

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)								
<b>A1. Any Jump Plyo</b> Countermovement/Non, Vertical/Box, Single/Double-Leg	5 x 3	-			4 x 4	-		
<b>A2. Front Squat</b> Good technique, 2:1 tempo, full ROM	5 x 5	2-3 mins	STR 0.5-0.75		4 x 6	2-3 mins	STR 0.5-0.75	
<b>B1. Chin-Up or Bodyweight Row</b> Band-assist the chin-up as needed; bw row with rings/barbell	3 x 10	-	RPE7-8		3 x 12	-	RPE8-9	
<b>B2. Half-Kneeling Overhead Press</b> Shoulder down, 2:1 tempo, straight line knee-hip-hand	3 x 10	-	RPE7-8		3 x 12	-	RPE8-9	
<b>B3. Nordic Hamstring Curl</b> OR Glute-Ham Raise (band-assist as needed)	3 x 4		4s lowering		3 x 5		4s lowering	
<b>C1. Band Pullapart, Band Facepull, or Kneeling Shoulder Raise</b> Shoulders down, good squeeze at top position	3 x 6	2-3 mins	RPE7-8		3 x 8	2-3 mins	RPE7-8	
<b>C2. Side-Lying Abduction, Mini Band Walk, or Glute Marching</b> Lead with heel, strong heel contact (no toe) on walk/march	4 x 10	-			4 x 15	-		
<b>C3. Seated Rockback (hands behind/overhead)</b> Just like the back-end/release: sit up, ribs down, control	4 sets	-			4 sets	-		
	3 x 15	0-1 mins			4 x 15	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)								
<b>A1. Any Throw Plyo</b> Countermovement/Non; Backwards OH, Squat Throw, or Slam	6 x 2	-			5 x 3	-		
<b>A2. Hex Bar Deadlift</b> Touch-and-go or firm stop; just record which you use	4 x 4	2-3 mins	STR 0.5-0.75		5 x 5	2-3 mins	STR 0.5-0.75	
<b>B1. 1-Arm Row (DB/Landmine)</b> Shoulders down, 2:1 tempo, weight-to-torso each rep	8 - 10 - 12	-	RPE8-9		4 x 10	-	RPE7-8	
<b>B2. Pushup (add vest/band) or DB Bench/Incline Bench Press</b> Full ROM, 2:1 tempo, keep shoulders down	8 - 10 - 12	-	RPE8-9		4 x 10	-	RPE7-8	
<b>B3. Rear-Foot-Elevated Split Squat (RFESS)</b> Balanced foot pressure, thigh parallel to ground, 2:1 tempo	8 - 10 - 12	2-3 mins	RPE7-8		4 x 10	2-3 mins	RPE7-8	
<b>C1. Band Pullapart, Band Facepull, or Kneeling Shoulder Raise</b> Shoulders down, good squeeze at top position	4 x 12	-			12 - 15 - 20	-		
<b>C2. Band ADDuctor, Bench ADDuctor, OR Lateral Lunge</b> Working inside of the thighs, drawing the leg back toward body	4 sets	-			3 sets	-		
<b>C3. Core w/ Gym Rings</b> Plank, alternating walks, 1-arm/2-arm stir, 1-ring/2-ring fallout	4 x 15-20s	0-1 mins			3 x 20-30s	0-1 mins		

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