

<p align="center"><b>WORKOUT 1</b> <i>Monday / Tuesday 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) Cobra - Child's Pose 1b) Cat-Cow 1c) Deck Roll 1d) Standing Rainbow 1e) Arm Circles 1f) Monster Walk 1g) Lateral Squat 1h) Step Back Hamstring Stretch 1i) Standing Scaps	2 2 2 2 2 2 2 2 2 2			
<i>General Activation</i>	2a) Pull-up Drill 2b) SHELCS	2-3 2-3	8-12	8-12	8-12
<i>Specific Activation</i>	3a) Banded Deadlift	1-2			
<i>Power &amp; Core</i>	4a) KB Swing 4b) Plank	2-3 2-3	20	30 Side Plank	10 Plank
<i>Strength (A)</i>	5a) Deadlift 5b) Side-Lying Can Opener		8-10	6-8 90/90	4-6 Iron Cross
<i>Strength (B)</i>	6a) OH Press 6b) Split Squat		10-12	8-10 Lunge	6-8 Step-up
<i>Finisher</i>					

<b>WORKOUT 2</b> <i>Wednesday / Thursday 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) Hip Tilts 1b) Heels & Toes 1c) Standing Chest Openers 1d) Archers 1e) Lateral Squat 1f) Lunges & Laybacks 1g) Greatest Stretch 1h) Quadruped Adductor Rocking 1i) Rolling Chest Stretch 1j) Downward Dog to Stand	2 2 2 2 2 2 2 2 2 2 2			
<i>General Activation</i>	2a) Push-up Drill 2b) Frog - Dog - Butterfly	2-3 2-3			
<i>Specific Activation</i>	3a) Mini-Band Squat	1-2			
<i>Power &amp; Core</i>	4a) Squat Jump 4b) Dead Bug	2-3 2-3	8 8ea	DB Sq. Jump 8ea	Long Jump 8ea
<i>Strength (A)</i>	5a) Squat 5b) Quadruped Reach Through	3-4 3-4	10-12	8-10 Cubans	6-8 Splitter
<i>Strength (B)</i>	6a) Pull-up / Pulldown 6b) SLDL	3-4 2-3	8-10	6-8 Staggered DL	4-6 1leg SLDL
<i>Finisher</i>					

<p align="center"><b>WORKOUT 3</b> <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) Cobra - Child's Pose	2			
	1b) Cat-Cow	2			
	1c) Deck Roll	2			
	1d) Standing Rainbow	2			
	1e) Arm Circles	2			
	1f) Monster Walk	2			
	1g) Lateral Squat	2			
	1h) Step Back Hamstring Stretch	2			
	1i) Standing Scaps	2			
<i>General Activation</i>	2a) Pull-up Drill	2-3			
	2b) SHELCS	2-3	8-12	8-12	8-12
<i>Specific Activation</i>	3a) Banded Deadlift	1-2			
<i>Power &amp; Core</i>	4a) KB Swing	2-3	20	30	10
	4b) Plank	2-3		Side Plank	Plank
<i>Strength (A)</i>	5a) Deadlift		8-10	6-8	4-6
	5b) Side-Lying Can Opener			90/90	Iron Cross
<i>Strength (B)</i>	6a) OH Press		10-12	8-10	6-8
	6b) Split Squat			Lunge	Step-up
<i>Finisher</i>					

<p align="center"><b>WORKOUT 4</b> <i>Monday / Tuesday Week 2</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) Hip Tilts	2			
	1b) Heels & Toes	2			
	1c) Standing Chest Openers	2			
	1d) Archers	2			
	1e) Lateral Squat	2			
	1f) Lunges & Laybacks	2			
	1g) Greatest Stretch	2			
	1h) Quadruped Adductor Rocking	2			
	1i) Rolling Chest Stretch	2			
	1j) Downward Dog to Stand	2			
	<i>General Activation</i>	2a) Push-up Drill	2-3		
2b) Glute Kickback & Bridge		2-3			
<i>Specific Activation</i>	3a) Mini-Band Squat	1-2			
<i>Power &amp; Core</i>	4a) Squat Jump	2-3	8	DB Sq. Jump	Long Jump
	4b) Reverse Crunch	2-3	8-12	8-12	8-12
<i>Strength (A)</i>	5a) Squat	3-4	10-12	8-10	6-8
	5b) Quadruped Reach Through	3-4		Cubans	Splitter
<i>Strength (B)</i>	6a) Pull-up / Pulldown	3-4	8-10	6-8	4-6
	6b) SLDL	2-3		Staggered DL	1leg SLDL
<i>Finisher</i>					

<p align="center"><b>WORKOUT 5</b> <i>Wednesday / Thursday Week 2</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) Cobra - Child's Pose	2			
	1b) Cat-Cow	2			
	1c) Deck Roll	2			
	1d) Standing Rainbow	2			
	1e) Arm Circles	2			
	1f) Monster Walk	2			
	1g) Lateral Squat	2			
	1h) Step Back Hamstring Stretch	2			
	1i) Standing Scaps	2			
<i>General Activation</i>	2a) Pull-up Drill	2-3			
	2b) SHELCS	2-3	8-12	8-12	8-12
<i>Specific Activation</i>	3a) Banded Deadlift	1-2			
<i>Power &amp; Core</i>	4a) KB Swing	2-3	20	30	10
	4b) Plank	2-3		Side Plank	Plank
<i>Strength (A)</i>	5a) Deadlift		8-10	6-8	4-6
	5b) Side-Lying Can Opener			90/90	Iron Cross
<i>Strength (B)</i>	6a) OH Press		10-12	8-10	6-8
	6b) Split Squat			Lunge	Step-up
<i>Finisher</i>					

<p align="center"><b>WORKOUT 6</b> Friday / Saturday Week 2</p>					
Block	Exercise	Sets	Reps		
			Phase 1 (Week 1-4)	Phase 2 (Week 5-8)	Phase 3 (Week 9-12)
<i>Mobility</i>	1a) Hip Tilts	2			
	1b) Heels & Toes	2			
	1c) Standing Chest Openers	2			
	1d) Archers	2			
	1e) Lateral Squat	2			
	1f) Lunges & Laybacks	2			
	1g) Greatest Stretch	2			
	1h) Quadruped Adductor Rocking	2			
	1i) Rolling Chest Stretch	2			
	1j) Downward Dog to Stand	2			
	<i>General Activation</i>	2a) Push-up Drill	2-3		
2b) Banded Walk		2-3			
<i>Specific Activation</i>	3a) Mini-Band Squat	1-2			
<i>Power &amp; Core</i>	4a) Squat Jump	2-3	8	DB Sq. Jump	Long Jump
	4b) Band Press Out	2-3	8ea	8ea	8ea
<i>Strength (A)</i>	5a) Squat	3-4	10-12	8-10	6-8
	5b) Quadruped Reach Through	3-4		Cubans	Splitter
<i>Strength (B)</i>	6a) Pull-up / Pulldown	3-4	8-10	6-8	4-6
	6b) SLDL	2-3		Staggered DL	1leg SLDL
<i>Finisher</i>					