

	Warm-Ups
Reverse Lunge x8 ea.	
Mountain Climber (Progres	sive) x15 ea.
Rock n Roll w/ Pause x8	
HK Banded Thoracic Rot	ation x6 ea.
Banded Face Pull x20	
Cool Down Only:	Bold=Repeat in Cool Down
Crossover Stretch x:30 ea	3.

A1 Isometric Ham Curl A2 KB Cervical Rotations from Bridge
KB Cervical Rotations from Bridge
TE CONTICAL RELATIONS NOT Bridge
RKC Plank
Day 2
Unilateral Box Jump
A2 Banded Frog Thrust
Bear Dog

Notes

Week 1		Week 2		Week 3		Week 4	
1x:30		2x:30		2x:30		2x:40	
1x6/s		2x6/s		2x6/s		2x6/s	
Х	Х	1x:20		2x:20		2x:25	
2x2/s		2x3/s		2x3/s		3x3/s	
1x15		2x15		2x15		2x20	·

2x6/s

2x8/s

1x6/s

#RuthlesslyFit