






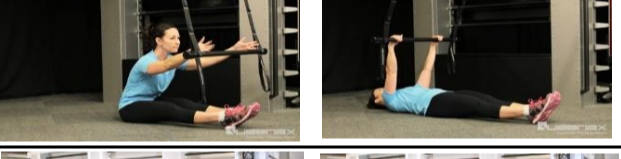

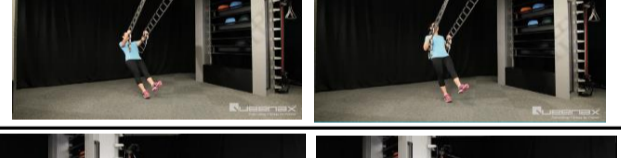

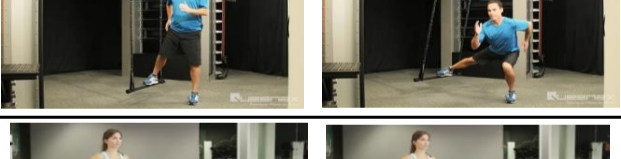


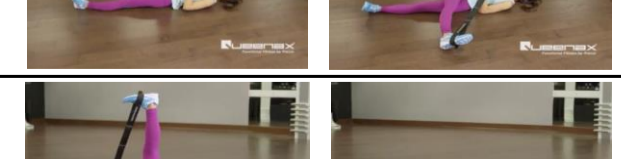
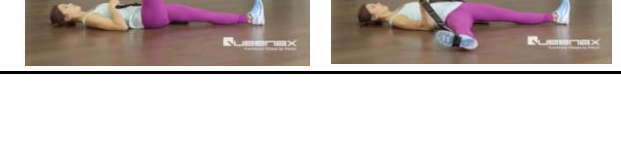







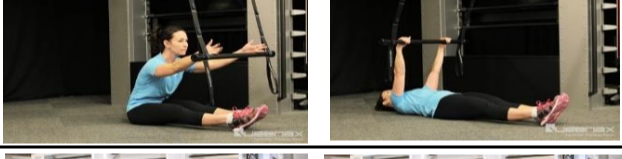

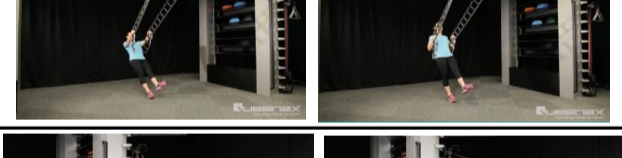
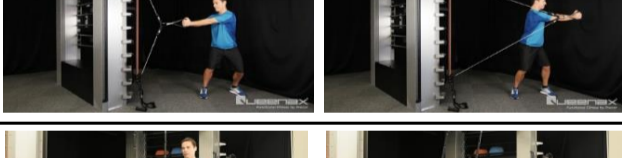
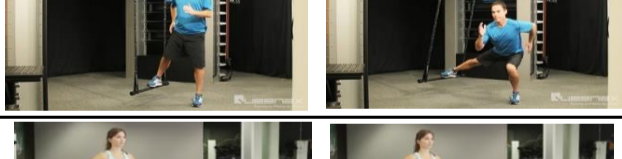
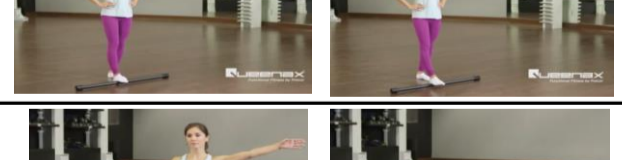
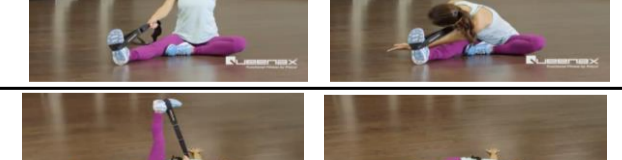

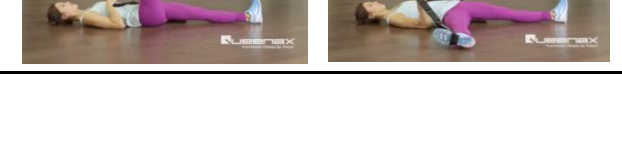








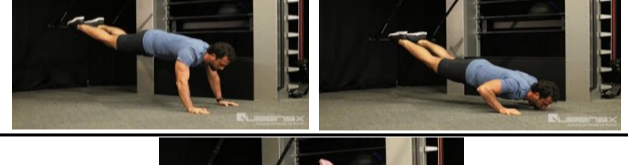
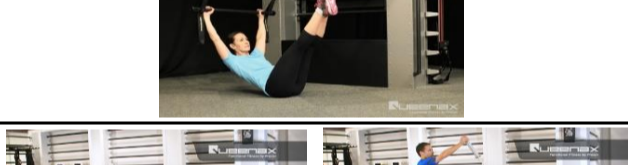
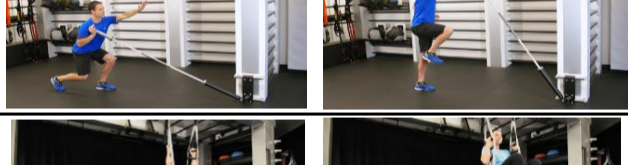

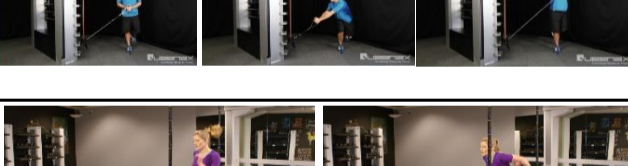
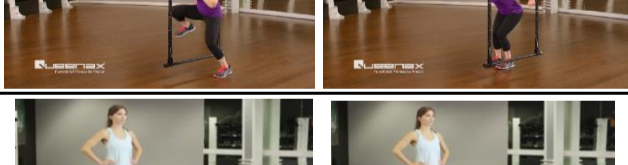


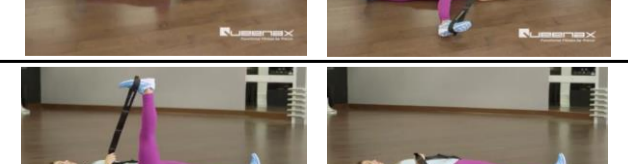
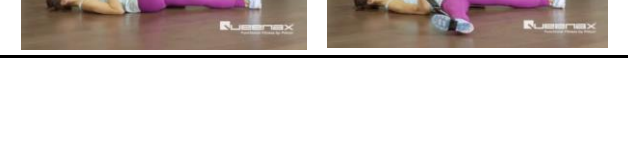
Week 1 Goal: Learn basic movement patterns and increase aerobic capacity

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Wall Bar	Back Extension		30 sec		Drive hips forward and lift onto toes, arching back and neck
		Side Reach		30 sec		Reach outside arm overhead toward bars, pushing outside hip away
		Lateral Line		30 sec		Cross one foot in front, leaning toward outside hip
		Dynamic Shoulders		30 sec		Reach back to touch bar and drop down into split stance
		Hamstrings		30 sec		Place one foot on bar at knee or waist height
Workout - 3 rounds of prescribed reps per time / 20 sec of rest between exercises	Plyometric Platform	Step-Ups		12 reps per side		Drive through the mid-foot and heel to step up, alternating legs
	Superfunctional	Push-Up		12 reps per side	Thigh	Maintain core and scapular stability
	Superfunctional	Sit-Up		12 reps	Knee	Maintain pressure on bar when curling torso up to seated position
	Torso Trainer	Front Squat		12 reps		Sit back into hips while maintaining thoracic extension
	Up Strength	Single Leg Row		12 reps per side		Minimize torso rotation as arm extends
	Strong++	Straight Arm Torso Rotation		12 reps per side		Rotate shoulders and hips together during motion
	Superfunctional	Suspended Lateral Lunge		12 reps per side	Ankle	Apply pressure into bar through foot and keep hips over base leg
Cool Down	Superfunctional	Trigger Point Foot		30 sec per side	Bar only	Stand with bar under foot and gently roll under foot
		Hamstring with Rotation		30 sec per side	Strap only	Reach opposite arm under strap and hold
		IT Band Stretch		30 sec per side	Strap only	Drop foot across body while turning upper body in opposite direction
		Adductor		30 sec per side	Strap only	Drop leg to outside of body, minimizing rotation of hips








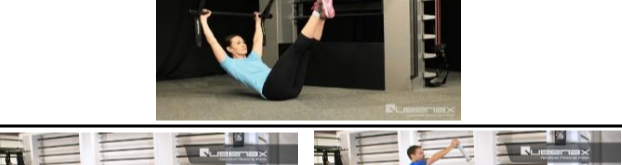

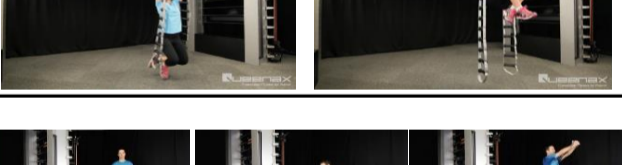

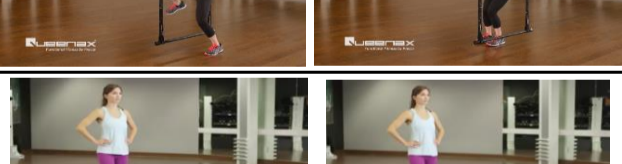
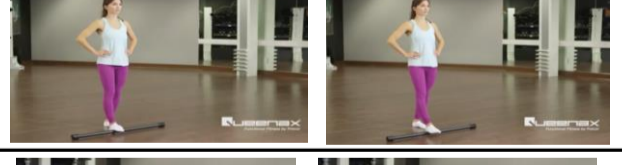


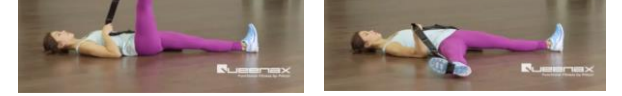
Week 2 Goal: Progress volume of movement patterns and increase aerobic adaptation

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Wall Bar	Back Extension		30 sec		Drive hips forward and lift onto toes, arching back and neck
		Side Reach		30 sec		Reach outside arm overhead toward bars, pushing outside hip away
		Lateral Line		30 sec		Cross one foot in front, leaning toward outside hip
		Dynamic Shoulders		30 sec		Reach back to touch bar and drop down into split stance
		Hamstrings		30 sec		Place one foot on bar at knee or waist height
Workout - 3 rounds of prescribed reps per time / 20 sec of rest between exercises	Plyometric Platform	Step-Ups		15 reps per side		Drive through the mid-foot and heel to step up, alternating legs
	Superfunctional	Push-Up		15 reps per side	Thigh	Maintain core and scapular stability
	Superfunctional	Sit-Up		15 reps	Knee	Maintain pressure on bar when curling torso up to seated position
	Torso Trainer	Front Squat		15 reps		Sit back into hips while maintaining thoracic extension
	Up Strength	Single Leg Row		15 reps per side		Minimize torso rotation as arm extends
	Strong++	Straight Arm Torso Rotation		15 reps per side		Rotate shoulders and hips together during motion
	Superfunctional	Suspended Lateral Lunge		15 reps per side	Ankle	Apply pressure into bar through foot and keep hips over base leg
Cool Down	Superfunctional	Trigger Point Foot		30 sec per side	Bar only	Stand with bar under foot and gently roll under foot
		Hamstring with Rotation		30 sec per side	Strap only	Reach opposite arm under strap and hold
		IT Band Stretch		30 sec per side	Strap only	Drop foot across body while turning upper body in opposite direction
		Adductor		30 sec per side	Strap only	Drop leg to outside of body, minimizing rotation of hips

Week 3 Goal: Progress movement patterns and continue aerobic adaptation

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Wall Bar	Back Extension		30 sec		Drive hips forward and lift onto toes, arching back and neck
		Side Reach		30 sec		Reach outside arm overhead toward bars, pushing outside hip away
		Lateral Line		30 sec		Cross one foot in front, leaning toward outside hip
		Dynamic Shoulders		30 sec		Reach back to touch bar and drop down into split stance
		Hamstrings		30 sec		Place one foot on bar at knee or waist height
Workout - 3 rounds of prescribed reps/time per exercise / 20 sec of rest between exercises	Plyometric Platform	Step-Ups with Jump		12 reps per side		Drive through the foot exploding off of platform, alternating legs
	Superfunctional	Inverted Push-Up		12 reps	Ankle	Minimize hyperextension of spine during push-up motion
	Superfunctional	Overhead V-Sit		20 sec	Knee	Keep pressure on bar and maintain a neutral spine
	Torso Trainer	Pole Vault Lunge with Arm Extension		12 reps per side		Maintain weight in front leg as step back into lunge position
	Up Strength	Pull-Up		12 reps		Maintain scapula engagement during eccentric portion of motion
	Strong++	Single Leg Squat with Rotation		12 reps per side		Stand on one foot, rotating arms and torso upward across body
	Superfunctional	Lateral High Knees		20 sec	Ankle	Leap laterally across bar back and forth without rest
Cool Down	Superfunctional	Trigger Point Foot		30 sec per side	Bar only	Stand with bar under foot and gently roll under foot
		Hamstring with Rotation		30 sec per side	Strap only	Reach opposite arm under strap and hold
		IT Band Stretch		30 sec per side	Strap only	Drop foot across body while turning upper body in opposite direction
		Adductor		30 sec per side	Strap only	Drop leg to outside of body, minimizing rotation of hips

Week 4 Goal: Progress volume of new movement patterns and increase overall workout efficiency

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Wall Bar	Back Extension		30 sec		Drive hips forward and lift onto toes, arching back and neck
		Side Reach		30 sec		Reach outside arm overhead toward bars, pushing outside hip away
		Lateral Line		30 sec		Cross one foot in front, leaning toward outside hip
		Dynamic Shoulders		30 sec		Reach back to touch bar and drop down into split stance
		Hamstrings		30 sec		Place one foot on bar at knee or waist height
Workout - 3 rounds of prescribed reps/time per exercise / 20 sec of rest between exercises	Plyometric Platform	Step-Ups with Jump		15 reps per side		Drive through the foot exploding off of platform, alternating legs
	Superfunctional	Inverted Push-Up		15 reps	Ankle	Minimize hyperextension of spine during push-up motion
	Superfunctional	Overhead V-Sit		30 sec	Knee	Keep pressure on bar and maintain a neutral spine
	Torso Trainer	Pole Vault Lunge with Arm Extension		15 reps per side		Maintain weight in front leg as step back into lunge position
	Up Strength	Pull-Up		15 reps		Maintain scapula engagement during eccentric portion of motion
	Strong++	Single Leg Squat with Rotation		15 reps per side		Stand on one foot, rotating arms and torso upward across body
	Superfunctional	Lateral High Knees		30 sec	Ankle	Leap laterally across bar back and forth without rest
Cool Down	Superfunctional	Trigger Point Foot		30 sec per side	Bar only	Stand with bar under foot and gently roll under foot
		Hamstring with Rotation		30 sec per side	Strap only	Reach opposite arm under strap and hold
		IT Band Stretch		30 sec per side	Strap only	Drop foot across body while turning upper body in opposite direction
		Adductor		30 sec per side	Strap only	Drop leg to outside of body, minimizing rotation of hips