

<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) 90/90 Hip Rotation 1b) 90/90 Stretch 1c) Bent Knee Hamstring Stretch 1d) Happy Baby 1e) Butterfly Stretch 1f) Long Sitting (w/Alt Reach) 1g) Seated Ts, Ys, Is 1h) Standing Hip Circles 1i) Standing Crossover 1j) Pogo Hops	2 2 2 2 2 2 2 2 2 2 2			
<i>Activation</i>	2a) Hang / Pull-up 2b) SHELIC	2-3 2-3	8-12	8-12	8-12
<i>Power / Complex</i>	3) KB Complex <ul style="list-style-type: none"> <li>• 1arm Deadlift</li> <li>• 1arm Swing</li> <li>• Off-set Squat</li> </ul>	2-3	8 6 4	8 6 4	8 6 4
<i>Strength (A)</i>	4a) Deadlift 4b) Mountain Climber	3-4 3-4	8-10 20	6-8 20	4-6 20
<i>Strength (B)</i>	5a) 1 arm OH Press  5b) Loaded Carry	2-4  2-4	8ea	1arm Uppercut	1arm Corkscrew Press
<i>Finisher</i>					

<p align="center"><b>WORKOUT 2</b>  <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) Child's Pose - Cobra 1b) Quadruped-to-Downward Dog 1c) Hip Slide-out / Pigeon 1d) Quadruped Hip Rocking 1e) Cat-Cow 1f) Kneeling Adductor Stretch 1g) Kneeling Adductor w/Rotation 1h) Gorilla Cossack 1i) Wide-Stance Hinge 1j) Arm Swings: Vert./Horizontal 1k) Heel Kicks	2 2 2 2 2 2 2 2 2 2 2 2			
<i>Activation</i>	2a) Plank / Push-up 2b) Band Glute Kickback	2-3 2-3	10-20	10-20	10-20
<i>Power / Complex</i>	3) AMRAP: 4 minutes <ul style="list-style-type: none"> <li>• Walkout Plank</li> <li>• Band OH Squat</li> <li>• Band Pullapart</li> <li>• Xing Lunge</li> </ul>	1	5 10 5 10	5 10 5 10	5 10 5 10
<i>Strength (A)</i>	3a) Squat 3b) KB Pullover	3-4 3-4	10-12 8-10	8-10 8-10	6-8 8-10
<i>Strength (B)</i>	5a) 1 arm Band Row 5b) Lying Triceps Extension	2-4 2-4	8ea 8-12	1 arm OH Row 8-12	1aComp.Row 8-12
<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) Child's Pose: Side-to-side 1b) Hip Flexor Stretch 1c) ½ Kneeling Knee Press-out 1d) Greatest Stretch 1e) ½ Kneeling Hamstring Stretch 1f) Standing Chest Press 1g) Standing Rotate & Reach 1h) Jumping Jacks	2 2 2 2 2 2 2 2 2			
<i>Activation</i>	2a) Hang / Pull-up 2b) SHELIC	2-3 2-3	8-12	8-12	8-12
<i>Power / Complex</i>	3) EMOM: 6 minutes <ul style="list-style-type: none"> <li>• Evens: Lat Squat - Burpee</li> <li>• Odds: Hip Bridge - KB Swing</li> </ul>	1	5, 5 10, 10	5, 5 10, 10	5, 5 10, 10
<i>Strength (A)</i>	4a) 1leg Deadlift 4b) Wide-stance Anti Rot w/Band	3-4 2-3	8ea 8ea	6ea 8ea	Deadlift 8ea
<i>Strength (B)</i>	5a) Floor Press 5b) Band Biceps Curl	2-4 2-4	10-12 8-12	8-10 8-12	6-8 8-12
<i>Finisher</i>					

WORKOUT 4					
Monday / Tuesday 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) Child's Pose - Cobra 1b) Quadruped-to-Downward Dog 1c) Hip Slide-out / Pigeon 1d) Quadruped Hip Rocking 1e) Cat-Cow 1f) Kneeling Adductor Stretch 1g) Kneeling Adductor w/Rotation 1h) Gorilla Cossack 1i) Wide-Stance Hinge 1j) Arm Swings: Vert./Horizontal 1k) Heel Kicks	2 2 2 2 2 2 2 2 2 2 2 2 2			
<i>Activation</i>	2a) Plank / Push-up 2b) Glutes: Dog - Horse - Bird	2-3 2-3	5, 5, 5	5, 5, 5	5, 5, 5
<i>Power / Complex</i>	2) AMRAP: 4 minutes <ul style="list-style-type: none"> <li>• Plate Chop</li> <li>• Plate Swing</li> <li>• Calf Raise</li> </ul>	1	5ea 10 15	5ea 10 15	5ea 10 15
<i>Strength (A)</i>	4a) Reverse Lunge 4b) KB Pullover	3-4 3-4	8ea 8-10	FFE Lunge 8-10	Split Squat 8-10
<i>Strength (B)</i>	5a) 1arm Band Row 5b) OH Triceps Extension	2-4 2-4	8ea 8-12	1arm OH Row 8-12	1aComp.Row 8-12
<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) Child's Pose: Side-to-side 1b) Hip Flexor Stretch 1c) ½ Kneeling Knee Press-out 1d) Greatest Stretch 1e) ½ Kneeling Hamstring Stretch 1f) Standing Chest Press 1g) Standing Rotate & Reach 1h) Jumping Jacks	2 2 2 2 2 2 2 2 2			
<i>Activation</i>	2a) Hang / Pull-up 2b) Hamstring Bridge	2-3 2-3	10	10	10
<i>Power / Complex</i>	3) EMOM: 6 minutes (Mini-band) <ul style="list-style-type: none"> <li>• Evens: Ski Jump – Squat</li> <li>• Odds: Bear Tap – Lat Steps</li> </ul>	1	20, 10 10, 20	20, 10 10, 20	20, 10 10, 20
<i>Strength (A)</i>	4a) SLDL 4b) Plank w/ Plate Swap	3-4 3-4	10-12	8-10	Deadlift
<i>Strength (B)</i>	5a) Floor Press 5b) Loaded Carry	2-4 2-4	10-12	8-10	6-8
<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) 90/90 Hip Rotation 1b) 90/90 Stretch 1c) Bent Knee Hamstring Stretch 1d) Happy Baby 1e) Butterfly Stretch 1f) Long Sitting (w/Alt Reach) 1g) Seated Ts, Ys, Is 1h) Standing Hip Circles 1i) Standing Crossover 1j) Pogo Hops	2 2 2 2 2 2 2 2 2 2 2			
<i>Activation</i>	2a) Plank / Push-up 2b) Clams 2-Ways	2-3 2-3	15, 15	15, 15	15, 15
<i>Power / Complex</i>	3) Complex <ul style="list-style-type: none"> <li>• Renegade Row</li> <li>• SLDL</li> <li>• High Pull</li> <li>• Reverse Lunge</li> </ul>	2-3	8 8 8 8	8 8 8 8	8 8 8 8
<i>Strength (A)</i>	4a) Lateral Squat 4b) Reverse Crunch	2-3 2-3	8ea 8-10	Lat Lunge 8-10	Rot. Lunge 8-10
<i>Strength (B)</i>	5a) 1arm OH Press  5b) 1arm DB Biceps Curl	2-4  2-4	8ea  8-12ea	1arm Uppercut  8-12ea	1arm Corkscrew Press 8-12ea
<i>Finisher</i>					