



# (Name)

## Day 1

## Day 2

## Day 3

Date - Wk1		Date - Wk2		Date - Wk3		Date - Wk4		Date - Wk1		Date - Wk2		Date - Wk3		Date - Wk4	
<b>Focus: Hypertrophy, 2-2-2 Tempo Unless Otherwise Noted, Warmup Sets Do NOT Count as Working Sets, Move With Purpose</b>															
<b>Power Block</b> Plank on Stability Ball x:30sec <b>Core or FMS Based</b>				<b>Power Block</b> Star Plank x:20sec/side <b>Core or FMS Based</b>				<b>Power Block</b> Learning Towers x10/side <b>Core or FMS Based</b>				<b>Power Block</b> Leaning Towers x10/side <b>Core or FMS Based</b>			
2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x	2-3x
<b>DB Incline</b> Hip Hinge T's, W's, Y's x5/pos Rest <1min After Stretch				<b>DB Front Squat</b> Spiderman w Rotation x5/side Rest <1min After Stretch				<b>1A Overhead Press</b> Underhand Band Pull Aparts x10 Rest <1min After Stretch							
4x12	4x10	4x8	3x8	4x12	4x10	4x8	3x8	4x12	4x10	4x8	4x12	4x10	4x8	3x8	
<b>DB Trap Bar Deadlift</b> Rest <1min				<b>DB 3pt Stance Row</b> Rest <1min				<b>Split Squat</b> Rest <1min							
4x12	4x10	4x8	3x8	4x12	4x10	4x8	3x8	4x12	4x10	4x8	4x12	4x10	4x8	3x8	
<b>Secondary Block (one line a time -or- superset (2) lines) &lt;30-45sec Rest</b>															
<b>Reverse Lunge</b>				<b>Standing 1A OH Press</b>				<b>Banded Glute Bridge</b>				<b>Secondary Block (one line a time -or- superset (2) lines) &lt;30-45sec Rest</b>			
2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x20	2-3x20	2-3x20	2-3x20	2-3x20
<b>Supine Pallof Press</b>				<b>Deadbug w OH Band</b>				<b>Lying Opposites</b>							
2-3x8/side	2-3x8/side	2-3x8/side	2-3x8/side	2x8/side	2x8/side	2x8/side	2x8/side	2x8/side	2x8/side	2x8/side	2x8/side	2x8/side	2x8/side	2x8/side	2x8/side
<b>Neutral Grip Lat Pulldown</b>				<b>Stability Ball Leg Curl *2sec pause at top</b>				<b>Assisted Pullup</b>							
2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12
<b>Athlete Choice (Chest, Triceps, Glutes)</b>				<b>Athlete Choice (Back, Biceps)</b>				<b>Athlete Choice (Shoulders, Back, Traps)</b>							
2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12	2-3x10-12
<b>Time Permitting: Vanity Work (booty, arms, abs etc) Do NOT cut ESD time</b>				<b>Time Permitting: Vanity Work (booty, arms, abs etc) Do NOT cut ESD time</b>				<b>Time Permitting: Vanity Work (booty, arms, abs etc) Do NOT cut ESD time</b>				<b>Time Permitting: Vanity Work (booty, arms, abs etc) Do NOT cut ESD time</b>			
Coach	Coach	Coach	Coach	Coach	Coach	Coach	Coach	Coach	Coach	Coach	Coach	Coach	Coach	Coach	Coach
Choice	Choice	Choice	Choice	Choice	Choice	Choice	Choice	Choice	Choice	Choice	Choice	Choice	Choice	Choice	Choice
2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12	2x10-12

Complete 8min Incline Walk for MAX Calories Burned: x1

Coach Choice Full Body Finisher

Choose any piece of cardio and complete 5 rounds of: 30sec Hard > 60sec Active Rest