

Day 1	Week 1	Week 2	Week 3	Week 4			Notes
Exercise	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Tempo	Rest	
1) Med Ball Glute Bridge	1x15	1x20	1x25	1x25	-	-	
2) Plank	1x45 sec.	1x55 sec.	1x65 sec.	1x65 sec.	-	-	
3) Star Dot Drill	2x8	3x8	3x8	3x8	-	30 sec.	
4) Hurdle Hops	2x5	3x5	3x5	3x5	-	30 sec.	
5) Vertical Jumps	2x5	3x5	3x5	3x5	-	30 sec.	
6) Dumbbell Jump Shrug	3x5	4x5	5x5	5x5	Explosive	90 sec.	
7a) Back Squat	1x5, 1x10, 1x20	1x5, 1x10, 1x20	1x5, 1x10, 1x20	1x5, 1x10, 1x20	2/0/2	-	
7b) Negative Chin-Ups	3x6	3x5	3x4	3x4	1/1/8	60 sec.	
8a) Dumbbell Split-Squat	3x12 each leg	3x10 each leg	3x8 each leg	3x8 each leg	2/3/2	-	
8b) Dumbbell Single-Arm Row	3x10 each arm	3x10 each arm	3x10 each arm	3x10 each arm	0/1/3	60 sec.	
9a) 2-Way Butt Burner	2x8	2x10	2x12	2x12	2/2/2	-	
9b) Dumbbell Push-Up to Row	2x5 each arm	2x5 each arm	2x5 each arm	2x5 each arm	2/2/1	-	
9c) X Chops	2x10 each direction	2x15 each direction	2x20 each direction	2x20 each direction	-	-	
Day 2	Week 1	Week 2	Week 3	Week 4			
1) Glute Bridge Holds	1x50 sec.	1x60 sec.	1x75 sec.	1x75 sec.	-	-	
2) High Plank	1x45 sec.	1x55 sec.	1x65 sec.	1x65 sec.	-	-	
3) Med Ball X Chop	2x10	3x10	3x10	3x10	-	30 sec.	
4) Med Ball Shot Gun	2x8	3x8	3x8	3x8	-	30 sec.	
5) Med Ball Overhead Slams with Crow Hop	2x5	3x5	3x5	3x5	-	30 sec.	
6) Dumbbell Single-Arm High Pull	3x5	4x5	3x5, 3x3	3x5, 3x3	Explosive	90 sec.	
7a) Bench Press	1x5, 10, 20	1x5, 10, 20	1x5, 10, 20	1x5, 10, 20	2/0/2	-	
7b) Barbell RDL	3x12	4x10	4x8	4x8	1/0/1	60 sec.	
8a) Dumbbell Alternating Shoulder Press	4x10	4x8	4x8	4x8	0/2/0	-	
8b) Dumbbell Lateral Lunge	3x8 each leg	3x8 each leg	3x8 each leg	3x8 each leg	3/2/0	60 sec.	
9a) Close-Grip Push-Ups	2xMAX	2xMAX	2xMAX	2xMAX	-	60 sec.	
9b) Blast Offs	5x5 each side	6x5 each side	7x5 each side	7x5 each side	-	30 sec.	
9c) Hammer Curls	2x10	2x15	2x20	2x20	-	30 sec.	
Day 3	Week 1	Week 2	Week 3	Week 4			
1) Opposite Arm and Leg Plank	2x20 sec. each side	2x25 sec. each side	2x30 sec. each side	2x30 sec. each side	-	30 sec.	
2) Overhead Squat With Stick	3x8	3x8	3x8	3x8	-	30 sec.	
3) Hurdle Jumps	3x5	5x5	5x5	5x5	-	30 sec.	
4) Broad Jumps	2x5	3x5	3x5	3x5	-	30 sec.	
5) Dumbbell Push Press	3x5	4x5	5x5	5x5	Explosive	90 sec.	
6a) Front Squat	1x5, 10, 20	1x5, 10, 20	1x5, 10, 20	1x5, 10, 20	2/0/2	-	
6b) Inverted Row	4x8	4x10	4x12	4x12	2/2/2	60 sec.	
7a) Single-Arm Dumbbell RDL	3x8	3x10	3x12	3x12	1/2/1	-	
7b) Dumbbell Incline	3x12	3x10	3x10	3x10	3/2/0	60 sec.	
8a) Skater Jumps	2x3 each direction	2x5 each direction	2x6 each direction	2x6 each direction	2/10/2	-	
8b) Med Ball Rotational Slams	2x8 each direction	2x10 each direction	2x12 each direction	2x12 each direction	2/3/2	-	
8c) Dumbbell 4-Way Pick-Up and Punch	2x10	2x12	2x14	2x14	Explosive	30 sec.	