

<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) ½ Kneeling Hip Tilts	2-3			
	1b) ½ Kneeling Hip Flexor Stretch	2-3			
	1c) ½ Kneeling Adductor Rock	2-3			
	1d) Gorilla Cossack	2-3			
	1e) Quadruped Adductor Rock	2-3			
	1f) Scap Push-up	2-3			
	1g) Rolling Chest Stretch	2-3			
	1h) Downward Dog - Toe-Touch	2-3			
<i>Activation</i>	2a) X-Band Walk	2-3	8-10ea	8-10ea	8-10ea
	2b) Shoulder Dislocates	2-3			
<i>Power / Complex</i>	3) DB Complex (SLDL, Row, Squat, OH Press)	2-3	8-10ea	8-10ea	8-10ea
<i>Strength (A)</i>	4a) Squat	3-4	12-15	8-10	6-8
	4b) Mountain Climber	3-4	10ea	10ea	10ea
<i>Strength (B)</i>	5a) OH Press	3-4	8-10	10-12	12-15
	5b) 1 arm DB Row	3-4	6-8	4-6	1-4
<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) Supine Hamstring Kick 1b) Side-Lying Can Opener 1c) Deck Roll 1d) 90/90 Hip Rotation 1e) Cat-Cow 1f) Spider-Man Lunge / Squat 1g) Quadruped Reach Through 1h) Down Dog - Cobra - Child Pose	2-3 2-3 2-3 2-3 2-3 2-3 2-3 2-3			
<i>Activation</i>	2a) Glute Dogs 2b) Partner Band Lat Act.	2-3 2-3	10ea	10ea	10ea
<i>Power / Complex</i>	3a) SB Swing 3b) Plank	2-3 2-3	20	Squat Jump	Long Jump
<i>Strength (A)</i>	4a) Deadlift 4b) Straight-Arm, Straight-Leg Lift	3-4 3-4	10-12 10	6-8 10	4-6 10
<i>Strength (B)</i>	5a) Floor Press 5b) Pull-up / Pulldown	3-4 3-4	8-10 6-8	10-12 4-6	12-15 1-4
<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) ½ Kneeling Hip Tilts	2-3			
	1b) ½ Kneeling Hip Flexor Stretch	2-3			
	1c) ½ Kneeling Adductor Rock	2-3			
	1d) Gorilla Cossack	2-3			
	1e) Quadruped Adductor Rock	2-3			
	1f) Scap Push-up	2-3			
	1g) Rolling Chest Stretch	2-3			
	1h) Downward Dog - Toe-Touch	2-3			
<i>Activation</i>	2a) Partner Band Face Pull	2-3	8-10	8-10	8-10
	2b) Partner Band Pull-Through	2-3	8-10	8-10	8-10
<i>Power / Complex</i>	3) KB Complex (Deadlift, Swing, Squat)	2-3	10ea	10ea	10ea
<i>Strength (A)</i>	4a) Lateral Squat	2-3	8ea	8ea	8ea
	4b) Band Press Out	2-3	8ea	8ea	8ea
<i>Strength (B)</i>	5a) OH Press	3-4	8-10	10-12	12-15
	5b) 1 arm DB Row	3-4	6-8	4-6	1-4
<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) Supine Hamstring Kick	2-3			
	1b) Side-Lying Can Opener	2-3			
	1c) Deck Roll	2-3			
	1d) 90/90 Hip Rotation	2-3			
	1e) Cat-Cow	2-3			
	1f) Spider-Man Lunge / Squat	2-3			
	1g) Quadruped Reach Through	2-3			
	1h) Down Dog-Cobra-Child Pose	2-3			
<i>Activation</i>	2a) Foam Roller Child's Pose	2-3			
	2b) Quadruped 90° Kickback	2-3	10ea	10ea	10ea
<i>Power / Complex</i>	3) DB Complex (SLDL, Row, Squat, OH Press)	2-3	8-10ea	8-10ea	8-10ea
<i>Strength (A)</i>	4a) Squat	3-4	12-15	8-10	6-8
	4b) Mountain Climber	3-4	10ea	10ea	10ea
<i>Strength (B)</i>	5a) Floor Press	3-4	8-10	10-12	12-15
	5b) Pull-up / Pulldown	3-4	6-8	4-6	1-4
<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) ½ Kneeling Hip Tilts	2-3			
	1b) ½ Kneeling Hip Flexor Stretch	2-3			
	1c) ½ Kneeling Adductor Rock	2-3			
	1d) Gorilla Cossack	2-3			
	1e) Quadruped Adductor Rock	2-3			
	1f) Scap Push-up	2-3			
	1g) Rolling Chest Stretch	2-3			
	1h) Downward Dog - Toe-Touch	2-3			
<i>Activation</i>	2a) Mini Band Walk	2-3			
	2b) Band Splitter	2-3	8ea	8ea	8ea
<i>Power / Complex</i>	4a) Ball Slam	2-3	8	Sq. Jump	L Jump
	4b) Plank	2-3			
<i>Strength (A)</i>	4a) Deadlift	3-4	10-12	6-8	4-6
	4b) Crunch Complex	3-4	10ea	10ea	10ea
<i>Strength (B)</i>	5a) OH Press	3-4	8-10	10-12	12-15
	5b) 1arm DB Row	3-4	6-8	4-6	1-4
<i>Finisher</i>					

<p align="center"><b>WORKOUT 6</b> <i>Friday / Saturday 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) Supine Hamstring Kick	2-3			
	1b) Side-Lying Can Opener	2-3			
	1c) Deck Roll	2-3			
	1d) 90/90 Hip Rotation	2-3			
	1e) Cat-Cow	2-3			
	1f) Spider-Man Lunge / Squat	2-3			
	1g) Quadruped Reach Through	2-3			
	1h) Down Dog-Cobra-Child Pose	2-3			
<i>Activation</i>	2a) Banded Hinge	2-3			
	2b) Mini Band Press	2-3			
<i>Power / Complex</i>	3) KB Complex (Deadlift, Swing, Squat)	2-3	10ea	10ea	10ea
<i>Strength (A)</i>	4a) Lunge	2-3	8ea	8ea	8ea
	4b) Wide-Stance Anti-Rotation	2-3	8ea	8ea	8ea
<i>Strength (B)</i>	5a) Floor Press	3-4	8-10	10-12	12-15
	5b) Pull-up / Pulldown	3-4	6-8	4-6	1-4
<i>Finisher</i>					