

Day 1	Week 1	Week 2	Week 3	Week 4		Notes
Exercise	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Rest	
1) Seated Box Jump	4x3	4x3	4x3	4x3	2 min.	
2) Med Ball Overhead Throw	4x5	4x5	4x5	4x5	2 min.	
3) Squat	4x8	4x8	4x6	4x6	2 min.	
4a) Single-Leg RDL	3x10 each leg	3x10 each leg	3x8 each leg	3x8 each leg	-	
4b) Half-Kneeling Landmine Press	3x8 each arm	3x8 each arm	3x6 each arm	3x6 each arm	2 min.	
5a) Dumbbell Incline Press	3x12	3x12	3x10	3x10	-	
5b) Pull-Ups	3x12	3x12	3x10	3x10	1 min.	
6a) Hip Bridge	3x12	3x12	3x15	3x15	-	
6b) Monster Walk	3x20 yards	3x20 yards	3x20 yards	3x20 yards	1 min.	
7a) Physioball Rollouts	2x10	2x10	2x10	2x10	-	
7b) Suitcase Carry	2x20 yards each	2x20 yards each	2x20 yards each	2x20 yards each	-	
7c) Palloff Press	2x20 sec. each	2x20 sec. each	2x20 sec. each	2x20 sec. each	1 min.	
Day 2	Week 1	Week 2	Week 3	Week 4		
1) Med Ball Chest Pass	4x4	4x4	4x4	4x4	2 min.	
2) Split Jumps	4x4 each leg	4x4 each leg	4x4 each leg	4x4 each leg	2 min.	
3) Trap Bar Deadlift	4x8	4x8	4x6	4x6	2 min.	
4a) Rear-Foot-Elevated Split Squat	3x10 each leg	3x10 each leg	3x8 each leg	3x8 each leg	-	
4b) Overhead to Goblet Carries	3x20 yards each	3x20 yards each	3x20 yards each	3x20 yards each	2 min.	
5a) Bench Press	3x12	3x12	3x10	3x10	-	
5b) Single Arm DB Row	3x12 each arm	3x12 each arm	3x10 each arm	3x10 each arm	1 min.	
6a) Kettlebell Swings	3x10	3x10	3x15	3x15	-	
6b) Banded Hip Openers	3x15	3x15	3x15	3x15	1 min.	
7a) Cable Rotations	2x10	2x10	2x10	2x10	-	
7b) Side Plank with Hip Abduction	2x10 each side	2x10 each side	2x10 each side	2x10 each side	-	
7c) RKC Plank	2x20 sec.	2x20 sec.	2x20 sec.	2x20 sec.	1 min.	
Day 3	Week 1	Week 2	Week 3	Week 4		
1) Skater Hop and Hops	4x4 each side	4x4 each side	4x4 each side	4x4 each side	2 min.	
2) Med Ball Slams	4x5	4x5	4x5	4x5	2 min.	
3) Barbell Hip Thrust	4x8	4x8	4x6	4x6	2 min.	
4a) Dumbbell Lateral Lunge	3x8 each side	3x8 each side	3x6 each side	3x6 each side	-	
4b) Facepull	3x12	3x12	3x10	3x10	2 min.	
5a) Standing Single-Arm Cable Press	3x10	3x10	3x8	3x8	-	
5b) Standing Single-Arm Cable Row	3x10	3x10	3x8	3x8	1 min.	
6a) Physioball Hamstring Curl	3x12	3x12	3x15	3x15	-	
6b) Band Waltz	3x10 each side	3x10 each side	3x10 each side	3x10 each side	1 min.	
7a) Landmine Rotations	2x5 each side	2x5 each side	2x5 each side	2x5 each side	-	
7b) Physioball Rollbacks	2x10	2x10	2x10	2x10	-	
7c) Farmers Walks	2x20 yards	2x20 yards	2x20 yards	2x20 yards	1 min.	