

<p align="center">WORKOUT 1 <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	2-3			
	1b) Cat-Cow	2-3			
	1c) Deck Roll	2-3			
	1d) Standing Rainbow	2-3			
	1e) Arm Circles	2-3			
	1f) Monster Walk	2-3			
	1g) Lateral Squat	2-3			
	1h) Step Back Hamstring Stretch	2-3			
	1i) Standing Scaps	2-3			
	<i>Activation</i>	2) Mini band Glute Complex <i>(Lateral step, Butterfly, Bridge, Clam Shell)</i>	2-3	30s ea	30s ea
<i>Power / Complex</i>	3a) KB Swing 3b) Plank	2-3 2-3	20	30	10
<i>Strength (A)</i>	4a) Deadlift 4b) Iron Cross	3-4 3-4	8-10	6-8	4-6
<i>Strength (B)</i>	5a) OH Press 5b) Lateral Squat	3-4 3-4	10-12 8ea	8-10 Lat Lunge	6-8 Xing Lunge
<i>Finisher</i>					

WORKOUT 2					
Wednesday / Thursday Week 1					
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	2-3			
	1b) Heels & Toes	2-3			
	1c) Standing Chest Openers	2-3			
	1d) Archers	2-3			
	1e) Lateral Squat	2-3			
	1f) Lunges & Laybacks	2-3			
	1g) Greatest Stretch	2-3			
	1h) Quadruped Adductor Rocking	2-3			
	1i) Rolling Chest Stretch	2-3			
	1j) Downward Dog to Stand	2-3			
	<i>Activation</i>	2a) Straight-arm Band Pulldown	2-3	10	10
2b) SHELCS		2-3	8-12	8-12	8-12
<i>Power / Complex</i>	3a) Skater w/ Stick	2-3	8ea	Skater	Long Jump
	3b) Rollout	2-3	8-10	8-10	8-10
<i>Strength (A)</i>	4a) Squat	3-4	12-15	8-10	6-8
	4b) Cuban Rotation	3-4	10	10	10
<i>Strength (B)</i>	5a) Pull-up	3-4	6-8	4-6	1-3
	5b) 1leg Balance Reach	3-4	8ea	1leg Deadlift	1arm, 1leg Deadlift
<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) Floor Slide	2-3			
	1b) Supine Hip Rotation	2-3			
	1c) Supine Piriformis Stretch	2-3			
	1d) Can Opener	2-3			
	1e) Bear Squat	2-3			
	1f) Quadruped Reach Through	2-3			
	1g) Standing Hip Circles	2-3			
	1h) Standing Bows & Swings	2-3			
	1i) Standing Shoulder Circles	2-3			
<i>Activation</i>	2a) Hang	2-3			
	2b) Band Glute Kickback	2-3	10-20	10-20	10-20
<i>Power / Complex</i>	3a) Hand-to-Hand Swing	2-3	20	1a Swing	KB Clean
	3b) Reverse Crunch	2-3	8-12	8-12	8-12
<i>Strength (A)</i>	4a) Deadlift	3-4	8-10	6-8	4-6
	4b) Mini band Press	2-3	8-10	8-10	8-10
<i>Strength (B)</i>	5a) OH Press	3-4	10-12	8-10	6-8
	5b) Split Squat	3-4	8ea	Lunge	FFE Lunge
<i>Finisher</i>					

<p align="center">WORKOUT 4 <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) Floor Slide	2-3			
	1b) Supine Hip Rotation	2-3			
	1c) Supine Piriformis Stretch	2-3			
	1d) Can Opener	2-3			
	1e) Bear Squat	2-3			
	1f) Quadruped Reach Through	2-3			
	1g) Standing Hip Circles	2-3			
	1h) Standing Bows & Swings	2-3			
	1i) Standing Shoulder Circles	2-3			
<i>Activation</i>	2a) ½ Kneeling Band Splitter	2-3	8ea	8ea	8ea
	2b) DB Prone Lying Leg Curl	2-3	10-12	10-12	10-12
<i>Power / Complex</i>	3a) Squat Jump	2-3	8	Jump w/ Rot	Long Jump
	3b) Rollout	2-3	8-10	8-10	8-10
<i>Strength (A)</i>	4a) Squat	3-4	12-15	8-10	6-8
	4b) Lying Butterfly	3-4	10	10	10
<i>Strength (B)</i>	5a) Pull-up	3-4	6-8	4-6	1-3
	5b) BB Hip Bridge	3-4	8-10	10-12	12-15
<i>Finisher</i>					

<p align="center">WORKOUT 5 <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	2-3			
	1b) Cat-Cow	2-3			
	1c) Deck Roll	2-3			
	1d) Standing Rainbow	2-3			
	1e) Arm Circles	2-3			
	1f) Monster Walk	2-3			
	1g) Lateral Squat	2-3			
	1h) Step Back Hamstring Stretch	2-3			
	1i) Standing Scaps	2-3			
<i>Activation</i>	2a) Hang	2-3			
	2b) X-Band Walk	2-3	10ea	10ea	10ea
<i>Power / Complex</i>	4a) KB Swing	2-3	20	1a Swing	KB Clean
	4b) Side Plank	2-3			
<i>Strength (A)</i>	4a) Deadlift	3-4	8-10	6-8	4-6
	4b) Box T-Spine Extension	3-4			
<i>Strength (B)</i>	5a) OH Press	3-4	10-12	8-10	6-8
	5b) Lateral Squat	3-4	8ea	Lat Lunge	Xing Lunge
<i>Finisher</i>					

WORKOUT 6					
Friday / Saturday Week 2					
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	2-3			
	1b) Heels & Toes	2-3			
	1c) Standing Chest Openers	2-3			
	1d) Archers	2-3			
	1e) Lateral Squat	2-3			
	1f) Lunges & Laybacks	2-3			
	1g) Greatest Stretch	2-3			
	1h) Quadruped Adductor Rocking	2-3			
	1i) Rolling Chest Stretch	2-3			
	1j) Downward Dog to Stand	2-3			
	<i>Activation</i>	2) TGU	2-3	3ea	3ea
<i>Power / Complex</i>	3a) 1 arm Clean	2-3	6-8ea	1 arm Clean	1 arm Snatch
	3b) Dead Bug	2-3	8ea	8ea	8ea
<i>Strength (A)</i>	4a) Squat	2-3	12-15	8-10	6-8
	4b) Inchworm	2-3	8	8	8
<i>Strength (B)</i>	5a) Pull-up	3-4	6-8	4-6	1-3
	5b) 1leg Balance Reach	3-4	8ea	1leg Deadlift	1 arm, 1leg Deadlift
<i>Finisher</i>					