

Day 1	Week 1	Week 2	Week 3	Week 4	Notes
Exercise	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	
1a) Rotational Med Ball Scoop Toss	4x5 each side	3x5 each side	4x6 each side	2x5 each side	6-8 lb. med ball
1b) Core Engaged Dead Bug	3x5 each side	2x5 each side	2x5 each side	2x5 each side	
2a) Med Ball Stomp to Floor	4x5	3x5	5x5	3x5	10-12 lb. med ball
2b) Back to Wall Shoulder Flexion	3x8	3x8	4x8	3x8	
3a) Barbell Hip Thrust	4x8	4x8	4x5	4x5	Pause for 2 sec.
3b) Prone Incline Trap Raise	3x8	3x8	3x10	3x10	
4a) Trap Bar Deadlift	4x4	4x3	4x5	3x3	
4b) Half-Kneeling 90/90 ER Holds	6x6 each side	6x6 each side	6x6 each side	6x6 each side	
5a) Goblet Bulgarian Split Squat	3x6 each side	4x6 each side	3x8 each side	4x8 each side	
5b) Wide Stance Anti-Rotation Rope Chop	3x6 each side	4x6 each side	3x8 each side	4x8 each side	
6a) Physioball Rollout	3x6	4x6	3x8	4x8	
6b) Supine Rhythmic Stabilization	3x5 each	3x5 each	3x5 each	3x5 each	
Day 2	Week 1	Week 2	Week 3	Week 4	Notes
1a) Repeat Heidens	3x5 each side	3x4 each side	4x5 each side	3x4 each side	
1b) Bird Dog	2x5 each side	2x5 each side	3x5 each side	2x5 each side	
2a) Hurdle Hops	3x4 each direction	3x4 each direction	3x4 each direction	3x4 each direction	
2b) Forearm Wall Slides with Lift Off	3x6	3x6	3x6	3x6	
3a) Dumbbell Chest Support Rows	4x10	4x8	4x6	3x6	
3b) Yoga Push-Up	3x6-8	3x6-8	3x8-10	3x8-10	
4a) Standing Single-Arm Cable Rows	3x10 each side	3x10 each side	3x10 each side	3x10 each side	
4b) Turkish Get-Up	3x3 each side	3x3 each side	3x2 each side	3x2 each side	
5a) TRX Ys	3x8	3x8	3x8	3x8	
5b) Single-Arm Bottoms-Up Kettlebell Carry	3x30 yards	3x30 yards	3x30 yards	3x30 yards	
6a) Half-Kneeling Cable External Rotation	3x10 each side	3x10 each side	3x10 each side	3x10 each side	
6b) Physioball Pot Stir	3x8 each side	3x8 each side	3x10 each side	3x10 each side	
Day 3	Week 1	Week 2	Week 3	Week 4	Notes
1a) Rotational Med Ball Shot Put Toss	4x5 each side	3x5 each side	4x6 each side	2x5 each side	6-8 lb. med ball
1b) Side Bridge	3x15 sec. each side	2x15 sec. each side	3x15 sec. each side	2x15 sec. each side	
2a) Recoiled Med Ball Stomp to Floor	4x3 each side	3x3 each side	5x3 each side	3x3 each side	12 lb. med ball
2b) Prone External Rotation	3x8 each side	3x8 each side	3x8 each side	3x8 each side	
3a) Barbell Front Pause Squat	4x5	4x4	5x5	4x3	Pause for 2 sec.
3b) Single-Arm Incline Prone Trap Raise	3x8 each side	3x8 each side	4x8 each side	3x8 each side	
4a) Single-Leg Kettlebell Deadstop RDL	3x6 each side	4x6 each side	3x8 each side	4x8 each side	
4b) Supine 90/90 ER Holds	6x6 each side	6x6 each side	6x6 each side	6x6 each side	
5a) TRX Rows or Inverted Rows	4x8	4x8	4x8	3x8	
5b) Half-Kneeling Single-Arm Landmine Press	3x6 each side	4x6 each side	3x8 each side	4x8 each side	
6a) Reverse Crunch	3x8	3x8	3x10	3x10	
6b) Half-Kneeling Cable Chop	3x6 each side	3x6 each side	3x8 each side	3x8 each side	Full exhale