

WEEK OF	WEEK OF						WEEK OF						
DAY 1	DAY 2						DAY 3						
Speed / Power / Agility	Wk1	Wk2	Wk3	Speed / Power / Agility	Wk1	Wk2	Wk3	Speed / Power / Agility	Wk1	Wk2	Wk3		
CHEST MB TOSS	2 x 6	3 x 6	3 x 8	AGILITY LADDER	6 up & back	6 up & back	6 up & back	1 ARM CHEST MB TOSS	2 x 6 ea	3 x 5 ea	3 x 6 ea		
BOX JUMPS	2 x 6	3 x 5	3 x 6	SIDE MB CHEST TOSS (feet facing partner)	2x6	2x8	3x8	BOX JUMPS	2 x 6	3 x 5	3 x 6		
LIFT	LIFT						LIFT						
	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	
REAR FOOT ELEVATED SPLIT SQUAT	WU5		WU5		WU5		HANG CLEAN (PROGRESSION)	5		5		5	
OR DB SPLIT SQUAT	6ea		8ea		6ea		OR BOX JUMP	5		5		5	
pair w/	6ea		8ea		6ea			5		5		5	
DB SQUAT JUMP 3x3	6ea		8ea		6ea			5		5		5	
					6ea							6ea	
pair w/							pair w/						
SB HAMSTRING CURL	2x8		2x10		3 x 8		LANDMINE	2x6ea		2x8ea		3x8ea	
pair w/													
Front Plank w/ arm Raise 3 x 10ea							Dead Bug 3 x 10ea						
REST 1 MINUTE							REST 1 MINUTE						
TRAP BAR DEAD LIFT	WU5		WU5		WU5		FRONT SQUAT	WU5		WU5		WU5	
OR BB RDL	6		8		6		BW SQUAT	6		8		6	
	6		8		6			6		8		6	
	6		8		6			6		8		6	
					6							6	
pair w/							pair w/						
DB BENCH PRESS / PUSH UP	6		8		6		1 ARM 1 LEG KB PRESS	6ea		8ea		6ea	
pair w/	6		8		6		pair w/	6ea		8ea		6ea	
Floor Angels x 8	6		8		6		Floor Slides x 8	6ea		8ea		6ea	
REST 30 SECONDS					6		REST 30 SECONDS					6ea	
1 ARM 1 LEG DB DEAD LIFT	6ea		8ea		6ea		DB WALKING LUNGE	8ea		10ea		12ea	
	6ea		8ea		6ea			8ea		10ea		12ea	
	6ea		8ea		6ea			8ea		10ea		12ea	
					6ea							6ea	
pair w/							pair w/						
CHIN UPS	6		7		8		INVERTED ROW	6		7		8	
(assisted)	6		7		8		pair w/	6		7		8	
Lat Stretch x 15 sec	6		7		8		Glute Ham Raise Stretch x 15 sec	6		7		8	
REST 30 SECONDS							REST 30 SECONDS						
EXTRA	EXTRA						EXTRA						
ENERGY SYSTEMS	ENERGY SYSTEMS						ENERGY SYSTEMS						