

# Training Disclaimer

Any participation in the accompanied program is voluntary and solely done at your own risk. The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always consult and follow the professional advice of a physician or other qualified health provider with any questions you may have regarding any medical condition and before starting any nutritional or exercise program. A proper warm-up should be completed prior to beginning the program. Neither Salisbury University nor any of its employees, agents or volunteers shall be held liable for any personal injury or damages that may result from the use of this program.



Name:  
Sport:



"The results you achieve will be in direct proportion to the effort you apply. "

Evaluation (What we wanted to see perfected with only the bar)	Front Squat	Pass	Fail
	Back Squat	Pass	Fail
	Deadlift	Pass	Fail
	DB Swing	Pass	Fail
	Bench Press	Pass	Fail

Sleep	Day	Week 1	Week 2	Week 3	Week 4
	M	hrs.	hrs.	hrs.	hrs.
	T	hrs.	hrs.	hrs.	hrs.
	W	hrs.	hrs.	hrs.	hrs.
	Th	hrs.	hrs.	hrs.	hrs.
	F	hrs.	hrs.	hrs.	hrs.

Body Weight	Week 4	Week 5	Week 6	Week 7

Edge Package

Day 1									
Warm-Up	Week 1		Week 2		Week 3		Week 4		
PVC Roll									
Dynamic Warm-Up									
Core	Sets	Time	Sets	Time	Sets	Time	Sets	Time	
RKC Plank	4	:15	3	:20	6	:15	6	:20	
T-Spine Mobility	Sets	Reps	Sets	Rep	Sets	Reps	Sets	Reps	
T-Spine - Quadruped	1	10	2	8	2	8	2	10	
Hip Mobility	Sets	Reps	Sets	Rep	Sets	Reps	Sets	Reps	
Squat & Reach	2	:40	3	:30	3	:30	3	:40	
Technique Warm-Up - Bar	Week 2		Week 3		Week 4		Week 5		
Waiters Bow									
Goblet Squat									
Front Squat to Bench	3 x 5		3 x 5		3 x 5		3 x 5		3 x 5
Push Press									
Floor Press									
EXERCISE	tempo	wt	rep	wt	rep	wt	rep	wt	rep
Hands Free Front to Box	2:0:1		10		10		10		
Front Squat to Box	2:0:1		10		10		10		
Front Squat to Box	2:0:1		8		8		8		8
Front Squat	2:0:1		8		8		8		8
Kneeling Jumps	*		6		6		6		5
	*		5		6		6		5
	*		5		5		6		5
Band/Bar Good Mornings	2:0:1		10		10		10		10
	2:0:1		10		10		10		10
	2:0:1		10		10		10		
Banded or Stretch Push-Ups	*		M		M		M		M
	*		M		M		M		M
	*		M		M		M		M
Pull-Ups	*		M		M		M		M
	*		M		M		M		M
	*		M		M		M		M
Back Extension	*		10		10		10		10
	*		10		10		10		10
	*		10		10		10		10

Sport:



"Strength and growth come only through continuous effort and struggle." - Napoleon Hill

Day 2									
Warm-Up		Week 1		Week 2		Week 3		Week 4	
PVC Roll									
Dynamic Warm-Up									
Core		Sets	Time	Sets	Time	Sets	Time	Sets	Time
Farmers Walk		4	:20	4	:20	4	:25	3	:25
Hip Mobility		Sets	Reps	Sets	Rep	Sets	Reps	Sets	Reps
Hip Rocking		2	:40	3	:30	3	:30	3	:40
Glute Activation		Sets	Reps	Sets	Rep	Sets	Reps	Sets	Reps
Hip Lift		2	15	2	15	2	15	2	15
Olympic Warm-Up - Bar		Week 2		Week 3		Week 4		Week 5	
Front Squat									
Back Squat to Box									
Hang Shrug		3 x 5		3 x 5		3 x 5		3 x 5	
Hang Pull									
Hang Clean									
EXERCISE	tempo	wt	rep	wt	rep	wt	rep	wt	rep
Back Squat to Box	2:0:1		15		15		15		12
	2:0:1		12		12		12		10
	2:0:1		10		10		10		
Single Response Box Jump	*		3		3		3		3
	*		3		3		3		3
	*		3		3		3		
DB Swing	Exp		6		5		5		6
	Exp		6		5		5		5
	Exp		6		5		5		
Bench Press	2:0:1		15		15		12		12
	2:0:1		15		15		12		12
	2:0:1		15		15		12		
Push Press	1:0:2		12		12		10		10
	1:0:2		12		12		10		10
	1:0:2		12		12		10		
Seated Row	1:0:2		15		15		12		12
	1:0:2		15		15		12		12
	1:0:2		15		15		12		

Day 3									
Warm-Up		Week 1		Week 2		Week 3		Week 4	
PVC Roll									
Dynamic Warm-Up									
Core		Sets	Time	Sets	Time	Sets	Time	Sets	Time
Lateral Planks		3	:25	4	:20	4	:25	3	:25
T-Spine / Lat Stretch		Sets	Reps	Sets	Rep	Sets	Reps	Sets	Reps
I-Spine Ext w/ Lat Stretch		2	:25	2	:30	2	:30	1	:30
Sholder Mobility		Sets	Reps	Sets	Rep	Sets	Reps	Sets	Reps
Skin Cat		2	:30	3	:30	3	:30	2	:40
Olympic Warm-Up - Bar		Week 2		Week 3		Week 4		Week 5	
Waiters Bow									
Front Squat									
Back Squat		3 x 5		3 x 5		3 x 5		3 x 5	
Push Jerk									
Bench Press									
EXERCISE	tempo	wt	rep	wt	rep	wt	rep	wt	rep
Hang Shrug	Exp		5		5		4		4
Hang Shrug	Exp		5		5		4		4
Hang Pull	Exp		5		5		4		4
Hang Pull	Exp		5		5		4		
Wrist Mobs	*		:20		:20		:20		:20
	*		:20		:20		:20		:20
	*		:20		:20		:20		:20
Block Pulls or Elevated Deadlift (Knee)	1:0:1		10		9		8		8
	1:0:1		10		9		8		8
	1:0:1		10		9		8		
Lat Pull Down	1:0:2		15		15		12		12
	1:0:2		15		15		12		12
	1:0:2		15		15		12		
TKE	1:0:1		10		10		10		10
	1:0:1		10		10		10		10
	1:0:1		10		10		10		10
I's & Y's	*		8		8		8		8
	*		8		8		8		8
	*		8		8		8		8