

Girls Block 2

Summer Training 2015

Element Fitness Systems, LLC

511 N. Douglas Street, West Frankfort, IL 62896

Group Members:

Start: 6/1/2015

End: 8/14/2015

Girls Block 2										3:20-4:20										
Name																				
Monday	Date	6/1/2015			Wednesday	Date	6/3/2015			Friday	Date	6/5/2015								
Loading	<i>Medium</i>			Loading	<i>Heavy</i>			Loading	<i>Light</i>											
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____											
Chain	Total			Chain	Lower			Chain	Upper											
Warm-up T					Warm-up L					Warm-up U										
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> Thorax Stretch, Shoulder Circles, Band PA Sidewalks—Down and Back Plate Six Ways 										
CNS Activity					CNS Activity					CNS Activity										
Med Ball Overhead Reverse Throws					Single Leg Low Box Jumps					Med Ball Slams										
Exercise	Work Sets						Exercise	Work Sets						Exercise	Work Sets					
Waiter Bows	15		15		15		Goblet Squat	10		10		10		1 Arm DB Snatch	4L,4R		4L,4R		4L,4R	
Barbell Hang High Pull	2	2	2	2	2	2	Barbell Box Squat	1	1	1	1	1	5	Barbell Split Jerk	3	3	3	3	3	3
Close-grip Bench	5		5		5		DB Cleans	4		4		4		Barbell Front Squat	6		6		6	
DB Reverse-grip Rows	12			12			DB Step-ups	5L,5R			5L,5R			1 Arm DB OHP	8L,8R			8L,8R		
Wall Push-offs	20 on Signal			20 on Signal			DB Push Press	10			10			DB Reverse Lunges	6L,6R			6L,6R		
Lying Knee Raise + Hip Lift	10L,10R		10L,10R				Barbell Squat Walks	80 yds		80 yds				DB Sit-up and Pause (002)	12		15			

Total Body Circuit			Lower Body Circuit			Upper Body Circuit		
Inch Worms	5	5	30° Walking Lunges	20 yds	20 yds	Spiderman Push-ups	10L,10R	15L,15R
Band OH Rev. Lunges	10L,10R	10L,10R	Band OH Monster Walk	20 yds	20 yds	TBD		
Crocodile Walk	2x20 yds	2x20 yds						

Girls Block 2										3:20-4:20										
Name																				
Monday	Date	6/8/2015				Wednesday	Date	6/10/2015				Friday	Date	6/12/2015						
Loading	Medium						Loading	Heavy						Loading	Light					
Volume	Sets ____ x Reps ____ x						Volume	Sets ____ x Reps ____ x						Volume	Sets ____ x Reps ____ x					
	Average Weight ____ = ____							Average Weight ____ = ____							Average Weight ____ = ____					
Chain	Total						Chain	Lower						Chain	Upper					
▪ Competition: Swiss Ball Roll-out Relay						▪ Competition: Single Leg Balance						▪ 20 Trip OH DB Carry—No Drops/Lowers								
Warm-up T						Warm-up L						Warm-up U								
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 						<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 						<ul style="list-style-type: none"> Thorax Stretch, Shoulder Circles, Band PA Sidewalks—Down and Back Plate Six Ways 								
CNS Activity						CNS Activity						CNS Activity								
Med Ball Overhead Reverse Throws						Single Leg Low Box Jumps						Med Ball Slams								
Exercise	Work Sets						Exercise	Work Sets						Exercise	Work Sets					
Waiter Bows	15		15		15		Goblet Squat	12		12		12		1 Arm DB Snatch	5L,5R		5L,5R		5L,5R	
Barbell Hang High Pull	3	3	3	3	3	3	Barbell Box Squat	2	2	2	2	2	2	Barbell Split Jerk	4	4	4	4	4	4
Close-grip Bench	6		6		6		DB Cleans	5		5		5		Barbell Front Squat	8		8		8	
DB Reverse-grip Rows	12			12			DB Step-ups	6L,6R			6L,6R			1 Arm DB OHP	10L,10R			10L,10R		
Aussie Pull-ups	AMAP			AMAP			DB Push Press	12			12			DB Reverse Lunges	6L,6R			6L,6R		
Lying Knee Pull + Hip Lift	15L,15R			15L,15R			Goblet 180 Squat Walks	80 yds			80 yds			Band-assisted Sit-ups	50 (SP)			50 (SP)		

Total Body Circuit			Lower Body Circuit			Upper Body Circuit		
Inch Worms	5	5	30° Walking Lunges	20 yds	20 yds	Moving Spiderman Push-ups	20 yds	20 yds
Band OH Rev. Lunges	10L,10R	10L,10R	Band OH Monster Walk	20 yds	20 yds	Reverse Crab Walks	20 yds	20 yds
Farmers Walk	2x20 yds	2x20 yds	Sprint + Brake	4	4			

Girls Block 2	3:20-4:20
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Name																				
Monday	Date	6/15/2015				Wednesday	Date	6/17/2015				Friday	Date	6/19/2015						
Loading	<i>Medium</i>				Loading	<i>Heavy</i>				Loading	<i>Light</i>									
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____				Volume	Sets ____ x Reps ____ x Average Weight ____ = ____				Volume	Sets ____ x Reps ____ x Average Weight ____ = ____									
Chain	Total				Chain	Lower				Chain	Upper									
<ul style="list-style-type: none"> Competition: Swiss Ball Roll-out Relay 					<ul style="list-style-type: none"> Competition: Single Leg Balance 					<ul style="list-style-type: none"> 20 Trip OH DB Carry—No Drops/Lowers 										
Warm-up T					Warm-up L					Warm-up U										
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> Thorax Stretch, Shoulder Circles, Band PA Sidewalks—Down and Back Plate Six Ways 										
CNS Activity					CNS Activity					CNS Activity										
Med Ball Overhead Reverse Throws					Single Leg Low Box Jumps					Med Ball Slams										
Exercise	Work Sets						Exercise	Work Sets						Exercise	Work Sets					
Waiter Bows	10		10		10		Goblet Squat	10		10		10		1 Arm DB Snatch	5L,5R		5L,5R		5L,5R	
Barbell Hang High Pull	1	1	1	1	1	1	Barbell Box Squat	3	3	3	3	3	3	Barbell Split Jerk	2	2	2	2	2	2
Close-grip Bench	4		4		4		DB Cleans	6		6		6		Barbell Front Squat	5		5		5	
DB Reverse-grip Rows	10			10			DB Step-ups	4L,4R			4L,4R			1 Arm DB OHP	12L,12R			12L,12R		
Aussie Pull-ups	AMAP			AMAP			DB Push Press	10			10			DB Reverse Lunges	5L,5R			5L,5R		
Single Leg RDL + Band Pull	15L,15R			15L,15R			OH Toe Walks	80 yds			80 yds			Band Power Snatch	15			15		
Total Body Circuit—Spinal Unload					Lower Body + Core Circuit					Upper Body Circuit										
Dog-Cat-Camel-Scorpion-Roll-ups	10 Each		Snow Angel + T Stretch		Iron Cross + Alternating Leg Raise		10L,10R		15L,15R		Leg Raise + DB Two Ways		10		15					
					Dead Bug		10L,10R		15L,15R		Reverse Crab Walks		20 yds		20 yds					
					Single Leg Slider Pike		10L,10R		15L,15R											

Girls Block 2										3:20-4:20									
Name																			
Monday	Date	6/29/2015			Wednesday	Date	7/1/2015			Friday	Date	7/3/2015							
Loading	<i>Medium</i>			Loading	<i>Heavy</i>			Loading	<i>Light</i>										
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____										
Chain	Total			Chain	Lower			Chain	Upper										
▪ Competition: Swiss Ball Roll-out Relay				▪ Competition: Single Leg Balance				▪ 20 Trip OH DB Carry—No Drops/Lowers											
Warm-up T				Warm-up L				Warm-up U											
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Med Ball Overhead Reverse Throws				Single Leg Low Box Jumps				Med Ball Slams											
Exercise	Work Sets			Exercise	Work Sets			Exercise	Work Sets										
Waiter Bows	10	10	10	Goblet Squat	10	10	10	1 Arm DB Snatch	5L,5R	5L,5R	5L,5R								
Barbell Hang High Pull	1+1+1	1+1+1	1+1+1	Barbell Box Squat	2	2	2	Barbell Split Jerk	2+1	2+1	2+1								
Close-grip Bench	10	8	6	DB Cleans	4+4	4+4	4+4	Barbell Front Squat	4	4	4								
DB Reverse-grip Rows	12	F		DB Step-ups	5L,5R	5L,5R		1 Arm DB OHP	8L,8R	8L,8R									
Aussie Pull-ups	1:00	2:00		DB Push Press	10	10		DB Reverse Lunges	5L,5R	5L,5R									
DB Hammer Curls	15	15		OH Toe-Heel Walks	120 yds	120 yds		Band Rows	50	50									
KB Swings	0:30	0:30		Prison Squat	SJV 20			Tall Kneeling Plate Presses	0:25	0:25									
Total Body Circuit				Lower Body + Core Circuit				Upper Body Circuit											
Single Leg Bench Hip Lifts	1:00L,1:00R	2:00L,2:00R		Iron Cross + Alternating Leg Raise	1:00	2:00		Leg Raise + DB Two Ways	10	15									
Plank + Hip Extension	0:30L,0:30R	0:45L,0:45R		Dead Bug	1:00	2:00		Reverse Crab Walks	20 yds	20 yds									

Girls Block 2					3:20-4:20											
Name																
Monday	Date	7/6/2015			Wednesday	Date	7/8/2015			Friday	Date	7/10/2015				
Loading	<i>Medium</i>			Loading	<i>Heavy</i>			Loading	<i>Light</i>							
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____							
Chain	Total			Chain	Lower			Chain	Upper							
▪ Competition: Swiss Ball Roll-out Relay				▪ Competition: Single Leg Balance				▪ 20 Trip OH DB Carry—No Drops/Lowers								
Warm-up T				Warm-up L				Warm-up U								
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CNS Activity				CNS Activity				CNS Activity								
Med Ball Overhead Reverse Throws				Single Leg Low Box Jumps				Med Ball Slams								
Exercise	Work Sets				Exercise	Work Sets				Exercise	Work Sets					
Waiter Bows	10	10	10		Goblet Squat	10	10	10		1 Arm DB Snatch	5L,5R	5L,5R	5L,5R			
Barbell Hang High Pull	1+1+1	1+1	1	1	Barbell Box Squat	2	2	1	1	1	Barbell Split Jerk	2+1	2+1	2+1	2	1
Close-grip Bench	8	8	8		DB Cleans	3+3	3+3	3+3		Barbell Front Squat	4	4	4			
DB Reverse-grip Rows	12	12			DB Step-ups	5L,5R	5L,5R			1 Arm DB OHP	8L,8R	8L,8R				
Aussie Pull-ups	15	15			DB Push Press	8	8			DB Reverse Lunges	5L,5R	5L,5R				
DB Hammer Curls	15	15			OH Toe-Heel Walks	120 yds	120 yds			Band Rows	50	50				
KB Swings	0:30	0:30			Prison Squat	2:00				Tall Kneeling Plate Presses	0:25	0:25				
Total Body Circuit				Lower Body + Core Circuit				Upper Body Circuit								
Single Leg Bench Hip Lifts	1:00L,1:00R	2:00L,2:00R			Iron Cross + Alternating Leg Raise	1:00	2:00			Leg Raise + DB Two Ways	10	15				
Plank + Hip Extension	0:30L,0:30R	0:45L,0:45R			Dead Bug	1:00	2:00			Reverse Crab Walks	20 yds	20 yds				

Girls Block 2					3:20-4:20								
Name													
Monday	Date	7/13/2015			Wednesday	Date	7/15/2015			Friday	Date	7/17/2015	
Loading	<i>Medium</i>			Loading	<i>Heavy</i>			Loading	<i>Light</i>				
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____				
Chain	Total			Chain	Lower			Chain	Upper				
▪ Competition: Swiss Ball Roll-out Relay				▪ Competition: Single Leg Balance				▪ 20 Trip OH DB Carry—No Drops/Lowers					
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Exercise	Work Sets			Exercise	Work Sets			Exercise	Work Sets				
Waiter Bows	10	10	10	Goblet Squat	10	10	10	1 Arm DB Snatch	5L,5R	5L,5R	5L,5R		
Barbell Hang Clean	4	4	4	Barbell Squat	5	5	5	Barbell Split Jerk	3	3	3		
Close-grip Bench	8	8	8	DB Push Press	6	6	6	Barbell Front Squat	5	5	5		
Barbell Rows	12	12		DB Step-ups	6L,6R	6L,6R		1 Arm DB OHP	8L,8R	8L,8R			
Band-assisted Pull-ups	AMAP	AMAP		DB Cuban Press	8	8		DB Reverse Lunges	6L,6R	6L,6R			
DB Hammer Curls	15	15		Barbell Calf Raises	1:00	1:00		Plank Saws	20L,20R	20L,20R			
KB Swings	0:30	0:30		Prison Squat	2:00			Rice Bucket Holds	0:25	0:25			
Total Body Circuit				Lower Body + Core Circuit				Upper Body Circuit					
Single Leg Bench Hip Lifts	1:00L,1:00R	2:00L,2:00R		Iron Cross + Alternating Leg Raise	1:00	2:00		Leg Raise + DB Two Ways	10	15			
Plank + Hip Extension	0:30L,0:30R	0:45L,0:45R		Dead Bug	1:00	2:00		Reverse Crab Walks	20 yds	20 yds			

Girls Block 2					3:20-4:20															
Name																				
Monday	Date	7/20/2015			Wednesday	Date	7/22/2015			Friday	Date	7/24/2015								
Loading	Medium			Loading	Heavy			Loading	Light											
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____											
Chain	Total			Chain	Lower			Chain	Upper											
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Exercise	Work Sets						Exercise	Work Sets												
Waiter Bows	10		10		10		Goblet Squat	10		10		10		1 Arm DB Snatch	5L,5R		5L,5R		5L,5R	
Barbell Hang Clean	3		3		3		Barbell Squat	4		4		4		Barbell Split Jerk	2		2		2	
Close-grip Bench	10		8		6		Barbell Push Press	8		6		4		Barbell Front Squat	5		4		3	
Barbell Rows	10			10			DB Step-ups	5L,5R			5L,5R			1 Arm DB OHP	6L,6R			6L,6R		
Band-assisted Pull-ups	AMAP			AMAP			DB Cuban Press	6			6			DB Reverse Lunges	6L,6R			6L,6R		
DB Hammer Curls	12			F			Barbell Calf Raises	20			20			Plank Saws	20L,20R			20L,20R		
KB Swings	0:35			0:35			Prison Squat	2:00						Rice Bucket Holds	0:30			0:30		
Total Body Circuit				Lower Body + Core Circuit						Upper Body Circuit										
Single Leg Bench Hip Lifts	1:00L,1:00R		2:00L,2:00R		Iron Cross + Alternating Leg Raise		1:00		2:00		Leg Raise + DB Two Ways		10		15					
Plank + Hip Extension	0:30L,0:30R		0:45L,0:45R		Dead Bug		1:00		2:00		Reverse Crab Walks		20 yds		20 yds					

Girls Block 2					3:20-4:20											
Name																
Monday	Date	8/3/2015			Wednesday	Date	8/5/2015			Friday	Date	8/7/2015				
Loading	<i>Medium</i>			Loading	<i>Heavy</i>			Loading	<i>Light</i>							
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____							
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▪ Competition: Swiss Ball Roll-out Relay				▪ Competition: Single Leg Balance				▪ 20 Trip OH DB Carry—No Drops/Lowers								
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Med Ball Overhead Reverse Throws				Single Leg Low Box Jumps				Med Ball Slams								
Exercise	Work Sets				Exercise	Work Sets				Exercise	Work Sets					
Waiter Bows	10	10	10		Goblet Squat	10	10	10		1 Arm DB Snatch	5L,5R	5L,5R	5L,5R			
Barbell High Pull+ Hang Clean	1+1	1+1	1+1	1+1	Barbell Squat	2	2	2	2	JUMP	Barbell Split Jerk	1	1	1	1	1
Close-grip Bench	5	5	5		Barbell Push Press	4	4	4		Barbell Front Squat	3	3	3			
Barbell Rows	8	8			DB Step-ups	4L,4R	4L,4R			1 Arm DB OHP	5L,5R	5L,5R				
Band-assisted Pull-ups	AMAP	AMAP			Alternating DB Incline Press	5L,5R	5L,5R			DB Reverse Lunges	5L,5R	5L,5R				
Running				Jumping				Throwing								
10 Yard Sprint	8	8			Total Body Extensions	0:45	0:45			Med Ball Squat Throw	1:00	1:00				
20 Yard Shuttle	3	TBD			Rocket Jumps	10+5	10+5			Kneeling OH Passes	20	20				

Girls Block 2					3:20-4:20													
Name																		
Monday	Date	8/10/2015		Wednesday	Date	8/12/2015		Friday	Date	8/14/2015								
Loading	<i>Medium</i>			Loading	<i>Heavy</i>			Loading	<i>Light</i>									
Volume	Sets ____ x Reps ____ x			Volume	Sets ____ x Reps ____ x			Volume	Sets ____ x Reps ____ x									
	Average Weight ____ = ____				Average Weight ____ = ____				Average Weight ____ = ____									
Chain	Total			Chain	Lower			Chain	Upper									
<ul style="list-style-type: none"> Competition: Swiss Ball Roll-out Relay 				<ul style="list-style-type: none"> Competition: Single Leg Balance 				<ul style="list-style-type: none"> 20 Trip OH DB Carry—No Drops/Lowers 										
Warm-up T				Warm-up L				Warm-up U										
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Exercise	Work Sets					Exercise	Work Sets					Exercise	Work Sets					
Waiter Bows	10		10		10	Goblet Squat	10		10		10	1 Arm DB Snatch	5L,5R		5L,5R		5L,5R	
Barbell Hang Clean	1x	1x	1x	1x		Barbell Squat	1x	1x	1x	4x	4x	Barbell Split Jerk	1x	1x	1x	1x	1x	
	50%	50%	50%	50%			60%	60%	60%	JUMP	JUMP		40%	40%	40%	40%	40%	
Close-grip Bench 30SRP	4+2		4+2		4+2	Barbell Push Press	3+2		3+2		3+2	Barbell Front Squat	3		3		3	
Barbell Rows	6		6			DB Step-ups	3L,3R		3L,3R			1 Arm DB OHP	4L,4R		4L,4R			
Band-assisted Pull-ups	AMAP		AMAP			Alternating DB Incline Press	4L,4R		4L,4R			DB Reverse Lunges	4L,4R		4L,4R			
Running				Jumping				Throwing										
10 Yard Sprint	10		10		Rocket Jumps	12		12		Med Ball Squat Throw	1:00		1:00					
20 Yard Shuttle	4		TBD			Broad Jumps	20 yds		20 yds		Kneeling OH Passes	20		20				