	Name	Clean	Snatch	h Jerk	Squat	Ве	ench	Deadlift		<current-before></current-before>	Clean	Sna	itch Jerk	Squat	Beno	ch De	eadlift	4
		#N/A	#N/A	A #N/A	#N/A	#1	N/A	#N/A		0	#N/A	#N	/A #N/A	#N/A	#N//	'A #	ŧN/A	Key:
	Warm-ups			log or Use Warm		er Post	Work			Warm-ups	,		n Jog or Use Warn	n-uns unde	r Post W	/ork		SL- Single Leg
_		Week 1	1	<u> </u>				ack 4	_	· ·	Week						. 1	
	Day 1		_	Week 2	Wee			eek 4		Day 2			Week 2	Week		Weel	_	SA = Single Arm
Re	st: 30-90s between sets	Wt Rep	V	Wt Reps	Wt	Reps	Wt	Reps	R	est: 30-90s between sets		Reps	Wt Reps	Wt R	leps	Wt F	Reps	SB = Stability Ball
Α1	Squat Jumps	x 3 t	5 5	x 3 to 5	х	3 to 5	5	x 3 to 5	A1	Skater Hops	Х	5-10e	x 5-10e	х	5-10e	Х	5-10e	DB = Dumbbell
	can use DB's if available	x 3 t	5 5	x 3 to 5	X	3 to 5	5	x 3 to 5			X	5-10e	x 5-10e	х	5-10e	Х	5-10e	BB = Barbell
A2	Bunny Hops on Toes: 10	x 3 t	5 5	x 3 to 5	Х	3 to 5	5	x 3 to 5	A2	SL Lateral Hops to toes: 10e	Х	5-10e	x 5-10e	х	5-10e	Х	5-10e	OH = Overhead
		x 3 t	5 5	x 3 to 5	X	3 to 5	5	x 3 to 5			х	5-10e	x 5-10e	х	5-10e	х	5-10e	RE = Rear Elavated
А3	1-min Front Plank	x 3 t	5 5	x 3 to 5	х	3 to 5	5	x 3 to 5	А3	1-min Side Planks	х	5-10e	x 5-10e	х	5-10e	х	5-10e	FE = Front Elevated
В1	DB or BW Squats	χ 8 t	12	x 8 to 12	Х	8 to 12		x 8 to 12	B1	DB or BW Split-Squats	Х	8 to 12	χ 8 to 12	х	8 to 12	Х	8 to 12	SG = Snatch Grip
	·	χ 8 to	12	x 8 to 12	х	8 to 12		x 8 to 12		sesek resest	х	8 to 12	χ 8 to 12	х	8 to 12	х	8 to 12	1 Kg= 2.20462lbs
В2	SL Glute Bridge: 30s e	χ 8 to	12	χ 8 to 12	х	8 to 12	2	x 8 to 12	В2	Quaduped Hip Extension: 10e	х	8 to 12	χ 8 to 12	x	8 to 12	х	8 to 12	TF= Till Failure
	J	x 8 to	12	χ 8 to 12	x	8 to 12	·	x 8 to 12			х	8 to 12	χ 8 to 12	x	8 to 12	х	8 to 12	2.5lbs= ~1kg
вз	Bird Dogs: 10e								В3	Push-up position 1-limb raise: 5e								5lbs= ~2kg
<u>C1</u>	DB Bench Press	χ 8 to	12	χ 8 to 12	x	8 to 12		x 8 to 12	C1		Х	8 to 12	χ 8 to 12	X	8 to 12	x	8 to 12	10lbs= ~4kg
	Can do Push-ups if no DB	χ 8 t		χ 8 to 12		8 to 12		x 8 to 12	-	Can do SA Wall Push-ups if no DB	X	8 to 12	χ 8 to 12		8 to 12			BB Complex 1:
C2	Alt-Supermans: 8-12e	χ 8 to		χ 8 to 12		8 to 12		x 8 to 12	C2		X	8 to 12	χ 8 to 12		8 to 12	X		RDL
-	Ait Supermans. 6 12c	x 8 t		χ 8 to 12		8 to 12		x 8 to 12	-	1 Super mans. 6 12	X		χ 8 to 12		8 to 12		8 to 12	Upright Row
СЗ	Donguine: 20s	, , ,	12	X 810 12	^	8 10 12		X 0 10 12	СЗ	DP Side Pends: 10e	^	8 10 12	X 8 (0 12	^	8 10 12	^	0 10 12	Front Squat
D1	Penquins: 30s SL Squat to Chair	χ 8 to	12	χ 8 to 12		8 to 12	+	x 8 to 12	D1			8 to 12	χ 8 to 12		8 to 12		8 to 12	High Hang Clean
ייי	SE Squat to Chair	χ 8 to				8 to 12		x 8 to 12	1	Can use DB's if Available	X	8 to 12	χ 8 to 12 χ 8 to 12		8 to 12		8 to 12	Hang Clean W/ Squat
D2	Cluto Walker 10a								Da	SL Hip Extension on Chair: 10e	X							
D2	Glute Walks: 10e	χ 8 to	12	χ 8 to 12	х	8 to 12	1	x 8 to 12	D2	SE HIP Extension on Chair: 10e	Х	8 to 12	χ 8 to 12	X	8 to 12	Х	8 to 12	BB Complex 2:
					- N.													SG RDL
D3					- 1				D3			2					2	SG Behind Military Press
E1	Seated Military Press	x 8 to		χ 8 to 12	х			x 8 to 12	E1		Х	8 to 12	χ 8 to 12		8 to 12		8 to 12	SG OH Squat
	Can use DB's if available	x 8 to		χ 8 to 12	х			χ 8 to 12		Can use DB's if available	Х	8 to 12	χ 8 to 12		8 to 12			SG Drop Catch
E2	SA DB Rows: 10e	x 8 to	12	χ 8 to 12	Х	8 to 12		χ 8 to 12	E2		Х	8 to 12	χ 8 to 12	Х	8 to 12	Х	8 to 12	SG High Hang Snatch
	if DB's not available: Supermans							L.		if DB's not available: W Supermans								SG Hang Snatch w/ Squat
E3	Sit-ups: 10-20					_ %			E3	V-Toe Touches: 10-20								
H	Warm-ups	5	min Jo	log or Use Warm	n-ups und	er Post	Work											
	Warm-ups		min Jo	log or Use Warm Week 2			_	eek 4			Week	(1	Week 2	Week	3	Week	c 4	
D,	Day 3	Week 1		Week 2	Wee	k 3	W	eek 4	W	Varm-ups and Post Work	Week		Week 2	Week		Week		\
	Day 3 est: 30-90s between sets	Week 1 Wt Rep	- v	Week 2 Wt Reps	Wee Wt	k 3 Reps	Wt	Reps	W			c 1 Reps	Week 2 Wt Reps				< 4 Reps	
Re A1	Day 3	Week 1 Wt Repo	V	Week 2 Wt Reps x 3 to 5	Wee Wt	k 3 Reps 3 to 5	Wt	Reps x 3 to 5	W	Warm-ups	Wt F	Reps	Wt Reps	Wt R	leps	Wt F	Reps	
A1	Day 3 est: 30-90s between sets BW Broad Jumps	Week 1 Wt Report x 3 t x 3 t	V	Week 2 Wt Reps x 3 to 5 x 3 to 5	Wee Wt	Reps 3 to 5 3 to 5	Wt	Reps x 3 to 5 x 3 to 5	W	Warm-ups Standing Knee Hugs	Wt F	Reps 10e	Wt Reps x 10e	Wt R	leps 10e	Wt F	Reps 10e	AT
	Day 3 est: 30-90s between sets	Week 1 Wt Report x 3 t x 3 t x 3 t	V 0 5 0 5 0 5	Week 2 Wt Reps x 3 to 5 x 3 to 5 x 3 to 5	Wee Wt	Reps 3 to 5 3 to 5 3 to 5	Wt Wt	Reps x 3 to 5 x 3 to 5 x 3 to 5	۸	Warm-ups Standing Knee Hugs Standing Heel Grabs	Wt F	10e 10e	Wt Reps x 10e x 10e	Wt R	10e 10e	Wt F	10e 10e	· ·
A1 A2	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e	Week 1 Wt Rep: x 3 t x 3 t x 3 t x 3 t	V 0 5 0 5 0 5	Week 2 Wt Reps x 3 to 5	Wee	Reps 3 to 5 3 to 5 3 to 5 3 to 5	Wt Wt	Reps x 3 to 5 x 3 to 5 x 3 to 5 x 3 to 5	W	Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist	Wt F	10e 10e 10e 10e	Wt Reps x 10e x 10e x 10e x 10e	Wt R	10e 10e 10e 10e	Wt F	10e 10e 10e 10e	·
A1 A2 A3	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s	Week 1 Wt Repr x 3 t x 3 t x 3 t x 3 t x 3 t x 3 t	V 0.5 0.5 0.5 0.5	Week 2 Wt Reps x 3 to 5	Wee Wt x x x x x x x	Reps 3 to 5	Wt Wt	Reps x 3 to 5	W	Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's	Wt F	10e 10e 10e 10e 10e	Wt Reps x 10e x 10e x 10e x 10e	Wt R	10e 10e 10e 10e 10e	Wt F	10e 10e 10e 10e 10e	·
A1 A2 A3	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e	Week 1 Wt Rep: x 3 t x 3 t x 3 t x 3 t	V 0.5 0.5 0.5 0.5	Week 2 Wt Reps x 3 to 5	Wee Wt x x x x x x x	Reps 3 to 5 3 to 5 3 to 5 3 to 5	Wt Wt	Reps x 3 to 5 x 8 to 12	٧	Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat	Wt F	10e 10e 10e 10e	Wt Reps x 10e x 10e x 10e x 10e	Wt R	10e 10e 10e 10e	Wt F	10e 10e 10e 10e	·
A1 A2 A3	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s	Week 1 Wt Repr x 3 t x 3 t x 3 t x 3 t x 3 t x 3 t	V 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 12	Week 2 Wt Reps x 3 to 5	Wee Wt	Reps 3 to 5	Wt Wt	Reps x 3 to 5	N	Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's	Wt F	10e 10e 10e 10e 10e	Wt Reps x 10e x 10e x 10e x 10e	Wt R	10e 10e 10e 10e 10e	Wt X	10e 10e 10e 10e 10e	·
A1 A2 A3	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s	Week 1 Reps	V 0 5 0 5 0 5 0 5 0 5 0 5	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt x x x x x x x x x	Reps 3 to 5 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12	W	Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat	Wt F	10e 10e 10e 10e 10e 10e	Wt Reps x 10e x 10e x 10e x 10e x 10e	Wt R	10e 10e 10e 10e 10e	Wt XXXXXXXX	10e 10e 10e 10e 10e 10e	·
A1 A2 A3 B1	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges	Week 1 Rep:	V 0 5 0 5 0 5 0 5 0 5 0 5 12 12	Week 2 Wt Reps x 3 to 5 x 8 to 12 x 8 to 12	Wee Wt x x x x x x x x x x x x	Reps 3 to 5 8 to 12 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12 x 8 to 12	^	Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm	Wt F	10e 10e 10e 10e 10e 10e 10	Wt Reps x 10e x 10e x 10e x 10e x 10e x 10	Wt R	10e 10e 10e 10e 10e 10e	Wt XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	10e 10e 10e 10e 10e 10e 10	AT HOME
A1 A2 A3 B1 B2	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges	Week 1 Rep:	V 0 5 0 5 0 5 0 5 0 5 0 5 12 12	Week 2 Wt Reps x 3 to 5 x 8 to 12 x 8 to 12 x 8 to 12	Wee Wt x x x x x x x x x x x x	Reps 3 to 5 8 to 12 8 to 12 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12 x 8 to 12 x 8 to 12	N	Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place	Wt F	10e 10e 10e 10e 10e 10e 10	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s	Wt R	10e 10e 10e 10e 10e 10 5s	Wt X X X X X X X X X X X X X X X X X X X	10e 10e 10e 10e 10e 10 5s 5s	HOME
A1 A2 A3 B1 B2	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e	Week 1 Rep:	V 5 5 5 5 5 5 5 5 12 12 12 12	Week 2 Wt Reps x 3 to 5 x 8 to 12 x 8 to 12 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12 8 to 12 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12 x 8 to 12 x 8 to 12	W	Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place	Wt F x x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s	Wt R x x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s	Wt F x x x x x x x x x x 2x 2x 2x 2x	10e 10e 10e 10e 10e 10 5s 5s	HOME
A1 A2 A3 B1 B2 B3	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e	Week 1 Rep:	V 0 5 0 5 0 5 0 5 0 5 0 5 12 12 12 12	Week 2 Wt Reps x 3 to 5 x 3 to 12 x 8 to 12 x 8 to 12 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12 8 to 12 8 to 12 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12	W	Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place	Wt	10e 10e 10e 10e 10e 10 5s 5s	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s	Wt R x x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s	X	10e 10e 10e 10e 10e 10 5s 5s	HOME W
A1 A2 A3 B1 B2 B3	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e	Week 1 Wt Rep:	V V 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	Week 2 Wt Reps x 3 to 5 x 3 to 12 x 8 to 12	Wee Wt x x x x x x x x x x x x x x x x x x	Reps 3 to 5 8 to 12 8 to 12 8 to 12 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place	Wt	10e 10e 10e 10e 10e 10 5s 5s 5e	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s x 5e x 1-min	Wt R	10e 10e 10e 10e 10e 10e 5s 5s 5e	Wt F x x x x x x x x x x 2x 2x x x	10e 10e 10e 10e 10e 10 5s 5s 5e	HOME W
A1 A2 A3 B1 B2 B3 C1	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e Scap Push-ups	Week 1 Wt Rep:	V 0 5 5 0 5 0 5 0 5 0 5 12 12 12 12 12 12 12 12 12 12	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place Day 1 Calf Stretch	Wt F x x x x x x x x x	10e 10e 10e 10e 10e 10e 5s 5s	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s x 5e	Wt R	10e 10e 10e 10e 10e 10e 10 5s 5s 5e	Wt F x x x x x x x x x x 2x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s	HOME W
A1 A2 A3 B1 B2 B3 C1 C2	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e Scap Push-ups T Supermans: 10	Week 1 Wt Rep:	V 0 5 5 0 5 0 5 0 5 0 5 12 12 12 12 12 12 12 12 12 12	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12 8 to 12 8 to 12 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place Day 1 Calf Stretch 90-90 Rotations	Wt F x x x x x x x x 2x 2x x x x x x x x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s x 5e x 1-min x 10e x 10e	Wt R	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e	Wt	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e	HOME W
A1 A2 A3 B1 B2 B3 C1 C2	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e Scap Push-ups	Week 1 Wt Rep:	V 0 5 0 5 0 5 0 5 0 5 12 12 12 12 12 12 12 12 12 12 12 12 12	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12 8 to 12 8 to 12 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place Cherry Pickers in place Valf Stretch 90-90 Rotations World's Greatest Stretch Childs Pose	Wt F x x x x x x x x 2x 2x x x x x x x x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s 5e	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s x 5e x 1-min x 10e	Wt R	10e 10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e	Wt	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e	HOME W
A1 A2 A3 B1 B2 B3 C1 C2 C3	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e Scap Push-ups T Supermans: 10 Plate/DB Seatbelts: 10e	Week 1 Wt Reps	V V 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place Day 1 Calf Stretch 90-90 Rotations World's Greatest Stretch	Wt F	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e 1-min	Wt Reps x 10e x 10e x 10e x 10e x 5s 2x 5s 2x 5s x 5e x 1-min x 10e x 1-min	Wt R x x	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e 1-min	Wt F x x x x x x x x 2x 2x x x	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e 1-min	HOME W
A1 A2 A3 B1 B2 B3 C1 C2 C3 D1	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e Scap Push-ups T Supermans: 10 Plate/DB Seatbelts: 10e Skater Squats use chair or pole for support if needed	Week 1 Wt Reps	V V V V V V V V V V V V V V V V V V V	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place Cherry Pickers in place Ualf Stretch 90-90 Rotations World's Greatest Stretch Childs Pose Day 2 SL Balance on Toes	Wt F X X X X X X X X X	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 1-min	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s x 5e x 1-min x 10e x 1-min 2x 30-60s	Wt	10e 10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 1.0e 1.0e 30-60s	Wt F x x x x x x x x 2x x x x	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e 1-min	HOME W
A1 A2 A3 B1 B2 B3 C1 C2 C3 D1	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e Scap Push-ups T Supermans: 10 Plate/DB Seatbelts: 10e Skater Squats	Week 1 Wt Reps	V V V V V V V V V V V V V V V V V V V	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place Cherry Pickers in place Calf Stretch 90-90 Rotations World's Greatest Stretch Childs Pose Day 2 SL Balance on Toes Squat to Knee Push-outs	Wt	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 1-min 30-60s 1-min	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s x 5e x 1-min x 10e x 1-min 2x 30-60s x 1-min	Wt	10e 10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 1-min 30-60s 1-min	Wt F x x x x x x 2x 2x x x x x x x x x x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e 1-min 30-60s 1-min	HOME W
A1 A2 A3 B1 B2 B3 C1 C2 C3 D1 D2	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e Scap Push-ups T Supermans: 10 Plate/DB Seatbelts: 10e Skater Squats use chair or pole for support if needed Side lying Hip Abduction: 10e	Week 1 Wt Reps	V V V V V V V V V V V V V V V V V V V	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place Cherry Pickers in place Ualf Stretch 90-90 Rotations World's Greatest Stretch Childs Pose Day 2 SL Balance on Toes Squat to Knee Push-outs Door Stretch	Wt	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 1-min 30-60s 1-min	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s x 5e x 1-min x 10e x 10e x 1-min 2x 30-60s x 1-min x 1-min x 1-min	Wt	10e 10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 1-min 30-60s 1-min 1-min	Wt F x x x x x x 2x x x x x x x x x x x x x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 1-min 30-60s 1-min 1-min	HOME W
A1 A2 A3 B1 B2 B3 C1 C2 C3 D1 D2 D3	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e Scap Push-ups T Supermans: 10 Plate/DB Seatbelts: 10e Skater Squats use chair or pole for support if needed Side lying Hip Abduction: 10e Side lying Hip Thrust: 10e	Week 1 Wt Rep:	12 12 12 12 12 12 12 12 12 12 12 12 12 1	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 8 to 12	Wt Wt	Reps x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place Cherry Pickers in place Cherry Pickers in place Day 1 Calf Stretch 90-90 Rotations World's Greatest Stretch Childs Pose Day 2 SL Balance on Toes Squat to Knee Push-outs Door Stretch Downwarm/Upward Dog	Wt	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 1-min 30-60s 1-min	Wt Reps x 10e x 10e x 10e x 10e x 10 2x 5s 2x 5s x 5e x 1-min x 10e x 1-min 2x 30-60s x 1-min	Wt	10e 10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 1-min 30-60s 1-min	Wt F x x x x x x 2x x x x x x x x x x x x x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e 1-min 30-60s 1-min	HOME W
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A1 A2 A3 B1 B2 B3 C1 C2 C3 D1 D2 D3 E1	Day 3 est: 30-90s between sets BW Broad Jumps Alt Lunge Jumps: 5e Flutter Kicks: 20s DB or BW Reverse Lunges Clam Shells: 10e Straight Leg Bird Dogs: 10e Scap Push-ups T Supermans: 10 Plate/DB Seatbelts: 10e Skater Squats use chair or pole for support if needed Side lying Hip Abduction: 10e Side lying Hip Thrust: 10e Bench/ Chair Dips Seated Cuban Press: 10	Week 1 Wt Rep: X 3 t X	12 12 12 12 12 12 12 12 12 12 12 12 12 1	Week 2 Wt Reps x 3 to 5 x 8 to 12	Wee Wt X X X X X X X X X X X X X X X X X X	Reps 3 to 5 3 to 12 8 to 12	Wt Wt	Reps x 3 to 5 x 3 to 5 x 3 to 5 x 3 to 5 x 8 to 12		Warm-ups Standing Knee Hugs Standing Heel Grabs Lunge w/ Twist SL RDL's Hip Rotation into Squat Inchworm High Knees in place Butt Kickers in place Cherry Pickers in place Cherry Pickers in place Oalf Stretch 90-90 Rotations World's Greatest Stretch Childs Pose Day 2 SL Balance on Toes Squat to Knee Push-outs Door Stretch Downwarm/Upward Dog Day 3 Calf Stretch 90-90 Stretch	Wt	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e 1-min 1-min 1-min 1-min	Wt Reps x 10e x 10e x 10e x 10e x 5s 2x 5s x 5e x 1-min x 10e x 1-min 2x 30-60s x 1-min x 1-min x 1-min x 1-min x 1-min x 1-min x 1-min	Wt	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e 1-min 1-min 1-min 1-min 1-min 1-min	Wt F x x x x x x 2x x x x x x x x x x x x x x x x x x x x x x	10e 10e 10e 10e 10e 10 5s 5s 5e 1-min 10e 10e 1-min 1-min 1-min 1-min	HOME W
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Key: SL- Single Leg SA = Single Arm BB = Stability Ball DB = Dumbbell BB = Barbell OH = Overhead RE = Rear Elavated FE = Front Elevated G = Snatch Grip Kg= 2.20462lbs ΓF= Till Failure 2.5lbs= ~1kg ilbs= ~2kg LOIbs= ~4kg BB Complex 1: RDL Upright Row ront Squat High Hang Clean Hang Clean w/ Squat BB Complex 2: G RDL SG Behind Military Press SG OH Squat G Drop Catch G High Hang Snatch

AT HOME WORKOUTS