstring Curl	/12	/12	/12	—	—	
5) 4-Way Band Hip Walk	/10	/10	—	—	—	Each direction
6) 4-Way Ankle Band	/15	—	—	—	—	Each direction

Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1a) Lightweight Hang Clean	/5	/5	—	—	—	
1b) Lightweight Med Ball Rotational Throw	/5	/5	—	—	—	Each side
2a) Hang Clean	/4	/4	/4	/4	—	
2b) Med Ball Rotational Throw	/5	/5	/5	/5	—	Each side
3a) Dumbbell Reverse Lunge	/8	/8	/6	—	—	Each leg
3b) Dumbbell Side Bends	/12	/12	/12	—	—	Each side
3c) Half-Kneeling Hip Mobility	/5	/5	/5	—	—	Each side
4a) Dumbbell Incline Bench	/10	/8	/8	—	—	
4b) Underhand Lat Pull-Down	/12	/12	/12	—	—	
5a) Bodyweight Hypers	/10	/8	/8	—	—	
5b) Med Ball Bridge and Hold	/3 + 6 sec.	/3 + 6 sec.	/3 + 6 sec.	—	—	
6) YTWL	/10	—	—	—	—	Each movement

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 3 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
1a) Low-Box Landings	/3	/3	/3	/3	/3	/3	Hold each landing for 3 sec.
1b) Single-Leg Balance Holds	/15 sec.	/15 sec.	/15 sec.	/15 sec.	/15 sec.	/15 sec.	Each leg
2a) Goblet Squat	/12	/10	/8	/8	—	—	
2b) Pallof Press	/10	/10	/10	/10	—	—	Each side
3a) Single-Arm Dumbbell Row	/12	/10	/8	/8	—	—	Each arm
3b) Dumbbell RDL	/12	/10	/8	/8	—	—	
3c) Seated Band Abduction	/10	/10	/10	/10	—	—	
4a) Bench Push-Ups	/10	/10	/10	—	—	—	
4b) Face Pulls	/12	/12	/12	—	—	—	
4c) Straight-Arm Chest Stretch	/20 sec.	/20 sec.	/20 sec.	—	—	—	Each side
5) 3-Way Planks	/40 sec.	/40 sec.	/40 sec.	—	—	—	Each way

Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
1a) Box Jumps	/5	/5	/5	/5	/5	/5	
1b) Med Ball Slams	/5	/5	/5	/5	/5	/5	
1c) Single-Leg Balance Touch	/5	/5	/5	/5	/5	/5	Each leg
2) Lightweight Trap Bar Deadlifts	/5	/5	—	—	—	—	
3a) Trap Bar Deadlift	/5	/5	/5	/5	—	—	
3b) Cat-Camel Stretch	/5	/5	/5	/5	—	—	
3c) Physioball Rollout	/15	/15	/15	/15	—	—	
4a) 3-Way Delt Raise	/12	/12	/12	—	—	—	Each direction
4b) Physioball Hamstring Curl	/15	/15	/15	—	—	—	
5) 4-Way Band Hip Walk	/12	/12	—	—	—	—	Each direction
6) 4-Way Ankle Band	/15	—	—	—	—	—	Each direction

Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
1a) Lightweight Hang Clean	/5	/5	—	—	—	—	
1b) Lightweight Med Ball Rotational Throw	/5	/5	—	—	—	—	Each side
2a) Hang Clean	/3	/3	/3	/3	—	—	
2b) Med Ball Rotational Throw	/5	/5	/5	/5	—	—	Each side
3a) Dumbbell Reverse Lunge	/8	/6	/5	/5	—	—	Each leg
3b) Dumbbell Side Bends	/12	/12	/12	/12	—	—	Each side
3c) Half-Kneeling Hip Mobility	/5	/5	/5	/5	—	—	Each side
4a) Dumbbell Incline Bench	/8	/8	/8	—	—	—	
4b) Underhand Lat Pull-Down	/12	/12	/12	—	—	—	
5a) Bodyweight Hypers	/10	/10	/10	—	—	—	
5b) Med Ball Bridge and Hold	/3 + 6 sec.	/3 + 6 sec.	/3 + 6 sec.	—	—	—	
6) YTWL	/10	—	—	—	—	—	Each movement

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 4 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1a) Low-Box Landings	/3	/3	/3	Hold each landing for 3 sec.
1b) Single-Leg Balance Holds	/15 sec.	/15 sec.	/15 sec.	Each leg
2a) Goblet Squat	/8	/8	/8	
2b) Pallof Press	/10	/10	/10	Each side
3a) Single-Arm Dumbbell Row	/12	/12	—	Each arm
3b) Dumbbell RDL	/12	/12	—	
3c) Seated Band Abduction	/10	/10	—	
4a) Bench Push-Ups	/10	/10	—	
4b) Face Pulls	/12	/12	—	
4c) Straight-Arm Chest Stretch	/20 sec.	/20 sec.	—	Each side
5) 3-Way Planks	/45 sec.	—	—	Each way

Day 2

Exercise	Set 1	Set 2	Set 3	Set 4
1a) Box Jumps	/5	/5	/5	
1b) Med Ball Slams	/5	/5	/5	
1c) Single-Leg Balance Touch	/5	/5	/5	Each leg
2) Lightweight Trap Bar Deadlifts	/5	/5	—	
3a) Trap Bar Deadlift	/5	/5	—	
3b) Cat-Camel Stretch	/5	/5	—	
3c) Physioball Rollout	/15	/15	—	
4a) 3-Way Delt Raise	/10	/10	—	Each direction
4b) Physioball Hamstring Curl	/10	/10	—	
5) 4-Way Band Hip Walk	/12	—	—	Each direction
6) 4-Way Ankle Band	/15	—	—	Each direction

Day 3

Exercise	Set 1	Set 2	Set 3	Set 4
1a) Lightweight Hang Clean	/5	/5	—	
1b) Lightweight Med Ball Rotational Throw	/5	/5	—	Each side
2a) Hang Clean	/5	/5	—	
2b) Med Ball Rotational Throw	/5	/5	—	Each side
3a) Dumbbell Reverse Lunge	/8	/6	/6	Each leg
3b) Dumbbell Side Bends	/8	/8	/8	Each side
3c) Half-Kneeling Hip Mobility	/5	/5	/5	Each side
4a) Dumbbell Incline Bench	/8	/8	—	
4b) Underhand Lat Pull-Down	/12	/12	—	
5a) Bodyweight Hypers	/10	/10	—	
5b) Med Ball Bridge and Hold	/3 + 6 sec.	/3 + 6 sec.	—	
6) YTWL	/10	—	—	Each movement

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.