

Name											Weight											
Block	Earth																					
Phase	5x6					Phase	4x8					Phase	3x10									
Day	Monday					Day	Wednesday					Day	Friday									
Date	6/2/2014					Date	6/4/2014					Date	6/6/2014									
<b>Pre-activity Preparation A</b>					<b>Pre-activity Preparation B</b>					<b>Pre-activity Preparation C</b>												
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>					<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					<ul style="list-style-type: none"> <li>Inch Worms</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Hip Abduction, Lying Alt. Knee Raise</li> </ul>												
<b>Prehabilitation Routine A</b>					<b>Prehabilitation Routine B</b>					<b>Prehabilitation Routine C</b>												
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>					<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					<ul style="list-style-type: none"> <li>Plate Raises</li> <li>Floor YTAs</li> </ul>												
Tier	Set					Set					Set											
RP	Exercise	1	2	3	4	5	Exercise	1	2	3	4	Exercise	1	2	3	4						
1	Barbell	6	6	6	6	6	Standing	8	8	8	8	Rack Pull (3	10	10	10	-						
2:00	Squat						OH Press					sec RP)				-						
2	Jump Squat	8	8	8	8		Closegrip	6	6	6	6	DB High	5	5	5	5						
1:30							Bench					Pull										
3	RDL	6	6	6	6		Barbell	8	8	8	8	Australian	10	10	10	10						
1:00							Row					Pull-up										
4	Lumberjack	8L,8R		8L,8R		8L,8R		Goblet	8L,8R		8L,8R		8L,8R		8L,8R							
1:00		Press					Split Squat					Alt. DB Curl	8L,8R		8L,8R							
5	DB Hammer	10			10			KB Swing	12		12		DB Step-up	5L,5R			5L,5R					
1:00		Curl																				
6	Core	Flutter Kick					Core	Single Side DB Deadlift					Core	Plank								
0:45		1:00						15L,15R						1:00								
7	Oregon	Lunge	Circuit	0	DB Walking Lunge			Four	Corners	Circuit	0	Overhead DB Walk			Crawl-	Sprint-	Jump	Circuit	0	Bear Crawl		
				0	Step-up						0	Neutral-grip Press							0	Sprint-Back Pedal-Sprint		
				0	DB Reverse Lunge						0	Overhead DB Walk							0	Reactive Low Hurdle Jumps		
				0	Prison Squat						0	Neutral-grip Row							0	Dragon Walk		
				0	DB Side Lunge						0	Overhead DB Walk							0	Lateral Sprint		
				0	Total Body Extension						0	Curl							0	Lateral Jump		
				0	DB Cross-over Rev. Lunge						0	Overhead DB Walk							0	Crab Walk		
				0	Mountain Climbers						0	Diamond Push-ups										

Name											Weight							
Block	Earth																	
Phase	5x6					Phase	4x8					Phase	3x10					
Day	Monday					Day	Wednesday					Day	Friday					
Date	6/9/2014					Date	6/11/2014					Date	6/13/2014					
<b>Pre-activity Preparation A</b>					<b>Pre-activity Preparation B</b>					<b>Pre-activity Preparation C</b>								
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>					<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					<ul style="list-style-type: none"> <li>Inch Worms</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Hip Abduction, Lying Alt. Knee Raise</li> </ul>								
<b>Prehabilitation Routine A</b>					<b>Prehabilitation Routine B</b>					<b>Prehabilitation Routine C</b>								
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>					<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					<ul style="list-style-type: none"> <li>Plate Raises</li> <li>Floor YTAs</li> </ul>								
Tier	Set					Set					Set							
RP	Exercise	1	2	3	4	5	Exercise	1	2	3	4	Exercise	1	2	3	4		
1	Barbell	6	6	6	6	6	Standing	8	8	8	8	Rack Pull (3	10	10	10	-		
2:00	Squat						OH Press					sec RP)				-		
2	Jump Squat	8	8	8	8		Closegrip	6	6	6	6	DB High	5	5	5	5		
1:30	(RB)						Bench					Pull						
3	RDL	6	6	6	6		Barbell	8	8	8	8	Australian	10	10	10	10		
1:00							Row					Pull-up						
4	Lumberjack	8L,8R		8L,8R		8L,8R		Goblet	8L,8R		8L,8R		8L,8R		8L,8R			
1:00	Press						Split Squat					Alt. DB Curl	8L,8R		8L,8R			
5	DB Hammer	10			10			KB Swing	12			12			DB Step-up	5L,5R		
1:00	Curl																	
6	Core	Flutter Kicks					Core	Single Side DB Deadlift					Core	Plank				
0:45		1:00						15L,15R						1:00				
7	Oregon Lunge Circuit	0	DB Walking Lunge				Four Corners Circuit	0	Overhead DB Walk				Crawl-Sprint-Jump Circuit	0	Bear Crawl			
		0	Step-up					0	Neutral-grip Press					0	Sprint-Back Pedal-Sprint			
		0	DB Reverse Lunge					0	Overhead DB Walk					0	React. Hurdle Jumps			
		0	Prison Squat					0	Neutral-grip Row					0	Dragon Walk			
		0	DB Side Lunge					0	Overhead DB Walk					0	Lateral Sprint			
		0	Total Body Extension					0	Curl					0	Lateral Jump			
		0	DB Cross-over Rev. Lunge					0	Overhead DB Walk					0	Crab Walk			
		0	Mountain Climbers					0	Diamond Push-ups									

Name											Weight								
Block	Earth																		
Phase	5x6					Phase	4x8					Phase	3x10						
Day	Monday					Day	Wednesday					Day	Friday						
Date	6/16/2014					Date	6/18/2014					Date	6/20/2014						
<b>Pre-activity Preparation A</b>					<b>Pre-activity Preparation B</b>					<b>Pre-activity Preparation C</b>									
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>					<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					<ul style="list-style-type: none"> <li>Inch Worms</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Hip Abduction, Lying Alt. Knee Raise</li> </ul>									
<b>Prehabilitation Routine A</b>					<b>Prehabilitation Routine B</b>					<b>Prehabilitation Routine C</b>									
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>					<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					<ul style="list-style-type: none"> <li>Plate Raises</li> <li>Floor YTAs</li> </ul>									
Tier	Set					Set				Set									
RP	Exercise	1	2	3	4	5	Exercise	1	2	3	4	Exercise	1	2	3				
1	Barbell	6	6	6	6	6	Standing	8	8	8	8	Rack Pull (3	10	10	10				
2:00	Squat						OH Press					sec RP)							
2	Jump Squat	8	8	8	8	8	Closegrip	6	6	6	6	DB High	5	5	5				
1:30							Bench						Pull						
3	RDL	6	6	6	6	6	Barbell	8	8	8	8	Australian	10	10	10				
1:00							Row						Pull-up						
4	Lumberjack	8L,8R		8L,8R		8L,8R		Goblet	8L,8R		8L,8R		8L,8R		Alt. DB Curl	8L,8R		8L,8R	
1:00		Press					Split Squat												
5	DB Hammer	10			10			KB Swing	12		12		DB Step-up	5L,5R		5L,5R			
1:00		Curl																	
6	Core	Flutter Kick					Core	Single Side DB Deadlift				Core	Plank						
0:45		1:00						15L,15R					1:00						
7	Oregon	Lunge	Circuit	0	DB Walking Lunge		Four	Corners	Circuit	0	Overhead DB Walk		Crawl-	Sprint-	Jump	Circuit	0	Bear Crawl	
				0	Step-up					0	Neutral-grip Press						0	Sprint-Back Pedal-Sprint	
				0	DB Reverse Lunge					0	Overhead DB Walk						0	React. Hurdle Jumps	
				0	Prison Squat					0	Neutral-grip Row						0	Dragon Walk	
				0	DB Side Lunge					0	Overhead DB Walk						0	Lateral Sprint	
				0	Total Body Extension					0	Curl						0	Lateral Jump	
				0	DB Cross-over Rev. Lunge					0	Overhead DB Walk						0	Crab Walk	
0	Mountain Climbers		0	Diamond Push-ups															

Name											Weight										
Block	Earth																				
Phase	5x6					Phase	4x8					Phase	3x10								
Day	Monday					Day	Wednesday					Day	Friday								
Date	6/23/2014					Date	6/25/2014					Date	6/27/2014								
<b>Pre-activity Preparation A</b>					<b>Pre-activity Preparation B</b>					<b>Pre-activity Preparation C</b>											
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>					<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					<ul style="list-style-type: none"> <li>Inch Worms</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Hip Abduction, Lying Alt. Knee Raise</li> </ul>											
<b>Prehabilitation Routine A</b>					<b>Prehabilitation Routine B</b>					<b>Prehabilitation Routine C</b>											
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>					<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					<ul style="list-style-type: none"> <li>Plate Raises</li> <li>Floor YTAs</li> </ul>											
Tier	Set					Set					Set										
RP	Exercise	1	2	3	4	5	Exercise	1	2	3	4	5	Exercise	1	2	3	4	5			
1	Barbell	5	5	5	5	5	Standing	5	5	5	5	5	Deadlift	5	5	5	5	5			
2:00	Squat						OH Press														
2	Close-grip	6	6	6	6	6	DB Clean	6	6	6	6	6	Front Squat	6	6	6	6	6			
1:30	Bench																				
3	Machine	8	8	8	8	8	Barbell	8	8	8	8	8	Australian	8	8	8	8	8			
1:00	Row						Row						Pull-up								
4	DB Lateral	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R	DB	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R	DB Walking	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R			
1:00	TKE						Reverse						Lunge								
5	Leg	15		15		15		15		15		15		15		15		15			
1:00	Extension						EZ Curl														
6	Core	Flutter Kick				Core				Single Side DB Deadlift				Core				Plank			
0:45		1:00		ALAP		15L,15R		15L,15R		1:00		ALAP		1:00		ALAP		ALAP			
7	Oregon Lunge Circuit	DB Walking Lunge				Four Corners Circuit	Overhead DB Walk				Crawl- Sprint- Jump Circuit	Bear Crawl									
0		Step-up					Neutral-grip Press					Sprint-Back Pedal-Sprint									
0		DB Reverse Lunge					Overhead DB Walk					React. Hurdle Jumps									
0		Prison Squat					Neutral-grip Row					Dragon Walk									
0		DB Side Lunge					Overhead DB Walk					Lateral Sprint									
0		Total Body Extension					Curl					Lateral Jump									
0:00		DB Cross-over Rev. Lunge					Overhead DB Walk					Crab Walk									
0	Mountain Climbers				Diamond Push-ups																

Name												Weight										
Block	Earth																					
Phase	6x3						Phase	6x3						Phase	6x3							
Day	Monday						Day	Wednesday						Day	Friday							
Date	6/30/2014						Date	7/2/2014						Date	7/4/2014							
<b>Pre-activity Preparation A</b>						<b>Pre-activity Preparation B</b>						<b>Pre-activity Preparation C</b>										
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>						<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>						<ul style="list-style-type: none"> <li>Inch Worms</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Hip Abduction, Lying Alt. Knee Raise</li> </ul>										
<b>Prehabilitation Routine A</b>						<b>Prehabilitation Routine B</b>						<b>Prehabilitation Routine C</b>										
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>						<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>						<ul style="list-style-type: none"> <li>Plate Raises</li> <li>Floor YTAs</li> </ul>										
Tier	Set							Set							Set							
RP	Exercise	1	2	3	4	5	6	Exercise	1	2	3	4	5	6	Exercise	1	2	3	4	5	6	
1	Barbell	3	3	3	3	3	3+	Standing	3	3	3	3	3	3+	Deadlift	3	3	3	3	3	3+	
2:00	Squat							OH Press														
2	Close-grip	5	5	5	5	5	5	DB Clean	5	5	5	5	5	5	Front Squat	5	5	5	5	5	5	
1:30	Bench																					
3	Machine	10	10	10	10+	10+	10+	Barbell	10	10	10	10+	10+	10+	Australian	10	10	10	10+	10+	10+	
1:00	Row							Row							Pull-up							
4	DB Lateral	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R	DB	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R	DB Walking	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R	
1:00	TKE							Reverse							Lunge							
5	Leg	15	15	15	15	15	15	EZ Curl	15	15	15	15	15	15	KB Swing	15	15	15	15	15	15	
1:00	Extension																					
6	Core	Flutter Kick					Core					Single Side Farmers Walk					Core					
0:45		1:00			ALAP		40 yd/40 yd			40 yd/40 yd		1:00			ALAP							
7	Oregon	Lunge	Circuit	0	DB Walking Lunge			Four	Corners	Circuit	Overhead DB Walk			Crawl-	Sprint-	Jump	Circuit	Bear Crawl				
				0	Step-up						Neutral-grip Press							Sprint-Back Pedal-Sprint				
				0	DB Reverse Lunge						Overhead DB Walk							React. Hurdle Jumps				
				0	Prison Squat						Neutral-grip Row							Dragon Walk				
				0	DB Side Lunge						Overhead DB Walk							Lateral Sprint				
				0	Total Body Extension						Curl							Lateral Jump				
				0	DB Cross-over Rev. Lunge						Overhead DB Walk							Crab Walk				
0:00	0	Mountain Climbers			Diamond Push-ups																	

Name										Weight						
Block										Earth						
Phase					4x5 -- Light					Phase		4x5 -- Light				
Day					Monday					Day		Wednesday				
Date					7/28/2014					Date		7/30/2014				
Date					8/1/2014					Date		8/1/2014				
<b>Pre-activity Preparation A</b>					<b>Pre-activity Preparation B</b>					<b>Pre-activity Preparation C</b>						
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>					<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					<ul style="list-style-type: none"> <li>Inch Worms</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Hip Abduction, Lying Alt. Knee Raise</li> </ul>						
<b>Prehabilitation Routine A</b>					<b>Prehabilitation Routine B</b>					<b>Prehabilitation Routine C</b>						
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>					<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					<ul style="list-style-type: none"> <li>Plate Raises</li> <li>Floor YTAs</li> </ul>						
Tier	Set				Set				Set							
RP	Exercise	1	2	3	4	Exercise	1	2	3	4	Exercise	1	2	3	4	
1	Barbell	5	5	5	5	Standing	5	5	5	5	Deadlift	5	5	5	5	
2:00	Squat					OH Press										
2	Close-grip	10	10	10	10	DB Clean	10	10	10	10	Front Squat	10	10	10	10	
1:30	Bench															
3	Machine	AMAP	AMAP	AMAP	AMAP	Barbell	AMAP	AMAP	AMAP	AMAP	Australian	AMAP	AMAP	AMAP	AMAP	
1:00	Row					Row					Pull-up					
4	DB Lateral	10L,10R	10,10R	10L,10R	10L,10R	DB	10L,10R	10L,10R	10L,10R	10L,10R	DB Walking	10L,10R	10L,10R	10L,10R	10L,10R	
1:00	TKE					Reverse					Lunge					
5	Leg	15	15	15	15	EZ Curl	15	15	15	15	KB Swing	15	15	15	15	
1:00	Extension															
6	Core	Flutter Kick				Core	Single Arm OH Farmers				Core	Plank				
0:45		1:00	ALAP				40 yd/40 yd	40 yd/40 yd			1:00	ALAP				
7	Oregon Lunge Circuit	0	DB Walking Lunge			Head-to- Toe Stability	Trap Lifts Prone Ys Prone Ts Band Rows Tactical Frogs Kossack Squats Toe Walks Heel Walks				Push-up Matrix	10	Standard Push-up Pledge Push-up Chest-Slap Push-up Side Walks Inch Worm Push-ups Diamond Push-ups			
0:00		0	Step-up													
		0	DB Reverse Lunge													
		0	Prison Squat													
		0	DB Side Lunge													
		0	Total Body Extension													
		0	DB Cross-over Rev. Lunge													
0	Mountain Climbers															

Name											Weight							
Block	Earth										Fire							
Phase	3-3-1-OXY					Phase	3-3-1-OXY					Phase	3-3-1-OXY					
Day	Monday					Day	Wednesday					Day	Friday					
Date	8/11/2014					Date	8/13/2014					Date	8/15/2014					
<b>Pre-activity Preparation A</b>						<b>Pre-activity Preparation B</b>						<b>Pre-activity Preparation C</b>						
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>						<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>						<ul style="list-style-type: none"> <li>Inch Worms</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Hip Abduction, Lying Alt. Knee Raise</li> </ul>						
<b>Prehabilitation Routine A</b>						<b>Prehabilitation Routine B</b>						<b>Prehabilitation Routine C</b>						
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>						<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>						<ul style="list-style-type: none"> <li>Plate Raises</li> <li>Floor YTAs</li> </ul>						
Tier	Set					Set					Set							
RP	Exercise	1	2	3	4	Exercise	1	2	3	4	Exercise	1	2	3	4			
1	Barbell	3	3	1	OXY	Standing	3	3	1	OXY	Deadlift-	3	3	1	OXY			
2:00	Squat -20s RP					OH Press - 20s RP					20s RP							
2	Close-grip	10	10	10	10	1 Arm DB	5L,5R	5L,5R	5L,5R	5L,5R	Front Squat	10	10	10	10			
1:00	Bench					Snatch												
3	Machine	0:35	0:35	0:35	0:35	Barbell	0:35	0:35	0:35	0:35	Australian	0:35	0:35	0:35	0:35			
1:00	Row					Row					Pull-up							
4	DB Lateral	10L,10R	10,10R	10L,10R		DB	10L,10R	10L,10R	10L,10R		DB Walking	10L,10R	10L,10R	10L,10R				
1:00	TKE					Reverse Lunge					Lunge							
5	Core	Flutter Kick				Core	Single Arm OH Farmers Walks				Core	1 Arm Mountain Climber						
0:45		1:00		ALAP			40 yd/40 yd		40 yd/40 yd			0:30L,0:30R		ALAPxL,R				
6	Oregon Lunge Circuit	0	DB Walking Lunge			Head-to-Toe Stability	Trap Lifts Prone Ys Prone Ts Band Rows Tactical Frogs Kossack Squats Toe Walks Heel Walks	Push-up Matrix	10	Standard Push-up								
0:00		0	Step-up						20	Pledge Push-up								
		0	DB Reverse Lunge						5	Chest-Slap Push-up								
		0	Prison Squat						20	Side Walks								
		0	DB Side Lunge						5	Inch Worm Push-ups								
		0	Total Body Extension						10	Diamond Push-ups								
		0	DB Cross-over Rev. Lunge															
		0	Mountain Climbers															

Name											Weight				
Block	Boys														
Phase	3-1-1-1.5s				Phase	3-1-1-1.5s				Phase	3-3-1-1.5s				
Day	Monday				Day	Wednesday				Day	Friday				
Date	8/18/2014				Date	8/20/2014				Date	8/22/2014				
<b>Pre-activity Preparation A</b>					<b>Pre-activity Preparation B</b>					<b>Pre-activity Preparation C</b>					
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>					<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					<ul style="list-style-type: none"> <li>Inch Worms</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Hip Abduction, Lying Alt. Knee Raise</li> </ul>					
<b>Prehabilitation Routine A</b>					<b>Prehabilitation Routine B</b>					<b>Prehabilitation Routine C</b>					
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>					<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					<ul style="list-style-type: none"> <li>Plate Raises</li> <li>Floor YTAs</li> </ul>					
Tier	Set				Set				Set						
RP	Exercise	1	2	3	4	Exercise	1	2	3	4	Exercise	1	2	3	4
1	Barbell	3	1	1	1.5x6	Standing	3	1	1	1.5x6	Deadlift	3	1	1	1.5x6
2:00	Squat					OH Press									
2	Close-grip	10	10	10	10	1 Arm DB	5L,5R	5L,5R	5L,5R	5L,5R	Front Squat	10	10	10	10
1:00	Bench					Snatch									
3	Machine	15	15	15	15	Barbell	15	15	15	15	Australian	15	15	15	15
1:00	Row					Row					Pull-up				
4	DB Lateral	10L,10R	10,10R	10L,10R		DB	10L,10R	10L,10R	10L,10R		DB Walking	10L,10R	10L,10R	10L,10R	
1:00	TKE					Reverse					Lunge				
5A	Band X	20L,20R	20L,20R	20L,20R		DB Cuban	10	10	10		KB + Band	8	8	8	
0:00	Walks					Presses					Good				
5B	Band Hip	20L,20R	20L,20R	20L,20R		DB CS	10	10	10		Single Leg	8L,8R	8L,8R	8L,8R	
0:00	Curls					Reverse					Glute				
5C	Wall Squat	20L,20R	20L,20R	20L,20R		Pivot	10L,10R	10L,10R	10L,10R		Swiss Ball	8	8	8	
0:35	Aways					Prone					Back				
6	Core	Flutter Kick				Core	Single Arm OH Farmers				Core	1 Arm Mountain Climber			
0:45		1:00	ALAP				40 yd/40 yd	40 yd/40 yd			0:30L,0:30R	ALAPxL,R			
7	Optional					Optional					Optional	Sled Dragon Walks			



Name					Weight					
<b>Block</b>	Boys									
<b>Phase</b>	Dynamic				<b>Phase</b>	Dynamic				
<b>Day</b>	Monday				<b>Day</b>	Wednesday				
<b>Date</b>	8/25/2014				<b>Date</b>	8/27/2014				
<b>Pre-activity Preparation A</b>					<b>Pre-activity Preparation B</b>					
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>					<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					
<b>Prehabilitation Routine A</b>					<b>Prehabilitation Routine B</b>					
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>					<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					
<b>Tier</b>	<b>Set</b>				<b>Set</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
<b>RP</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
1	Speed	4	4	4	4	Dynamic	3x1	3x1	3x1	DUAL
2:00	Squat					Deadlift				
2	1 Arm DB	10L,10R	10L,10R	10L,10R	10L,10R	1 Arm DB	5L,5R	5L,5R	5L,5R	5L,5R
1:00	Floor Press					Snatch				
3	Machine	12	12	12	12	DB Arnold	12	12	12	12
1:00	Row					Press				
4	DB Lateral	10L,10R	10,10R	10L,10R		DB	10L,10R	10L,10R	10L,10R	
1:00	TKE					Reverse				
						Lunge				
5A	Low Duck	20L,20R	20L,20R			DB Cuban	10	10		
0:00	Walks					Presses				
5B	Goblet	20L,20R	20L,20R			DB CS	10	10		
0:00	Lateral					Reverse				
	Sliding					Flies				
	Lunges									
5C	Single Leg	20L,20R	20L,20R			Weight	2x20 yds	2x20 yds		
0:35	Box Squats					Vest/Sled				
						Bear				
						Crawls				
6	Core	Flutter Kick				Core	Single Arm OH Farmers			
0:45		1:00	ALAP				40 yd/40 yd	40 yd/40 yd		
7	Optional					Optional				

Name											Weight
<b>Block</b>	Boys										
<b>Phase</b>	Unilateral Strength					<b>Phase</b>	Unilateral Strength				
<b>Day</b>	Monday					<b>Day</b>	Wednesday				
<b>Date</b>	9/1/2014					<b>Date</b>	9/3/2014				
<b>Pre-activity Preparation A</b>						<b>Pre-activity Preparation B</b>					
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>						<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					
<b>Prehabilitation Routine A</b>						<b>Prehabilitation Routine B</b>					
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>						<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					
<b>Tier</b>	<b>Set</b>					<b>Set</b>					
<b>RP</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
1	Split Squat	2L,2R	2L,2R	2L,2R	2L,2R	1 Arm Deadlift	2L,2R	2L,2R	2L,2R	2L,2R	
2:00											
2	1 Arm DB Floor Press	10L,10R	10L,10R	10L,10R	10L,10R	1 Arm DB Snatch	5L,5R	5L,5R	5L,5R	5L,5R	
1:00											
3	Machine Row	0:20	0:20	0:20	0:20	DB Arnold Press	0:20	0:20	0:20	0:20	
1:00											
4	DB Lateral TKE	10L,10R	10,10R	10L,10R		DB Reverse Lunge	10L,10R	10L,10R	10L,10R		
1:00											
5A	Low Duck Walks	20L,20R		20L,20R		DB Cuban Presses	10		10		
0:00											
5B	Goblet BGSS	20L,20R		20L,20R		DB CS Reverse Flies	10		10		
0:00											
5C	Single Leg Box Squats	20L,20R		20L,20R		Weight Vest/Sled Bear Crawls	2x20 yds		2x20 yds		
0:35											
6	Core	Flutter Kick				Core	Single Arm OH Farmers Walks				
0:45		1:00		ALAP			40 yd/40 yd		40 yd/40 yd		
7	Optional					Optional					

Name					Weight					
<b>Block</b>	Boys									
<b>Phase</b>	Strength/SE				<b>Phase</b>	Strength/SE				
<b>Day</b>	Monday				<b>Day</b>	Wednesday				
<b>Date</b>	9/8/2014				<b>Date</b>	9/10/2014				
<b>Pre-activity Preparation A</b>					<b>Pre-activity Preparation B</b>					
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>					<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					
<b>Prehabilitation Routine A</b>					<b>Prehabilitation Routine B</b>					
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>					<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					
<b>Tier</b>	<b>Set</b>				<b>Set</b>					
<b>RP</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
1	Box Squat	3	3	3	3	Deadlift	2	2	2	2
2:00										
2	1 Arm DB Incline	5L,5R	5L,5R	5L,5R	5L,5R	1 Arm DB Snatch	5L,5R	5L,5R	5L,5R	5L,5R
1:00										
3	Machine Row	8	8	8	8	DB Arnold Press	8	8	8	8
1:00										
4	DB Lateral TKE	10L,10R	10,10R	10L,10R		DB Reverse Lunge	10L,10R	10L,10R	10L,10R	
1:00										
5A	Monster Walks	20L,20R	20L,20R			1 Arm DB Military	20L,20R	20L,20R		
0:00										
5B	Walking Lunges	20L,20R	20L,20R			DB Internal/External Rotations	20I,20E	20I,20E		
0:00										
5C	Band OH Squat	20	20			Band Sled Rows	2x20 yds	2x20 yds		
0:35										
6	Core	Flutter Kick				Core	Single Arm OH Farmers Walks			
0:45		1:00	ALAP				40 yd/40 yd	40 yd/40 yd		
7	Optional					Optional				

Name											Weight
<b>Block</b>	Boys										
<b>Phase</b>	Strength/SE					<b>Phase</b>	Strength/SE				
<b>Day</b>	Monday					<b>Day</b>	Wednesday				
<b>Date</b>	9/15/2014					<b>Date</b>	9/17/2014				
<b>Pre-activity Preparation A</b>						<b>Pre-activity Preparation B</b>					
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>						<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					
<b>Prehabilitation Routine A</b>						<b>Prehabilitation Routine B</b>					
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>						<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					
<b>Tier</b>	<b>Set</b>					<b>Set</b>					
<b>RP</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
1	Box Squat	4	4	4	4	Deadlift	3	3	3	3	
2:00											
2	DB Neutral-grip Incline	10	10	10	10	DB Muscle Snatch	10	10	10	10	
1:00											
3	Machine Row	8	8	8	8	DB Arnold Press	8	8	8	8	
1:00											
4	DB Step-ups	10L,10R	10,10R	10L,10R		DB Reverse Lunge	10L,10R	10L,10R	10L,10R		
1:00											
5A	Monster Walks	20L,20R		20L,20R		1 Arm DB Military	20L,20R		20L,20R		
0:00											
5B	Walking Lunges	20L,20R		20L,20R		DB Internal/External Rotations	20I,20E		20I,20E		
0:00											
5C	Band OH Squat	20		20		Band Sled Rows	2x20 yds		2x20 yds		
0:35											
6	Core	Flutter Kick				Core	Single Arm OH Farmers Walks				
0:45		1:00		ALAP			40 yd/40 yd		40 yd/40 yd		
7	Optional					Optional					

Name											Weight
<b>Block</b>	Boys										
<b>Phase</b>	Strength/SE					<b>Phase</b>	Strength/SE				
<b>Day</b>	Monday					<b>Day</b>	Wednesday				
<b>Date</b>	9/22/2014					<b>Date</b>	9/24/2014				
<b>Pre-activity Preparation A</b>						<b>Pre-activity Preparation B</b>					
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>						<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					
<b>Prehabilitation Routine A</b>						<b>Prehabilitation Routine B</b>					
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>						<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					
<b>Tier</b>	<b>Set</b>				<b>Set</b>						
<b>RP</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
1	Box Squat	3	3	3	3	Deadlift	2	2	2	2	
2:00											
2	DB Neutral-grip Incline	10	10	10	10	DB Muscle Snatch	10	10	10	10	
1:00											
3	Machine Row	8	8	8	8	DB Arnold Press	8	8	8	8	
1:00											
4	DB Step-ups	10L,10R	10,10R	10L,10R		DB Reverse Lunge	10L,10R	10L,10R	10L,10R		
1:00											
5A	Monster Walks	20L,20R		20L,20R		1 Arm DB Military	20L,20R		20L,20R		
0:00											
5B	Walking Lunges	20L,20R		20L,20R		DB Internal/External Rotations	20I,20E		20I,20E		
0:00											
5C	Band OH Squat	20		20		Band Sled Rows	2x20 yds		2x20 yds		
0:35											
6	Core	Flutter Kick				Core	Single Arm OH Farmers Walks				
0:45		1:00		ALAP			40 yd/40 yd		40 yd/40 yd		
7	Optional					Optional					

Name						Weight					
<b>Block</b>	Boys										
<b>Phase</b>	Strength/SE					<b>Phase</b>	Strength/SE				
<b>Day</b>	Monday					<b>Day</b>	Wednesday				
<b>Date</b>	9/29/2014					<b>Date</b>	10/1/2014				
<b>Pre-activity Preparation A</b>						<b>Pre-activity Preparation B</b>					
<ul style="list-style-type: none"> <li>Medicine Ball Slams</li> <li>Bench-to-Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Fire Hydrants</li> </ul>						<ul style="list-style-type: none"> <li>Plyo Push-ups</li> <li>Single Leg Low Box Jumps</li> <li>Knee-to-Chest Grab, Lunge &amp; Twist</li> <li>Walking Frogs, Donkey Kicks</li> </ul>					
<b>Prehabilitation Routine A</b>						<b>Prehabilitation Routine B</b>					
<ul style="list-style-type: none"> <li>Band Pull-aparts</li> <li>Front Leaning Rest Alphabets</li> </ul>						<ul style="list-style-type: none"> <li>Band Triple Threats</li> <li>Ring Face Pulls</li> </ul>					
<b>Tier</b>	<b>Set</b>					<b>Set</b>					
<b>RP</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
1	Box Squat	3	3	3	3	Barbell Hang Snatch	2	2	2	2	
2:00											
2	Bench	5	5	5	5	Deadlift	4	4	4	4	
1:00											
3	Machine Row	8	8	8	8	DB Push Press	8	8	8	8	
1:00											
4	DB Step-ups	10L,10R		10,10R		DB Reverse Lunge	10L,10R		10L,10R		
1:00											
5A	DB Split Squat	15L,15R		15L,15R		DB Alternating Upright Row	15L,15R		15L,15R		
0:00											
5B	DB RDL	15		15		DB Curl and Press	15		15		
0:00											
6	Core	Lying Alt Knee Raises				Core	Single Arm OH Farmers Walks				
0:45		1:00		ALAP			40 yd/40 yd		40 yd/40 yd		
7	Optional					Optional					

Name											Weight										
Block	Boys																				
Phase	Strength Endurance/Strength Maint.					Phase	Supportive Hypertrophy					Phase	Power								
Day	Monday					Day	Wednesday					Day	Friday								
Date	10/27/2014					Date	10/29/2014					Date	10/31/2014								
Pre-activity Preparation A					Pre-activity Preparation B					Pre-activity Preparation C											
<ul style="list-style-type: none"> <li>Kossack Squats (2:00)</li> <li>Inch Worms (1:00)</li> </ul>					<ul style="list-style-type: none"> <li>Slalom Lunges (2:00)</li> <li>Sidewalks (1:00)</li> </ul>					<ul style="list-style-type: none"> <li>Biking (5:00)</li> </ul>											
Tier	Set				Set				Set												
RP	Exercise				Exercise				Exercise												
1A	Goblet Squat				Plate Waiter Bows				Bench-to-Box Jumps												
0:00																					
1B	Strict Push-ups				Plate TKEs				Medicine Ball Chops												
0:00																					
1C	DB Neutral-grip Rows				Light Cuban Presses				DB Lunge Snatch												
1:00																					
1D	Plate Ext. OH Step-ups				KB Swings				Front Leaning Rest ABC's												
1:00																					
2	Box Squat				Standing OH Press				Hang Clean-Split Jerk												
0:00																					
3	Bench				Romanian Deadlift				Close-grip Bench												
0:00																					
4	Machine Rows				DB Walking Lunges																
6	Core				Core				Core												
0:45	Plate Cherry Pickers				Single Arm OH Farmers Walks				Plate Pull-overs												
	1:00				40 yd/40 yd				20												
	ALAP				40 yd/40 yd				20												
7	Optional				Optional				Optional												

**When a thoroughbred is told to work, it works. When a donkey is told to work, it kicks.  
Be a racehorse, not a jackass.**





Name										Weight					
Block	Boys														
Phase	Session LUT – Strength/Core/Mobility-Flexibility				Phase	Session UTL— Strength/Core/Mobility-Flexibility				Phase	Session TLU—Power/Core/Mobility-Flexibility				
Day	Monday				Day	Wednesday				Day	Friday				
Date	11/24/2014				Date	11/26/2014				Date	11/28/2014				
Pre-activity Preparation A				Pre-activity Preparation B				Pre-activity Preparation C							
<ul style="list-style-type: none"> <li>Kossack Squats (2:00)</li> <li>Inch Worms (1:00)</li> </ul>				<ul style="list-style-type: none"> <li>Slalom Lunges (2:00)</li> <li>Sidewalks (1:00)</li> </ul>				<ul style="list-style-type: none"> <li>Biking (5:00)</li> </ul>							
Each Station is 15 minutes				Each Station is 15 minutes				Each Station is 15 minutes							
Station	Set	1		2		3		Set	1		2		3		
RP	Exercise	1		2		3		Exercise	1		2		3		
1A	Box Squat	4		4		4		Upper	4		4		4		
RR									Total	4		4		4	
1B	DB	20L,20R		20L,20R		20L,20R		Core	20L,20R		20L,20R		20L,20R		
RR	Deadbugs								Core						
1C	Hamstring	1:00		1:00		1:00		Mobility	1:00		1:00		1:00		
RR	Flexibility								Mobility						
2A	DB Incline	8		8		8		Total	8		8		8		
RR	Press								Lower						
2B	Core	15		15		15		Core	15		15		15		
RR									Core						
2C	DB Sword	0:30R, 0:30L		0:30R, 0:30L		0:30R, 0:30L		Mobility	8		8		8		
RR	Draws								Mobility						
3A	DB Muscle	8		8		8		Lower	8		8		8		
RR	Snatch								Upper						
3B	Lock-out	15		15		15		Core	15		15		15		
RR	Sit-ups								Core						
3C	Spiderman	1:00		1:00		1:00		Mobility	1:00		1:00		1:00		
RR	+ Reach								Mobility						