

NAME: _____

Training Phase: Preparatory
Maximum Strength

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
DB Bench - 90*	8 X	8 X	8 X	8 X	Final Reps of Each Set Should Be Tough To Get Rest Between Sets < 1:30 sec Allow muscles time to recover	
Lat Pull Down	8 X	8 X	8 X	8 X		
Seated Row	8 X	8 X	8 X	8 X		
Push-Ups w/ Resistance	8 X	8 X	8 X	8 X		
Alt. / Band Swimmers	8 X	8 X	8 X	8 X		
Split Lunge Jumps w/ wt.	8 X	8 X	8 X	8 X		
Ankle Bounces	20 X	20 X	20 X	20 X		
Rotator Cuff Exercises	15 X Tubing	15 X Tubing				
Team Abs						
Plank Series						

2

DATE: Wednesday	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Squat	8 X	8 X	8 X	8 X	Final Reps of Each Set Should Be Tough To Get Rest Between Sets < 1:30 sec Allow muscles time to recover	
DB Step Ups	8 X	8 X	8 X	8 X		
Alternate Leg Extension	8 X	8 X	8 X	8 X		
Alternate Hamstring Curl	8 X	8 X	8 X	8 X		
Hip Flexion (Left & Right)	8 X	8 X	8 X	8 X		
Plyo Pushups	8 X	8 X	8 X	8 X		
Pull-Ups	8 X	8 X	8 X	8 X		
Band Pull Aparts	15	15	15			
Core: Med Ball Floor Series	10	10				
Bridge Series						

3

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
DB Bench - 90*	8 X	8 X	8 X	8 X	Final Reps of Each Set Should Be Tough To Get Rest Between Sets < 1:30 sec Allow muscles time to recover	
Alternate Lat Pull Down	8 X	8 X	8 X	8 X		
Alternate Seated Row	8 X	8 X	8 X	8 X		
Tricep Push Downs	8 X	8 X	8 X	8 X		
DB Pullover	8 X	8 X	8 X	8 X		
Physioball Lying Rotation	8 X	8 X	8 X	8 X		
Side Lunge w/ wt.	8 X	8 X	8 X	8 X		
Rotator Cuff Exercises	15 X Tubing	15 X Tubing				
Team Abs						
Quadruped Series						

NAME: _____

Training Phase: Preparatory
Maximum Strength

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 4:2:3						
Squat	5 X	5 X	5 X		Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep	
Leg Extension	5 X	5 X	5 X			
Hamstring Curl	5 X	5 X	5 X			
3 Way Shoulders	5 X	5 X	5 X			
Lat Pull Down	5 X	5 X	5 X			
Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
DB Pullover	10 X	10 X			* Follow Tempo of 4:2:3	
Ankle Bounces	15 X	15 X			* 4 sec - Eccentric	
Rotator Cuff Exercises					* 2 sec - Isometric Hold	
Team Abs						
Plank Series						

5

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 4:2:3						
Front Squat	5 X	5 X	5 X	5 X	Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep	
Forward Lunges w/ Bar	5 X	5 X	5 X	5 X		
Hip Flexion (Left & Right)	5 X	5 X	5 X	5 X		
DB Bench - 90*	5 X	5 X	5 X	5 X		
Pull-Ups w/ Weight	5 X	5 X	5 X	5 X		
Alt. / Band Swimmers	10 X	10 X	10 X	10 X		
Auxiliary Lifts						
Band Pull Aparts	10 X	10 X			* Follow Tempo of 4:2:3	
Tricep Pull Downs	10 X	10 X			* 4 sec - Eccentric	
Core: Med Ball Floor Series	10	10			* 2 sec - Isometric Hold	
Bridge Series					* 3 sec - Concentric	

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DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 4:2:3						
Single Leg Squat w/ Weight	5 X	5 X	5 X		Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep	
RDL	5 X	5 X	5 X			
Side Lunge w/ Weight	5 X	5 X	5 X			
DB Bench - 90*	5 X	5 X	5 X			
Alternate Lat Pull Down	5 X	5 X	5 X			
Alternate Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
Sq Jumps w/ Resis. on Box	8 X	8 X			* Follow Tempo of 4:2:3	
Calf Raises	20	20			* 4 sec - Eccentric	
Rotator Cuff Exercises					* 2 sec - Isometric Hold	
Team Abs						
Quadruped Series						

NAME: _____

Training Phase: Preparatory
Maximum Strength

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 4:2:3						
Squat	5 X	5 X	5 X		Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep * Follow Tempo of 4:2:3 * 4 sec - Eccentric * 2 sec - Isometric Hold * 3 sec - Concentric	
Leg Extension	5 X	5 X	5 X			
Hamstring Curl	5 X	5 X	5 X			
3 Way Shoulders	5 X	5 X	5 X			
Lat Pull Down	5 X	5 X	5 X			
Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
DB Pullover	10 X	10 X				
Ankle Bounces	15 X	15 X				
Rotator Cuff Exercises						
Core: Med Ball Floor Series	10	10				
Plank Series						

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DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 4:2:3						
Front Squat	5 X	5 X	5 X	5 X	Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep * Follow Tempo of 4:2:3 * 4 sec - Eccentric * 2 sec - Isometric Hold * 3 sec - Concentric	
Forward Lunges w/ Bar	5 X	5 X	5 X	5 X		
Hip Flexion	5 X	5 X	5 X	5 X		
DB Bench - 90*	5 X	5 X	5 X	5 X		
Pull-Ups w/ Weight	5 X	5 X	5 X	5 X		
Alt. / Band Swimmers	10 X	10 X	10 X	10 X		
Auxiliary Lifts						
Band Pull Aparts	10 X	10 X				
Tricep Push Downs	10 X	10 X				
Bridge Series						
Team Abs						

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DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 4:2:3						
Single Leg Squat w/ Weight	5 X	5 X	5 X		Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep * Follow Tempo of 4:2:3 * 4 sec - Eccentric * 2 sec - Isometric Hold * 3 sec - Concentric	
RDL	5 X	5 X	5 X			
Side Lunge w/ Weight	5 X	5 X	5 X			
DB Bench - 90*	5 X	5 X	5 X			
Alternate Lat Pull Down	5 X	5 X	5 X			
Alternate Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
Sq Jumps w/ Resis. on Box	8 X	8 X				
Calf Raises	20	20				
Rotator Cuff Exercises						
Core: Med Ball Floor Series	10	10				
Quadruped Series						

NAME: _____



Training Phase: Preparatory
Maximum Strength

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DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 4:2:3						
Squat	5 X	5 X	5 X		Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep * Follow Tempo of 4:2:3 * 4 sec - Eccentric * 2 sec - Isometric Hold * 3 sec - Concentric	
Leg Extension	5 X	5 X	5 X			
Hamstring Curl	5 X	5 X	5 X			
3 Way Shoulders	5 X	5 X	5 X			
Lat Pull Down	5 X	5 X	5 X			
Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
DB Pullover	8 X	8 X				
Ankle Bounces	15 X	15 X				
Rotator Cuff Exercises						
Core: Med Ball Floor Series	10	10				
Plank Series						

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DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 4:2:3						
Front Squat	5 X	5 X	5 X	5 X	Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep * Follow Tempo of 4:2:3 * 4 sec - Eccentric * 2 sec - Isometric Hold * 3 sec - Concentric	
Forward Lunges w/ Bar	5 X	5 X	5 X	5 X		
Hip Flexion	5 X	5 X	5 X	5 X		
DB Bench - 90*	5 X	5 X	5 X	5 X		
Pull-Ups w/ Weight	5 X	5 X	5 X	5 X		
Alt. / Band Swimmers	10 X	10 X	10 X	10 X		
Auxiliary Lifts						
Band Pull Aparts	10 X	10 X				
Tricep Push Downs	8 X	8 X				
Team Abs						
Bridge Series						

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DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 4:2:3						
Single Leg Squat w/ Weight	5 X	5 X	5 X		Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep * Follow Tempo of 4:2:3 * 4 sec - Eccentric * 2 sec - Isometric Hold * 3 sec - Concentric	
RDL	5 X	5 X	5 X			
Side Lunge w/ Weight	5 X	5 X	5 X			
DB Bench - 90*	5 X	5 X	5 X			
Alternate Lat Pull Down	5 X	5 X	5 X			
Alternate Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
Sq Jumps w/ Resis. on Box	8 X	8 X				
Calf Raises	20	20				
Rotator Cuff Exercises						
Core: Med Ball Floor Series	10	10				
Quadruped Series						

NAME: _____

Training Phase: Preparatory
Maximum Strength

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:2:2						
Squat	5 X	5 X	5 X		Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep	
Leg Extension	5 X	5 X	5 X			
Hamstring Curl	5 X	5 X	5 X			
3 Way Shoulders	5 X	5 X	5 X			
Lat Pull Down	5 X	5 X	5 X			
Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
DB Pullover	8 X	8 X			* Follow Tempo of 3:2:2	
Ankle Bounces	15 X	15 X			* 3 sec - Eccentric	
Rotator Cuff Exercises					* 2 sec - Isometric Hold	
Core: Med Ball Floor Series	10	10			* 2 sec - Concentric	
Plank Series						

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DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:2:2						
Front Squat	5 X	5 X	5 X	5 X	Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep	
Forward Lunges w/ Bar	5 X	5 X	5 X	5 X		
Hip Flexion	5 X	5 X	5 X	5 X		
DB Bench - 90*	5 X	5 X	5 X	5 X		
Pull-Ups w/ Weight	5 X	5 X	5 X	5 X		
Alt. / Band Swimmers	10 X	10 X	10 X	10 X		
Auxiliary Lifts						
Band Pull Aparts	10 X	10 X			* Follow Tempo of 3:2:2	
Tricep Push Downs	8 X	8 X			* 3 sec - Eccentric	
Core: Chop Series					* 2 sec - Isometric Hold	
Bridge Series					* 2 sec - Concentric	

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DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:2:2						
Single Leg Squat w/ Weight	5 X	5 X	5 X		Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep	
RDL	5 X	5 X	5 X			
Side Lunge w/ Weight	5 X	5 X	5 X			
DB Bench - 90*	5 X	5 X	5 X			
Alternate Lat Pull Down	5 X	5 X	5 X			
Alternate Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
Sq Jumps w/ Resis. on Box	8 X	8 X			* Follow Tempo of 3:2:2	
Calf Raises	20	20			* 3 sec - Eccentric	
Rotator Cuff Exercises					* 2 sec - Isometric Hold	
Core: Med Ball Floor Series	10	10			* 2 sec - Concentric	
Quadruped Series						

NAME: _____

Training Phase: Preparatory
Maximum Strength

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:2:1						
Squat	5 X	5 X	5 X		Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep	
Leg Extension	5 X	5 X	5 X			
Hamstring Curl	5 X	5 X	5 X			
3 Way Shoulders	5 X	5 X	5 X			
Lat Pull Down	5 X	5 X	5 X			
Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
DB Pullover	8 X	8 X			* Follow Tempo of 3:2:1	
Ankle Bounces	15 X	15 X			* 3 sec - Eccentric	
Rotator Cuff Exercises					* 2 sec - Isometric Hold	
Core: Chop Series					* 1 sec - Concentric	
Plank Series						

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DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:2:1						
Front Squat	5 X	5 X	5 X	5 X	Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep	
Forward Lunges w/ Bar	5 X	5 X	5 X	5 X		
Hip Flexion	5 X	5 X	5 X	5 X		
DB Bench - 90*	5 X	5 X	5 X	5 X		
Pull-Ups w/ Weight	5 X	5 X	5 X	5 X		
Alt. / Band Swimmers	10 X	10 X	10 X	10 X		
Auxiliary Lifts						
Band Pull Aparts	10 X	10 X			* Follow Tempo of 3:2:1	
Tricep Push Downs	8 X	8 X			* 3 sec - Eccentric	
Core: Med Ball Floor Series	10	10			* 2 sec - Isometric Hold	
Bridge Series					* 1 sec - Concentric	

18

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:2:1						
Single Leg Squat w/ Weight	5 X	5 X	5 X	5 X	Rest Between Sets = > 1min. Allow muscles time to recover Heavy Weight - Tough To Get Final Rep	
RDL	5 X	5 X	5 X	5 X		
Side Lunge w/ Weight	5 X	5 X	5 X	5 X		
DB Bench - 90*	5 X	5 X	5 X	5 X		
Alternate Lat Pull Down	5 X	5 X	5 X	5 X		
Alternate Seated Row	5 X	5 X	5 X	5 X		
Auxiliary Lifts						
Sq Jumps w/ Resis. on Box	8 X	8 X			* Follow Tempo of 3:2:1	
Calf Raises	20	20			* 3 sec - Eccentric	
Rotator Cuff Exercises					* 2 sec - Isometric Hold	
Core: Chop Series					* 1 sec - Concentric	
Quadruped Series						

NAME: _____



Training Phase: Preparatory
Conversion To Power

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:0:1						
Squat	3 X	3 X	3 X	3 X	* Heavy Weight * Follow Tempo of 3:0:1 * 3 sec - Eccentric * 0 sec - Isometric Hold * 1 sec - Concentric	
Alt. / Leg Extension	3 X	3 X	3 X	3 X		
Alt. / Hamstring Curl	3 X	3 X	3 X	3 X		
DB Bench - 90*	3 X	3 X	3 X	3 X		
Alt. / Lat Pull Down	3 X	3 X	3 X	3 X		
Alt. / Seated Row	3 X	3 X	3 X	3 X		
Auxiliary Lifts						
DB Pullover	8 X	8 X	8 X		Rest Between Sets = > 1min. Allow muscles time to recover	
Band Pull Aparts	10	10	10			
Rotator Cuff Exercises						
Core: Chop Series	15	15				
Plank Series						

2

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	10 x	10 x	10 x		* Movements Must Be Quick * Movements Must Be Explosive	
Hip Flexion (Left & Right)	10 x	10 x	10 x			
Ankle Bounces	15 x	15 x	15 x			
Alt. / Band Swimmers	10 x	10 x	10 x			
Plyo-Push Ups	10 x	10 x	10 x			
3 Way Shoulders	10 x	10 x	10 x			
Tricep Push Downs	10 x	10 x	10 x			
Core: Med Ball Floor Series	10 x	10 x	10 x		Rest Between Sets = > 1min. Allow muscles time to recover	
Bridge Series						

3

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6		
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT		
Core Lifts : 3:0:1								
Squat	3 X	3 X	3 X	3 X	* Heavy Weight * Follow Tempo of 3:0:1 * 3 sec - Eccentric * 0 sec - Isometric Hold * 1 sec - Concentric			
Forward Lunge Exp. Back	5 X	5 X	5 X	5 X				
Back Ext/Ham Curl	3 X	3 X	3 X	3 X				
DB Bench - 90*	3 X	3 X	3 X	3 X				
Seated Row	3 X	3 X	3 X	3 X				
Auxiliary Lifts							* Movements Must Be Quick	
Band Stoke	30	30					* Movements Must Be Explosive	
Band Pull Aparts	10	10						
Rotator Cuff Exercises								
Core: Chop Series								
Quadruped Series								

NAME: _____

Training Phase: Preparatory
Conversion To Power

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:0:1						
Squat	3 X	3 X	3 X	3 X		
Alt. / Leg Extension	3 X	3 X	3 X	3 X	* Heavy Weight	
Alt. / Hamstring Curl	3 X	3 X	3 X	3 X	* Follow Tempo of 3:0:1	
DB Bench - 90*	3 X	3 X	3 X	3 X	* 3 sec - Eccentric	
Alt. / Lat Pull Down	3 X	3 X	3 X	3 X	* 0 sec - Isometric Hold	
Alt. / Seated Row	3 X	3 X	3 X	3 X	* 1 sec - Concentric	
Auxiliary Lifts					* Movements Must Be Quick	
DB Pullover	8 X	8 X	8 X			
Band Pull Aparts	10	10	10		Rest Between Sets = > 1min.	
Rotator Cuff Exercises					Allow muscles time to recover	
Core: Chop Series	15	15				
Plank Series						

5

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	10 x	10 x	10 x			
Hip Flexion (Left & Right)	10 x	10 x	10 x		* Movements Must Be Quick	
Ankle Bounces	15 x	15 x	15 x		* Movements Must Be Explosive	
Alt. / Band Swimmers	10 x	10 x	10 x			
Pull-Ups w/ Weight	10 x	10 x	10 x		Rest Between Sets = > 1min.	
3 Way Shoulders	10 x	10 x	10 x		Allow muscles time to recover	
Tricep Push Downs	10 x	10 x	10 x			
Core: Med Ball Floor Series	10 x	10 x	10 x			
Bridge Series						

6

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:0:1						
Squat	3 X	3 X	3 X	3 X		
Forward Lunge Exp. Back	5 X	5 X	5 X	5 X	* Heavy Weight	
Back Ext/Ham Curl	3 X	3 X	3 X	3 X	* Follow Tempo of 3:0:1	
DB Bench - 90*	3 X	3 X	3 X	3 X	* 3 sec - Eccentric	
Seated Row	3 X	3 X	3 X	3 X	* 0 sec - Isometric Hold	
Auxiliary Lifts					* 1 sec - Concentric	
Band Stoke	30	30			* Movements Must Be Quick	
Band Pull Aparts	10	10			* Movements Must Be Explosive	
Rotator Cuff Exercises						
Core: Chop Series						
Quadruped Series						

NAME: _____

Training Phase: Preparatory
Conversion To Power

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:0:1						
Squat	3 X	3 X	3 X	3 X	* Heavy Weight * Follow Tempo of 3:0:1 * 3 sec - Eccentric * 0 sec - Isometric Hold * 1 sec - Concentric * Movements Must Be Quick Rest Between Sets = > 1min. Allow muscles time to recover	
Alt. / Leg Extension	3 X	3 X	3 X	3 X		
Alt. / Hamstring Curl	3 X	3 X	3 X	3 X		
DB Bench - 90*	3 X	3 X	3 X	3 X		
Pull-Ups w/ Weight	3 X	3 X	3 X	3 X		
Alt. / Seated Row	3 X	3 X	3 X	3 X		
Auxiliary Lifts						
DB Pullover	8 X	8 X	8 X			
Band Pull Aparts	10	10	10			
Rotator Cuff Exercises						
Core: Chop Series	15	15				
Plank Series						

8

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	10 x	10 x	10 x		* Movements Must Be Quick * Movements Must Be Explosive Rest Between Sets = > 1min. Allow muscles time to recover	
Hip Flexion (Left & Right)	10 x	10 x	10 x			
Ankle Bounces	15 x	15 x	15 x			
Alt. / Band Swimmers	10 x	10 x	10 x			
Plyo-Push Ups	10 x	10 x	10 x			
3 Way Shoulders	10 x	10 x	10 x			
Tricep Push Downs	10 x	10 x	10 x			
Core: Med Ball Floor Series	10 x	10 x	10 x			
Bridge Series						

9

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 3:0:1						
Squat	5 X	5 X	5 X	5 X	* Heavy Weight * Follow Tempo of 3:0:1 * 3 sec - Eccentric * 0 sec - Isometric Hold * 1 sec - Concentric * Movements Must Be Quick * Movements Must Be Explosive Rest Between Sets = > 1min. Allow muscles time to recover	
Forward Lunge Exp. Back	8 X	8 X	8 X	8 X		
Back Ext/Ham Curl	5 X	5 X	5 X	5 X		
DB Bench - 90*	5 X	5 X	5 X	5 X		
Seated Row	5 X	5 X	5 X	5 X		
Auxiliary Lifts						
Band Stoke	30	30				
Band Pull Aparts	10	10				
Rotator Cuff Exercises						
Core: Chop Series						
Quadruped Series						

NAME: _____

Training Phase: Preparatory
Conversion To Power

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	15 x	15 x	15 x			
Hip Flexion (Left & Right)	15 x	15 x	15 x			
Ankle Bounces	15 x	15 x	15 x			
Alt. / Band Swimmers	15 x	15 x	15 x			
Plyo-Push Ups	15 x	15 x	15 x			
3 Way Shoulders	15 x	15 x	15 x			
DB Curls/Tricep Push Down	15 x	15 x	15 x			
Core: Slam Series	15 x	15 x	15 x			
Rotator Cuff Exercises						
Plank Series						

11

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 2:0:1						
Squat - unstable surface	5 X	5 X	5 X			
Forward Lunge - Exp. Back	8 X	8 X	8 X			
Hamstring Curl	5 X	5 X	5 X			
DB Bench - 90*	5 X	5 X	5 X			
Alt. / Lat Pull Down	5 X	5 X	5 X			
Alt. / Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
DB Pullover	8 X	8 X	8 X			
Band Pull Aparts	10	10	10			
Rotator Cuff Exercises						
Core: Chop Series						
Bridge Series						

12

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	15 x	15 x	15 x			
Hip Flexion (Left & Right)	15 x	15 x	15 x			
Ankle Bounces	15 x	15 x	15 x			
Band Stroke	15 x	15 x	15 x			
Plyo-Push Ups	15 x	15 x	15 x			
3 Way Shoulders	15 x	15 x	15 x			
DB Curls/Tricep Push Down	15 x	15 x	15 x			
Core: Slam Series	15 x	15 x	15 x			
Rotator Cuff Exercises						
Quadruped Series						

NAME: _____

Training Phase: Preparatory
Conversion To Power

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	15 x	15 x	15 x			
Hip Flexion (Left & Right)	15 x	15 x	15 x			
Ankle Bounces	15 x	15 x	15 x			
Alt. / Band Swimmers	15 x	15 x	15 x			
Plyo-Push Ups	15 x	15 x	15 x			
3 Way Shoulders	15 x	15 x	15 x			
DB Curls/Tricep Push Down	15 x	15 x	15 x			
Core: Slam Series	15 x	15 x	15 x			
Rotator Cuff Exercises						
Plank Series						

14

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 2:0:1						
Squat - unstable surface	5 X	5 X	5 X			
Forward Lunge - Exp. Back	8 X	8 X	8 X			
Hamstring Curl	5 X	5 X	5 X			
DB Bench - 90*	5 X	5 X	5 X			
Pull-Ups w/ Weight	5 X	5 X	5 X			
Alt. / Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
DB Pullover	8 X	8 X	8 X			
Band Pull Aparts	10	10	10			
Rotator Cuff Exercises						
Core: Chop Series						
Bridge Series						

15

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	20 x	20 x	20 x			
Hip Flexion (Left & Right)	20 x	20 x	20 x			
Ankle Bounces	20 x	20 x	20 x			
Band Stroke	20 x	20 x	20 x			
Plyo-Push Ups	20 x	20 x	20 x			
3 Way Shoulders	20 x	20 x	20 x			
DB Curls/Tricep Push Down	20 x	20 x	20 x			
Core: Slam Series	20 x	20 x	20 x			
Rotator Cuff Exercises						
Quadruped Series						

NAME: _____

Training Phase: Preparatory
Conversion To Power

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	20 x	20 x	20 x			
Hip Flexion (Left & Right)	20 x	20 x	20 x			
Ankle Bounces	20 x	20 x	20 x			
Alt. / Band Swimmers	20 x	20 x	20 x			
Pull-Ups	10 x BW	10 x BW	10 x BW			
3 Way Shoulders	20 x	20 x	20 x			
DB Curls/Tricep Push Down	20 x	20 x	20 x			
Core: Slam Series	20 x	20 x	20 x			
Rotator Cuff Exercises						
Plank Series						

* Movements Must Be Quick
* Movements Must Be Explosive
Rest Between Sets = > 1min.
Allow muscles time to recover

17

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Core Lifts : 2:0:1						
Squat - unstable surface	5 X	5 X	5 X			
Forward Lunge - Exp. Back	8 X	8 X	8 X			
Hamstring Curl	5 X	5 X	5 X			
DB Bench - 90*	5 X	5 X	5 X			
Alt. / Lat Pull Down	5 X	5 X	5 X			
Alt. / Seated Row	5 X	5 X	5 X			
Auxiliary Lifts						
DB Pullover	8 X	8 X	8 X			
Band Pull Aparts	10	10	10			
Rotator Cuff Exercises						
Core: Chop Series						
Bridge Series						

* Heavy Weight
* Follow Tempo of 2:0:1
* 2 sec - Eccentric
* 0 sec - Isometric Hold
* 1 sec - Concentric
* Movements Must Be Quick
* Movements Must Be Explosive
Rest Between Sets = > 1min.
Allow muscles time to recover

18

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	20 x	20 x	20 x			
Hip Flexion (Left & Right)	20 x	20 x	20 x			
Ankle Bounces	20 x	20 x	20 x			
Band Stroke	20 x	20 x	20 x			
Plyo-Push Ups	20 x	20 x	20 x			
3 Way Shoulders	20 x	20 x	20 x			
DB Curls/Tricep Push Down	20 x	20 x	20 x			
Core: Slam Series	20 x	20 x	20 x			
Rotator Cuff Exercises						
Quadruped Series						

* Movements Must Be Quick
* Movements Must Be Explosive
Rest Between Sets = > 1min.
Allow muscles time to recover

NAME: _____



Training Phase: Transition
Pre-Maintenance

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Split Lunge Jumps	20 x	20 x	20 x	* Movements Must Be Quick * Movements Must Be Explosive Rest Between Sets = > 1min. Allow muscles time to recover		
Single Leg Squat	20 x	20 x	20 x			
Calf Raises	20 x	20 x	20 x			
Alt. Band Swimmers	20 x	20 x	20 x			
Tubing Punch	20 x	20 x	20 x			
Band Pull Apart	20 x	20 x	20 x			
DB Curls/Tricep Push Down	20 x	20 x	20 x			
MB Ab Circuit 1 : Standing						
Rotator Cuff Exercises						

2

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	20 x	20 x	20 x	* Movements Must Be Quick * Movements Must Be Explosive Rest Between Sets = > 1min. Allow muscles time to recover		
Hip Flexion (Left & Right)	20 x	20 x	20 x			
Ankle Bounces	20 x	20 x	20 x			
Band Stroke	20 x	20 x	20 x			
Plyo-Push Ups	20 x	20 x	20 x			
3 Way Shoulders	20 x	20 x	20 x			
Tricep Push Downs	20 x	20 x	20 x			
Rotational Abs - Cord/Cable	20 x	20 x	20 x			
Rotator Cuff Exercises						

3

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Split Lunge Jumps	20 x	20 x	20 x	* Movements Must Be Quick * Movements Must Be Explosive Rest Between Sets = > 1min. Allow muscles time to recover		
Single Leg Squat	20 x	20 x	20 x			
Calf Raises	20 x	20 x	20 x			
Alt. Band Swimmers	20 x	20 x	20 x			
Tubing Punch	20 x	20 x	20 x			
Band Pull Apart	20 x	20 x	20 x			
DB Curls/Tricep Push Down	20 x	20 x	20 x			
MB Ab Circuit 1 : Standing						
Rotator Cuff Exercises						

4

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	20 x	20 x	20 x	* Movements Must Be Quick * Movements Must Be Explosive Rest Between Sets = > 1min. Allow muscles time to recover		
Hip Flexion (Left & Right)	20 x	20 x	20 x			
Ankle Bounces	20 x	20 x	20 x			
Band Stroke	20 x	20 x	20 x			
Plyo-Push Ups	20 x	20 x	20 x			
3 Way Shoulders	20 x	20 x	20 x			
Tricep Push Downs	20 x	20 x	20 x			
Rotational Abs - Cord/Cable	20 x	20 x	20 x			
Rotator Cuff Exercises						

NAME: _____

Training Phase: Transition
Pre-Maintenance

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Split Lunge Jumps	20 x	20 x	20 x			
Single Leg Squat	20 x	20 x	20 x			
Calf Raises	20 x	20 x	20 x			
Alt. Band Swimmers	20 x	20 x	20 x			
Tubing Punch	20 x	20 x	20 x			
Band Pull Apart	20 x	20 x	20 x			
DB Curls/Tricep Push Down	20 x	20 x	20 x			
MB Ab Circuit 1 : Standing						
Rotator Cuff Exercises						

6

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Split Lunge Jumps	20 x	20 x	20 x			
Single Leg Squat	20 x	20 x	20 x			
Calf Raises	20 x	20 x	20 x			
Alt. Band Swimmers	20 x	20 x	20 x			
Tubing Punch	20 x	20 x	20 x			
Band Pull Apart	20 x	20 x	20 x			
DB Curls/Tricep Push Down	20 x	20 x	20 x			
MB Ab Circuit 1 : Standing						
Rotator Cuff Exercises						

7

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Stag. / Squat Jumps w/ Wt.	20 x	20 x	20 x			
Hip Flexion (Left & Right)	20 x	20 x	20 x			
Ankle Bounces	20 x	20 x	20 x			
Band Stroke	20 x	20 x	20 x			
Plyo-Push Ups	20 x	20 x	20 x			
3 Way Shoulders	20 x	20 x	20 x			
Tricep Push Downs	20 x	20 x	20 x			
Rotational Abs - Cord/Cable	20 x	20 x	20 x			
Rotator Cuff Exercises						

8

DATE:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Split Lunge Jumps	20 x	20 x	20 x			
Single Leg Squat	20 x	20 x	20 x			
Calf Raises	20 x	20 x	20 x			
Alt. Band Swimmers	20 x	20 x	20 x			
Tubing Punch	20 x	20 x	20 x			
Band Pull Apart	20 x	20 x	20 x			
DB Curls/Tricep Push Down	20 x	20 x	20 x			
MB Ab Circuit 1 : Standing						
Rotator Cuff Exercises						