

Men,

Within these pages you will find your summer lifting and running program.

Inside are log books to chart your progress, instructions on the proper technique for all of your lifts and the summer running program. What you will not find in these pages is the WILL, the DETERMINATION, the PRIDE, and the TENACITY needed to execute the program and remain faithful to it every day without missing a single workout and giving your all in every repetition and sprint. These qualities you will have to supply yourself and they are the most critical part.

We have pushed through the off-season where many of you have worked very hard and have made significant gains in overall strength and power. You are leaving spring ball ahead of where we were last season. Now we must continue this momentum. I await the beginning of fall camp with tremendous anticipation to showcase your efforts from the summer months.

FIRST YEAR PLAYERS: Do not take a look at this book and toss it aside thinking "I bet nobody does this stuff" or you will be sadly mistaken. We need you to be at your best when camp begins. Do not come into camp planning on playing your way into shape. You must report in shape so you can be ready to help the team and play.

RETURNING PLAYERS: We have committed to the three priorities of Integrity, Respect, and Commitment. This summer will be another great opportunity to develop by doing what is right, taking care of your bodies by getting proper rest and nutrition to be at your best at all times. By doing this six-day-a-week program you will demonstrate the commitment needed to be our best, on game day. Remember, everyone wants to have success at 1:00 on a Saturday afternoon, but only those who commit to doing their best daily are the ones who get to feel the satisfaction of a job well done on game day. Finally, we must continue to keep our priorities in line by respecting all people, looking for opportunities to serve others and working to be humble, thinking of others first. Be grateful for the great opportunity to be a college athlete and work to use your gifts in ways that can bless others.

TO ALL I am very proud to be associated with the fine young men we have at Waldorf College and I believe we have the opportunity to build for greatness. If you rise to the occasion, accept the challenge and follow the program in this book you will prepare yourself both mentally and physically. There is nothing greater than to see men striving in unison against a common adversary. We have the ability to have a great season if each one of us dedicates himself and reports to camp in the best condition of their lives. The only question is "how good do you want to be?" What you do this summer will demonstrate your answer to this question. It will not be easy and lesser men would not embrace the challenge. Talk is cheap. Let your actions speak.

Anticipating excellence!

Coach Reynolds & Coach Youngblood

PLEASE NOTE:
You are to print off this manual and fill in your workouts as you complete them.
Send your completed workouts back to coach Youngblood every two weeks!!!

IF you have any questions please post them in our new strength and conditioning forum on the Strength and Conditioning moodle site (moodle.waldorf.edu). I will be checking this frequently.

Waldorf Strength and Conditioning

Week 1

Strength Training (M,T,TH,F) Week 1
Conditioning (M, W, SA)
Monday Day None
Wednesday Day None
Saturday Day None

Week 2

Strength Training (M,T,TH,F) Week 2
Conditioning (M, W, SA)
Monday Day 1
Wednesday Day 2
Saturday Day 3

Week 3

Strength Training (M,T,TH,F) Week 3
Conditioning (M, W, SA)
Monday Day 4
Wednesday Day 5
Saturday Day 6

Week 4

Strength Training (M,T,TH,F) Week 4
Conditioning (M, W, SA)
Monday Day 7
Wednesday Day 8
Saturday Day 9

Week 5

Strength Training (M,T,TH,F) Week 5
Conditioning (M, W, SA)
Monday Day 10
Wednesday Day 11
Saturday Day 12

Week 6

Strength Training (M,T,TH,F) Week 6
Conditioning (M, W, SA)
Monday Day 13
Wednesday Day 14
Saturday Day 15

Week 7

Strength Training (M,T,TH,F) Week 7
Conditioning (M, W, SA)
Monday Day 16
Wednesday Day 17
Saturday Day 18

Week 8

Strength Training (M,T,TH,F) Week 8
Conditioning (M, W, SA)
Monday Day 19
Wednesday Day 20
Saturday Day 21

Summer Training Schedule

Week 9

Strength Training (M,T,TH,F) Week 9
Conditioning (M, W, SA)
Monday Day 22
Wednesday Day 23
Saturday Day 24

Week 10

Strength Training (M,T,TH,F) Week 10
Conditioning (M, W, SA)
Monday Day 25
Wednesday Day 26
Saturday Day 27

Week 11

Strength Training (M,T,TH,F) Week 11
Conditioning (M, W, SA)
Monday Day 28
Wednesday Day 29
Saturday Day 30

Week 12

Strength Training (M,T,TH,F) Week 12
Conditioning (M, W, SA)
Monday Day 31
Wednesday Day 32
Saturday Day 33

Week 13

Strength Training (M,T,TH,F) Week 13
Conditioning (M, W, SA)
Monday Day 34
Wednesday Day 35
Saturday Day 36

Week 14

Strength Training (M,T,TH,F) Week 14
Conditioning (M, W, SA)
Monday Day 37
Wednesday Day None
Saturday Day None

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press (Shoulder Width Grip)	x10	x10	x10	x10	Use 65%		
Pull Downs	x8	x8	x8	x8			
Rotational Push Ups	xf	xf	xf				
1 Arm Db Row	x8	x8	x8				
Figure 8 Plate Raise	x5e	x5e	x5e	e=each direction			
Barbell Skull Crushers	x12	x12	x12				
4 Way Neck	x8e	x8e					
Scap Circuit	See Circuit Below						
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x8	x8	x8	x8	Use 70%		
Lateral Lunge	x6e	x6e	x6e	x6e			
1 Leg Rdl	x8e	x8e	x8e				
Db Hamstring Curl	xf	xf	xf				
1 Leg Hyper	x8e	x8e	x8e				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
1 Arm Physioball Bench	x8e	x8e	x8e	x8e			
Med ball Hand Walk (3 medballs)	x2D&B	x2D&B	x2D&B	D&B= down and back			
Lunge and Row-Cable	x8e	x8e	x8e	x8e			
Dumbbell T Stabilization	x6e	x6e	x6e				
Alternating Dumbbell Shoulder Press	x8e	x8e	x8e				
Face Pull	x12	x12	x12				
4 Way Neck	x8e	x8e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Speed Squats	8x3	Use 50%					
Barbell RDL	x8	x8	x8	x8			
Barbell Overhead Lunge	x6e	x6e	x6e	x6e			
PB Hamstring Curls	xf	xf	xf				
Static Hypers	xf	xf	xf				
Hip Circuit #1	See Circuit Below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight		Plate		Physioball		Rotational Stability	
Twisting Sit Up	x20	Diagonal Chops	2x8e	PB Pike	2x10	1 Arm Lift	2x12s
Incline Leg Overs	x20	Arching Twists	2x10	PB Tuck	2x10	1 Leg Lift	2x12s
Strgt Leg Rev. Crnch	x20	Fig 8 Through Legs	2x5e	PB Knees To Side	2x10	Expanded Bridge	2x15s
Toe Touch	x20	Plate on Legs Hold	2x15s	PB 1 Leg Lift	4x5s e	Side Pillar	2x20s
Figure 4 Crunch	x14e	Shoulder Push	2x8e				
The Squirm	x20	Chest Press	2x15				
Db Side Bend	2x10e						

Other Circuits

Hip Circuit #1		Scap Circuit		
Leg Circles	2x8e es	Prone Scarecrow	2x10	es=each side
1 Leg Buck	2x12e	Rear Deltoid Raise	2x10	
Fire Hydrant	2x15e	Scapular Elevation/Depression	2x10	
Butterfly	2x18			

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Wheelbarrow Hand Walks	See circuit below						
666 Bench (Middle finger on snatch ring)	x6	x6	x6	x6	x6	x6	Use 50%
Lat Pull Down (wide grip)	x10	x10	x10				
Incline Physioball Db Bench	x8	x8	x8	x8			
Shrugs	x10	x10	x10				
Int/Ext Rotation-Dumbbells	x12e	x12e	x12e				
4 Way neck	x8e	x8e					
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x5	x5	x5	x5	Use 82%		
Deadlift	x6	x6	x6	x6	x6	x6	
X-Over Step Up	x8e	x8e	x8e				
Pull Through	x10	x10	x10				
Physioball Hamstring Curl	xf	xf	xf				
Reverse Russians	xf	xf	xf				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Alternating Physioball Dumbbell Bench	x10e	x10e	x10e	x10e			
Lunge Row-Dumbbell	x8e	x8e	x8e	x8e			
Box Multi Push Up-Use a bench	x6e	x6e	x6e				
Twisting Shoulder Press	x8	x8	x8				
Face Pull	x12	x12	x12				
Rolling Db Extensions	x6	x6	x6	x6	x6	x6	
Shoulder Circuit No. 1	See circuit below						
4 Way Neck	x8e	x8e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Zercher Squats	x8	x8	x8	x8			
Split Squats	x8e	x8e	x8e				
1 Arm Pull Through	x8e	x8e	x8e				
Overhead Lunge-With Dumbbells	x6e	x6e	x6e				
Rotational Hypers	xf	xf	xf				
Hip Circuit No. 2	See circuit below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight		Plate		Physioball		Rotational Stability	
Twisting Sit Up	x20	Diagonal Chops	2x8e	PB Pike	2x10	1 Arm Lift	2x12s
Incline Leg Overs	x20	Arching Twists	2x10	PB Tuck	2x10	1 Leg Lift	2x12s
Strgt Leg Rev. Crnch	x20	Fig 8 Through Legs	2x5e	PB Knees To Side	2x10	Expanded Bridge	2x15s
Toe Touch	x20	Plate on Legs Hold	2x15s	PB 1 Leg Lift	4x5s e	Side Pillar	2x20s
Figure 4 Crunch	x14e	Shoulder Push	2x8e				
The Squirm	x20	Chest Press	2x15				
Db Side Bend	2x10e						

Other Circuits

Hip Circuit #2		Wheelbarrow Hand Walks		Shoulder Circuit No. 1	
1 Leg Buck	2x12e	Forward and Backward		Dumbbell Circles	2x6e
Lateral Leg Lift	2x10e	Lateral Down and Back	2x15y	Transverse Adduction	2x8
Medial Leg Lift	2x10e	Carioca Down and Back	2x15y	Dumbbell Arcs	2x8
Hip Flexed Ext Rot	2x10e	Forward and Back 1/2 Height	1x15y	External Rotation	2x10e
Hip Flexion Hold	3x5s e	Up Up Back Back Lat Down and Back	2x15y	Internal Rotations	2x10e
				Dumbbell ABC's	1e

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press (Pinkys on the snatch rings)	x6e	x6e	x6e	x6e	Use 77%		
Dumbbell Handwalk	x8e	x8e	x8e	x8e			
PB Db Bench	x6	x6	x6	x6	x6	x6	
DB T Stabilization	x6e	x6e	x6e				
Pb Tates	x8	x8	x8	x8			
Willum Shrug	x8	x8	x8	x8			
4-Way Neck	x8e	x8e					
Shoulder Circuit No. 1	See Circuit Below						
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
666 Squat	x6	x6	x6	x6	x6	x6	Use 45%
Zercher Lunge	x6e	x6e	x6e	x6e			
Lateral Step Up	x8e	x8e	x8e				
Slant 1 Leg Rdl	x8e	x8e	x8e	x8e			
Glute Ham Raise-Ground	xf	xf	xf				
Static Hypers	xf	xf	xf				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Db Floor Press	x6	x6	x6	x6	x6	x6	
DB Bent Over Row	x6	x6	x6	x6	x6	x6	
Physioball Push Ups	xf	xf	xf				
X-Over Multi Box Push Up-use a bench	x6e	x6e	x6e				
Reverse Grip Pull Down	x8	x8	x8	x8			
Rear Deltoid Raise	x8	x8	x8				
4 Way Neck	x8e	x8e					
Scap Circuit	See Circuit Below						
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Speed Squat	8x3	Use 55%					
1 Leg Squat	xf	xf	xf	(Start with weak leg and match reps on strong leg)			
Barbell RDLs	x6	x6	x6	x6	x6	x6	
Physioball Hamstring Curls	xf	xf	xf				
Hyper Extensions (with weight)	x10	x10	x10				
Hip Circuit #1	See Circuit Below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight		Plate	Physioball	Rotational Stability			
Twisting Sit Up	x22	Diagonal Chops	2x8e	PB Pike	2x10	1 Arm Lift	2x12s
Incline Leg Overs	x22	Arching Twists	2x10	PB Tuck	2x10	1 Leg Lift	2x12s
Strgt Leg Rev. Crnch	x22	Fig 8 Through Legs	2x5e	PB Knees To Side	2x10	Expanded Bridge	2x15s
Toe Touch	x22	Plate on Legs Hold	2x15s	PB 1 Leg Lift	4x5s e	Side Pillar	2x20s
Figure 4 Crunch	x16e	Shoulder Push	2x8e				
The Squirm	x22	Chest Press	2x15				
Db Side Bend	2x10e						

Other Circuits

Scap Circuit		Shoulder Circuit No. 1	
Prone Scarecrow	2x10	Dumbbell Circles	2x6e
Rear Deltoid Raise	2x10	Transverse Adduction	2x8
Scapular Ele/Dep	2x10	Dumbbell Arcs	2x8
		External Rotation	2x10e
		Internal Rotations	2x10e
		Dumbbell ABC's	1e

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press (Shoulder Width Grip)	x8	x8	x8	x8	Use 70%		
Pull Downs	x8	x8	x8	x8			
Rotational Push Ups	xf	xf	xf				
1 Arm Db Row	x8	x8	x8				
Figure 8 Plate Raise	x6e	x6e	x6e	e=each direction			
Barbell Skull Crushers	x12	x12	x12				
4 Way Neck	x10e	x10e					
Scap Circuit	See Circuit Below						
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x6	x6	x6	x6	use 75%		
Lateral Lunge	x6e	x6e	x6e	x6e			
1 Leg Rdl	x8e	x8e	x8e				
Db Hamstring Curl	xf	xf	xf				
1 Leg Hyper	x8e	x8e	x8e				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
1 Arm Physioball Bench	x8e	x8e	x8e	x8e			
Med ball Hand Walk (3 medballs)	x2D&B	x2D&B	x2D&B	D&B= down and back			
Lunge and Row-Cable	x8e	x8e	x8e	x8e			
Dumbbell T Stabilization	x6e	x6e	x6e				
Alternating Dumbbell Shoulder Press	x8e	x8e	x8e				
Face Pull	x12	x12	x12				
4 Way Neck	x10e	x10e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Speed Squats	8x3	Use 60%					
Barbell RDL	x8	x8	x8	x8			
Barbell Overhead Lunge	x6e	x6e	x6e	x6e			
PB Hamstring Curls	xf	xf	xf				
Static Hypers	xf	xf	xf				
Hip Circuit #1	See Circuit Below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight	Plate	Physioball	Rotational Stability
Twisting Sit Up x22	Diagonal Chops 2x10e	PB Pike 2x12	1 Arm Lift 2x15s
Incline Leg Overs x22	Arching Twists 2x12	PB Tuck 2x12	1 Leg Lift 2x15s
Strgt Leg Rev. Crnch x22	Fig 8 Through Legs 2x6e	PB Knees To Side 2x12	Expanded Bridge 2x20s
Toe Touch x22	Plate on Legs Hold 2x17s	PB 1 Leg Lift 4x6s e	Side Pillar 2x25s
Figure 4 Crunch x16e	Shoulder Push 2x10e		
The Squirm x22	Chest Press 2x17		
Db Side Bend 2x10e			

Other Circuits

Hip Circuit #1	Scap Circuit
Leg Circles 2x10e es	Prone Scarecrow 2x10
1 Leg Buck 2x15e	Rear Deltoid Raise 2x10
Fire Hydrant 2x18e	Scapular Elevation/Depression 2x10
Butterfly 2x20	

es=each side

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Wheelbarrow Hand Walks	See circuit below						
666 Bench (Middle finger on snatch ring)	x6	x6	x6	x6	x6	x6	Use 50%
Lat Pull Down (wide grip)	x10	x10	x10				
Incline Physioball Db Bench	x8	x8	x8	x8			
Shrugs	x10	x10	x10				
Int/Ext Rotation-Dumbbells	x12e	x12e	x12e				
4 Way neck	x8e	x8e					
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x4	x4	x4	x4	use 85%		
Deadlift	x6	x6	x6	x6	x6	x6	
X-Over Step Up	x8e	x8e	x8e				
Pull Through	x12	x12	x12				
Physioball Hamstring Curl	xf	xf	xf				
Reverse Russians	xf	xf	xf				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Alternating Physioball Dumbbell Bench	x10e	x10e	x10e	x10e			
Lunge Row-Dumbbell	x8e	x8e	x8e	x8e			
Box Multi Push Up-Use a bench	x7e	x7e	x7e				
Twisting Shoulder Press	x8	x8	x8				
Face Pull	x12	x12	x12				
Rolling Db Extensions	x6	x6	x6	x6	x6	x6	
Shoulder Circuit No. 1	See circuit below						
4 Way Neck	x8e	x8e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Zercher Squats	x8	x8	x8	x8			
Split Squats	x8e	x8e	x8e				
1 Arm Pull Through	x8e	x8e	x8e				
Overhead Lunge-With Dumbbells	x6e	x6e	x6e				
Rotational Hypers	xf	xf	xf				
Hip Circuit No. 2	See circuit below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight		Plate		Physioball		Rotational Stability	
Twisting Sit Up	x24	Diagonal Chops	2x10e	PB Pike	2x12	1 Arm Lift	2x15s
Incline Leg Overs	x24	Arching Twists	2x12	PB Tuck	2x12	1 Leg Lift	2x15s
Strgt Leg Rev. Crnch	x24	Fig 8 Through Legs	2x6e	PB Knees To Side	2x12	Expanded Bridge	2x20s
Toe Touch	x24	Plate on Legs Hold	2x17s	PB 1 Leg Lift	4x6s e	Side Pillar	2x25s
Figure 4 Crunch	x18e	Shoulder Push	2x10e				
The Squirm	x24	Chest Press	2x17				
Db Side Bend	2x12e						

Other Circuits

Hip Circuit #2		Wheelbarrow Hand Walks		Shoulder Circuit No. 1	
1 Leg Buck	2x15e	Forward and Backward		Dumbbell Circles	2x6e
Lateral Leg Lift	2x12e	Lateral Down and Back	2x15y	Transverse Adduction	2x8
Medial Leg Lift	2x12e	Carioca Down and Back	2x15y	Dumbbell Arcs	2x8
Hip Flexed Ext Rot	2x12e	Forward and Back 1/2 Height	1x15y	External Rotation	2x10e
Hip Flexion Hold	3x7s e	Up Up Back Back Lat Down and Back	2x15y	Internal Rotations	2x10e
				Dumbbell ABC's	1e

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press (Pinkys on the snatch rings)	x4	x4	x4	x4	x4	Use 80%	
Dumbbell Handwalk	x9e	x9e	x9e	x9e			
PB Db Bench	x6	x6	x6	x6	x6	x6	
DB T Stabilization	x6e	x6e	x6e				
Pb Tates	x8	x8	x8	x8			
Willum Shrug	x8	x8	x8	x8			
4-Way Neck	x10e	x10e					
Shoulder Circuit No. 1	See Circuit Below						
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
666 Squat	x6	x6	x6	x6	x6	x6	Use 50%
Zercher Lunge	x6e	x6e	x6e	x6e			
Lateral Step Up	x8e	x8e	x8e				
Slant 1 Leg Rdl	x8e	x8e	x8e	x8e			
Glute Ham Raise-Ground	xf	xf	xf				
Static Hypers	xf	xf	xf				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Db Floor Press	x6	x6	x6	x6	x6	x6	
DB Bent Over Row	x6	x6	x6	x6	x6	x6	
Physioball Push Ups	xf	xf	xf				
X-Over Multi Box Push Up-use a bench	x8e	x8e	x8e				
Reverse Grip Pull Down	x8	x8	x8	x8			
Rear Deltoid Raise	x10	x10	x10				
4 Way Neck	x10e	x10e					
Scap Circuit	See Circuit Below						
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Speed Squat	6x3 Use 65%		75% x 5	85% x f _____			
1 Leg Squat	xf	xf	xf	(Start with weak leg and match reps on strong leg)			
Barbell RDLs	x6	x6	x6	x6	x6	x6	
Physioball Hamstring Curls	xf	xf	xf				
Hyper Extensions (with weight)	x12	x12	x12				
Hip Circuit #1	See Circuit Below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight	Plate	Physioball	Rotational Stability
Twisting Sit Up x24	Diagonal Chops 2x10e	PB Pike 2x15	1 Arm Lift 2x15s
Incline Leg Overs x24	Arching Twists 2x12	PB Tuck 2x15	1 Leg Lift 2x15s
Strgt Leg Rev. Crnch x24	Fig 8 Through Legs 2x6e	PB Knees To Side 2x15	Expanded Bridge 2x20s
Toe Touch x24	Plate on Legs Hold 2x17s	PB 1 Leg Lift 4x7s e	Side Pillar 2x25s
Figure 4 Crunch x18e	Shoulder Push 2x10e		
The Squirm x24	Chest Press 2x17		
Db Side Bend 2x12e			

Other Circuits

Scap Circuit	Shoulder Circuit No. 1
Prone Scarecrow 2x12	Dumbbell Circles 2x8e
Rear Deltoid Raise 2x12	Transverse Adduction 2x10
Scapular Ele/Dep 2x12	Dumbbell Arcs 2x10
	External Rotation 2x12e
	Internal Rotations 2x12e
	Dumbbell ABC's 1e

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press (Shoulder Width Grip)	x10	x10	x10	x10	Use 65%		
Pull Downs	x8	x8	x8	x8			
Rotational Push Ups	xf	xf	xf	xf			
1 Arm Db Row	x8	x8	x8				
Figure 8 Plate Raise	x7e	x7e	x7e	e=each direction			
Barbell Skull Crushers	x8	x8	x8	x8			
4 Way Neck	x10e	x10e					
Scap Circuit	See Circuit Below						
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x8	x8	x8	x8	use 70%		
Lateral Lunge	x8e	x8e	x8e	x8e			
1 Leg Rdl	x6e	x6e	x6e	x6e			
Db Hamstring Curl	xf	xf	xf				
1 Leg Hyper	x10e	x10e	x10e				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
1 Arm Physioball Bench	x6e	x6e	x6e	x6e	x6e		
Med ball Hand Walk (3 medballs)	x2D&B	x2D&B	x2D&B	D&B= down and back			
Lunge and Row-Cable	x8e	x8e	x8e	x8e			
Dumbbell T Stabilization	x8e	x8e	x8e				
Alternating Dumbbell Shoulder Press	x10e	x10e	x10e				
Face Pull	x15	x15	x15				
4 Way Neck	x10e	x10e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Speed Squats	8x3	use 55%					
Barbell RDL	x6	x6	x6	x6	x6		
Barbell Overhead Lunge	x8e	x8e	x8e	x8e			
PB Hamstring Curls	xf	xf	xf				
Static Hypers	xf	xf	xf				
Hip Circuit #1	See Circuit Below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight		Plate		Physioball		Rotational Stability	
Twisting Sit Up	x26	Diagonal Chops	2x10e	PB Pike	2x15	1 Arm Lift	2x15s
Incline Leg Overs	x26	Arching Twists	2x12	PB Tuck	2x15	1 Leg Lift	2x15s
Strgt Leg Rev. Crnch	x26	Fig 8 Through Legs	2x6e	PB Knees To Side	2x15	Expanded Bridge	2x20s
Toe Touch	x26	Plate on Legs Hold	2x17s	PB 1 Leg Lift	4x7s e	Side Pillar	2x25s
Figure 4 Crunch	x20e	Shoulder Push	2x10e				
The Squirm	x26	Chest Press	2x17				
Db Side Bend	2x14e						

Other Circuits

Hip Circuit #1		Scap Circuit		
Leg Circles	2x10e es	Prone Scarecrow	2x12	es=each side
1 Leg Buck	2x15e	Rear Deltoid Raise	2x12	
Fire Hydrant	2x18e	Scapular Elevation/Depression	2x12	
Butterfly	2x20			

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Wheelbarrow Hand Walks	See circuit below						
666 Bench (Middle finger on snatch ring)	x6	x6	x6	x6	x6	x6	Use 52%
Lat Pull Down (wide grip)	x8	x8	x8				
Incline Physioball Db Bench	x8	x8	x8	x8			
Shrugs	x12	x12	x12				
Int/Ext Rotation-Dumbbells	x12e	x12e	x12e				
4 Way neck	x10e	x10e					
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x4	x4	x4	x4	use 85%		
Deadlift	x6	x6	x6	x6	x6	x6	
X-Over Step Up	x6e	x6e	x6e	x6e			
Pull Through	x12	x12	x12				
Physioball Hamstring Curl	xf	xf	xf				
Reverse Russians	xf	xf	xf				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Alternating Physioball Dumbbell Bench	x8e	x8e	x8e	x8e			
Lunge Row-Dumbbell	x8e	x8e	x8e	x8e			
Box Multi Push Up-Use a bench	x8e	x8e	x8e				
Twisting Shoulder Press	x8	x8	x8				
Face Pull	x15	x15	x15				
Rolling Db Extensions	x6	x6	x6	x6	x6	x6	
Shoulder Circuit No. 1	See circuit below						
4 Way Neck	x10e	x10e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Zercher Squats	x6	x6	x6	x6			
Split Squats	x6e	x6e	x6e	x6e			
1 Arm Pull Through	x10e	x10e	x10e				
Overhead Lunge-With Dumbbells	x8e	x8e	x8e				
Rotational Hypers	xf	xf	xf				
Hip Circuit No. 2	See circuit below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight		Plate	Physioball		Rotational Stability		
Twisting Sit Up	x26	Diagonal Chops	2x12e	PB Pike	2x15	1 Arm Lift	2x17s
Incline Leg Overs	x26	Arching Twists	2x14	PB Tuck	2x15	1 Leg Lift	2x17s
Strgt Leg Rev. Crnch	x26	Fig 8 Through Legs	2x8e	PB Knees To Side	2x15	Expanded Bridge	2x22s
Toe Touch	x26	Plate on Legs Hold	2x20s	PB 1 Leg Lift	4x7s e	Side Pillar	2x25s
Figure 4 Crunch	x20e	Shoulder Push	2x12e				
The Squirm	x26	Chest Press	2x20				
Db Side Bend	2x14e						

Other Circuits

Hip Circuit #2		Wheelbarrow Hand Walks	Shoulder Circuit No. 1		
1 Leg Buck	2x15e	Forward and Backward	2x20y	Dumbbell Circles	2x8e
Lateral Leg Lift	2x12e	Lateral Down and Back	2x20y	Transverse Adduction	2x10
Medial Leg Lift	2x12e	Carioca Down and Back	2x20y	Dumbbell Arcs	2x10
Hip Flexed Ext Rot	2x12e	Forward and Back 1/2 Height	1x20y	External Rotation	2x12e
Hip Flexion Hold	3x7s e	Up Up Back Back Lat Down and Back	2x20y	Internal Rotations	2x12e
				Dumbbell ABC's	1e

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press (Pinkys on the snatch rings)	x4	x4	x4	x4	x4	Use 80%	
Dumbbell Handwalk	x10e	x10e	x10e	x10e			
PB Db Bench	x6	x6	x6	x6	x6	x6	
DB T Stabilization	x8e	x8e	x8e				
Pb Tates	x6	x6	x6	x6	x6	x6	
Willum Shrug	x10	x10	x10	x10			
4-Way Neck	x10e	x10e					
Shoulder Circuit No. 1	See Circuit Below						
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
666 Squat	x6	x6	x6	x6	x6	x6	Use 50%
Zercher Lunge	x8e	x8e	x8e	x8e			
Lateral Step Up	x6e	x6e	x6e	x6e			
Slant 1 Leg Rdl	x6e	x6e	x6e	x6e	x6e	x6e	
Glute Ham Raise-Ground	xf	xf	xf				
Static Hypers	xf	xf	xf				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Db Floor Press	x6	x6	x6	x6	x6	x6	
DB Bent Over Row	x6	x6	x6	x6	x6	x6	
Physioball Push Ups	xf	xf	xf	xf			
X-Over Multi Box Push Up-use a bench	x6e	x6e	x6e	x6e			
Reverse Grip Pull Down	x8	x8	x8	x8			
Rear Deltoid Raise	x12	x12	x12				
4 Way Neck	x10e	x10e					
Scap Circuit	See Circuit Below						
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Speed Squat	8x3	use 60%					
1 Leg Squat	xf	xf	xf	(Start with weak leg and match reps on strong leg)			
Barbell RDLs	x6	x6	x6	x6	x6	x6	
Physioball Hamstring Curls	xf	xf	xf	xf			
Hyper Extensions (with weight)	x10	x10	x10	x10			
Hip Circuit #1	See Circuit Below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight		Plate	Physioball	Rotational Stability			
Twisting Sit Up	x30	Diagonal Chops	2x12e	PB Pike	2x18	1 Arm Lift	2x17s
Incline Leg Overs	x30	Arching Twists	2x14	PB Tuck	2x18	1 Leg Lift	2x17s
Strgt Leg Rev. Crnch	x30	Fig 8 Through Legs	2x8e	PB Knees To Side	2x18	Expanded Bridge	2x22s
Toe Touch	x30	Plate on Legs Hold	2x20s	PB 1 Leg Lift	4x8s e	Side Pillar	2x30s
Figure 4 Crunch	2x14e	Shoulder Push	2x12e				
The Squirm	x30	Chest Press	2x20				
Db Side Bend	2x14e						

Other Circuits

Scap Circuit		Shoulder Circuit No. 1	
Prone Scarecrow	2x12	Dumbbell Circles	2x8e
Rear Deltoid Raise	2x12	Transverse Adduction	2x10
Scapular Ele/Dep	2x12	Dumbbell Arcs	2x10
		External Rotation	2x12e
		Internal Rotations	2x12e
		Dumbbell ABC's	2e

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press (Shoulder Width Grip)	x7	x7	x7	x7		use 75%	
Pull Downs	x10	x10	x10	x10			
Rotational Push Ups	xf	xf	xf	xf			
1 Arm Db Row	x6	x6	x6	x6			
Figure 8 Plate Raise	x8e	x8e	x8e	e=each direction			
Barbell Skull Crushers	x8	x8	x8	x8			
4 Way Neck	x12e		x12e				
Scap Circuit	See Circuit Below						
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x5	x5	x5	x5	x5	use 80%	
Lateral Lunge	x8e	x8e	x8e	x8e			
1 Leg Rdl	x6e	x6e	x6e	x6e			
Db Hamstring Curl	xf	xf	xf	xf			
1 Leg Hyper	x10e	x10e	x10e				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
1 Arm Physioball Bench	x6e	x6e	x6e	x6e	x6e		
Med ball Hand Walk (3 medballs)	x3D&B	x3D&B	x3D&B	D&B= down and back			
Lunge and Row-Cable	x6e	x6e	x6e	x6e			
Dumbbell T Stabilization	x6e	x6e	x6e	x6e			
Alternating Dumbbell Shoulder Press	x10e	x10e	x10e				
Face Pull	x12	x12	x12	x12			
4 Way Neck	x12e	x12e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Speed Squats	8x3	use 65%					
Barbell RDL	x6	x6	x6	x6	x6		
Barbell Overhead Lunge	x8e	x8e	x8e	x8e			
PB Hamstring Curls	xf	xf	xf	xf			
Static Hypers	xf	xf	xf				
Hip Circuit #1	See Circuit Below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight		Plate		Physioball		Rotational Stability	
Twisting Sit Up	x30	Diagonal Chops	2x12e	PB Pike	2x18	1 Arm Lift	2x17s
Incline Leg Overs	x30	Arching Twists	2x14	PB Tuck	2x18	1 Leg Lift	2x17s
Strgt Leg Rev. Crnch	x30	Fig 8 Through Legs	2x8e	PB Knees To Side	2x18	Expanded Bridge	2x22s
Toe Touch	x30	Plate on Legs Hold	2x20s	PB 1 Leg Lift	4x8s e	Side Pillar	2x30s
Figure 4 Crunch	2x14e	Shoulder Push	2x12e				
The Squirm	x30	Chest Press	2x20				
Db Side Bend	2x15e						

Other Circuits

Hip Circuit #1		Scap Circuit		
Leg Circles	2x12e es	Prone Scarecrow	2x15	es=each side
1 Leg Buck	2x20e	Rear Deltoid Raise	2x15	
Fire Hydrant	2x22e	Scapular Elevation/Depression	2x15	
Butterfly	2x25e			

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Wheelbarrow Hand Walks	See circuit below						
666 Bench (Middle finger on snatch ring)	x6	x6	x6	x6	x6	x6	Use 55%
Lat Pull Down (wide grip)	x8	x8	x8	x8			
Incline Physioball Db Bench	x6	x6	x6	x6	x6		
Shrugs	x12	x12	x12				
Int/Ext Rotation-Dumbbells	x15e	x15e	x15e				
4 Way neck	x12e	x12e					
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x2	x2	x2	x2	use 90%		
Deadlift	x6	x6	x6	x6	x6	x6	
X-Over Step Up	x6e	x6e	x6e	x6e			
Pull Through	x15	x15	x15				
Physioball Hamstring Curl	xf	xf	xf	xf			
Reverse Russians	xf	xf	xf	xf			
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Alternating Physioball Dumbbell Bench	x6e	x6e	x6e	x6e	x6e		
Lunge Row-Dumbbell	x10e	x10e	x10e	x10e			
Box Multi Push Up-Use a bench	x9e	x9e	x9e	x9e			
Twisting Shoulder Press	x8	x8	x8	x8			
Face Pull	x12	x12	x12	x12			
Rolling Db Extensions	x6	x6	x6	x6	x6	x6	
Shoulder Circuit No. 1	See circuit below						
4 Way Neck	x12e	x12e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Zercher Squats	x6	x6	x6	x6			
Split Squats	x6e	x6e	x6e	x6e			
1 Arm Pull Through	x10e	x10e	x10e				
Overhead Lunge-With Dumbbells	x8e	x8e	x8e				
Rotational Hypers	xf	xf	xf				
Hip Circuit No. 2	See circuit below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight	Plate	Physioball	Rotational Stability
Twisting Sit Up 2x20	Diagonal Chops 2x12e	PB Pike 2x18	1 Arm Lift 2x17s
Incline Leg Overs 2x20	Arching Twists 2x14	PB Tuck 2x18	1 Leg Lift 2x17s
Strgt Leg Rev. Crnch 2x20	Fig 8 Through Legs 2x8e	PB Knees To Side 2x18	Expanded Bridge 2x22s
Toe Touch 2x20	Plate on Legs Hold 2x20s	PB 1 Leg Lift 4x8s e	Side Pillar 2x30s
Figure 4 Crunch 2x16e	Shoulder Push 2x12e		
The Squirm 2x20	Chest Press 2x20		
Db Side Bend 2x15e			

Other Circuits

Hip Circuit #2	Wheelbarrow Hand Walks	Shoulder Circuit No. 1
1 Leg Buck 2x20e	Forward and Backward 2x20y	Dumbbell Circles 2x10e
Lateral Leg Lift 2x15	Lateral Down and Back 2x20y	Transverse Adduction 2x12
Medial Leg Lift 2x15	Carioca Down and Back 2x20y	Dumbbell Arcs 2x12
Hip Flexed Ext Rot 2x15	Forward and Back 1/2 Height 1x20y	External Rotation 2x14e
Hip Flexion Hold 3x8s e	Up Up Back Back Lat Down and Back 2x20y	Internal Rotations 2x14e
		Dumbbell ABC's 2e

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press (Pinkys on the snatch rings)	x2	x2	x2	x2	x2	Use 85%	
Dumbbell Handwalk	x12e	x12e	x12e	x12e			
PB Db Bench	x6	x6	x6	x6	x6	x6	
DB T Stabilization	x8e	x8e	x8e				
Pb Tates	x6	x6	x6	x6	x6	x6	
Willum Shrug	x10	x10	x10	x10			
4-Way Neck	x12e	x12e					
Shoulder Circuit No. 1	See Circuit Below						
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
666 Squat	x6	x6	x6	x6	x6	x6	Use 50%
Zercher Lunge	x8e	x8e	x8e	x8e			
Lateral Step Up	x6e	x6e	x6e	x6e			
Slant 1 Leg Rdl	x6e	x6e	x6e	x6e	x6e	x6e	
Glute Ham Raise-Ground	xf	xf	xf				
Static Hypers	xf	xf	xf				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Db Floor Press	x6	x6	x6	x6	x6	x6	
DB Bent Over Row	x6	x6	x6	x6	x6	x6	
Physioball Push Ups	xf	xf	xf	xf			
X-Over Multi Box Push Up-use a bench	x8e	x8e	x8e	x8e			
Reverse Grip Pull Down	x8	x8	x8	x8			
Rear Deltoid Raise	x15	x15	x15				
4 Way Neck	x12e	x12e					
Scap Circuit	See Circuit Below						
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Speed Squat	6x3 Use 70%		75% x 5	85% x f _____			
1 Leg Squat	xf	xf	xf	xf	(Start with weak leg and match reps on strong leg)		
Barbell RDLs	x6	x6	x6	x6	x6	x6	
Physioball Hamstring Curls	xf	xf	xf	xf			
Hyper Extensions (with weight)	x12	x12	x12	x12			
Hip Circuit #1	See Circuit Below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight		Plate	Physioball	Rotational Stability			
Twisting Sit Up	2x22	Diagonal Chops	2x15e	PB Pike	2x20	1 Arm Lift	2x20s
Incline Leg Overs	2x22	Arching Twists	2x15	PB Tuck	2x20	1 Leg Lift	2x20s
Strgt Leg Rev. Crnch	2x22	Fig 8 Through Legs	2x10e	PB Knees To Side	2x20	Expanded Bridge	2x25s
Toe Touch	2x22	Plate on Legs Hold	2x20s	PB 1 Leg Lift	4x10s e	Side Pillar	2x30s
Figure 4 Crunch	2x18e	Shoulder Push	2x15e				
The Squirm	2x22	Chest Press	2x25				
Db Side Bend	2x15e						

Other Circuits

Scap Circuit		Shoulder Circuit No. 1	
Prone Scarecrow	2x15	Dumbbell Circles	2x10e
Rear Deltoid Raise	2x15	Transverse Adduction	2x12
Scapular Ele/Dep	2x15	Dumbbell Arcs	2x12
		External Rotation	2x14e
		Internal Rotations	2x14e
		Dumbbell ABC's	2e

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press (Shoulder Width Grip)	x5	x5	x5	x5	x5	use 77%	
Pull Downs	x10	x10	x10	x10			
Rotational Push Ups	xf	xf	xf	xf			
1 Arm Db Row	x6	x6	x6	x6			
Figure 8 Plate Raise	x8e	x8e	x8e	e=each direction			
Barbell Skull Crushers	x10	x10	x10	x10			
4 Way Neck	x12e	x12e					
Scap Circuit	See Circuit Below						
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x7	x7	x7	x7	use 75%		
Lateral Lunge	x8e	x8e	x8e	x8e			
1 Leg Rdl	x6e	x6e	x6e	x6e			
Db Hamstring Curl	xf	xf	xf	xf			
1 Leg Hyper	x10e	x10e	x10e				
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
1 Arm Physioball Bench	x6e	x6e	x6e	x6e	x6e		
Med ball Hand Walk (3 medballs)	x3D&B	x3D&B	x3D&B	D&B= down and back			
Lunge and Row-Cable	x6e	x6e	x6e	x6e			
Dumbbell T Stabilization	x6e	x6e	x6e	x6e			
Alternating Dumbbell Shoulder Press	x10e	x10e	x10e				
Face Pull	x15	x15	x15	x15			
4 Way Neck	x12e	x12e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Speed Squats	8x3	use 55%					
Barbell RDL	x6	x6	x6	x6	x6		
Barbell Overhead Lunge	x6e	x6e	x6e	x6e	x6e		
PB Hamstring Curls	xf	xf	xf	xf			
Static Hypers	xf	xf	xf				
Hip Circuit #1	See Circuit Below						
Core Workout #4-Body Weight							

Torso Circuits

Body Weight	Plate	Physioball	Rotational Stability
Twisting Sit Up 2x24	Diagonal Chops 2x15e	PB Pike 2x20	1 Arm Lift 2x20s
Incline Leg Overs 2x24	Arching Twists 2x15	PB Tuck 2x20	1 Leg Lift 2x20s
Strgt Leg Rev. Crnch 2x24	Fig 8 Through Legs 2x10e	PB Knees To Side 2x20	Expanded Bridge 2x25s
Toe Touch 2x24	Plate on Legs Hold 2x20s	PB 1 Leg Lift 4x10s e	Side Pillar 2x30s
Figure 4 Crunch 2x20e	Shoulder Push 2x15e		
The Squirm 2x24	Chest Press 2x25		
Db Side Bend 2x15e			

Other Circuits

Hip Circuit #1	Scap Circuit
Leg Circles 2x12e es	Prone Scarecrow 2x10
1 Leg Buck 2x20e	Rear Deltoid Raise 2x10
Fire Hydrant 2x22e	Scapular Elevation/Depression 2x10
Butterfly 2x25e	

es=each side

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Wheelbarrow Hand Walks	See circuit below						
666 Bench (Middle finger on snatch ring)	x6	x6	x6	x6			Use 55%
Lat Pull Down (wide grip)	x8	x8	x8				
Incline Physioball Db Bench	x6	x6	x6				
Shrugs	x12	x12	x12				
Int/Ext Rotation-Dumbbells	x10e	x10e	x10e				
4 Way neck	x12e	x12e					
Torso Workout #3-Plate							

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Box Squat	x3	x3	x3	x3	use 85%		
Deadlift	x6	x6	x6				
X-Over Step Up	x6e	x6e	x6e				
Pull Through	x12	x12	x12				
Physioball Hamstring Curl	xf	xf	xf				
Reverse Russians	xf	xf					
Core Workout #2-Physioball							

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Alternating Physioball Dumbbell Bench	x6e	x6e					
Lunge Row-Dumbbell	x10e	x10e					
Box Multi Push Up-Use a bench	x10e	x10e					
Twisting Shoulder Press	x8	x8					
Face Pull	x15	x15					
Rolling Db Extensions	x6	x6					
Shoulder Circuit No. 1	See circuit below						
4 Way Neck	x12e	x12e					
Core Workout #1-Rotational Stability							

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Zercher Squats	x6	x6					
Split Squats	x6e	x6e					
1 Arm Pull Through	x8e	x8e					
Overhead Lunge-With Dumbbells	x6e	x6e					
Rotational Hypers	xf	xf					
Hip Circuit No. 2	See circuit below						
Core Workout #4-Body Weight							




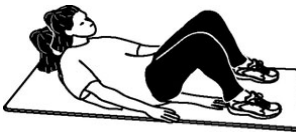



Torso Circuits

Body Weight		Plate	Physioball		Rotational Stability		
Twisting Sit Up	x20	Diagonal Chops	2x8e	PB Pike	2x10	1 Arm Lift	2x12s
Incline Leg Overs	x20	Arching Twists	2x10	PB Tuck	2x10	1 Leg Lift	2x12s
Strgt Leg Rev. Crnch	x20	Fig 8 Through Legs	2x5e	PB Knees To Side	2x10	Expanded Bridge	2x15s
Toe Touch	x20	Plate on Legs Hold	2x15s	PB 1 Leg Lift	4x5s e	Side Pillar	2x20s
Figure 4 Crunch	x14e	Shoulder Push	2x8e				
The Squirm	x20	Chest Press	2x15				
Db Side Bend	2x10e						

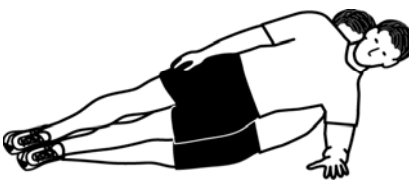
Other Circuits

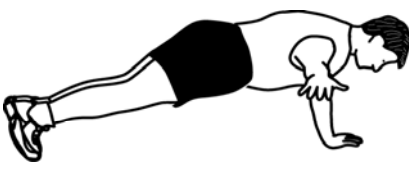
Hip Circuit #2		Wheelbarrow Hand Walks	Shoulder Circuit No. 1		
1 Leg Buck	2x12e	Forward and Backward	1x15y	Dumbbell Circles	1x10e
Lateral Leg Lift	2x10e	Lateral Down and Back	1x15y	Transverse Adduction	1x12
Medial Leg Lift	2x10e	Carioca Down and Back	1x15y	Dumbbell Arcs	1x12
Hip Flexed Ext Rot	2x10e	Forward and Back 1/2 Height	1x15y	External Rotation	1x14e
Hip Flexion Hold	3x5s e	Up Up Back Back Lat Down and Back	1x15y	Internal Rotations	1x14e
				Dumbbell ABC's	1e

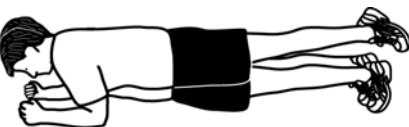
Torso Circuit No. 4

<p>Twisting Sit Up</p> 	<p>Lie back onto the floor with your knees bent, feet flat on the floor, and your hands behind head. Keep your elbows back and out of sight. Your head should be in a neutral position with a space between your chin and chest. Taking the chin and chest towards the ceiling, contract the abdominal and raise shoulders off the floor. As you ascend twist through the core and turn to the side. Return to the start position. On the next rep turn the other direction.</p>	<p>Figure 4 Crunch</p> 	<p>Start with one leg bent with the foot flat on the ground and the other leg crossed so the ankle rests on the down leg. Place the hand opposite of the crossed leg on the side of your head with your elbow out to the side. Slowly crunch across your body taking your elbow toward the crossed legs knee. Return under control. Do not hold or pull your head or neck during this exercise.</p>
<p>Incline Leg Overs</p> 	<p>Start in a seated position on the floor with your legs bent and your feet flat on the floor. Lean back and place your hands on the ground behind you. Lift your feet off of the ground 8-12 inches. Rotate your knees to the side 45-90 degrees slowly and under control keeping your feet off of the floor. Return to the center and rotate to the other side.</p>	<p>The Squirm</p> 	<p>Start with your head and shoulders resting on the ground and your knees bent with your feet flat on the floor. Hold your arms beside your body and about 1 inch off of the ground. Crunch up until your hands are about 6-10 inches from your feet. Flexing the spine laterally, bend and touch the back of your foot on one side. Return to the center and repeat to the other side. Complete all reps before returning from the crunch.</p>
<p>Straight Leg Rev. Crunch</p> 	<p>Lie on your back with your legs in the air and your knees slightly bent. Rotate your pelvis and lift your hips off of the ground and raise your feet toward the ceiling without letting them move over your chest. Slowly return to the starting position.</p>	<p>Db Side Bend</p> 	<p>Stand with your feet about shoulder width apart and a dumbbell in one hand. Laterally bend your torso to the side by sliding the dumbbell straight down the side of your leg. Reverse the motion and slide your empty hand down the other leg. Use maximal ranges of motion and make sure you are not leaning forward or backward. Perform all of your reps on one side before you repeat on the other side.</p>
<p>Toe Touch</p> 	<p>Start with your legs in the air. Draw your abdominals in and slowly crunch up and touch toward your feet. Return and repeat.</p>		

Rotational Stability

<p>Sidelying bridge</p> 	<p>Lie on the floor on your side with your hips in line between your shoulders and ankles and forearm supporting the upper body. Keep your knees straight and ankles together and place your top arm on your side. Raise your hips off of the ground until your body is in a straight plank position. Keep the top shoulder directly over the body shoulder so the chest is perpendicular to the ground (do not let the torso twist). Hold for 2-3 seconds and lower slowly back to the ground.</p>
--	---

<p>Push up arm lift</p> 	<p>Start in a full plank position with the shoulder, hip, knee, and ankle axis all in line. Maintain a neutral lumbar curve focusing on not flattening the lower back and "tucking the tail". Lift the arm up and outward keeping the torso absolutely still (do not twist the hips, drop the lifted arms shoulder, or push the hips out to the side). Hold for 2-3 seconds and lower the arm back down. Repeat on other side.</p>
---	--

<p>Alternating leg prone plank</p> 	<p>Start in a full plank position with the shoulder, hip, knee, and ankle axis all in line. Maintain a neutral lumbar curve focusing on not flattening the lower back and "tucking the tail". Lift the foot up keeping the torso absolutely still (do not twist the hips or push the hips out to the side). Hold for 2-3 seconds and lower the leg back down. Repeat on other side.</p>
---	---

<p></p>	<p></p>
---------	---------

Plate Torso

Diagonal Chops	<ol style="list-style-type: none"> 1) Sit up tall with a neutral spine. Knees bent and feet flat on the floor. 2) Lean back (keeping neutral spine) until abdominals tighten, hold lean for duration of the exercise 3) Start with plate beside your hip at arms length 4) Keeping your arms straight, twist your shoulders and raise the plate at a diagonal until your are over the opposite shoulder. 5) return back and lightly touch the plate back to the ground.
-----------------------	--

Arcing Twists	<ol style="list-style-type: none"> 1) Sit up tall with a neutral spine. Knees bent and feet flat on the floor. 2) Lean back (keeping neutral spine) until abdominals tighten, hold lean for duration of the exercise 3) Start with plate beside your hip at arms length 4) Keeping your arms straight, twist your shoulders and raise the plate up over your head and back to the ground on the opposite hip. 5) repeat the path back to the other side.
----------------------	---

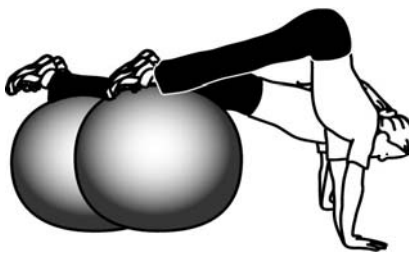
Figure 8 Btwn legs	<ol style="list-style-type: none"> 1) Sit up tall with a neutral spine. Knees bent and feet flat on the floor. 2) Lean back (keeping neutral spine) until abdominals tighten, hold lean for duration of the exercise 3) Pass the plate through your legs in a figure 8 pattern without letting the plate touch the floor. 4) Reverse the pattern half way through.
---------------------------	--

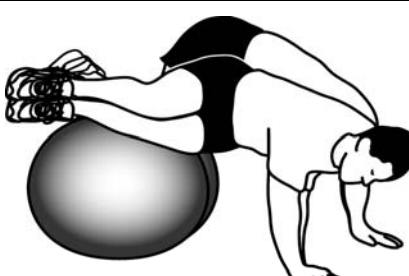
Plate on Legs Hold	<ol style="list-style-type: none"> 1) Sit up tall with a neutral spine. Knees bent and feet flat on the floor. 2) Place the plate on your ankles so it resting on your feet. 3) Lean back (keeping neutral spine) and put your hands on the floor behind you. 4) Lift your feet 2 inches off of the ground. 5) Straighten your legs as far as you can while maintaining your posture and keeping your feet 2 inches off of the ground. 6) Slowly return the feet back to the starting position off of the ground.
---------------------------	---

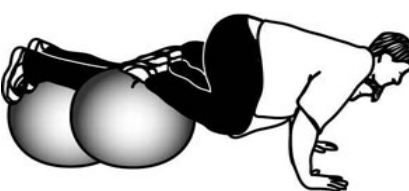
Shoulder Push	<ol style="list-style-type: none"> 1) Sit up tall with a neutral spine. Knees bent and feet flat on the floor. 2) Lean back (keeping neutral spine) until abdominals tighten, hold lean for duration of the exercise 3) Start with the plate in both hands on one shoulder. 4) Rotate the plate side shoulder back maximally 5) Rotate back forward and press the plate at an upward angle toward the ceiling. 6) Return the plate and repeat.
----------------------	--

Chest Press	<ol style="list-style-type: none"> 1) Sit up tall with a neutral spine. Knees bent and feet flat on the floor. 2) Lean back (keeping neutral spine) until abdominals tighten, hold lean for duration of the exercise 3) Start with the plate in both hands at chest level. 4) Without moving your body, press the plate at an angle toward the ceiling. 5) Return the plate to your chest and repeat.
--------------------	--

Physioball




<p style="text-align: center;">Pb Pike</p> 	<p>Assume a push up position with your shins on a physioball and your hands flat on the floor. Your hips should be in line with your shoulders and your ankles. Maintain a neutral pelvic alignment not allowing your lower back to over arch or sag. Roll your legs in towards your chest keeping your legs semi straight taking your hips towards the ceiling. Return to the starting position and repeat.</p>
---	--

<p style="text-align: center;">Pb Tuck Twist</p> 	<p>Assume a push up position with your shins on a physioball and your hands flat on the floor. Your hips should be in line with your shoulders and your ankles. Maintain a neutral pelvic alignment not allowing your lower back to over arch or sag. Maintaining this position, bring your knees in beside your chest. Return to the start position and repeat to the other side. Remember to keep your trunk parallel with the floor and your spinal alignment neutral at the start position.</p>
--	---

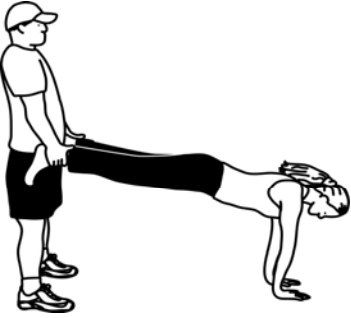
<p style="text-align: center;">Pb Tuck</p> 	<p>Sit up with your knees bent and feet flat on the floor. Your head should be in a neutral position with a space between your chin and chest. Have your partner stand about 10 feet to your left side with a medball. Have your partner pass the medball over your knees at about chest height. Receive the ball with your right hand over your left and your pinkies touching. Rotate your shoulders to your right decelerating the ball until it touches the ground. Explosively return the ball back to your partner. Repeat to the other side</p>
---	--

Empty space for notes or additional instructions	Empty space for notes or additional instructions
--	--

Scap Circuit

<p style="text-align: center;">Prone Scarecrow</p> 	<p>Lie face down on a bench or stability ball. Grasp a pair of 1-5 lb dumbbells and perform a rowing motion with the upper arms abducted to 90 degrees (the upper arms should be in a straight line from elbow to elbow creating a "T" formation with the midline of the torso). Once the elbows are in line with the body externally rotate. Keeping the elbows "high", bring the weights together and touch them behind the head concentrating on scapular rotation. Reverse the motion until you are back to the starting position.</p>
<p style="text-align: center;">Rear Deltoid Raise</p> 	<p>Bend at the waist and push your hips back until your back is close to parallel to the floor. Keep your back flat and your head in a neutral position and your trunk stable. Hold the DB's in each hand with a neutral grip (palms facing each other). Start with the DB's resting at arms length directly under your shoulders. With your elbows slightly bent and facing the ceiling raise the DB's to shoulder level and squeeze your shoulder blades together at top. The DB's should be in line with your ears from side to side. Return the DB's to the bottom and repeat.</p>
<p style="text-align: center;">Scapular Elevation/Depression</p> 	<p>The mechanics of this movement are the same as the shrug exercise, even though the loading element is reversed. Start with your body suspended from a dip rack. Keeping your arms straight, sink down and try to touch your shoulders to the ears (you will probably not actually be able to do this, but non the less it is the type of motion). Reverse the motion until the shoulders are as far from the ears as possible. This should be a slow controlled motion.</p>

Wheelbarrow Hand walks

<p>General Info</p> 	<p>Assume a push up position with your feet being held by your partner. Keep your core tight and your body stiff like a pillar with your ankles, knees, hips and shoulders always staying in line with each other. Keep your fingers facing forward and your hands directly under your shoulders on all drills. Have your partner walk you forward at a quick but controllable speed. Concentrate on maintaining said posture through the duration of the exercise.</p>
--	---

<p>Forward and Backward</p>	<p>Walk forward and then backward for the prescribed distance.</p>
------------------------------------	--

<p>Lateral Down and Back</p>	<p>Walk sideways down and back for the prescribed distance. Keep bodily orientation to come back. (walk to left one way and to the right the other)</p>
-------------------------------------	---


<p>Carioca Down and Back</p>	<p>Walk sideways down and back for the prescribed distance using a carioca pattern with the hands. Keep bodily orientation to come back. (walk to left one way and to the right the other)</p>
-------------------------------------	--

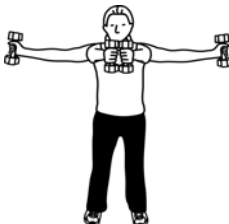
<p>Forward and Back 1/2 Height</p>	<p>Walk forward and then backward maintaining a 1/2 push up position for the prescribed distance.</p>
---	---

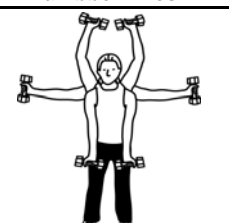
<p>Up Up Back Back Lat Down and Back</p>	<p>Walk sideways stepping the hands in a up-up-back-back fashion out in front of the body (and sideways to maintain lateral movement) down and back for the prescribed distance. Keep bodily orientation to come back. (walk to left one way and to the right the other)</p>
---	--

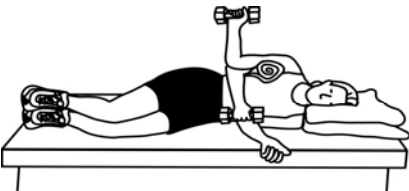
--	--

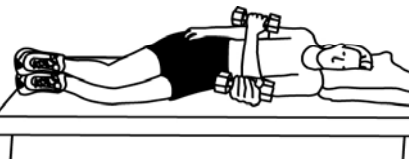
Shoulder Circuit

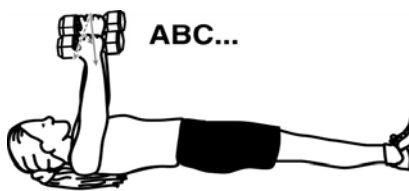
<p>Dumbbell Circles</p> 	<p>Start with your arms straight out at your sides at shoulder height with the elbows extended and the palms facing forward. Make small circles forward and then backwards. Complete all reps in one directions before switching</p>
--	--

<p>Transverse Adduction</p> 	<p>Start with your arms straight out at your sides at shoulder height with the elbows extended and the palms facing forward. Bring your arms together in front of your body at shoulder height. Return to the starting position.</p>
--	--


<p>Dumbbell Arcs</p> 	<p>Start with your arms straight at down at your sides with the elbows extended and the palms facing forward. Raise your arms out to the side and up over your head. Return to the starting position.</p>
--	---


<p>External Rotation</p> 	<p>Lie on your side with your top elbow bent to 90 degrees. Place a towel between your arm and body. Rotate your arm outward and take the weight away from the body (keeping the elbow bent to 90 and the arm close to you side). Return to the starting position.</p>
---	--


<p>Internal Rotations</p> 	<p>Lie on your side with your elbow bent to 90 degrees and your arm close to your side. Rotate the arm inward and take the weight to the opposite side of the body (keeping the elbow at 90 and arm close to your side). Return to the start position.</p>
--	--

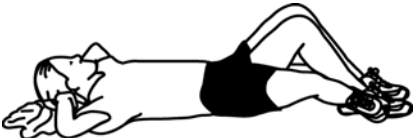
<p>Dumbbell ABC's</p> 	<p>Lie on your back and hold a weight over your shoulder at arms length. Raise the entire arm straight up keeping the elbow straight and lifting the back of the shoulder off of the ground without rotating the torso (the shoulder blade should move away from the spine and the spine should remain still). Holding this position draw the alphabet with 12-18 inch characters using the dumbbell.</p>
--	---

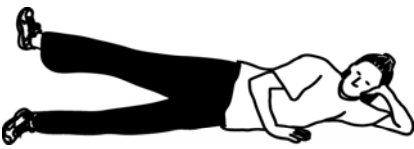
Hip #1

<p style="text-align: center;">Leg Circles</p> 	<p>Lie on your side with your body in a straight line. Lift the top leg straight up leading with the side of the foot. Under control, complete a maximal range of motion circle finishing at the top. Repeat the circle for the prescribed number of repetitions and repeat reversing the direction.</p>
---	--


<p style="text-align: center;">1 Leg Buck</p> 	<p>Lie on back with one leg over the other knee, and arms at sides. Bring one knee to center of chest. Lift buttocks off floor, keeping knee to chest. Lower and repeat with other leg.</p>
--	---


<p style="text-align: center;">Fire Hydrant</p> 	<p>Start on all fours. Keeping your torso and pelvis perfectly still and your knee bent, raise your knee out to the side and up toward the ceiling. Hold for 2-3 seconds and slowly lower to the grounds.</p>
---	---


<p style="text-align: center;">Butterfly</p> 	<p>Lie flat on your back with your knees bent and together and feet flat on the floor. Slowly move both legs apart rotating onto the side of your feet. Return to the start position and repeat.</p>
---	--


<p style="text-align: center;">Rotational Lift</p> 	<p>Lie on your side with your body in a straight line (do not bend forward at your hips) and top foot rotated toward the ceiling. Lift the top leg straight up leading with your toes. Slowly lower the leg and repeat</p>
---	--

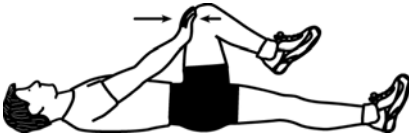
Hip #2


<p>1 Leg Buck</p> 	<p>Lie on back with one leg over the other knee, and arms at sides. Bring one knee to center of chest. Lift buttocks off floor, keeping knee to chest. Lower and repeat with other leg.</p>
--	---


<p>Lateral Leg Lift</p> 	<p>Lie on your side with your body in a straight line. Lift the top leg straight up leading with the side of the foot. Complete a maximal range of motion before lowering the leg under control to the original position.</p>
--	---


<p>Medial Leg Lift</p> 	<p>Lie on your side with your body in a straight line. Take the top leg toward the chest until your hip and knee is bent to approximately 90 degrees. Lift the bottom foot toward the ceiling leading with the side of the foot. Complete a maximal range of motion before lowering the leg under control to the original position.</p>
--	---


<p>Hip Flexed External Rotation</p> 	<p>Lie on your side with your body in a straight line. Take the top leg toward the chest until your hip and knee is bent to approximately 90 degrees. To start: Keeping this hip and knee configuration, lift the leg toward the ceiling (this should mimic swinging a gate open). Complete a maximal range of motion before lowering the leg under control to the start position.</p>
--	--

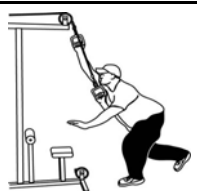
<p>Hip Flexion Hold</p> 	<p>Lie on your back maintaining a neutral spine with a natural lumbar curve it is very important to lock this position in and maintain it throughout the duration of the exercise. Lift one knee up so the thigh is perpendicular to the ground and the knee is bent. Put your hand on your knee and lightly push against your knee while resisting (keep the lumbar position). Hold for 2-3 seconds and relax. Repeat.</p>
--	---


<p>1 Arm Db Row</p>	<p>Start with your feet shoulder width apart. Bend at the waist and push your hips back. Keep your knees slightly bent and your back flat. Hold a dumbbell in your right hand. While keeping the body stationary, raise the dumbbell up driving the elbow back as far as possible. Return to the starting position and repeat.</p>
	

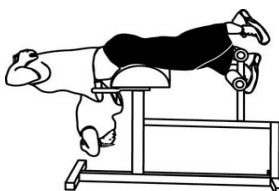
<p>1 Arm Physioball Bench</p>	<p>Holding the dumbbell at the centerline of your body, start to slowly roll forward. As you roll forward lean back and let the ball roll up your back. Roll forward until your head and shoulders are supported by the ball. Elevate your hips until you create a flat table from your knees to your shoulders. Start with the Dumbbell at arms length. Slowly lower the dumbbell allowing the upper arm to create a 45 degree angle from the side of the torso and keeping the weight directly over the elbow. Press the dumbbell up returning it to its original position. NOTE: Keep your hips tall during the duration of the exercise. Minimize ball movement. Keep your glutes and your abdominals contracted through out the duration of the exercise.</p>
	

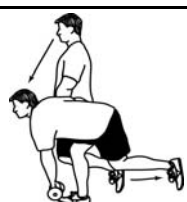
<p>1 Arm Pull Through</p>	<p>Using a single handle on a low pulley, grab the handle with one hand and walk out about 4 feet from the pulley. Keeping your back tight and you abs contracted reach through your legs as far as you can. Pull through and stand up.</p>
	


<p>1 Arm Squat Row</p>	<p>Attach a "D" handle to a low pulley. Face the low pulley and assume a shoulder width stance. Squat down (and stay for the duration of the exercise) by pushing your hips back. Keep your back slightly arched. Push your knees out to the sides, your feet flat on the floor and your head up. Start by pulling the handle toward the side of your chest keeping your upper arms approximately 45 degrees from your body. Slightly rotate toward the effort side of the exercise. Slowly return back to arms length. Repeat all of your reps on one side before performing the exercise on the other side.</p>
	

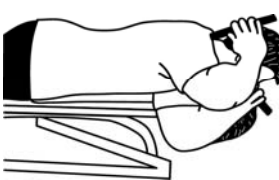
<p>1 Arm/Leg Pull Down</p>	<p>Adjust the pulley so it is located as high above your head height as possible. Grasp the D-handle in your right hand and face the pulley. Stand on your left foot while keeping a neutral spine. Squat down by pushing your hips back. You should remain flat footed and your knee should not move in front of your toes. You will maintain this squat for the duration of the exercise. You should start with your arm fully extend over head. Pull the D-handle down keeping the elbow in line with the hand and the cable. Squeeze your shoulder blade back as your elbow reaches the back side of the movement (remember to keep the elbow in line with the hand and cable). Return to the starting position and repeat the arm action. Match the rep numbers on the other arm and leg.</p>
	


<p>1 Leg Buck</p>	<p>Lye on the floor with your right foot flat on the ground. The right thigh should be perpendicular to the ground Your left leg should be straight in the air. Have your partner apply light pressure down on the upward heel. Keeping your shoulders on the ground, push your right heel into the box and take your left heel toward the ceiling elevating your hips into full hip extension. Keep your pelvis square to the ground and centered with your body throughout the duration of the exercise. Return to the ground and repeat.</p>
	


<p>1 Leg Hypers</p> 	<p>Position your body face down on the apparatus placing hip bones slightly in front of the hip pad and 1 ankle under the ankle pad and the other ankle on the ankle pad. Cross your arms and place them on your chest. Start with your back parallel to ground. Lower your body until your upper torso is approximately at a 90° angle from the body. Return to start position. Switch legs and repeat number of reps. To increase resistance, place arms behind head -> arms extended overhead -> holding weight plate or weighted object across chest.</p>
--	---


<p>1 Leg Rdl</p> 	<p>Stand on your right foot while holding the dumbbell in your left hand. Keeping your head up, back flat, and your base leg slightly bent, bend at the waist and kick your free leg back as you descend. Keep the dumbbell directly over your base foot during the decent and ascent. Lower the dumbbell until it lightly touches where you tie your shoes. Reverse the motion and return to the top. Do not let your hip push out to the side.</p>
---	--


<p>1 Leg Squat</p> 	<p>Stand on one foot on a short box or step. Extend your arms in front of your body. Push your hips back and down as you descend into the squat. Keep your foot flat on the ground, back arched and head up. Descend until your thigh is parallel to the ground. Do not let your knee move in front of your toe during the decent. Repeat all your reps on one leg before moving to the next. If you are not strong enough to perform a free 1 leg squat, you can hold onto a squat rack and use your arms to help with the accent.</p>
---	---

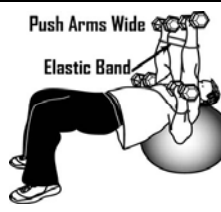
<p>4-Way Neck</p> 	<ol style="list-style-type: none"> 1) Extension: Lie face down with a plate on the back of your head. Tuck your chin down and extend your head back up fully 2) Side: Lie on your side with a plate on the up side of your head. Lower you ear down toward your shoulder. Raise it back up taking the plate toward your other shoulder. Perform on both sides 3) Flexion: Lie on your back with the plate on your forehead. Lower your head down and the raise your chin toward your chest
---	---

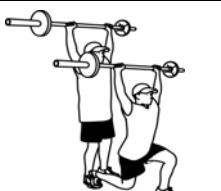
<p>666 Bench</p> 	<p>See bench press below for technique instructions. Slowly lower the weight to your chest over a 6 second period. Reverse and slowly raise the bar back to full arm extension over a 6 second period. Repeat 6 times for 1 set</p>
---	---


<p>666 Squat</p> 	<p>See box squat below for technique instructions. Slowly squat down to the box over a 6 second period. Reverse and slowly stand back up over a 6 second period. Repeat 6 times for 1 set</p>
---	---


<p>Alternating Dumbbell Shoulder</p> 	<p>Assume a shoulder with stance while holding two dumbbells over head at arms length. Lower one dumbbell to shoulder height while keeping the elbow directly under the weight. The elbow should come down directly to the side of the body or slightly to the front. Return the dumbbell to the starting position and repeat on the other arm.</p>
---	---


<p>Alternating Physioball Dumbbell</p> 	<p>Sit on a physioball that puts your thighs approximately parallel to the ground. The ball should be on a slip resistant surface and clear of any obstacles. Holding the dumbbells at the centerline of your body, start to slowly roll forward. As you roll forward lean back and let the ball roll up your back. Roll forward until your head and shoulders are supported by the ball. Lower your hips until your torso is inclined about 45 degrees and your hips are 2-3 inches off of the ground. Start with the Dumbbells at arms length. Slowly lower one dumbbell allowing the upper arm to create a 45 degree angle from the side of the torso and keeping the weight directly over the elbow. Press the dumbbell up returning it to its original position. Repeat with the other arm. NOTE: Minimize ball movement. Keep your glutes and your abdominals contracted through out the duration of the exercise.</p>
---	--

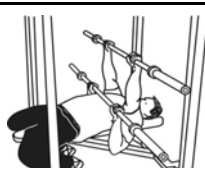
<p>Band Wrist Db Bench</p>  <p>Push Arms Wide Elastic Band</p>	<p>Place an 8-10 inch loop of elastic band around your wrists. The band should be strong enough that you have to use a medium level effort to keep your arms a little wider than shoulder width during the following drill. Sit on a physioball that puts your thighs approximately parallel to the ground. The ball should be on a slip resistant surface and clear of any obstacles. Holding the dumbbells at the centerline of your body, start to slowly roll forward. As you roll forward lean back and let the ball roll up your back. Roll forward until your head and shoulders are supported by the ball. Elevate your hips until you create a flat table from your knees to your shoulders. Start with the Dumbbells at arms length with your palms facing forward other. Slowly lower the dumbbells allowing your upper arms to create a 45 degree angle from the torso and keeping the weight directly over the elbows. Press the dumbbells up returning them to their original position. NOTE: Keep your hips tall during the duration of the exercise. Minimize ball movement. Keep your glutes and your abdominals contracted through out the duration of the exercise.</p>
--	--

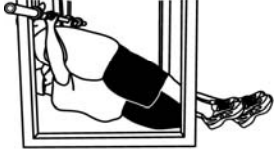
<p>Barbell Overhead Lunge</p> 	<p>Start with your feet side by side and the barbell at arms length overhead. Step forward with your right foot. When you drop into the lunge your front foot should remain flat on the floor and pointed forward. Your front knee should be bent to 90 degrees and the shin should be perpendicular to the floor. Your back knee should be directly under your hips and should stop approximately 1-2 inches off of the ground. Your back foot should be toe down. Your shoulders should reside directly over your hips and barbell directly over your head. Do not let your hips push out to the side. Press through the right heel to stand back up. As you reach full extension step back to the starting position and perform the next lunge with the left leg.</p>
--	--


<p>Barbell RDL</p> 	<p>Stand with your feet hip width apart and your knees slightly bent (at 20°). Start position: Grasp the bar with your palms facing your body and hip width apart. Your back should be kept in a neutral position. Bending at your waist and pushing your hips back, lower the bar to approximately knee height. Keep knees bent at 20° throughout movement. Return to the start position</p>
--	---

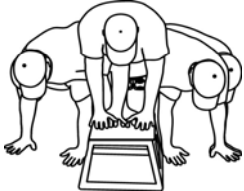
<p>Barbell Row</p> 	<p>Stand with your feet hip width apart and your knees slightly bent (at 20°). Start position: Grasp the bar with your palms facing your body and hip width apart. Your back should be kept in a neutral position. Bending at your waist and pushing your hips back until your upper torso is approx 20 degree above parallel. Keep this position in your knees as you row the</p>
---	--


<p>Barbell Skull Crushers</p> 	<p>Use a shoulder width grip. Starting with the barbell at full arm extension, bend the elbows (no motion at the shoulder joint) and lower the barbell to your forehead. Extend the elbows and raise the barbell back to full arm extension.</p>
--	--


<p>Bench Press</p> 	<p>Lie on your back with your eyes aligned with bar. Assume a posture where your heels are driven into the floor with a wide stance, shoulder blades are squeezed together, abdominals are contracted, Lats are flared, and lower back is slightly arched. Grip the bar with the middle finger on the snatch rings. Squeeze the bar and try to bend the bar as if it were flexible. Keep the wrists locked straight. Take a deep breath sucking the air into your belly and unrack the bar. Lower the bar to your chest positioning the upper arms approx 45 degrees off of the body and perpendicular to the floor. The bar should touch just below the nipple line. Press the bar back in a straight line perpendicular to the contact point on the chest. Repeat.</p>
---	--


<p>Body Row</p> 	<p>Assume a hanging position from a bar racked about 3 feet off the ground in a squat rack or on a Smith Machine. Your body should be in a stiff pillar position with your hips off the floor. Start with your arms fully extend and slightly wider than shoulder position. Row your torso toward the bar touching just below your chest. Return to full extension under control. You can make the exercise easier by bending at the knees and bringing the feet back toward your body (the closer you get the easier it will be) or by raising the height of the bar.</p>
--	--


<p>Box Jumps</p> 	<p>Start in a shoulder width stance. Keep your feet flat on the floor and your head up. Quickly push your hips back and down and rapidly drive your arms back behind your body. Explode up into the air driving your arms up during your accent. Jump maximally and softly land flat footed on the box. Land in the same stance you began your accent from after your initial drop. Step off of the box and repeat.</p>
---	---


<p>Box Multi Push Up</p> 	<p>Assume a push up position to the left side of an 8-14 inch tall aerobic step or bench. Contract your abdominals and squeeze your glutes. Maintain a pillar like posture throughout the duration of the exercise. Step onto the box with your right hand followed by your left hand. Step down to the right side of the box with your right hand followed by your left hand. As soon as your left hand touches the ground return it back to the box directly followed by the right hand. Step down to the left side of the box with the left hand followed by the right hand. Repeat</p>
---	--


<p>Box Squat</p> 	<p>Use a sturdy bench/box that puts your thighs at parallel when seated. To unrack the bar-Step under the bar with one leg in front of the bar and one leg behind the bar. You should feel well balanced. Grasp the bar just outside of the snatch rings (these are the rings that are approximately 1/4 of an inch wide on each end of the bar just before the sleeves). Squeeze your shoulder blades together, contract your abs, and assume a neutral spine. Place the bar on your posterior delts (not on your neck) and pick it up from the rack. Carefully step backwards and assume a wider than shoulder widths stance with your head up. Start the exercise by pushing your hips back and your knees open. Continue the motion by bending at the knees, not allowing them to move forward. Sit softly onto the seat. Do not rock back when you sit. Push through your heels and stand back up. Do not let your knees push forward when you begin to stand up.</p>
--	--


<p>Cable Lunge Row</p> 	<p>Attach a "D" handle to a low pulley. Face the pulley and grab the handle with your right hand. Step back 2-3 feet and lunge down with your left leg forward. Your front foot should remain flat on the ground, your front knee should be bent to 90 degrees at the most, and your shoulders hips and back knee should all be in line with each other. Keep your back knee 1-2 inches off of the ground. Slightly rotate forward with the shoulder of the arm with the handle rotating around your spine and not leaning forward. Rotate back and row the handle keeping the upper arm 25-35 degrees from the body. Row the elbow back maximally and squeeze the shoulder blade to the midline. Rotate back and repeat. Complete all reps on one side before the other.</p>
---	---

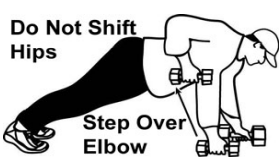
<p>DB Floor Press</p> 	<p>Lie on your back on the ground with your eyes aligned with bar. Assume a posture where your knees are bent and the floor with a wide stance, shoulder blades are squeezed together, abdominals are contracted, Lats are flared, and lower back is slightly arched. Start with the dumbbells at arms length. Keep the wrists locked straight. Take a deep breath sucking the air into your belly. Lower the dumbbells until your elbows lightly touch the ground positioning the upper arms approx 45 degrees off of the body and perpendicular to the floor. The dumbbells should touch just below the nipple line. Press the dumbbells back in a straight line perpendicular to the contact point on the ground. Repeat.</p>
--	--

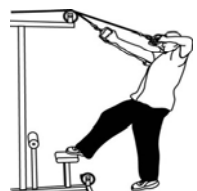
<p>DB Frog Hops for Distance</p> 	<p>Hold the dumbbell by one at arms length between your legs. Squat down until the head of the dumbbell touches the ground and explode forward jumping as far as you can. Land softly and under control absorbing down until the dumbbell touches the ground again. Without a hesitation explode forward again repeating the process. Repeat this pattern for the prescribed number of jumps.</p>
---	---

DB Hamstring Curl	Lie face down on a bench with a dumbbell held between your feet. Extend the knees and point the toes back until you reach full knee extension without hyper extension. Return to the starting position. Note: Keep your abs tight throughout the exercise and do not allow your lower back posture to change and you extend at the knee.
	

DB T Stabilization	Assume a push up position with a dumbbell in each hand. Contract your abdominals and squeeze your glutes. Maintain a pillar like posture throughout the duration of the exercise. Keeping a slight bend in the elbows, rotate to the right lifting the left dumbbell off of the ground. Rotate the entire body until your arms create a "T" with your torso with the left dumbbell in line with your shoulders and the right dumbbell. As you rotate roll onto the side of your feet. Note: Narrowing your stance will make the exercise more difficult. Return to the starting position under control and repeat on the other side.
	

Deadlift	Stand with your feet about 1.5 times shoulder width apart. Grasp the barbell so your palms are facing your body. Your arms should hang down to your front with elbows slightly bent. Squat down by pushing your hips back while keeping your spine neutral as it tilts and head up. Keep your knees back over your feet and pushed out to the sides. Descend until the plates touch the ground. Stand back up by lifting the shoulders as you push the ground away with your feet. Note: make sure you do not extend your knees before you extend your hips.
	

Dumbbell Handwalk	Assume a push up position with a dumbbell in each hand. Your hips should be in line with your shoulders and your ankles. Maintain a neutral pelvic alignment not allowing your lower back to over arch or flatten. Without rotating your body, draw the elbow back as far as you can using a rowing motion. Using an arcing path, step over the elbow and 10-12 inches in front of the other db. Repeat on the other side. Walk your legs forward using your ankles and toes (keep your legs straight).
	

Face Pull	Attach a triceps rope to a high pulley. Face the pulley and grasp one end of the rope in each hand. Using a palms down grip, pull the rope to your forehead keeping your elbows above your hands. Drive your elbows as far back as you can and squeeze your shoulder blades together. Slowly return to full arm extension. If you have trouble keeping your balance, step forward with one foot. Be sure to switch feet half way through each set.
	

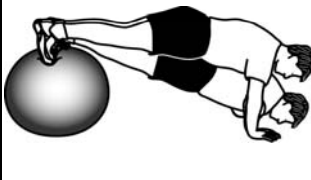





Feet On Ball Push-Up	Assume a push up position with your toes on a physioball and your hands directly under your shoulders. Your hips should be in line with your shoulders and your ankles. Maintain a neutral pelvic alignment not allowing your lower back to over arch or flatten. Maintain this torso posture throughout the duration of the exercise. Descend keeping your upper arm approximately 45 degrees away from your torso. Descend until your chest comes close to or in contact with the ground. During your decent, do not let your shoulder blades collapse. Let them come together as you descend, ultimately touch at the bottom of the motion. Press back up to full arm extension.
	


Figure 8 Plate Raise	Hold a plate at arms length in front of your body as if it were a steering wheel (hands at 9 and 3). Keeping your torso stationary and moving your arms draw a big horizontal figure 8 with the plate. Perform the given number of reps than reverse the direction of the figure 8 and repeat.
	

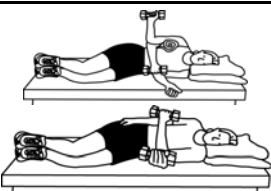
<p>Front Squat</p> 	<p>Use a bench/box that puts your thighs at parallel when seated. Cross your forearms and grab the bar with your palms facing toward your body. Your hands should be right at or just wider than nipple width on the bar. Let the bar load rest on the anterior delts and use your grip for balance and stability. Keep your elbows rotated up at all times. Squeeze your shoulder blades together, contract your abs, and assume a neutral spine and pick it up from the rack. Carefully step backwards and assume a shoulder width stance with your head up. Start the exercise by pushing your hips back and your knees open. Continue the motion by bending at the knees, not allowing them to move forward. Sit softly onto the seat. Do not rock back when you sit. Push through your heels and stand back up. Do not let your knees push forward when you begin to stand up.</p>
---	---


<p>Glute Ham Raise</p> 	<p>Adjust the foot plate so that you have to push the balls of your feet into the plate to drive your knees into the SIDE of the pad (not the top). Start with your upper torso perpendicular to the ground. Aggressively push into the plate. Tuck your chin to your chest, contract your abdominals and lock your shoulder blades in place. Lower your torso by extending at the knees. You should not flex or extend at the hip or through the spine. Lower under control into full knee extension and your body is parallel to the ground. Aggressively push your toes into the plate, squeeze your glutes, and flex at the knee joint to return to the top. Avoid hyper extending the spine. Repeat</p>
---	--


<p>Glute Ham Raise-Ground</p> 	<p>Knee down on a soft pad with a small box in front of yourself. Start with your upper torso perpendicular to the ground. Tuck your chin to your chest, contract your abdominals and lock your shoulder blades in place. Lower your torso by extending at the knees. You should not flex or extend at the hip or through the spine. Lower under control into full knee extension until you touch the box. Aggressively squeeze your glutes, and flex at the knee joint to return to the top. Avoid hyper extending the spine. Repeat</p>
--	---

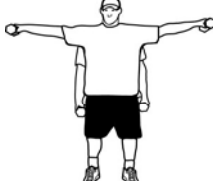
<p>Incline Lunge and Press</p> 	<p>Adjust the pulley so it is located close to the ground. Grab the D-handle with your right hand and lunge out with your left foot while facing away from the pulley. Hold the D-handle tight to the side of your chest. Your elbow should stay in contact with the cable. Keep your right arm in front of your body and at shoulder height. While keeping your hips and feet forward, rotate your shoulders toward the right. Once you have fully rotated to the right, rotate back and press the D-handle forward and up until you reach full arm extension. At this point your shoulders should be slightly rotated to the left. Return to the start position at the bottom of the lunge.</p>
--	---


<p>Incline Physioball Db Bench</p> 	<p>Sit on a physioball that puts your thighs approximately parallel to the ground. The ball should be on a slip resistant surface and clear of any obstacles. Holding the dumbbells at the centerline of your body, start to slowly roll forward. As you roll forward lean back and let the ball roll up your back. Roll forward until your head and shoulders are supported by the ball. Lower your hips until your torso is inclined about 45 degrees and your hips are 2-3 inches off of the ground. Start with the Dumbbells at arms length. Slowly lower the dumbbells allowing the upper arms to create a 45 degree angle from the side of the torso and keeping the weight directly over the elbows. Press the dumbbells up returning them to their original position. NOTE: Minimize ball movement. Keep your glutes and your abdominals contracted through out the duration of the exercise.</p>
---	---


<p>Int/Ext Rotation-Dumbbells</p> 	<p>1) Internal Rotation Lie on your side with your elbow bent to 90 degrees and your arm close to your side. Rotate the arm inward and take the weight to the opposite side of the body (keeping the elbow at 90 and arm close to your side). Return to the start position.</p> <p>2) External Rotation Lie on your side with your top elbow bent to 90 degrees. Place a towel between your arm and body. Rotate your arm outward and take the weight away from the body (keeping the elbow bent to 90 and the arm close to you side). Return to the starting position.</p>
--	---


<p>Lateral Drive Ups</p> 	<p>Use a box that is approximately knee height. Stand beside the box with the closest foot resting flat upon it. Driving through the box and explosively jump into the air for maximal height. Land on the opposite side of the box with the other foot resting on top of the box. Repeat back to the starting position.</p>
---	--

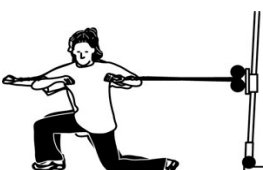
Lateral Lunge	Hold the dumbbells with your arms resting in front of your body. Lunge laterally by stepping to the side.
	Keep the trail leg straight, push the hips back and bend at the knee until the front thigh is parallel to the floor (if you have tight hips you may not be able to get this low, just go as deep as you can). Extend your arms (and the dumbbells out fully in front of your body in a "front raise" fashion as you descend into the lunge. Keep your shoulders square to the front. Keep your weight on the back half of your bent legs foot and the trail legs foot flat on the ground. The lower leg of the bent knee should be perpendicular to the floor and you should not flex the knee joint to any less than 90 degrees. Return to the back to the top by stepping back toward the trail leg.


Lateral Raise	Start with a hip with stance, knees slightly bent, and your hips pushed back. With your arms down at your sides, hold two dumbbells in front of your body with a slight bend in your elbows and your palms facing each other.
	Raise the dumbbells laterally until your arms are parallel to the ground. Your body should not move during the exercise.

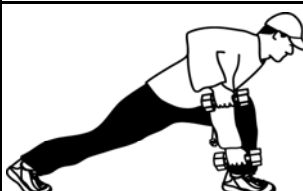
Lateral Step Up	Start by standing about a shoulder width distance laterally to a knee high step. Step onto the step leading with the step side foot. Fully extend the base leg at the top of the motion. Leave the trail legs foot off of the step unless you need to use it to check your balance. Once you fully extended and under control, reverse the motion and step back down to the starting position.
	

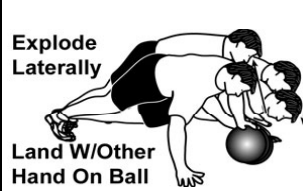
Loaded Push Up	Assume a push up position with your hands directly under your shoulders. Your hips should be in line with your shoulders and your ankles. Maintain a neutral pelvic alignment not allowing your lower back to over arch or flatten. Maintain this torso posture throughout the duration of the exercise. Have your partner provide resistance by pushing on your back. Descend keeping your upper arm approximately 45 degrees away from your torso. Descend until your chest comes close to or in contact with the ground. During your decent, do not let your shoulder blades collapse. Let them come together as you descend, ultimately touch at the bottom of the motion. Press back up to full arm extension.
	

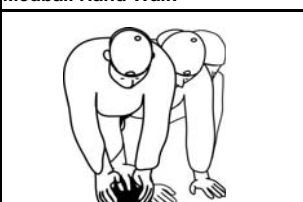
Low Pulley 1 Leg RDL	Adjust the pulley so it is located low as possible. Grasp the D-handle in your right hand and face the pulley. Stand on your left foot while keeping a neutral spine. Keeping your head up, back flat, and your base leg slightly bent, bend at the waist and kick your free leg back as you descend. Reach forward maximally as you descend. Descend until your back is near parallel with the ground. Reverse the motion and return to the top. Do not let your hip push out to the side.
	

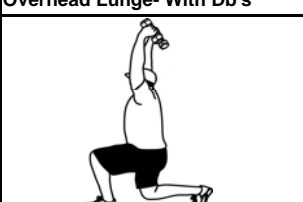
Lunge and Press	Adjust the pulley so it is located at shoulder height when you assume the lunge position. Grab the D-handle with your right hand and lunge out with your left foot while facing away from the pulley. When you step into the lunge your front foot should remain flat on the floor and pointed forward. Your front knee should be bent to 90 degrees and the shin should be perpendicular to the floor. Your back knee should be directly under your hips and should hover approximately 1-2 inches off of the ground. Your back foot should be toe down. Your shoulders should reside directly over your hips. Do not let your hips push out to the side. Hold the D-handle tight to the side of your chest. Your elbow should stay in contact with the cable. Keep your right arm in front of your body and at shoulder height While keeping your hips and feet forward, rotate your shoulders toward the right. Once you have fully rotated to the right, rotate back and press the D-handle forward until you reach full arm extension. At this point your shoulders should be
	

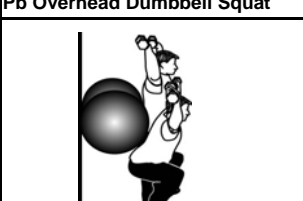
Lunge and Row-Cable	Attach a "D" handle to a low pulley. Face the pulley and grab the handle with your right hand. Step back 2-3 feet and lunge down with your left leg forward. Your front foot should remain flat on the ground, your front knee should be bent to 90 degrees at the most, and your shoulders hips and back knee should all be in line with each other. Keep your back knee 1-2 inches off of the ground. Slightly rotate forward with the shoulder of the arm with the handle rotating around your spine and not leaning forward. Rotate back and row the handle keeping the upper arm 25-35 degrees from the body. Row the elbow back and squeeze the shoulder blade to the midline. Rotate back and repeat. Complete all reps on one side before the other.
	

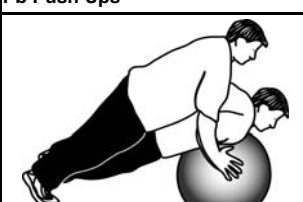
<p>Lunge and Row-Dumbbell</p> 	<p>Lunge forward keeping your back leg straight. Your body should form a straight line from the back ankle through the hip, shoulder and ear. Hold a dumbbell in the opposite hand from the front foot with the arm extended. Rest the opposite hand on the back of your head. Row the dumbbell up and squeeze your shoulder blade toward your spine (without shrugging your shoulder). Slowly lower the dumbbell and repeat.</p>
--	---


<p>MB Plyo Push Ups</p> <p>Explode Laterally</p> <p>Land W/Other Hand On Ball</p> 	<p>Assume a push up position with your right hand on a medball. Contract your abdominals and squeeze your glutes. Maintain a pillar like posture throughout the duration of the exercise. Perform a full push up. Explode out of the bottom of the push up off of the ground and over. You should land softly with your other hand on the ball. Perform another push up and explode back to the other side.</p>
--	---


<p>Medball Hand Walk</p> 	<p>Create an arc with five medicine balls placing them about 18 inches apart. Assume a push up position beside the medball with your hands directly under your shoulders. Your hips should be in line with your shoulders and your ankles. Maintain a neutral pelvic alignment not allowing your lower back to over arch or flatten. Maintain this torso posture throughout the duration of the exercise. Step laterally onto the ball one hand at a time until you are in a push up stance on top of the ball. Step off to the other side of the ball with both hands. Reverse the motion leading with the other hand. Over and back constitutes 1 rep.</p>
---	--

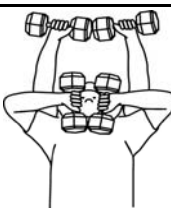
<p>Overhead Lunge- With Db's</p> 	<p>Start with your feet side by side and the db's at arms length overhead. Step forward with your right foot. When you drop into the lunge your front foot should remain flat on the floor and pointed forward. Your front knee should be bent to 90 degrees and the shin should be perpendicular to the floor. Your back knee should be directly under your hips and should stop approximately 1-2 inches off of the ground. Your back foot should be toe down. Your shoulders should reside directly over your hips and barbell directly over your head. Do not let your hips push out to the side. Press through the right heel to stand back up. As you reach full extension step back to the starting position and perform the next lunge with the left leg.</p>
--	---

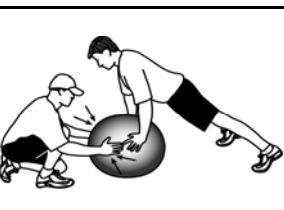
<p>Pb Overhead Dumbbell Squat</p> 	<p>Standing with your back towards the wall, place a physio-ball between the small of your back and the wall. Spread your feet just past shoulder width apart, and make sure they are a few inches in front of your body (not directly beneath you). With dumbbells in hand, extend your arms over your head. Drop down into a squat position that puts your knees and hips at 45 degree angles and your lower leg perpendicular to the ground. Reverse the squat and press back up. Continue for the rest of the repetitions. Note: there is no shoulder pressing movement, keep the dumbbells extended over your head for the duration of the exercise.</p>
--	---


<p>Pb Push Ups</p> 	<p>Assume a push up position on the ball. Your hands should be directly under your shoulders and angled slightly out to take pressure off of your wrist. Widen out your foot stance if you need more control. Lower your chest to the ball under control. As you descend your upper arms should form an approximated 45 degree angle with your body. Your shoulder blades should come together smoothly as you descend. Lightly touch your chest to the ball and press back up to the starting position.</p>
---	--

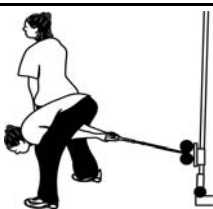
<p>Physioball Hamstring Curl</p> 	<p>Assume a face up lying position on floor. Place your hands at your sides with your palms down on the floor. Start position: Place the heels of both your feet on top of the stability ball. Raise your hips off the floor. Curl your heels toward your glutes by flexing at the knees. Your hips should remain off floor. Return to the start position. Note: Focus on maintaining stability of ball by utilizing the muscles in the trunk and core. To increase difficulty, cross your arms over your chest.</p>
---	--


PB Push Ups	Assume a push up position on the ball. Your hands should be directly under your shoulders and angled slightly out to take pressure off of your wrist. Widen out your foot stance if you need more control. Lower your chest to the ball under control. As you descend your upper arms should form an approximated 45 degree angle with your body. Your shoulder blades should come together smoothly as you descend. Lightly touch your chest to the ball and press back up to the starting position.
	

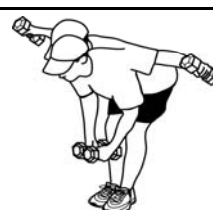
PB Tates	Assume an incline position on the physioball. Start with the dumbbells pressed together and 1 head resting on your chest. Lightly push the dumbbells together, and extend them toward the ceiling (keeping both heads of the dumbbells touching). At the top flair the dumbbells open as demonstrated in the illustration.
	

PNF on PB	Assume a push up position on the ball. Your hands should be directly under your shoulders and angled slightly out to take pressure off of your wrist. Widen out your foot stance if you need more control. Maintain a pillar posture throughout the duration of the exercise. While maintaining the push up position, have your partner lightly tap the medball around in multiple directions. Focus on trying to maintain the ball in a central location.
	

Pull Downs	Seated at a lat pull down machine, reach up and grab the bar with a wide grip. Lean back slightly ($\approx 70-80^\circ$) and hold the position for the duration of the exercise. Pull the handle down to your chest/sternum. At the bottom squeeze your shoulder blades together. Return to the top under control and repeat.
	

Pull Through	Using a single handle on a low pulley, grab the handle with both hands with your palms facing up and walk out about 4 feet from the pulley. Keeping your back tight and you abs contracted reach through your legs as far as you can. Pull through and stand up.
	

Pull Ups	Grab the chin up bar with a wider than should width grip and your palms facing away from your body. The arms should be straightened in a fully extended position with the torso in line with the upper arms. Pull your body up toward the bar keeping your body under control. Focus on pulling evenly with both hands, keeping the body in symmetry. Pull the bar toward your upper chest At the top, squeeze your shoulder blades back. Descend under control back into full arm extension.
	

Rear Dealt Raise	Bend at the waist and push your hips back until your back is close to parallel to the floor. Keep your back flat and your head in a neutral position and your trunk stable. Hold the DB's in each hand with a neutral grip (palms facing each other). Start with the DB's resting at arms length directly under your shoulders. With your elbows slightly bent and facing the ceiling raise the DB's to shoulder level and squeeze your shoulder blades together at top. The DB's should be in line with your ears from side to side. Return the DB's to the bottom and repeat.
	

Reverse Grip Pull Down

Seated at a lat pull down machine. Reach up and grab the bar with your palms facing you. You should place your hands on the bar no wider than shoulder width apart. Lean back slightly and pull the bar down to your chest/sternum. Continue for the rest of the repetitions.

Reverse Russians

Position your body face down on the apparatus placing hip bones slightly in front of the hip pad and ankles under their respective pads. Extend your arms out to your sides so as to form a "T" with your body. While you stay in a hyper extended/extended position, slowly rotate through mid-section in each direction stopping when your arms are as close to is perpendicular to the floor as you can get them. 1 rotation in each direction counts as 1 repetition. Continue for the rest of the repetitions.

Rolling Db Extensions

Sit on a physioball that puts your thighs approximately parallel to the ground. The ball should be on a slip resistant surface and clear of any obstacles. Holding the dumbbells at the centerline of your body, start to slowly roll forward. As you roll forward lean back and let the ball role up your back. Roll forward until your head and shoulders are supported by the ball. Elevate your hips until you create a flat table from your knees to your shoulders. Start with the Dumbbells at arms length. Bend at the elbow taking the dumbbells to the shoulders beside your ears. After softly touching your shoulders, return back to the starting position.

Rotational Hypers

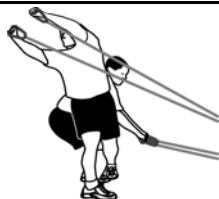
Position your body face down on the apparatus placing hip bones slightly in front of the hip pad and ankles under their respective pads. Start with your back parallel to ground. Lower your body until your upper torso is approximately at a 90° angle from the body. As you return to the start position rotate to one side. Return to the bottom. Ascend and rotate to the opposite side. To increase resistance, place arms behind head -> arms extended overhead -> holding weight plate or weighted object across chest.

Rotational PB Db Lift

Sit tall on a physioball and hold a dumbbell in your hands between your legs at knee height. Rotate toward the side and lift the dumbbell to head height. Slowly return to the starting position and repeat to the opposite side.


Rotational Push Ups


Start in a push up position. Perform a push up. After the completion of the rep, move your feet 1 step to the side while keeping your hands stationary. Perform another push up and move your feet another step in the same direction. Repeat until you can no longer rotate in that direction. Take a step back and perform another push up. Continue back around until you are angled in the opposite direction. Repeat.


Rotational "Y's"


Adjust the low pulley to ground level. Grasp either "D" handles or the ends of a triceps rope in each hand. Squat down slightly by pushing the hips back, bending the knees, and tilting the torso forward. Let the arms extend in front of the body while keeping the weights lifted off the stack. Slowly extend through the knees and hips. Rotate the shoulders and lift the arms over head while squeezing the shoulder blades together. Do not shrug the shoulders. Slowly return to the starting position and repeat on the opposite side.

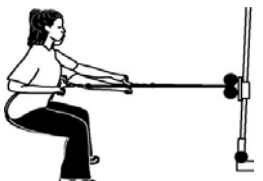
<p>Shrugs</p>	<p>Standing with feet shoulder width apart, knees slightly bent. Your hips should be slightly pushed backwards with the majority of your weight on the back half of your feet. With your elbows locked, shrug your shoulders straight up and down. Do not move your shoulders in a circular motion. Continue for the rest of the repetitions.</p>
----------------------	---


<p>Slant 1 Leg Rdl</p> 	<p>Start on your right foot while holding the dumbbell in your left hand. You should be standing on a 15-30 degree incline that runs down toward the outside of your foot. Keeping your head up, back flat, and your base leg slightly bent, bend at the waist and kick your free leg back as you descend. Keep the dumbbell directly over your base foot during the decent and ascent. Lower the dumbbell until it lightly touches where you tie your shoes. Reverse the motion and return to the top. Do not let your hip push out to the side.</p>
---	---

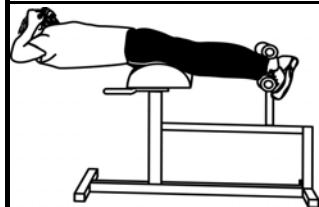
<p>Speed Squat</p> 	<p>Use a sturdy bench/box that puts your thighs at parallel when seated. To unrack the bar-Step under the bar with one leg in front of the bar and one leg behind the bar. You should feel well balanced. Grasp the bar just outside of the snatch rings (these are the rings that are approximately 1/4 of an inch wide on each end of the bar just before the sleeves). Squeeze your shoulder blades together, contract your abs, and assume a neutral spine. Place the bar on your posterior delts (not on your neck) and pick it up from the rack. Carefully step backwards and assume a wider than shoulder widths stance with your head up. Start the exercise by pushing your hips back and your knees open. Continue the motion by bending at the knees, not allowing them to move forward. Sit softly onto the seat and relax your hips making sure not to rock back. Push through your heels and explode up using a maximal effort on each rep. Do not let your knees push forward when you begin to stand up.</p>
---	--

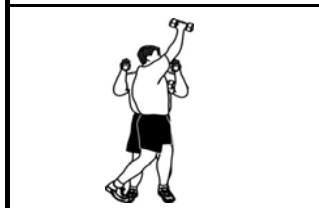
<p>Split Jumps</p> 	<p>Step forward with one foot. Lower the back knee into a 1/2 lunge position making sure to keep your front foot flat on the ground and your back knee directly under your hips and shoulders and 1-2 inches off of the ground. Explode straight into the air cycling the legs so you land in a lunge position with the other leg forward. React quickly off of the ground. Note: do not let you back knee hit the ground</p>
--	---

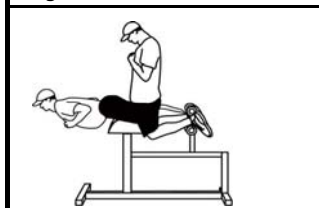
<p>Split Squat</p> 	<p>Start with the toes of one foot on a 12-18 inch box and the other foot 1 step stride forward flat on the ground with dumbbells in hand at your sides. Drop into the lunge keeping your front foot flat on the floor and pointed forward. Your front knee should be bent to 90 degrees and the shin should be perpendicular to the floor at the bottom. Your back knee should close to under your hips and should stop before hitting the ground. Your shoulders should reside directly over your hips. Do not let your hips push out to the side. Press through the front heel to stand back up. Repeat all of the reps on one side before going to the other.</p>
---	---

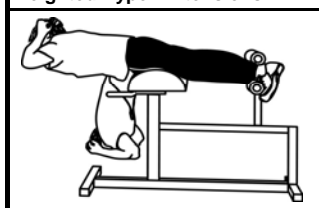
<p>Squat Row</p> 	<p>Attach a straight bar to an adjustable pulley that is located about waist height. Face the pulley, grab the bar using a palms down grip, and step back 3-5 feet. Assume a shoulder width stance. Squat down by pushing your hips back and your back flat. Push your knees out to the sides, your feet flat on the floor and your head up. Start by pulling the bar toward the bottom of your chest keeping your upper arms approximately 45 degrees from your body. Lightly touch the bar to your chest and slowly return it to arms length.</p>
---	---

<p>Standing Cable Press</p> 	<p>Grab a D handle with your right hand and step forward with your left foot. Your front foot should remain flat on the floor and pointed forward and your front and back knee should be slightly bent. Your back foot should be toe down. Your shoulders should reside directly over your hips. Do not let your hips push out to the side. Hold the handle tight to the side of your chest. Your elbow should stay in contact with the rope. Keep your right arm in front of your body and at shoulder height. While keeping your hips and feet forward, rotate your shoulders toward the right. Once you have fully rotated to the right, rotate back and press the handle forward until you reach full arm extension. At this point your shoulder should be slightly rotated to the left. return to the start position. Once the prescribed reps have been completed, repeat with the opposite side.</p>
--	---


Static Hypers	Position your body face down on the apparatus placing your hip bones slightly in front of the hip pad and ankles under their respective pads. Cross your arms and place them on your chest. Start with your back parallel to ground. Hold this "static" position for the prescribed amount of time. To increase resistance, place arms behind head -> arms extended overhead -> holding weight plate or weighted object across chest.
	

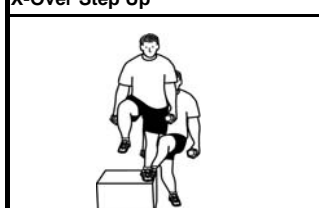
Twisting Shoulder Press	Assume a shoulder with stance while holding two dumbbells over head at arms length. Lower the dumbbells to shoulder height while keeping the elbows directly under the weight. The elbows should come down directly to the side of the body or slightly to the front. Return the dumbbells to the starting position. As you ascend twist through your core turing to the side. As your lower the dumbbells return your shoulders to the front. Repeat to the other side.
	


Weighted Glute Ham Raise	Adjust the foot plate so that you have to push the balls of your feet into the plate to drive your knees into the SIDE of the pad (not the top). Start with your upper torso perpendicular to the ground. Hold a plate to your chest. Aggressively push into the plate. Tuck your chin to your chest, contract your abdominals and lock your shoulder blades in place. Lower your Torso by extending at the knees. You should not flex or extend at the hip or through the spine. Lower under control into full knee extension and your body is parallel to the ground. Aggressively push your toes into the plate, squeeze your glutes, and flex at the knee joint to return to the top. Avoid hyper extending the spine. Repeat
	

Weighted Hyper Extensions	Position your body face down on the apparatus placing hip bones slightly in front of the hip pad and ankles under their respective pads. Cross your arms and hug a plate to your chest. Start with your back parallel to ground. Lower your body until your upper torso is approximately at a 90° angle from the body. Return to start position.
	

Willum Shrug	Standing with feet shoulder width apart, knees slightly bent. Your hips should be pushed backwards with the majority of your weight on the back half of your feet. Flex at the hips whil maintaining a neutral but tilting spine and continue to lower the bar until it rests just above your knees. With your elbows locked, shrug your shoulders straight up toward the ceiling elevating your shoulder blades and squeezing them together "behind your neck". Slowly return your shoulder blades to thier starting position and maintain your upper body lean. Repeat. Note: Do not move your shoulders in a circular motion. Continue for the rest of the repetitions.

X-Over Multi Box Push Up	Assume a push up position with a 14-24 inch step beside your hands. Contract your abdominals and squeeze your glutes. Maintain a pillar like posture throughout the duration of the exercise. Step across with the outside hand onto the box followed by the inside hand so you are in a push up position on the box. Step across again down to the other side of the box. Follow with the other hand so you are in a push up position on the floor. Repeat the process moving back over to the starting side of the box to complete the rep.
	

X-Over Step Up	Start by standing about a shoulder width distance laterally to a knee high step. Step across your body onto the step leading with the outside foot. Fully extend the base leg at the top of the motion. Leave the trail legs foot off of the step unless you need to use it to check your balance. Once you fully extended and under control, reverse the motion and step back down to the starting position.
	

Zercher Squat	<p>Adjust the bar rack so the bar is slightly higher than waist height when racked. You may need to place a bar pad on the bar during the exercise. The bar should lay across the bend at the elbow between your biceps and forearms. Pick the bar up keeping your back flat. Carefully step backwards and assume a wider than shoulder widths stance with your head up. Start the exercise by pushing your hips back and your knees open. Continue the motion by bending at the knees not allowing them to move forward . Sit slowly until your hips are as low as your flexibility will allow. Your knees should be push out to the sides, your back flat and your weight should be on the back half of your feet. At this point slowly round your back and take the bar to within 8-14 inches of the floor. Reverse the motion by arching your back. Push through your heels and stand back up. Do not let your knees push forward when you begin to stand up.</p>
	

Zercher Lunge	<p>Start with your feet side by side and dumbbells held in the crook of your arms (at the elbows). Step forward with your right foot. When you drop into the lunge your front foot should remain flat on the floor and pointed forward. Your front knee should be bent to 90 degrees and the shin should be perpendicular to the floor. Your back knee should be directly under your hips and should stop approximately 1-2 inches off of the ground. Your back foot should be toe down. Your shoulders should reside directly over your hips. Do not let your hips push out to the side. Press through the right heel to stand back up. As you reach full extension step back to the starting position and perform the next lunge with the left leg.</p>

Waldorf Strength and Conditioning

Summer Running Program

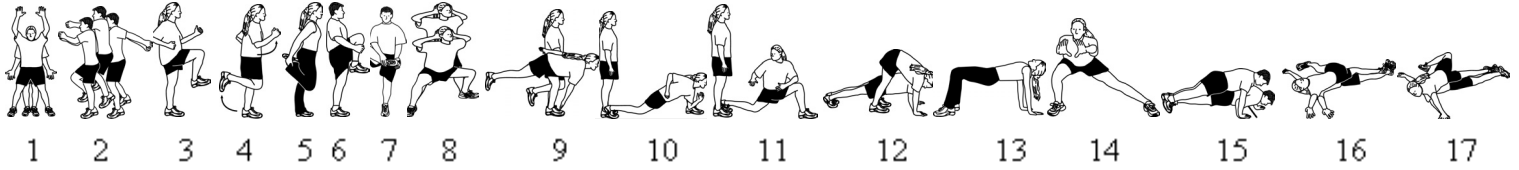
DAY 1

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **AES Test** x 10 RI= 45 SEC

40 Yard Distance

Stance

> Standing Track x 10

RI= 2 MIN

② **Square Drill** x 4 RI= 45 SEC

Stance

> Lateral Right x 2, Left x 2

RI= 2 MIN

③ **5 10 5** x 4 RI= 45 SEC

Stance

> Push Up x 2

> Kneeling x 2

AES Test

Sprint #1: _____

Sprint #2: _____

Sprint #3: _____

Sprint #4: _____

Sprint #5: _____

Sprint #6: _____

Sprint #7: _____

Sprint #8: _____

Sprint #9: _____

Sprint #10: _____

Average Time: _____

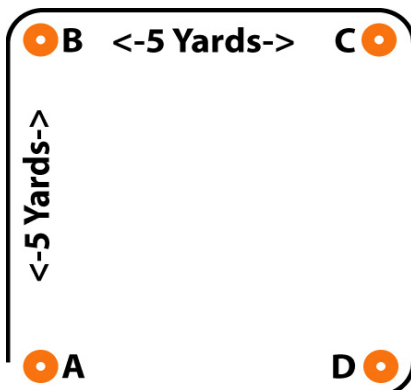
Slowest Time: _____

Slow/Average: _____

Your AES Score

Square Drill

5-10-5



*** AES Test:**

Time each max speed 40 yard sprint and record your times on the AES Test card above. Keep your rest intervals (RI) exactly 45 @ seconds. Average all 10 times together. Divide your slowest 40 time by your average and you should get a percentage (AES=.93). Record your score into the the white square on the card. The higher the percentage the better!!!

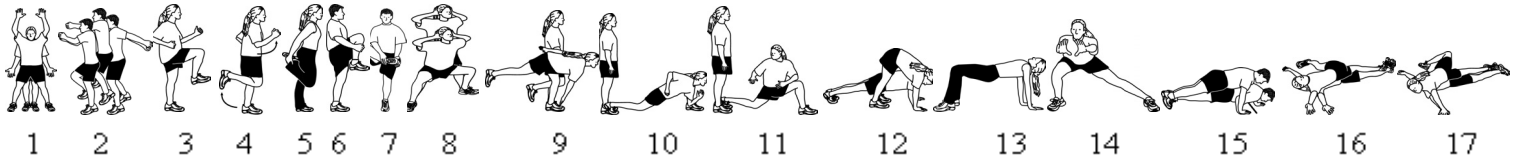
DAY 2

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Alley Shuffle** x 6 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Facing Away x 2

RI= 2 MIN

② **Triangle Swerve** x 4 RI= 45 SEC

Stance

- > Parallel Stance x 2
- > Lunge Right x 1, Left x 1

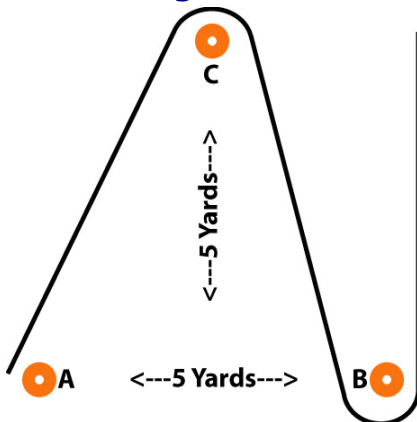
RI= 2 MIN

③ **Split 60** x 3 RI= 60 SEC

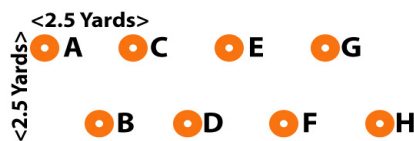
Stance

- > Lateral Start Left x 1, Right x 1
- > Push Up x 1

Triangle Swerve



Alley Shuffle



Split 60



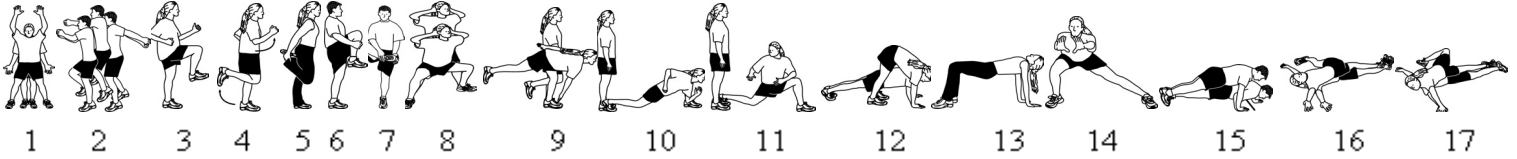
DAY 3

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Square Cross** x 4 RI= 60 SEC

Stance

- > Lateral Start Right x 1, Left x 1
- > Lunge Right x 1, Left x 1

RI= 2 MIN

② **5 10 5 Shuffle** x 4 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2

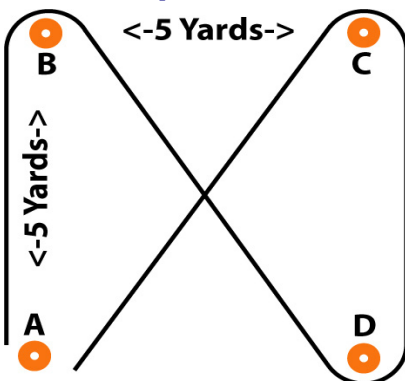
RI= 2 MIN

③ **20 Yard Sprints** x 10 RI= 45 SEC

Stance

- > Kneeling x 2
- > Push Up x 2
- > Parallel Stance x 2
- > Lateral Start Right x 1, Left x 1
- > Lunge Right x 1, Left x 1

Square Cross



20 Yard Sprints



5-10-5




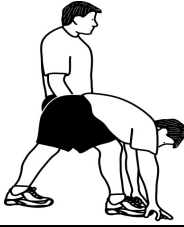
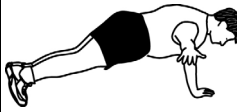




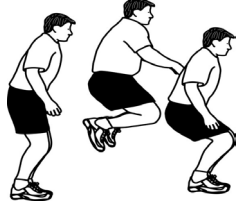

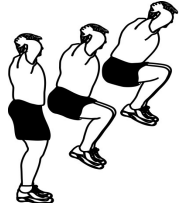

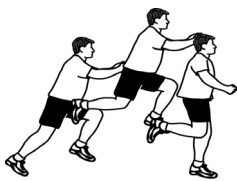

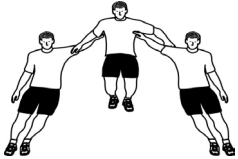

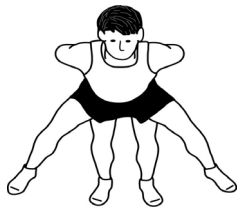
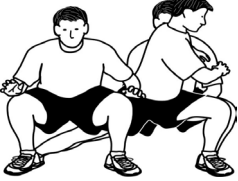


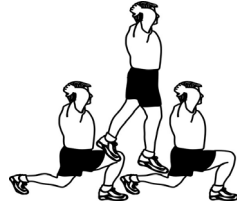
DAY 4

3-D Conditioning

The Ultimate Conditioning Program

Dynamic Day

Perform Circuit x 2

Ankle Hops  x 30 Sec	➔	Step and Bend  x 60 Sec	3 Step Hold  x 60 Sec	1/4 Squat Hops  x 30 Sec
Lunge Walk  x 60 Sec	➔	Squat Hops  x 30 Sec	Spider Mans  x 60 Sec	Hop and Rotate  x 30 Sec
Tin Soldiers  x 60 Sec	➔	Tuck Jumps  x 30 Sec	Hip Flexor Stretch Lunge  x 60 Sec	Bounding  x 15 Sec
Lunge Rotate & Touch  x 60 Sec	➔	Ski Jumps  x 30 Sec	Plank Tuck  x 60 Sec	In-Outs  x 30 Sec
Lateral Lunge & Twist  x 60 Sec	➔	Burpee  x 30 Sec	T-Stabilization  x 60 Sec	Split Jumps  x 30 Sec

* No Rest Interval Between Drills

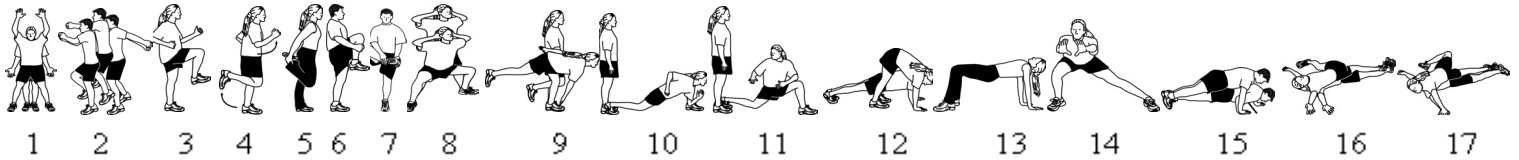
DAY 5

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **100 Yard Sprints** x 6 RI= 60 SEC

Stance

- > Facing Away x 2
- > Standing Track x 2
- > Parallel Stance x 2

RI= 2 MIN

② **L Drill** x 4 RI= 45 SEC

Stance

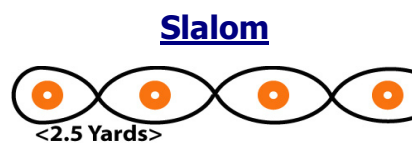
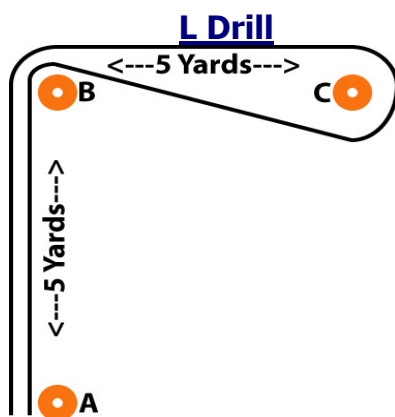
- > Push Up x 2
- > Kneeling x 2

RI= 2 MIN

③ **Slalom** x 4 RI= 60 SEC

Stance

- > Lateral Right x 1, Left x 1
- > Prone x 1, Supine x 1



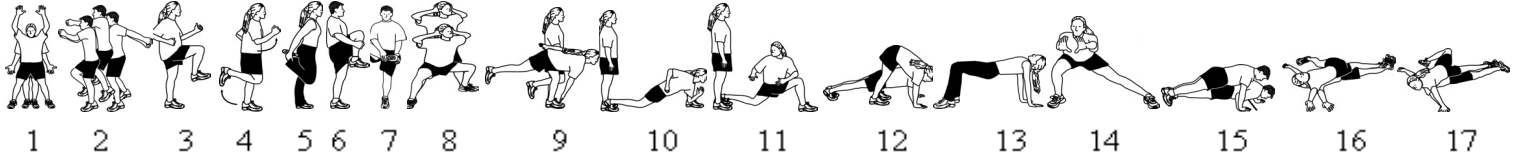
DAY 6

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **200 Yard Sprints** x 4 RI= 60 SEC

Stance

- > Reverse x 2
- > Kneeling x 2

RI= 2 MIN

② **Alley Sprint** x 6 RI= 60 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Push Up x 2

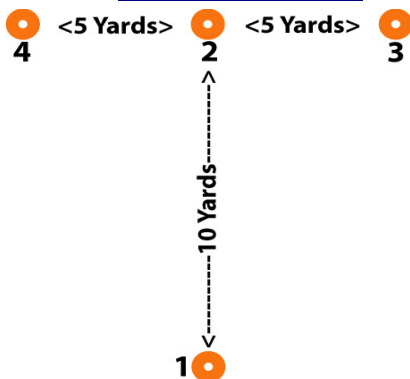
RI= 2 MIN

③ **Modified T Drill** x 4 RI= 45 SEC

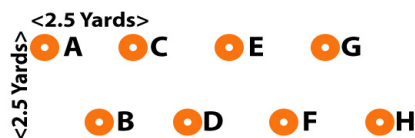
Stance

- > Lunge Right x 1, Left x 1
- > Lateral Right x 1, Left x 1

Modified T Drill



Alley Sprint



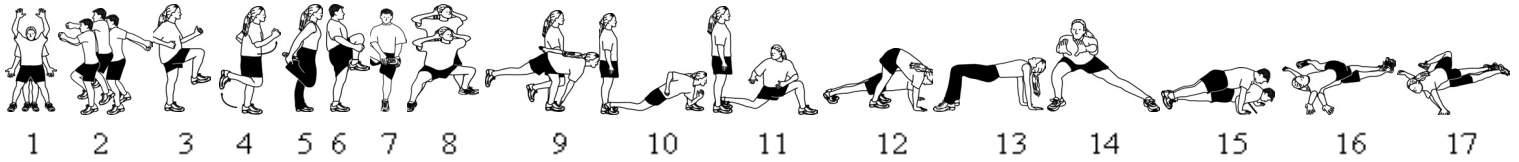
DAY 7

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① Cross Drill x 4 RI= 45 SEC

Stance

- > Standing Track x 2
- > Parallel Stance x 2

RI= 2 MIN

② Star Drill x 4 RI= 45 SEC

Stance

- > Lateral Stance x 2
- > Push Up x 2

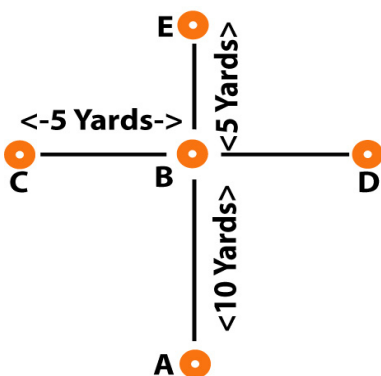
RI= 2 MIN

③ Super Suicides x 2 RI= 2 MIN

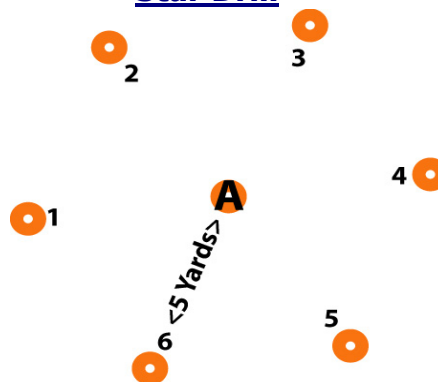
Stance

- > Prone Get Up x 1
- > Supine Get Up x 1

Cross Drill



Star Drill



Super Suicide



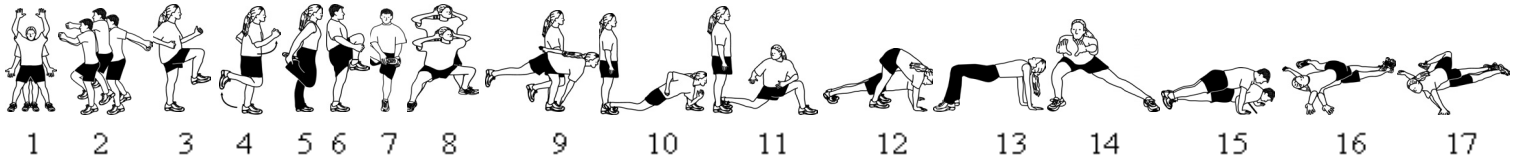
DAY 8

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **40 Yard Sprints** x 7 RI= 45 SEC

Stance

- > Facing Away x 2
- > Lunge Right x 1, Left x 1
- > Standing Track x 3

RI= 2 MIN

② **Square Drill** x 6 RI= 45 SEC

Stance

- > Lateral Right x 2, Left x 2
- > Parallel x 2

RI= 2 MIN

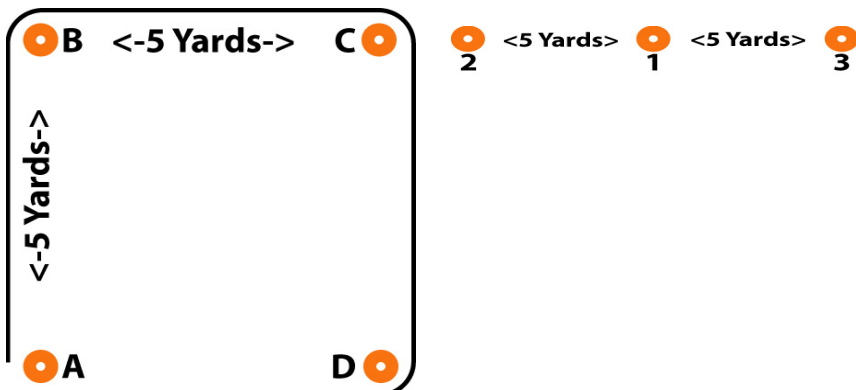
③ **5 10 5** x 8 RI= 45 SEC

Stance

- > Push Up x 2
- > Kneeling x 2
- > Prone Get Up x 2
- > Supine Get Up x 2

Square Drill

5-10-5



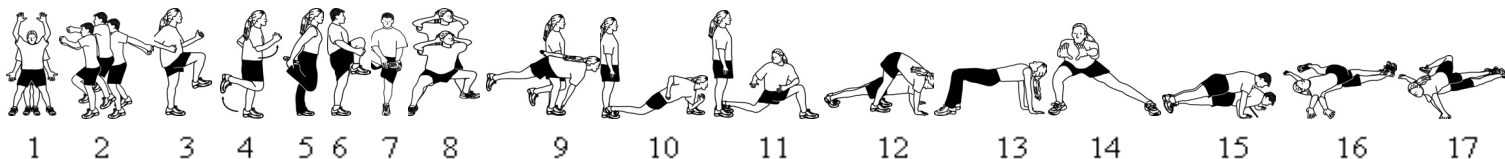
DAY 9

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Alley Shuffle** x 7 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Facing Away x 3

RI= 2 MIN

② **Triangle Swerve** x 6 RI= 45 SEC

Stance

- > Parallel Stance x 2
- > Lunge Right x 1, Left x 1
- > Lateral Start Left x 1, Right x 1

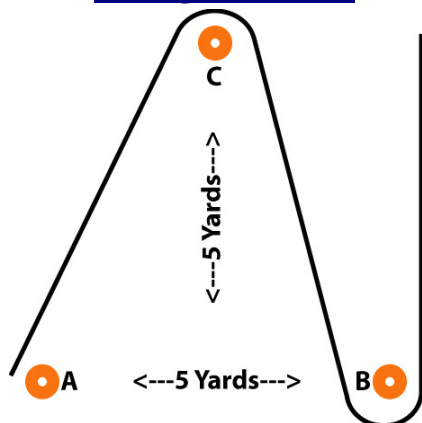
RI= 2 MIN

③ **Split 60** x 3 RI= 60 SEC

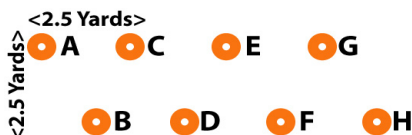
Stance

- > Lateral Start Left x 1, Right x 1
- > Push Up x 1

Triangle Swerve



Alley Shuffle



Split 60



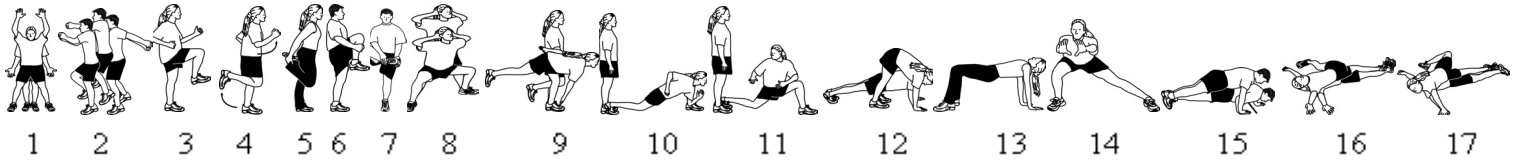
DAY 10

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① Square Cross x 4 RI= 60 SEC

Stance

- > Lateral Start Right x 1, Left x 1
- > Lunge Right x 1, Left x 1

RI= 2 MIN

② 5 10 5 Shuffle x 6 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Parallel Stance x 2

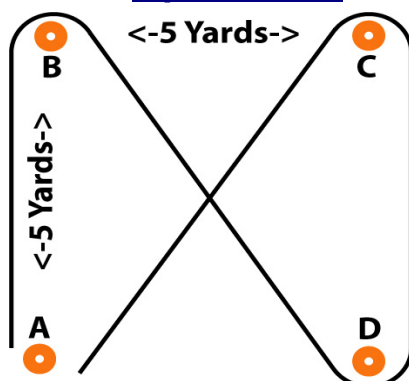
RI= 2 MIN

③ 20 Yard Sprints x 11 RI= 45 SEC

Stance

- > Kneeling x 3
- > Push Up x 2
- > Parallel Stance x 2
- > Lateral Start Right x 1, Left x 1
- > Lunge Right x 1, Left x 1

Square Cross



20 Yard Sprints



5-10-5




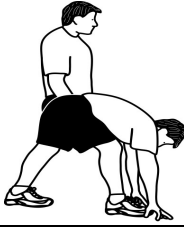
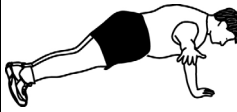




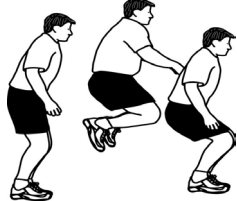

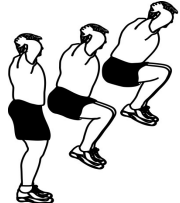

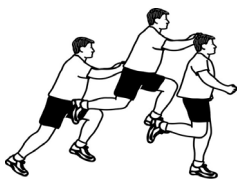

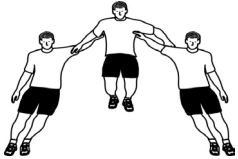

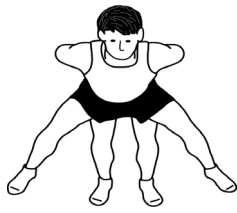
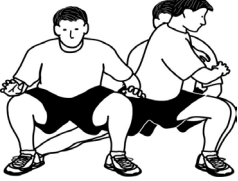


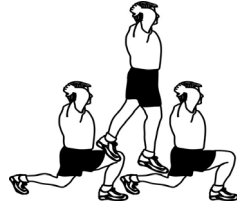
DAY 11

3-D Conditioning

The Ultimate Conditioning Program

Dynamic Day

Perform Circuit x 2

Ankle Hops  x 30 Sec	➔	Step and Bend  x 60 Sec	3 Step Hold  x 60 Sec	1/4 Squat Hops  x 30 Sec
Lunge Walk  x 60 Sec	➔	Squat Hops  x 30 Sec	Spider Mans  x 60 Sec	Hop and Rotate  x 30 Sec
Tin Soldiers  x 60 Sec	➔	Tuck Jumps  x 30 Sec	Hip Flexor Stretch Lunge  x 60 Sec	Bounding  x 15 Sec
Lunge Rotate & Touch  x 60 Sec	➔	Ski Jumps  x 30 Sec	Plank Tuck  x 60 Sec	In-Outs  x 30 Sec
Lateral Lunge & Twist  x 60 Sec	➔	Burpee  x 30 Sec	T-Stabilization  x 60 Sec	Split Jumps  x 30 Sec

* No Rest Interval Between Drills

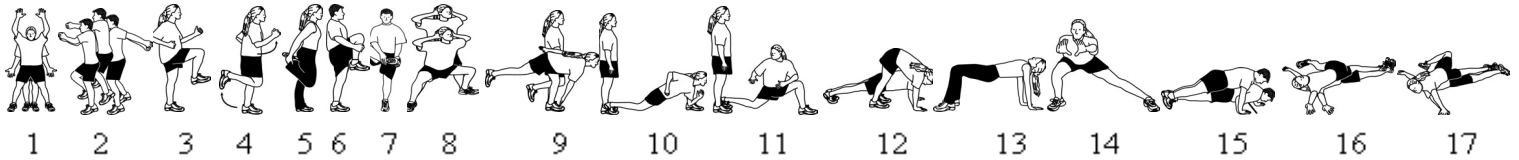
DAY 12

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **100 Yard Sprints** x 7 RI= 60 SEC

Stance

- > Facing Away x 3
- > Standing Track x 2
- > Parallel Stance x 2

RI= 2 MIN

② **L Drill** x 4 RI= 45 SEC

Stance

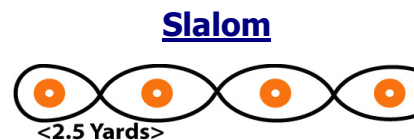
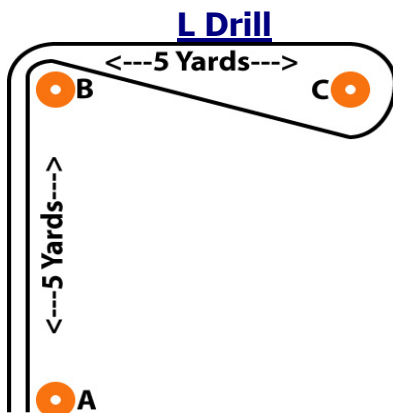
- > Push Up x 2
- > Kneeling x 2

RI= 2 MIN

③ **Slalom** x 5 RI= 60 SEC

Stance

- > Lateral Right x 1, Left x 1
- > Prone x 1, Supine x 1
- > Push Up x 1



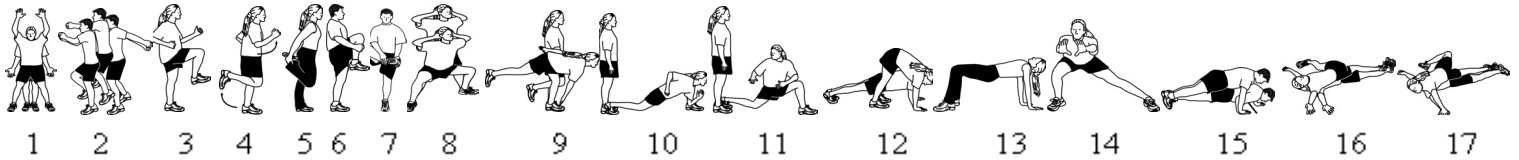
DAY 13

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **200 Yard Sprints** x 5 RI= 60 SEC

Stance

- > Reverse x 2
- > Kneeling x 2
- > Standing Track x 1

RI= 2 MIN

② **Alley Sprint** x 7 RI= 60 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Push Up x 2
- > Kneeling x 1

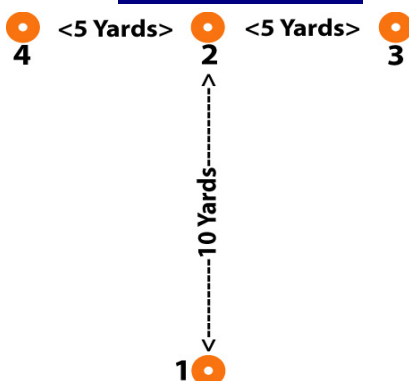
RI= 2 MIN

③ **Modified T Drill** x 4 RI= 45 SEC

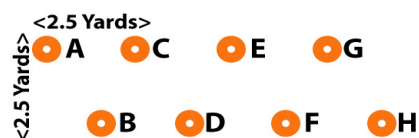
Stance

- > Lunge Right x 1, Left x 1
- > Lateral Right x 1, Left x 1

Modified T Drill



Alley Sprint



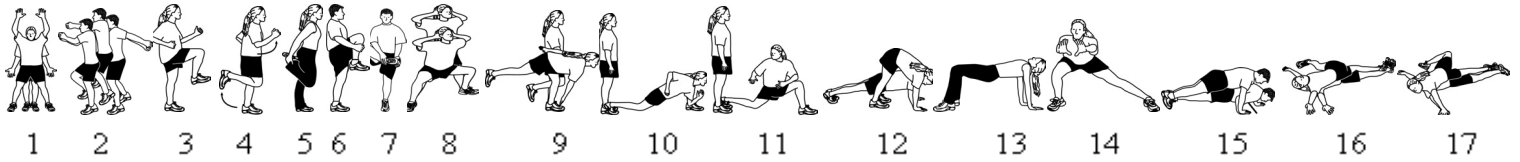
DAY 14

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① Light 20 Minute Jog

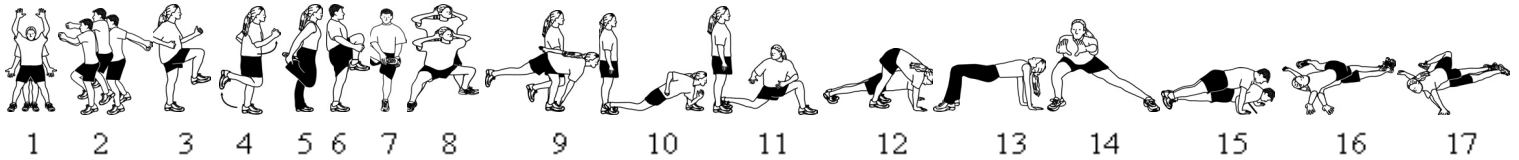
DAY 15

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① Cross Drill x 6 RI= 45 SEC

Stance

- > Standing Track x 2
- > Parallel Stance x 2
- > Lunge Right x 1, Left x 1

RI= 2 MIN

② Star Drill x 4 RI= 45 SEC

Stance

- > Lateral Stance x 2
- > Push Up x 2

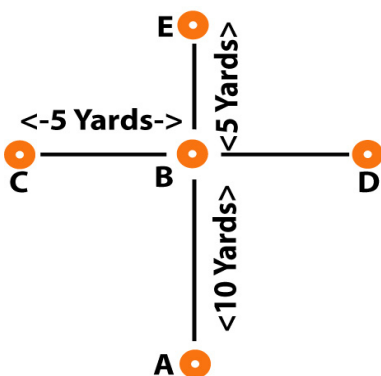
RI= 2 MIN

③ Super Suicides x 3 RI= 2 MIN

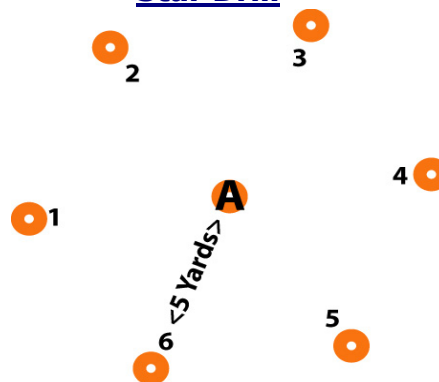
Stance

- > Prone Get Up x 2
- > Supine Get Up x 1

Cross Drill



Star Drill



Super Suicide



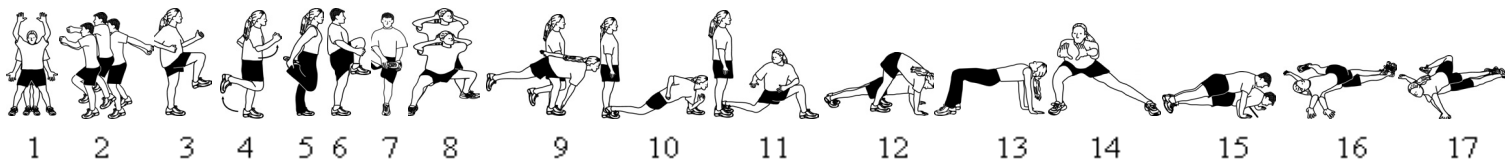
DAY 16

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **AES Test** x 10 RI= 45 SEC

40 Yard Distance

Stance

> Standing Track x 10

RI= 2 MIN

② **Square Drill** x 4 RI= 45 SEC

Stance

> Lateral Right x 2, Left x 2

RI= 2 MIN

③ **5 10 5** x 6 RI= 45 SEC

Stance

> Push Up x 3

> Kneeling x 3

AES Test

Sprint # 1: _____

Sprint # 2: _____

Sprint # 3: _____

Sprint # 4: _____

Sprint # 5: _____

Sprint # 6: _____

Sprint # 7: _____

Sprint # 8: _____

Sprint # 9: _____

Sprint # 10: _____

Average Time: _____

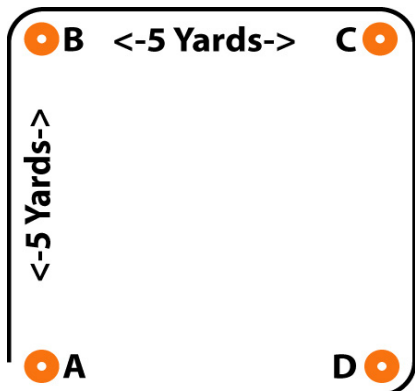
Slowest Time: _____

Slow/Average: _____

Your AES Score

Square Drill

5-10-5



* AES Test:

Time each max speed 40 yard sprint and record your times on the AES Test card above. Keep your rest intervals (RI) exactly 45 @ seconds. Average all 10 times together. Divide your slowest 40 time by your average and you should get a percentage (AES=.93). Record your score into the the white square on the card. The higher the percentage the better!!!

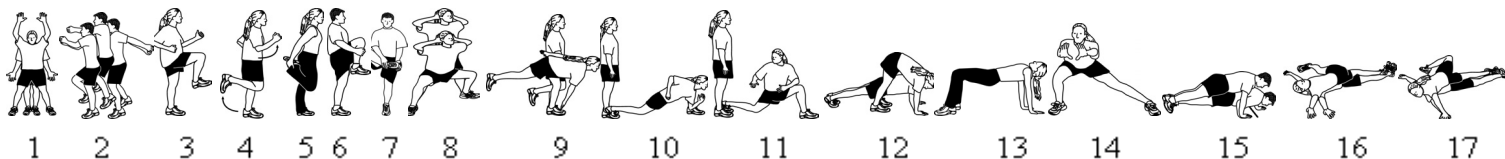
DAY 17

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Alley Shuffle** x 8 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Facing Away x 2
- > Kneeling x 2

RI= 2 MIN

② **Triangle Swerve** x 6 RI= 45 SEC

Stance

- > Parallel Stance x 2
- > Lunge Right x 1, Left x 1
- > Lateral Start Left x 1, Right x 1

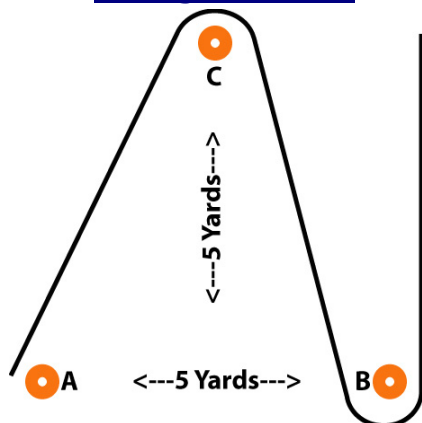
RI= 2 MIN

③ **Split 60** x 4 RI= 60 SEC

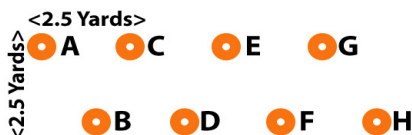
Stance

- > Lateral Start Left x 1, Right x 1
- > Push Up x 2

Triangle Swerve



Alley Shuffle



Split 60



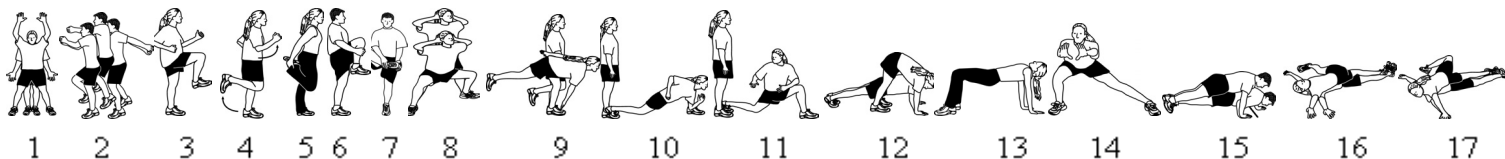
DAY 18

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Square Cross** x 6 RI= 60 SEC

Stance

- > Lateral Start Right x 1, Left x 1
- > Lunge Right x 1, Left x 1
- > Facing Away x 2

RI= 2 MIN

② **5 10 5 Shuffle** x 6 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Parallel Stance x 2

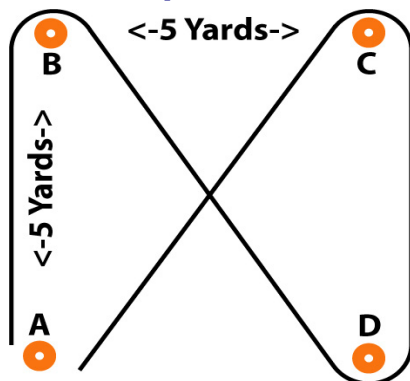
RI= 2 MIN

③ **20 Yard Sprints** x 12 RI= 45 SEC

Stance

- > Kneeling x 2
- > Push Up x 2
- > Parallel Stance x 2
- > Lateral Start Right x 1, Left x 1
- > Lunge Right x 2, Left x 2

Square Cross



20 Yard Sprints



5-10-5




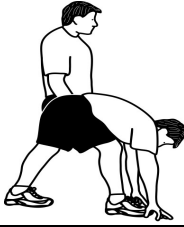
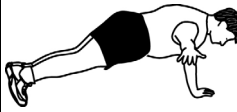




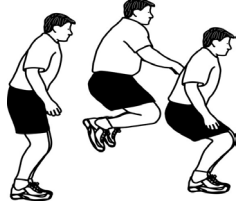

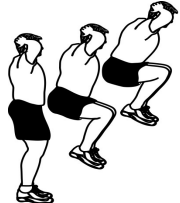

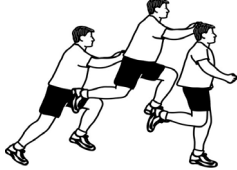

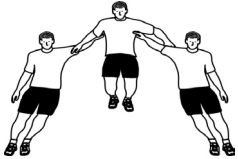

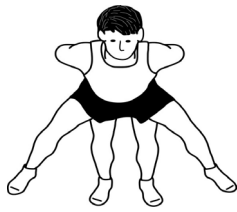
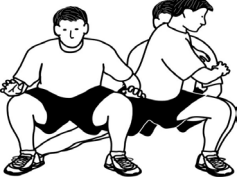


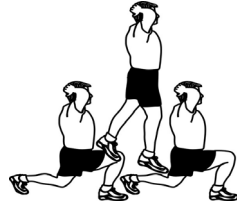
DAY 19

3-D Conditioning

The Ultimate Conditioning Program

Dynamic Day

Perform Circuit x 2

Ankle Hops  x 30 Sec	➔	Step and Bend  x 60 Sec	3 Step Hold  x 60 Sec	1/4 Squat Hops  x 30 Sec
Lunge Walk  x 60 Sec	➔	Squat Hops  x 30 Sec	Spider Mans  x 60 Sec	Hop and Rotate  x 30 Sec
Tin Soldiers  x 60 Sec	➔	Tuck Jumps  x 30 Sec	Hip Flexor Stretch Lunge  x 60 Sec	Bounding  x 15 Sec
Lunge Rotate & Touch  x 60 Sec	➔	Ski Jumps  x 30 Sec	Plank Tuck  x 60 Sec	In-Outs  x 30 Sec
Lateral Lunge & Twist  x 60 Sec	➔	Burpee  x 30 Sec	T-Stabilization  x 60 Sec	Split Jumps  x 30 Sec

* No Rest Interval Between Drills

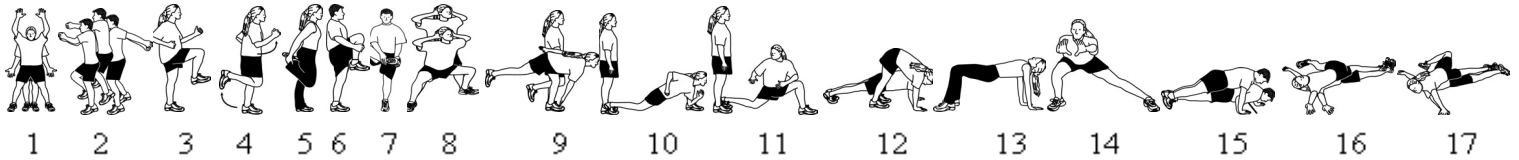
DAY 20

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **100 Yard Sprints** x 8 RI= 60 SEC

Stance

- > Facing Away x 2
- > Standing Track x 2
- > Parallel Stance x 2
- > Lunge Right x 1, Left x 1

RI= 2 MIN

② **L Drill** x 6 RI= 45 SEC

Stance

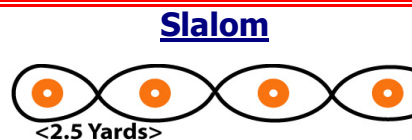
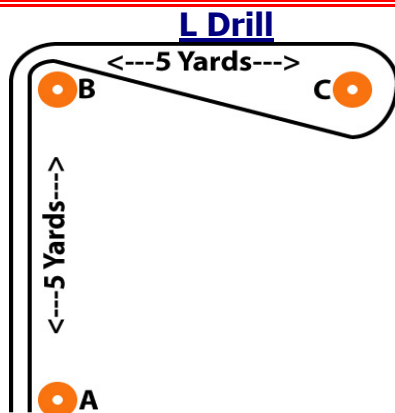
- > Push Up x 2
- > Kneeling x 2
- > Lateral Right x 1, Left x 1

RI= 2 MIN

③ **Slalom** x 6 RI= 60 SEC

Stance

- > Lateral Right x 1, Left x 1
- > Prone x 1, Supine x 1
- > Push Up x 2



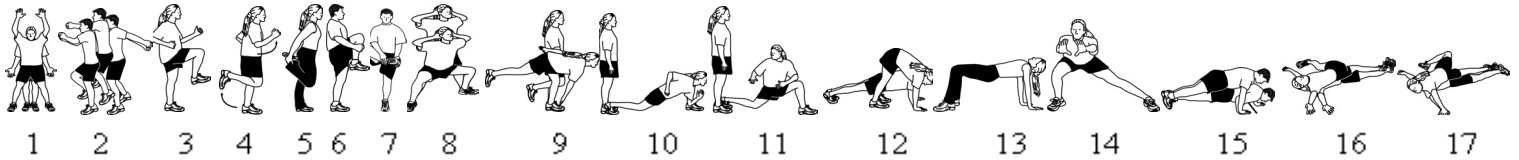
DAY 2 I

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **200 Yard Sprints** x 6 RI= 60 SEC

Stance

- > Reverse x 2
- > Kneeling x 2
- > Standing Track x 2

RI= 2 MIN

② **Alley Sprint** x 8 RI= 60 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Push Up x 2
- > Kneeling x 2

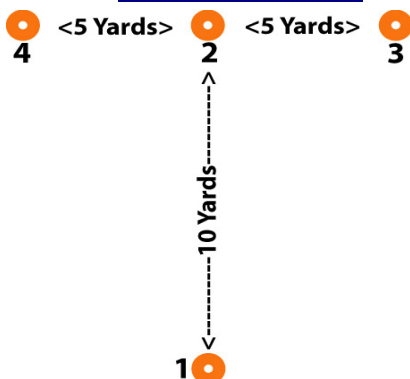
RI= 2 MIN

③ **Modified T Drill** x 6 RI= 45 SEC

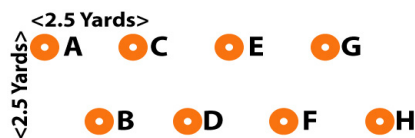
Stance

- > Lunge Right x 1, Left x 1
- > Lateral Right x 1, Left x 1
- > Parallel Stance x 2

Modified T Drill



Alley Sprint



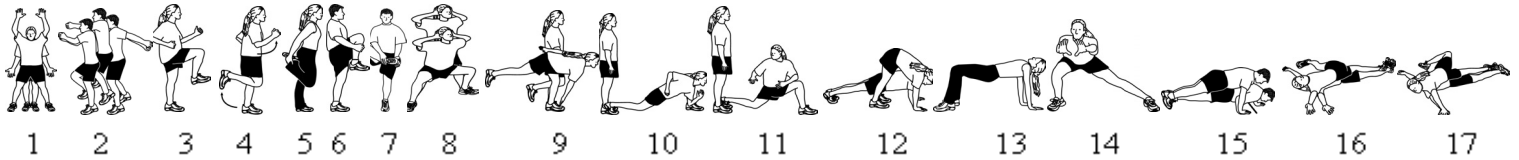
DAY 22

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① Cross Drill x 6 RI= 45 SEC

Stance

- > Standing Track x 2
- > Parallel Stance x 2
- > Lunge Right x 1, Left x 1

RI= 2 MIN

② Star Drill x 6 RI= 45 SEC

Stance

- > Lateral Stance x 3
- > Push Up x 3

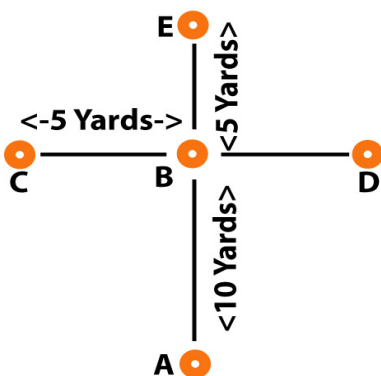
RI= 2 MIN

③ Super Suicides x 3 RI= 2 MIN

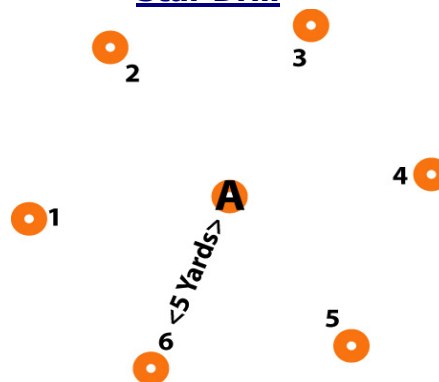
Stance

- > Prone Get Up x 1
- > Supine Get Up x 2

Cross Drill



Star Drill



Super Suicide



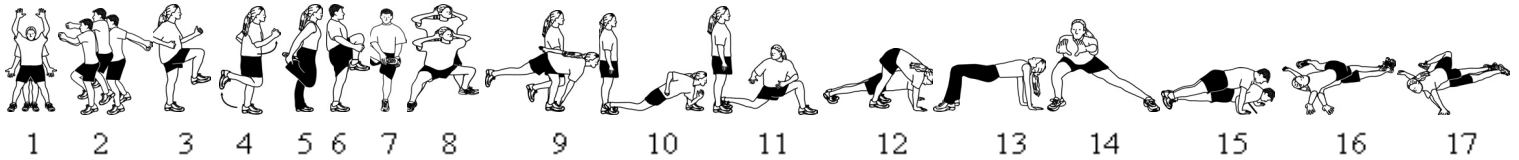
DAY 23

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **40 Yard Sprints** x 12 RI= 45 SEC

Stance

- > Facing Away x 4
- > Lunge Right x 2, Left x 2
- > Standing Track x 4

② **Square Drill** x 8 RI= 45 SEC

Stance

- > Lateral Right x 2, Left x 2
- > Push Up x 2
- > Lunge Right x 1, Left x 1

RI= 2 MIN

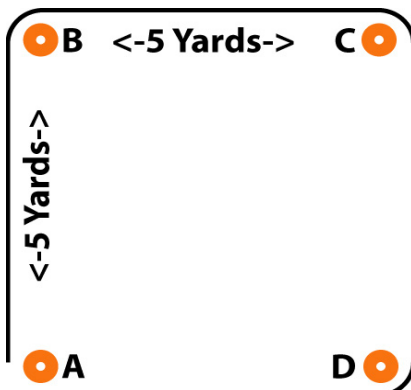
③ **5 10 5** x 10 RI= 45 SEC

Stance

- > Push Up x 2
- > Kneeling x 2
- > Prone Get Up x 2
- > Supine Get Up x 2
- > Parallel Stance x 2

Square Drill

5-10-5



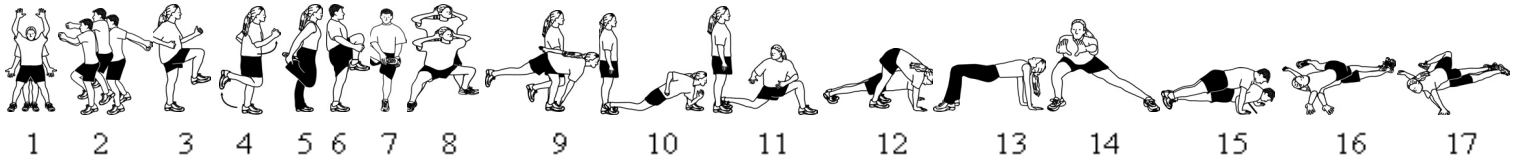
DAY 24

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Alley Shuffle** x 9 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Facing Away x 2
- > Kneeling x 3

RI= 2 MIN

② **Triangle Swerve** x 8 RI= 45 SEC

Stance

- > Parallel Stance x 2
- > Lunge Right x 2, Left x 2
- > Lateral Start Left x 1, Right x 1

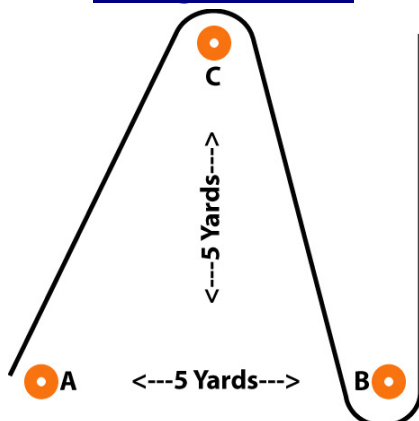
RI= 2 MIN

③ **Split 60** x 4 RI= 60 SEC

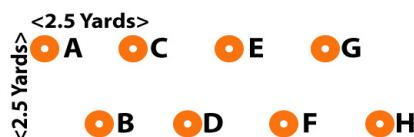
Stance

- > Lateral Start Left x 1, Right x 1
- > Push Up x 2

Triangle Swerve



Alley Shuffle



Split 60



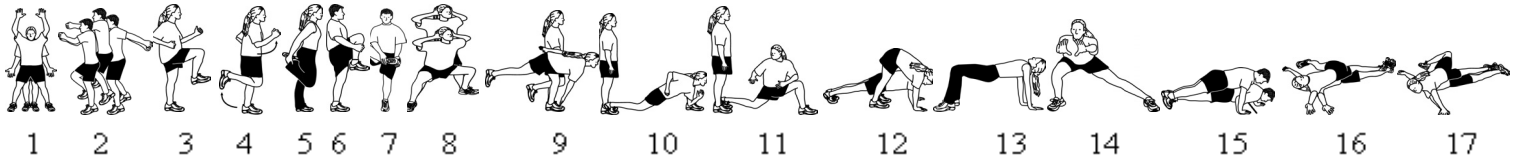
DAY 25

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Square Cross** x 6 RI= 60 SEC

Stance

- > Lateral Start Right x 1, Left x 1
- > Lunge Right x 1, Left x 1
- > Facing Away x 2

RI= 2 MIN

② **5 10 5 Shuffle** x 8 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Standing Track x 2
- > Parallel Stance x 2

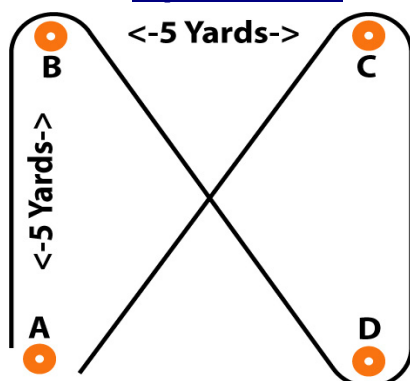
RI= 2 MIN

③ **20 Yard Sprints** x 13 RI= 45 SEC

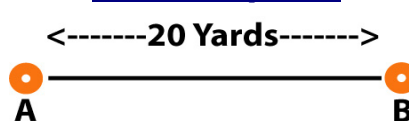
Stance

- > Kneeling x 2
- > Push Up x 2
- > Parallel Stance x 1
- > Lateral Start Right x 2, Left x 2
- > Lunge Right x 2, Left x 2

Square Cross



20 Yard Sprints



5-10-5




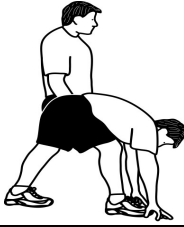
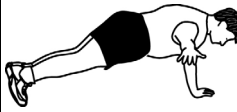




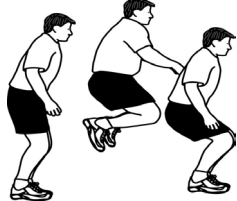

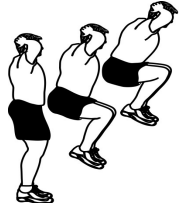

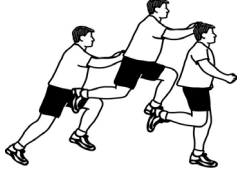

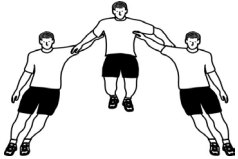

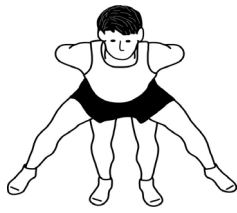
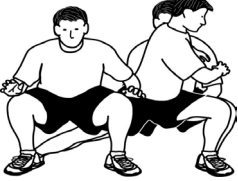


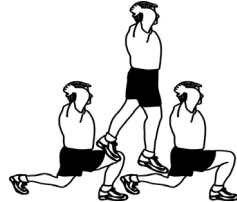
DAY 26

3-D Conditioning

The Ultimate Conditioning Program

Dynamic Day

Perform Circuit x 2

Ankle Hops  x 30 Sec	➔	Step and Bend  x 60 Sec	3 Step Hold  x 60 Sec	1/4 Squat Hops  x 30 Sec
Lunge Walk  x 60 Sec	➔	Squat Hops  x 30 Sec	Spider Mans  x 60 Sec	Hop and Rotate  x 30 Sec
Tin Soldiers  x 60 Sec	➔	Tuck Jumps  x 30 Sec	Hip Flexor Stretch Lunge  x 60 Sec	Bounding  x 15 Sec
Lunge Rotate & Touch  x 60 Sec	➔	Ski Jumps  x 30 Sec	Plank Tuck  x 60 Sec	In-Outs  x 30 Sec
Lateral Lunge & Twist  x 60 Sec	➔	Burpee  x 30 Sec	T-Stabilization  x 60 Sec	Split Jumps  x 30 Sec

* No Rest Interval Between Drills

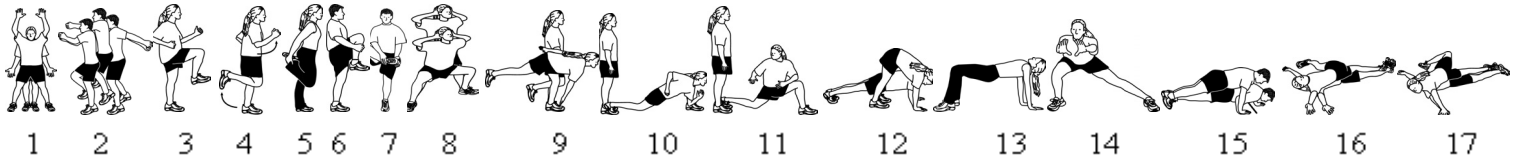
DAY 27

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① Light 30 Minute Jog

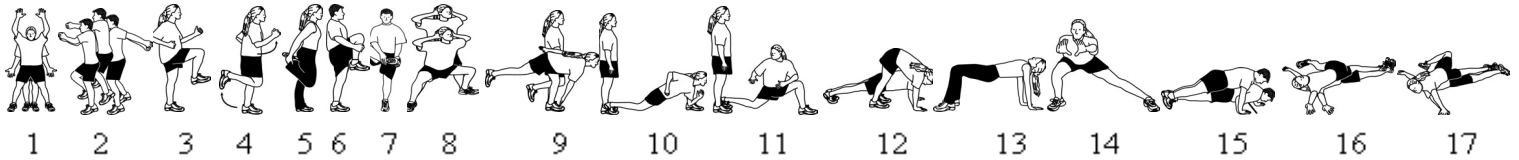
DAY 28

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **100 Yard Sprints** x 9 RI= 60 SEC

Stance

- > Facing Away x 3
- > Standing Track x 2
- > Parallel Stance x 2
- > Lunge Right x 1, Left x 1

RI= 2 MIN

② **L Drill** x 6 RI= 45 SEC

Stance

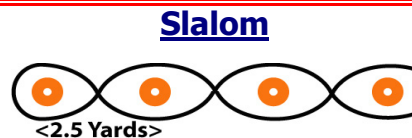
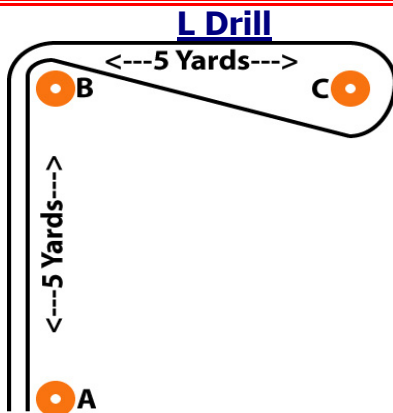
- > Push Up x 2
- > Kneeling x 2
- > Lateral Right x 1, Left x 1

RI= 2 MIN

③ **Slalom** x 7 RI= 60 SEC

Stance

- > Lateral Right x 1, Left x 1
- > Prone x 1, Supine x 1
- > Lunge Right x 1, Left x 1
- > Push Up x 1



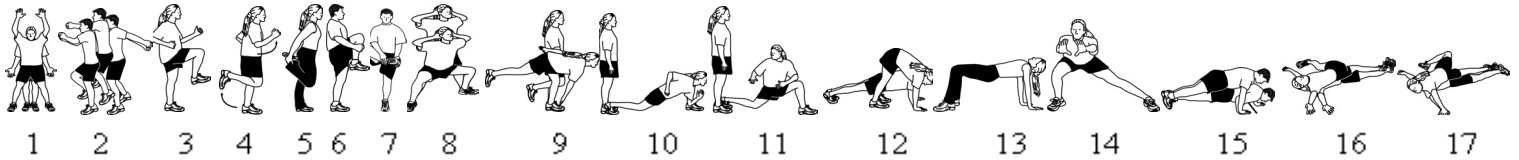
DAY 29

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **200 Yard Sprints** x 7 RI= 60 SEC

Stance

- > Reverse x 3
- > Kneeling x 2
- > Standing Track x 2

RI= 2 MIN

② **Alley Sprint** x 9 RI= 60 SEC

Stance

- > Prone Get Up x 3
- > Supine Get Up x 2
- > Push Up x 2
- > Kneeling x 2

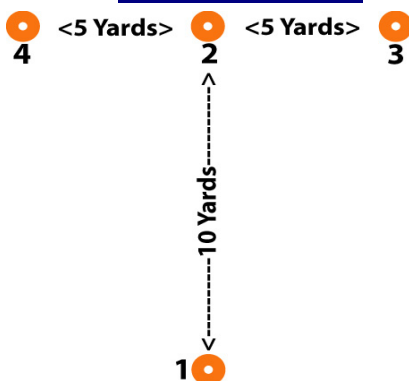
RI= 2 MIN

③ **Modified T Drill** x 6 RI= 45 SEC

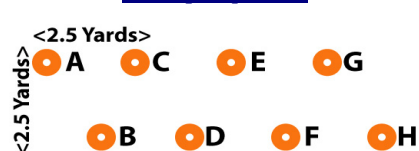
Stance

- > Lunge Right x 1, Left x 1
- > Lateral Right x 1, Left x 1
- > Parallel Stance x 2

Modified T Drill



Alley Sprint



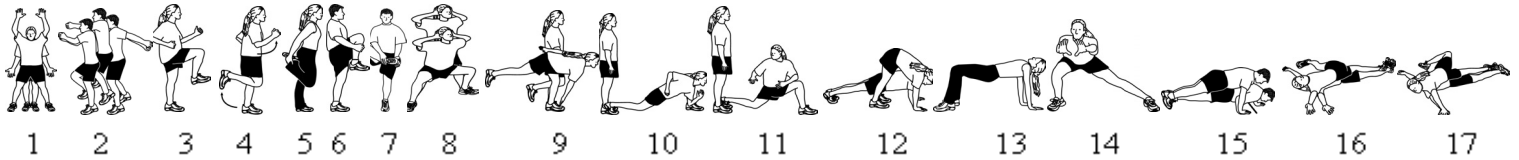
DAY 30

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Cross Drill** x 8 RI= 45 SEC

Stance

- > Standing Track x 2
- > Parallel Stance x 2
- > Lunge Right x 1, Left x 1
- > Facing Away x 2

RI= 2 MIN

② **Star Drill** x 6 RI= 45 SEC

Stance

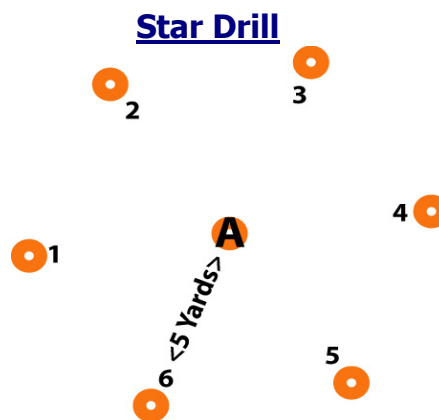
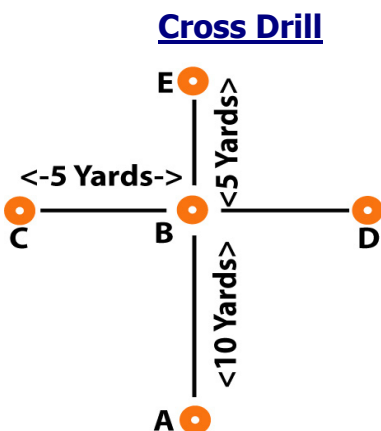
- > Lateral Stance x 3
- > Push Up x 3

RI= 2 MIN

③ **Super Suicides** x 4 RI= 2 MIN

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2



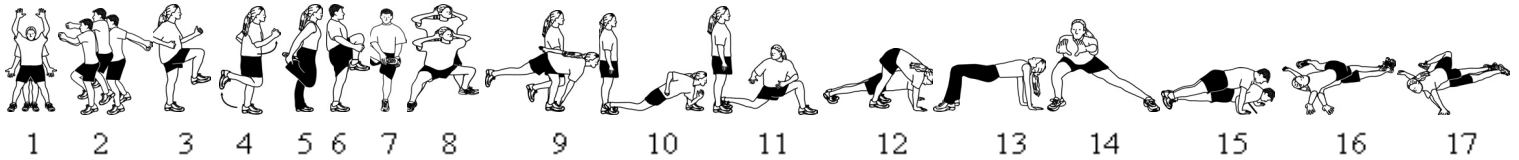
DAY 3 1

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **40 Yard Sprints** x 12 RI= 45 SEC

Stance

- > Facing Away x 4
- > Lunge Right x 2, Left x 2
- > Standing Track x 4

RI= 2 MIN

② **Square Drill** x 4 RI= 45 SEC

Stance

- > Lateral Right x 2, Left x 2

RI= 2 MIN

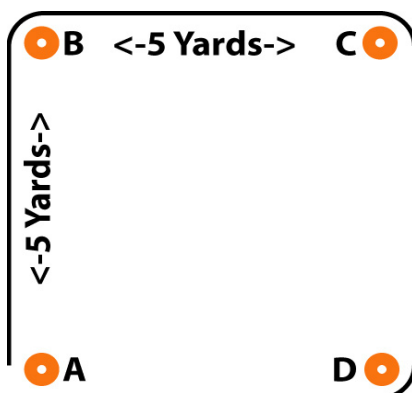
③ **5 10 5** x 8 RI= 45 SEC

Stance

- > Push Up x 2
- > Kneeling x 2
- > Prone Get Up x 2
- > Supine Get Up x 2

Square Drill

5-10-5



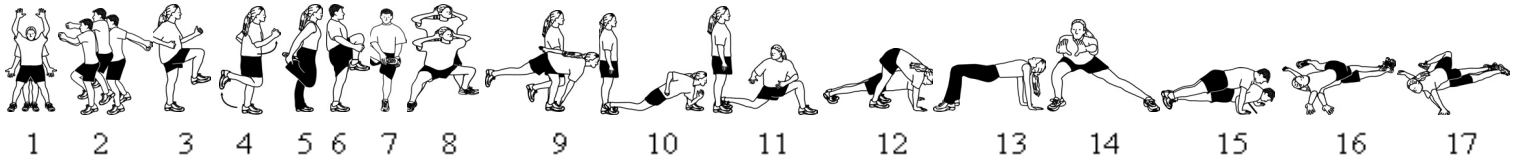
DAY 32

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Alley Shuffle** x 10 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Facing Away x 2
- > Kneeling x 2
- > Standing Track x 2

RI= 2 MIN

② **Triangle Swerve** x 8 RI= 45 SEC

Stance

- > Parallel Stance x 2
- > Lunge Right x 2, Left x 2
- > Lateral Start Left x 1, Right x 1

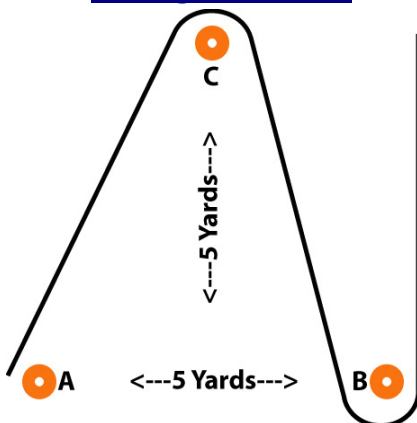
RI= 2 MIN

③ **Split 60** x 5 RI= 60 SEC

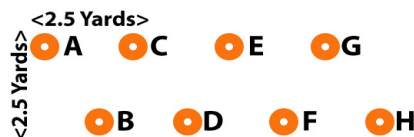
Stance

- > Lateral Start Left x 1, Right x 1
- > Push Up x 1
- > Standing Track x 2

Triangle Swerve



Alley Shuffle



Split 60



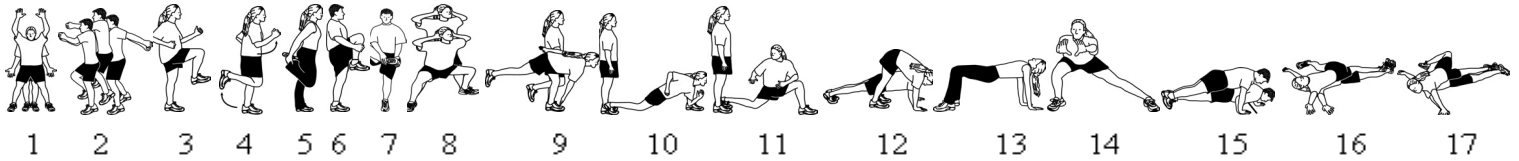
DAY 33

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **Square Cross** x 8 RI= 60 SEC

Stance

- > Lateral Start Right x 1, Left x 1
- > Lunge Right x 1, Left x 1
- > Facing Away x 2
- > Standing Track x 2

RI= 2 MIN

② **5 10 5 Shuffle** x 10 RI= 45 SEC

Stance

- > Prone Get Up x 2
- > Supine Get Up x 2
- > Standing Track x 2
- > Parallel Stance x 2
- > Push Up x 2

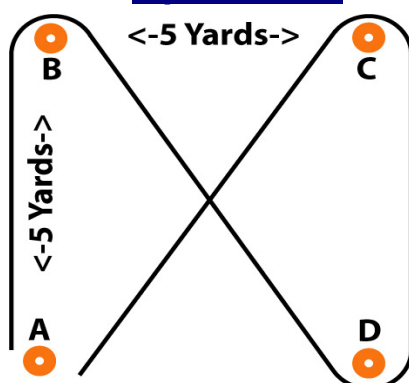
RI= 2 MIN

③ **20 Yard Sprints** x 14 RI= 45 SEC

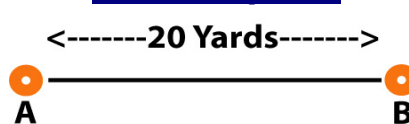
Stance

- > Kneeling x 2
- > Push Up x 2
- > Parallel Stance x 2
- > Lateral Start Right x 2, Left x 2
- > Lunge Right x 2, Left x 2

Square Cross



20 Yard Sprints



5-10-5




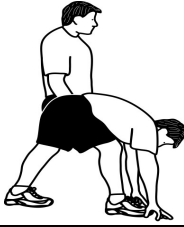
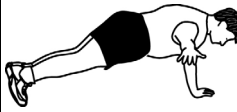




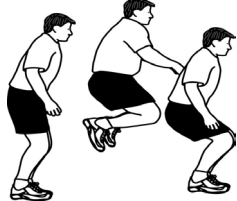

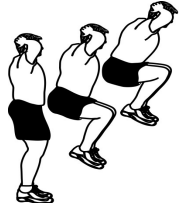

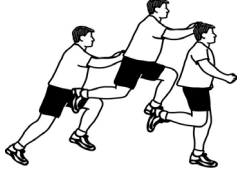

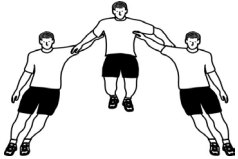

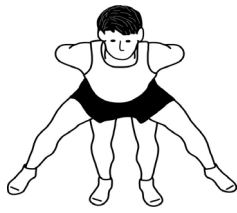
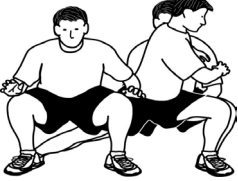


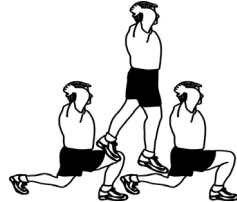
DAY 34

3-D Conditioning

The Ultimate Conditioning Program

Dynamic Day

Perform Circuit x 2

Ankle Hops  x 30 Sec	➔	Step and Bend  x 60 Sec	3 Step Hold  x 60 Sec	1/4 Squat Hops  x 30 Sec
Lunge Walk  x 60 Sec	➔	Squat Hops  x 30 Sec	Spider Mans  x 60 Sec	Hop and Rotate  x 30 Sec
Tin Soldiers  x 60 Sec	➔	Tuck Jumps  x 30 Sec	Hip Flexor Stretch Lunge  x 60 Sec	Bounding  x 15 Sec
Lunge Rotate & Touch  x 60 Sec	➔	Ski Jumps  x 30 Sec	Plank Tuck  x 60 Sec	In-Outs  x 30 Sec
Lateral Lunge & Twist  x 60 Sec	➔	Burpee  x 30 Sec	T-Stabilization  x 60 Sec	Split Jumps  x 30 Sec

* No Rest Interval Between Drills

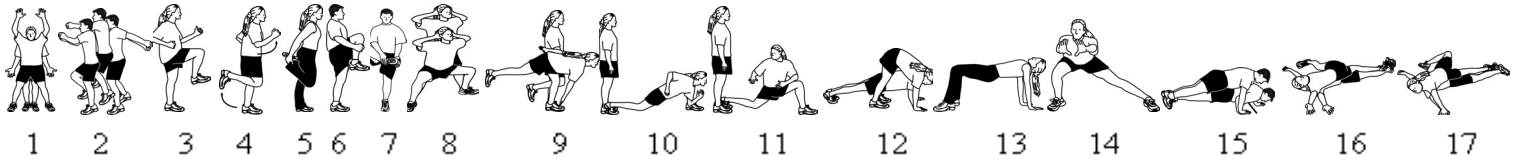
DAY 35

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **100 Yard Sprints** x 10 RI= 60 SEC

Stance

- > Facing Away x 3
- > Standing Track x 2
- > Parallel Stance x 3
- > Lunge Right x 1, Left x 1

RI= 2 MIN

② **L Drill** x 8 RI= 45 SEC

Stance

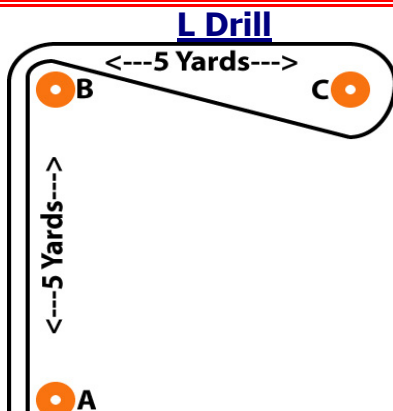
- > Push Up x 2
- > Kneeling x 2
- > Lateral Right x 1, Left x 1
- > Prone x 1, Supine x 1

RI= 2 MIN

③ **Slalom** x 8 RI= 60 SEC

Stance

- > Lateral Right x 1, Left x 1
- > Prone x 1, Supine x 1
- > Lunge Right x 1, Left x 1
- > Push Up x 2



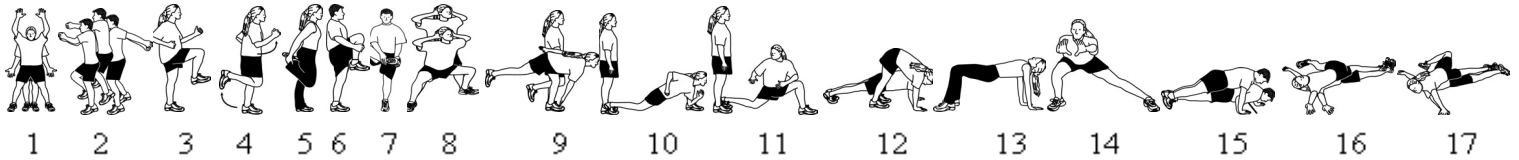
DAY 36

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

① **200 Yard Sprints** x 8 RI= 60 SEC

Stance

- > Reverse x 3
- > Kneeling x 3
- > Standing Track x 2

RI= 2 MIN

② **Alley Sprint** x 10 RI= 60 SEC

Stance

- > Prone Get Up x 3
- > Supine Get Up x 3
- > Push Up x 2
- > Kneeling x 2

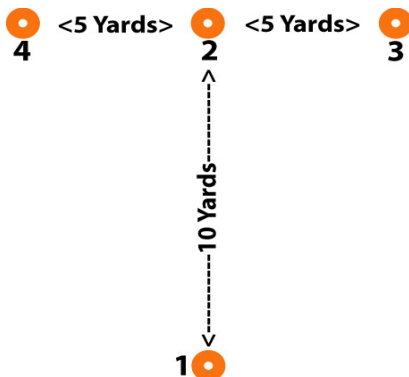
RI= 2 MIN

③ **Modified T Drill** x 8 RI= 45 SEC

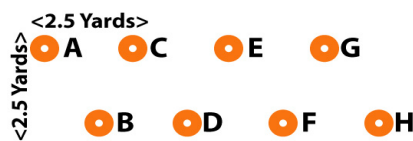
Stance

- > Lunge Right x 1, Left x 1
- > Lateral Right x 2, Left x 2
- > Parallel Stance x 2

Modified T Drill



Alley Sprint



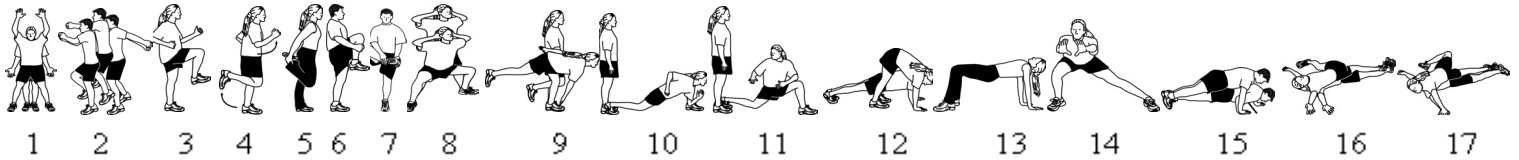
DAY 37

3-D Conditioning

The Ultimate Conditioning Program

Warm Up

30 Sec Each



Conditioning Drills

- ① **AES Test** x 10 RI= 45 SEC
40 Yard Distance

Stance
> Standing Track x 10

RI= 2 MIN

- ② **Star Drill** x 6 RI= 45 SEC

Stance
> Lateral Stance x 3
> Push Up x 3

RI= 2 MIN

- ③ **Super Suicides** x 4 RI= 2 MIN

Stance
> Prone Get Up x 2
> Supine Get Up x 2

AES Test

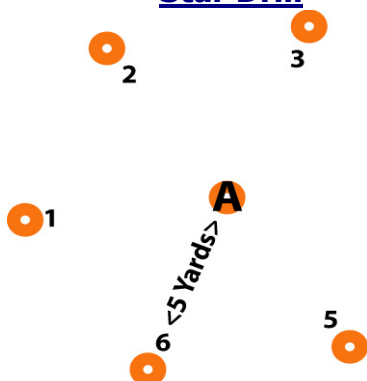
Sprint #1: _____
Sprint #2: _____
Sprint #3: _____
Sprint #4: _____
Sprint #5: _____
Sprint #6: _____
Sprint #7: _____
Sprint #8: _____
Sprint #9: _____
Sprint #10: _____

Average Time: _____
Slowest Time: _____
Slow/Average: _____

Your AES Score



Star Drill



Super Suicide



* AES Test:

Time each max speed 40 yard sprint and record your times on the AES Test card above. Keep your rest intervals (RI) exactly 45 @ seconds. Average all 10 times together. Divide your slowest 40 time by your average and you should get a percentage (AES=.93). Record your score into the the white square on the card. The higher the percentage the better!!!

3-D

Conditioning

**The Ultimate Multi-Directional
Conditioning Program**

**D-Day and Warm-Up
Exercise Database**

Jumping Jacks



Start with your feet together and your arms down to your sides. Jump approx 1-2 inches off of the ground opening your feet a little wider than shoulder width and raising your arms laterally to above your head. Rapidly return and repeat.

Play Ground Skips



Perform a light skipping action while rhythmically swinging the both arms front to back. Focus on keeping the body as loose and relaxed as possible. Land light footed.

High Knees



Start with an aggressive jog. Keep your spine tall and you're your eyes forward. Concentrate on an aggressive arm drive (down and back) keeping your elbows bent to 90 degrees and rotating at your shoulders. Quickly snap your knees up and drive the opposite foot down. Do not lean forward at the hip as this is a common flaw in the drill.

Butt Kickers



Start with an aggressive jog. Keep your spine tall and you're your eyes forward. Concentrate on an aggressive arm drive (down and back) keeping your elbows bent to 90 degrees and rotating at your shoulders. Forcefully snap your heels back until they comes in contact with the buttocks (if you have tight quads you may not be able to touch (do not lean forward at the hip as this is a common flaw in the drill).

Heel to Butt



Grab your ankle and pull your heel toward your buttocks until you feel a stretch in your quadriceps muscle. Keep a tall posture throughout the duration of the exercise. Hold for 1-2 seconds, release, and step forward onto your other foot. Repeat on the other side.

Knee Hug



Grab your shin and pull your knee toward your chest. Keep your weight evenly distributed on your base foot and your posture tall. (do not lean back as you hug your knee). Hold for 1-2 seconds, release, and step forward onto your other foot. Repeat on the other side.

Leg Cradle



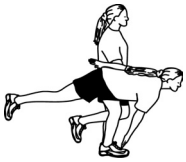
Grab your foot and lift your heel toward your waist while rotating your knee outward. Keep your weight evenly distributed on your base foot and your posture tall. (do not lean back as you hug your knee). Hold for 1-2 seconds, release, and step forward onto your other foot. Repeat on the other side.

Squat and Step



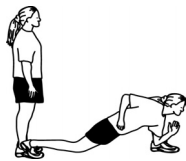
Assume a wide stance and your toes point out to the sides at a 45 degree angle. Lightly place your hands behind your head. Keeping your back flat and your torso slightly leaned forward, squat down by pushing your hips back and your knees open. The weight should stay on the outside of your heels as you descend and ascend. Squat down until your thighs are parallel to the floor. Return to the top and repeat

1 Leg Rdl



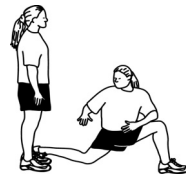
Start by standing on one foot. Keeping your head up, back flat, and your base leg slightly bent, bend at the waist and kick your free leg back as you descend. Reach down and touch the base foot with the opposite side hand (reaching across the body). Reverse the motion and return to the top. Do not let your hip push out to the side.

Elbow to Instep



Take a maximal step forward with either foot. As you step reach out with the same side arm and touch the elbow as close as you can to the ground at the instep of the front foot. Try to lower your shoulders as deep as possible. Your front knee angle should be greater than 90 degrees. Return to the top and step back so your feet are together. Step out with the other foot and repeat. If you do not feel a stretch slide the front foot forward.

Extended Lunge and Twist



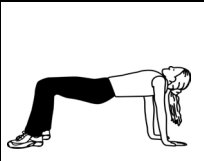
Step out into an extended lunge places the down leg at an angle behind the body while keeping the torso perpendicular to the ground. Once you have reached the bottom of the lunge, maximally rotate over the knee that is in front. Rotate back and step back into the standing position.

Feet To Hands



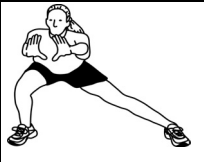
Start in a push up position. Keep your core tight and maintain a straight line from your shoulder through your hip to your heel. Keep your knees locked as you use your ankles to walk your feet as close to your hands as your hamstring and calf flexibility will allow. Walk your hands forward until you have resumed a perfect push-up position.

Crab Walk



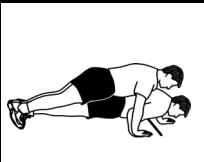
Face up with the hips maximally elevated, abdominals and glutes tight, and head in line with the spine. Walk forward for the given distance. Walk backward on the way back.

Lateral Lunge



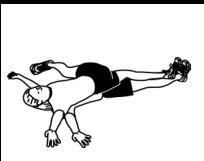
Lunge laterally by stepping to the side. Keep the trail leg straight, push the hips back and bend at the knee until the front thigh is parallel to the floor (if you have tight hips you may not be able to get this low, just go as deep as you can). Extend your arms out fully in front of your body in a "front raise" fashion as you descend into the lunge. Step back to the starting position and repeat to the other side.

Push Up Walk



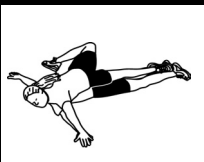
Start in a push up position. Keep your core tight and maintain a straight line from your shoulder through your hip to your heel. Step forward with one hand and perform a staggered stance push up. Step forward with the other hand into the opposite staggered stance and perform another push up. Repeat for the given distance.

Iron Cross



Assume a face up position on the ground with your arms out to your sides forming a "T" with your body. Lift your right leg straight up. Rotate your hips to the left taking your right foot to your left hand. Keep your shoulders in contact with the ground. Return to the start position and repeat with the other leg to the other side. Use control during the entire drill.

Scorpions

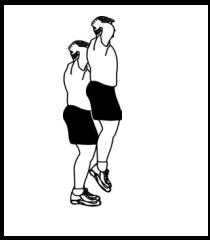


Assume a face down position on the ground with your arms out to your sides forming a "T" with your body. Lift your right leg up by extending at the hip and bending at the knee. Rotate your hips to the left taking your right foot to your left hand. Keep your shoulders in contact with the ground. Return to the start position and repeat with the other leg to the other side. Use control during the entire drill.

Page 1

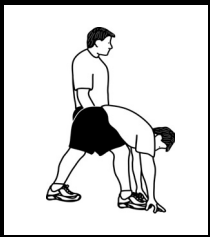
Perform as a continuous circuit (complete 1 set of each exercise before repeating a set).

Ankle Hops



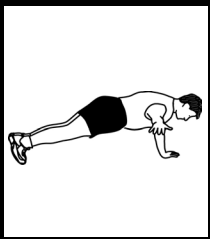
Hop forward using the calf muscles and the ankle joint. Do not bend at the knee. In the air point the toes down. Softly land and spring back up.

Step and Bend



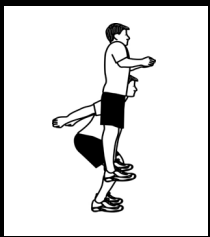
Step forward and slightly bend your front leg. Bend down and touch the ground in front of your foot. Hold for 1-3 seconds, stand back up, step forward and repeat on the other side.

3 Step Hold



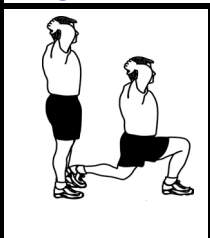
Assume a push up position with your hands directly under your shoulders. Your hips should be in line with your shoulders and your ankles. Maintain a neutral pelvic alignment not allowing your lower back to over arch or flatten. Maintain this torso posture throughout the duration of the exercise. Lift one arm to your side maintaining a static pelvic position. Hold for 1-3 seconds, return the hand to the ground, walk forward 2 hand steps (and feet steps) and repeat on the other side.

1/4 Squat Hops



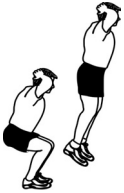
Squat down into a 1/4 squat and jump. While in the air point your toes up toward the ceiling. Upon landing absorb down into a 1/4 squat and quickly spring up and forward again. Minimize ground contact time (think pogo stick) as you hit and go.

Lunge Walk



Step forward into a lunge with your front foot flat on the floor, loaded on the heel, and pointed forward. Your front knee should be bent to 90 degrees and the shin should be perpendicular to the floor. Your back knee should be directly under your hips and should stop approximately 1-2 inches off of the ground. Your back foot should be toe down. Your shoulders should reside directly over your hips. Do not let your hips push out to the side. Press through the heel to stand back up. As you reach full extension step forward and perform the next lunge with the other leg.

Squat Hops



Squat and jump forward for height. Minimize ground contact time (think pogo stick) when you hit. Repeat for the indicated number of jumps.

Spider Mans



Start in a push up position. Step forward with one foot as far past your hand as possible. Keep your hips low to the ground and drag your back leg forward until your front leg is completely straight and you are back in your push up position. Repeat on the other side.

Hop and Rotate



Jump up and forward for maximal height. While in the air twist your knees to the side and back to the center. Land softly and under control and immediately jump again twisting to the other side.

Tin Soldiers



Using a controlled motion, kick your left leg up to your right hand. Maintain a tall posture and be cautious not to over flex your base leg knee or to lean backwards. Keep your kick leg only slightly bent during the motion. Stay within a comfortable range of motion. Descend and repeat on the other leg to the other hand.

Tuck Jumps



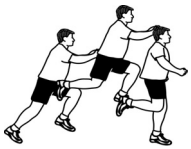
Start in a shoulder width stance. Keep your feet flat on the floor and your head up. Quickly push your hips back and down and rapidly explode up into the air. Upon landing drop back into the decent and jump again. Minimize ground contact time (think pogo stick) as you hit and go.

Hip Flexor Stretch Lunge



Step into an over sized stride length lunge with your arms overhead. At the bottom push the hips forward and slightly out at an angle toward the down leg side of the body while keeping the shoulders back. Rotate over the knee that is in front. You should feel the stretch in the front of the hip of the down knee.

Bounding



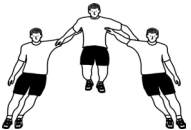
Explode forward for maximal distance and drive one knee to hip height. As you descend drive the foot of the up knee down and "through" the ground and explode back into the air driving up the opposite knee.

Lunge Rotate and Touch



Take an oversized step forward and drop into a long lunge stride. Rotate the shoulders toward the front knee. Touch the hand to the instep of the foot and reach the other hand up and back into the air. Repeat on the other side.

Ski Jumps



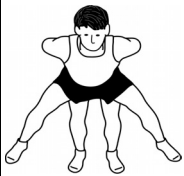
Assume a stance that you would use to jump vertically. Explode forward at a 45 Degree angle. Land, regain your balance, and repeat to the other side. Keep Shoulders forward during the entire drill. Land softly and under control

Plank Tuck



Assume a plank up position with your elbows directly under your shoulders. Your hips should be in line with your shoulders and your ankles. Maintain a neutral pelvic alignment not allowing your lower back to over arch or flatten. Aggressively tightened your abdominals, and pike your hips. Think about driving your toes into the ground and you pull them forward across the ground. Walk forward on your forearms and assume another plank position. Repeat

In-Outs



Start in a quarter squat with your hands behind your back and your chest rotated forward about 20 degrees. Holding this position quickly hop and widen your feet. Spring from the ground and quickly return to the start position. Repeat.

Lateral Lunge and Twist



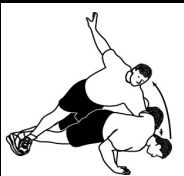
Lunge laterally by stepping to the side. Keep the trail leg straight, push the hips back and bend at the knee until the front thigh is parallel to the floor (if you have tight hips you may not be able to get this low, just go as deep as you can). One you reach the bottom of the lunge, rotate laterally over the knee that is in front. Rotate back and step back to the starting position and repeat to the other side.

Burpee



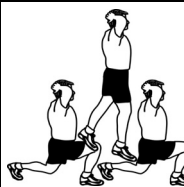
Start in a push up position. Jump your feet to your hands. Drop your hips down and jump into the air reaching as high as you can in the air with the dumbbells. Upon landing, put the dumbbells back on the floor just in front of your feet. Drop your hips and jump your feet back to the original position. Repeat.

T-Stabilization



Assume a push up position. Contract your abdominals and squeeze your glutes. Maintain a pillar like posture throughout the duration of the exercise. Keeping a slight bend in the elbows, rotate to the right lifting the left hand off of the ground. Rotate the entire body until your arms create a "T" with your torso with the left hand in line with your shoulders and the right hand As you rotate roll onto the side of your feet. Note: Narrowing your stance will make the exercise more difficult. Return to the starting position under control and repeat on the other side.

Split Jumps



Step forward with one foot. Lower the back knee into a lunge position making sure to keep your front foot flat on the ground and your back knee directly under your hips and shoulders and 1-2 inches off of the ground. Explode straight into the air cycling the legs so you land in a lunge position with the other leg forward. React quickly off of the ground. Note: do not let you back knee hit the ground

Starts

3-D Conditioning

The Ultimate Conditioning Program

Prone Get Up

Start by laying on your stomach. Change up the direction you face for more variety.

Supine Get Up

Start by laying on your back. Change up the direction you face for more variety.

Standing Track

Start with one foot forward and one foot back while facing the direction you are going to move.

Lateral Start

Start by facing sideways to the direction you are going to move.

Parallel Stance Start

Start in an athletic stance facing toward the direction you are going to move. Quickly reorientate your feet so you are in a standing track start stance. As your feet are reorientating push through the back foot and explode forward into your run.

Kneeling

Start on both knees. Change up the direction you face for more variety.

Lunge

Start in a lunge position with your back knee down on the ground. Change up the direction you face for more variety.

Push Up

Start in a push up position. Change up the direction you face for more variety.

Facing Away

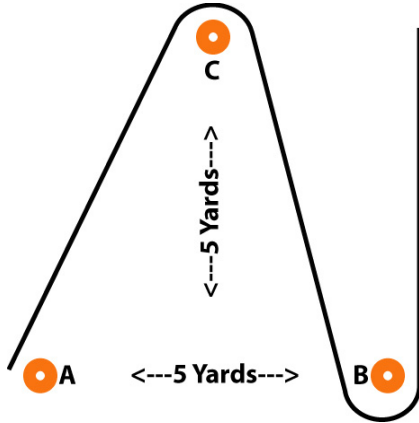
Start in a parallel stance facing away from the direction you are going to move. Quickly explode your hips around by slightly lifting your feet and using your core strength to whip them around. Upon contact with the ground drive through the back foot and explode forward.

Drills I

3-D Conditioning

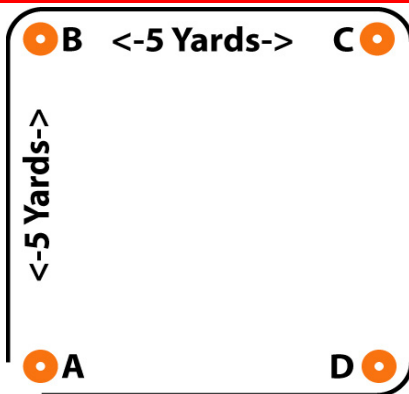
The Ultimate Conditioning Program

Triangle Swerve



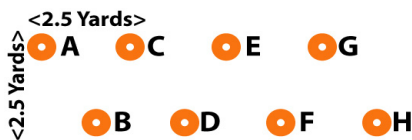
Start at cone A
Sprint around the outside of cone C
Sprint back around the outside of cone B
Sprint straight forward for 5 yards
Reverse the drill for every other rep
(sprint B-C-A and straight forward)

Square Drill



Start at cone A
Sprint to cone B
Shuffle right to cone C
Back pedal to cone D
Shuffle left to cone A
Reverse the drill for every other rep
(Sprint A-D, shuffle left D-C Etc)

Alley Shuffle



Start at cone A
Shuffle right to cone B
Shuffle Left to cone C
Continue through 8-10 cones

5-10-5



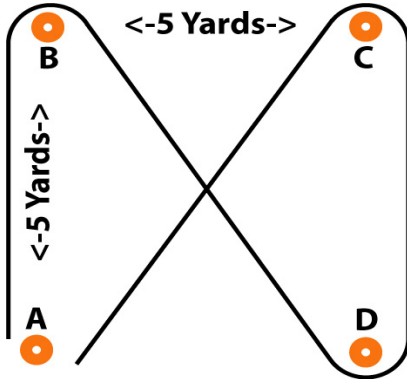
Start at cone 1
Sprint to cone 2
Sprint back to cone 3
Sprint back through cone 1
Reverse the drill for every other rep

Drills II

3-D Conditioning

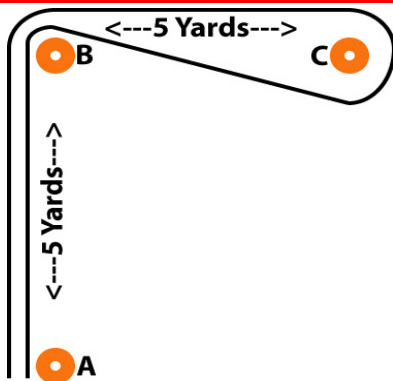
The Ultimate Conditioning Program

Square Cross



Start at cone A
Sprint around the outside of cone B
Sprint around the inside fo cone C
Sprint back around the outside of cone C
Sprint back past cone A
Reverse the drill for every other rep

L Drill



Start at cone A
Sprint around the outside of cone B
Sprint around the inside fo cone C
Sprint back around the outside of cone B
Sprint back past cone A
Reverse the drill for every other rep

Slalom



Start at the open end
Sprint around the cones in a slalom fashion
Tightly circle around the last cone and slalom back

5-10-5 Shuffle



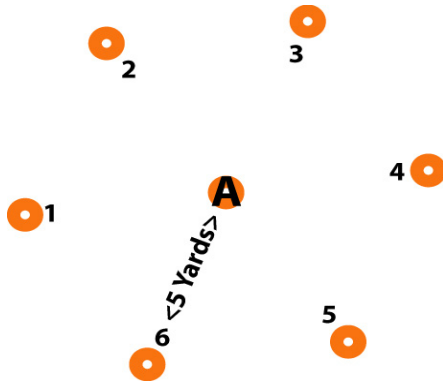
Start at cone 1
Shuffle to cone 2
Shuffle back to cone 3
Shuffle back through cone 1
Reverse the drill for every other rep

Drills III

3-D Conditioning

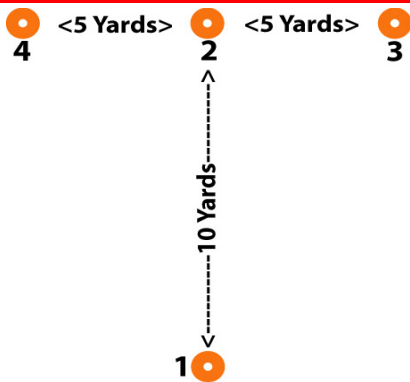
The Ultimate Conditioning Program

Star Drill



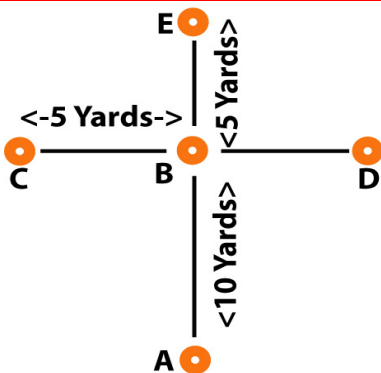
Start at cone A
Shuffle to cone 1 and back to cone A
Shuffle to cone 2 and back to cone A
repeat through all 6 cones
Reverse the drill for every other rep
(Shuffle from cone A-1-A, cone A-6-A)

Modified T Drill



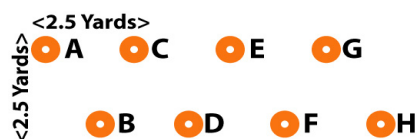
Start at cone 1
Sprint to cone 2
Shuffle to cone 3
Shuffle back to cone 4
Shuffle back to cone 2
Turn and sprint to cone 1
Reverse the drill for every other rep
(Cone 1-2-4-3-2-1)

Cross Drill



Start at cone A
Sprint to cone B
Shuffle left to cone C
Shuffle right to cone B
Sprint to cone E
Back pedal to cone B
Shuffle right to cone D
Shuffle left to cone B
Turn and sprint back through cone A
Reverse the drill for every other rep

Alley Sprint



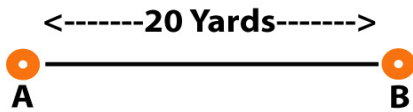
Start at cone A
Sprint to cone B
Cut and sprint to cone C
Continue through 8-10 cones

Drills IV

3-D Conditioning

The Ultimate Conditioning Program

Split 60



Start at cone A
Sprint to cone B
Sprint back to cone A
Sprint back past cone B

Super Suicide



Start at cone A and sprint to cone B
Cut and sprint back to cone A
Sprint to cone C and back to A
Sprint to cone D and back to A
Sprint to E and back to A
Sprint to D and back to A
Sprint to C and back to A
Sprint to B and back to A