

Week 1-4

Eccentric Phase

Day 1 - Lower Body

Dynamic Warm Up
Mobilization/Activation
1. Couch Stretch - 2x30 seconds each side
2. Banded Glute Activation - 2x20 lateral/ 20 reverse
Power
1. Pogo Jumps - 2x10
2. Box Jumps - 3x3 (Don't reach max height, keep it 2-3 inches below)
Strength
1. Front Squat - 3x5 (3/X/X)
2. Bulgarian Split Squats - 2x8 each leg
Core
1. Lying Leg Raises - 2x10

Day 2 - Upper Body

Dynamic Warm Up
Mobilization/Activation
1. Pec Minor Stretch - 2x45 seconds each side
2. Banded Face Pulls - 2x20
Power
1. Clapping Push Ups - 2x10
2. 1 Arm DB Snatch - 3x3
Strength
2. Barbell Overhead Press - 3x5 (3/X/X)
2. Single Arm DB Rows - 2x8 each side
Core
2. Planks - 2x60 seconds

Week 5-8

Day 1 - Lower Body

Dynamic Warm Up
Mobilization/Activation
1. Groiners - 2x30 second holds each side
2. Single Leg Hip Thrust - 2x10 (3/X/2)
Power
1. Vertical Jumps - 5x1 (X/2/X)
2. DB Squat Jumps - 2x3 (X/3/X)
Strength
1. Trap Bar Deadlift - 3x5 (X/2/X) Note: Pause an inch above the ground
2. Elevated Reverse Lunge - 2x8 each leg
Core
1. Sprinter Sit Ups - 2x10

Day 2 - Upper Body

Dynamic Warm Up
Mobilization/Activation
1. Shoulder Dislocators - 2x25
2. Incline ITY's - 2x5 each
Power
1. Med Ball Chest Pass - 2x6
2. Med Ball Vertical Toss - 2x6
Strength
1. Bench Press - 3x5 (X/3/X)
2. DB Overhead Floor Press - 2x8
Core
1. Wheel Rollouts - 2x10

Week 9-12

Day 1 - Lower Body

Dynamic Warm Up
Mobilization/Activation
1. Banded Hip Flexor Stretch - 2x30 second holds each side
2. Monster Walks - 2x20 yards
Power
1. Lunge Jumps - 2x8
2. Broad Jumps - 3x1
Strength
1. Hang Clean - 3x5 (X/X/X)
2. DB Step Ups - 2x8 each leg
Core
1. Med Ball Side Toss to Wall - 2x5 each side.

Day 2 - Upper Body

Dynamic Warm Up
Mobilization/Activation
1. Backpack Stretch - 2x30 second each side.
2. Banded External Rotation - 2x15 each side.
Power
1. Ground Starts - 2x10 yard sprints
2. Med Ball Backward Toss - 2x4
Strength
1. Push Press- 3x5 (X/X/X)
2. Barbell Rows - 2x10
Core
1. Hanging Leg Raises - 2x10