

WORKOUT 1 <i>Monday / Tuesday Week 1</i>					
Block	Exercise	Sets	Reps		
			Phase 1 (Week 1-4)	Phase 2 (Week 5-8)	Phase 3 (Week 9-12)
<i>Mobility</i>	1a) Greatest Stretch	3	4ea	4ea	4ea
	1b) Quadruped Adductor Rocking	3	-	-	-
	1c) Sphinx Pose	3	-	-	-
<i>Activation</i>	2a) X-Walk	3	10ea	10ea	10ea
	2b) SHELK	3	8-12	8-12	8-12
<i>Movement Prep</i>	3a) Ball Slam	3	8	8	8
	3b) Squat Jump	3	8	8	8
<i>Strength (A)</i>	4a) Squat	3-4	8-10	6-8	4-6
	4b) Bench T-Spine Extension	3-4	8-10	8-10	8-10
<i>Strength (B)</i>	5a) Pull-up / Pulldown	3-4	10-12	8-10	6-8
	5b) 1 Leg Hip Thrust off Bench	2-3	8-12ea	8-12ea	8-12ea
<i>Finisher</i>					

<p align="center">WORKOUT 2 <i>Wednesday / Thursday Week 1</i></p>					
Block	Exercise	Sets	Reps		
			Phase 1 (Week 1-4)	Phase 2 (Week 5-8)	Phase 3 (Week 9-12)
<i>Mobility</i>	1a) Supine Piriformis Stretch	3	-	-	-
	1b) Floor Slide w/ Full Exhale	3	5	5	5
	1c) Thoracic Bridge	3	4ea	4ea	4ea
<i>Activation</i>	2a) Band Splitter	3	8-10ea	8-10ea	8-10ea
	2b) Bridge Marching	3	8-10ea	8-10ea	8-10ea
<i>Movement Prep</i>	3a) KB Deadlift	3	10	10	10
	3b) KB Swing	3	10	10	10
	3c) KB Squat	3	10	10	10
<i>Strength (A)</i>	4a) Deadlift	3-4	8-10	6-8	4-6
	4b) Rev Crunch + Straight-arm/leg Lift	3-4	10/10	8-10	8-10
<i>Strength (B)</i>	5a) Push-up / Floor Press	3-4	10-12	8-10	6-8
	5b) Reverse Lunge	2-3	8-12ea	8-12ea	8-12ea
<i>Finisher</i>					

<p align="center">WORKOUT 3 <i>Friday / Saturday Week 1</i></p>					
Block	Exercise	Sets	Reps		
			Phase 1 (Week 1-4)	Phase 2 (Week 5-8)	Phase 3 (Week 9-12)
<i>Mobility</i>	1a) Leg Raise w/Rotation	3	4ea	4ea	4ea
	1b) Deck Roll	3	4-5	4-5	4-5
	1c) ½ Kneeling Adductor Rock	3	-	-	-
<i>Activation</i>	2a) Standing Band Press-out	2-3	8ea	8ea	8ea
	2b) Carry	2-3	5m x 4	5m x 4	5m x 4
<i>Movement Prep</i>	3) Plate complex <i>Squat, Swing, Row, Lunge+Rotate, Chop</i>	2	8-10ea	8-10ea	8-10ea
<i>Strength (A)</i>	4a) Squat	3-4	12-15	10-12	8-10
	4b) Shoulder Dislocates	3-4	-	-	-
<i>Strength (B)</i>	5a) 1 arm Row w/Pause	3-4	8-10ea	6-8ea	4-6ea
	5b) 1leg SLDL	2-3	8ea	8ea	8ea
<i>Finisher</i>					

WORKOUT 4 <i>Monday / Tuesday Week 2</i>					
Block	Exercise	Sets	Reps		
			Phase 1 (Week 1-4)	Phase 2 (Week 5-8)	Phase 3 (Week 9-12)
<i>Mobility</i>	1a) Floor Slide w/Full Exhale	3	5	5	5
	1b) Standing Leg Swings	3	-	-	-
	1c) Standing Arm Circles	3	-	-	-
<i>Activation</i>	2a) Ring Bat Wings	3	Hold	Hold	Hold
	2b) TGU	2	2-3ea	2-3ea	2-3ea
<i>Movement Prep</i>	3a) KB Swing	3	20	20	20
	3b) Bear Crawl	2-3	-	-	-
<i>Strength (A)</i>	4a) Deadlift	3-4	6-8	4-6	3-5
	4b) Can Opener / Windmill	3-4	5ea	5ea	5ea
<i>Strength (B)</i>	5a) BB OH Press	3-4	10-12	8-10	6-8
	5b) Lateral Squat	2-3	8ea	8ea	8ea
<i>Finisher</i>					

WORKOUT 5 <i>Wednesday / Thursday Week 2</i>					
Block	Exercise	Sets	Reps		
			Phase 1 (Week 1-4)	Phase 2 (Week 5-8)	Phase 3 (Week 9-12)
<i>Mobility</i>	1a) Child's Pose - Cobra	3	-	-	-
	1b) Cat-Cow	3	-	-	-
	1c) Monster Walk	3	4-5ea	4-5ea	4-5ea
<i>Activation</i>	2a) SHELC	2-3	6-10	6-10	6-10
	2b) KB Press-out	2-3	8-10	8-10	8-10
<i>Movement Prep</i>	3a) Ball Slam	3	8	8	8
	3b) Standing Long Jump	3	6-8	6-8	6-8
<i>Strength (A)</i>	4a) Squat	3-4	10-12	8-10	6-8
	4b) Rollout	3-4	8-10	8-10	8-10
<i>Strength (B)</i>	5a) Pull-up / Pulldown	3-4	6-8	4-6	3-5
	5b) 1leg SLDL	2-3	8ea	8ea	8ea
<i>Finisher</i>					

WORKOUT 6 <i>Friday / Saturday Week 2</i>					
Block	Exercise	Sets	Reps		
			Phase 1 (Week 1-4)	Phase 2 (Week 5-8)	Phase 3 (Week 9-12)
<i>Mobility</i>	1a) Quadruped Hip Circles	3	10ea	10ea	-
	1b) Quadruped Reach Through	3	4-5ea	4-5ea	-
	1c) Standing Chest Openers	3	-	-	4-5ea
<i>Activation</i>	2a) Hang	3	-	-	6-10
	2b) Dynamic Alternating Band Woodchopper	2-3	8ea	8ea	8-10
<i>Movement Prep</i>	3) DB Complex <i>SLDL, Row, Squat, Press</i>	2-3	6-10ea	6-10ea	8 6-8
<i>Strength (A)</i>	4a) Deadlift	3-4	10-12	8-10	6-8
	4b) Crunch Complex	3-4	8-10ea	8-10ea	8-10ea
<i>Strength (B)</i>	5a) Push-up / Floor Press	3-4	8-10	6-8	4-6
	5b) Step-up	2-3	8ea	8ea	8ea
<i>Finisher</i>					