

Day 1	Week 1				Week 2			
	Sets x Reps	Rest	Intensity	Weight/Notes	Sets x Reps	Rest	Intensity	Weight/Notes
Warm-up (See "Warm-Up" Tab)								
A1. Seated Vertical/Box Jump Jump up without "rocking in" or picking feet up	5 x 3	-			4 x 2	-		
A2. Front Squat Good technique, 2:1 tempo, full ROM	5 x 3	1-2 mins	SPD 0.75+		4 x 4	2-3 mins	STR 0.5-0.75	
B1. Bodyweight Row (BB/rings) 2:1 tempo from "reverse plank" position, shoulders down	4 x 10	-	RPE7-8		12 - 10 - 8	-	RPE8-9	
B2. Pushup or DB/BB Bench/Incline Press 2:1 tempo, shoulders down	4 x 10	-	RPE7-8		12 - 10 - 8	-	RPE8-9	
B3. Nordic Hamstring Curl OR Glute-Ham Raise (band-assist as needed)	4 x 4 4 x 8	2-3 mins	3-4s lowering RPE7-8		3 x 4 10 - 8 - 6	2-3 mins	3-4s lowering RPE8-9	
C1. Band Pullapart, Band Facepull, or Kneeling Shoulder Raise Shoulders down, good squeeze at top position	3 x 12	-			4 x 10	-		
C2. Side-Lying Abduction, Mini Band Walk, or Glute Marching Lead with heel, strong heel contact (no toe) on walk/march	3 x 12	-			4 x 10	-		
C3. Seated Rockback (progressing to faster tempo) Just like the back-end/release: sit up, ribs down, control	3 x 15	0-1 mins			4 x 12	0-1 mins		
Day 2	Week 1				Week 2			
	Sets x Reps	Rest	Intensity	Weight/Notes	Sets x Reps	Rest	Intensity	Weight/Notes
Warm-up (See "Warm-Up" Tab)								
A1. Backwards OH Medball Throw or KB Swing Lower body explosive push/swing	4 x 3	-			5 x 3	-		
A2. Hex Bar Deadlift Firm stop on ground between reps	4 x 4	2-3 mins	STR 0.5-0.75		5 x 3	1-2 mins	SPD 0.75+	
B1. Chin-Up (band-assist as needed) 2:1 tempo, shoulders down, collarbones up to bar	10 - 8 - 6	-	RPE8-9		4 x 6	-	RPE7-8	
B2. Push Press (1-arm DB or 2-arm BB) With leg drive	8 - 6 - 4	-	RPE8-9		4 x 6	-	RPE7-8	
B3. Rear-Foot-Elevated Split Squat (RFESS) 2:1 tempo, balanced foot pressure, thigh parallel to ground	10 - 8 - 6	2-3 mins	RPE8-9		4 x 6	2-3 mins	RPE7-8	
C1. Band Pullapart, Band Facepull, or Kneeling Shoulder Raise Shoulders down, good squeeze at top position	4 x 12	-			3 x 15	-		
C2. Band ADDuctor, Bench ADDuctor, OR Lateral Lunge Working inside of the thighs, drawing the leg back toward body	4 x 12	-			3 x 15	-		
C3. Core w/ Gym Rings Plank, alternating walks, 1-arm/2-arm stir, 1-ring/2-ring fallout	4 x 20-30s	0-1 mins			3 x 20-30s	0-1 mins		

Will Ruth