

Week 1 [3 times per week]

CORE AND BALANCE

Exercise	Sets	Reps	Tempo	Rest
Prone Iso-Ab	2	30- to 45-second hold	Isometric	0
Floor Bridge	2	12	4-2-1	0
Single-Leg Balance Reach	2	12	4-2-1	60 sec.

Week 2 [3 times per week]

CORE AND BALANCE

Exercise	Sets	Reps	Tempo	Rest
Quadruped Arm Opposite Leg Raise	2	12	4-2-1	0
Ball Bridge	2	12	4-2-1	0
Single-Leg Basketball Lift	2	12	4-2-1	60 sec.

Week 3 [3 times per week]

CORE AND BALANCE

Exercise	Sets	Reps	Tempo	Rest
Side Iso-Ab	3	30- to 45-second hold	Isometric	0
Floor Prone Cobra	3	10	4-2-1	0
Single-Leg Basketball Lift	3	10	4-2-1	60 sec.

Week 4 [3 times per week]

CORE AND BALANCE

Exercise	Sets	Reps	Tempo	Rest
Prone Stability Ball Quadruped Arm Opposite Leg Raise	3	8	4-2-1	0
Reverse Hypers	3	8	4-2-1	0
Single-Leg Balance Lift*	3	8	4-2-1	60 sec.

* Perform on Airex Pad

Week 5 [3 times per week]

CORE AND BALANCE

Exercise	Sets	Reps	Tempo	Rest
Stability Ball Crunch	2	12	3-2-1	0
Stability Ball Cobra	2	12	4-2-1	0
Single-Leg Romanian Deadlift	2	12	4-2-1	90 sec.

Week 6 [3 times per week]

CORE AND BALANCE

Exercise	Sets	Reps	Tempo	Rest
Stability Ball Long Lever Crunch With Rotation	2	12	3-2-1	0
Single-Arm Stability Ball Cobra	2	12	3-2-1	0
Single-Leg Squat Touchdown	2	12	3-2-1	90 sec.

Week 7 [3 times per week]

CORE AND BALANCE

Exercise	Sets	Reps	Tempo	Rest
Knee-Ups	3	10	3-2-1	0
Back Extension	3	10	3-2-1	0
Turning Step-Up to Balance	3	10	3-2-1	90 sec.

Week 8 [3 times per week]

CORE AND BALANCE

Exercise	Sets	Reps	Tempo	Rest
Cable Rotation	3	8	3-2-1	0
Cable Lift	3	8	3-2-1	0
Single-Leg Squat	3	8	3-2-1	60 sec.

STRENGTH

Exercise	Sets	Reps	Intensity	Tempo	Rest
DB Front Step-Up to Balance and Shoulder Press	2	20*	60%	4-2-1	0
Stagger-Stance Cable Chest Press	2	20**	60%	4-2-1	0
Single-Leg Cable Row	2	20***	60%	4-2-1	0
Biceps	2	20****	60%	4-2-1	0
Triceps	2	20****	60%	4-2-1	0
Stability Ball Squat	2	20	60%	4-2-1	90 sec.

*20 total shoulder presses, 10 on each leg **10 presses with each leg forward ***10 on each leg ****Pick a biceps and triceps exercise of your choice

STRENGTH

Exercise	Sets	Reps	Intensity	Tempo	Rest
DB Front Step-Up to Balance and Shoulder Press	2	15*	65%	4-2-1	0
Single-Leg Stagger-Stance Cable Chest Press	2	15	65%	4-2-1	0
Single-Leg Cable Row	2	15**	65%	4-2-1	0
Biceps	2	15***	65%	4-2-1	0
Triceps	2	15***	65%	4-2-1	0
Stability Ball Squat	2	15	65%	4-2-1	90 sec.

*15 total shoulder presses, seven or eight on each leg ** Row with opposite hand from balance leg ***Pick a biceps and triceps exercise of your choice

STRENGTH

Exercise	Sets	Reps	Intensity	Tempo	Rest
DB Turning Step-Up to Balance and Shoulder Press	3	15*	65%	4-2-1	0
Stability Ball DB Chest Press	3	15	65%	4-2-1	0
Stability Ball DB Row	3	15**	65%	4-2-1	0
Biceps	3	15***	65%	4-2-1	0
Triceps	3	15***	65%	4-2-1	0
Single-Leg Squat Touchdown	3	15	65%	4-2-1	90 sec.

*15 total shoulder presses, seven or eight on each leg ** Row with opposite hand from balance leg ***Pick a biceps and triceps exercise of your choice

STRENGTH

Exercise	Sets	Reps	Intensity	Tempo	Rest
Cable Squat to Row	3	12	70%	4-2-1	0
Stability Ball DB Chest Press	3	12*	70%	4-2-1	0
Stability Ball DB Row	3	12**	70%	4-2-1	0
Single-Leg Lateral Raise	3	12**	70%	4-2-1	0
Biceps	3	12***	70%	4-2-1	0
Triceps	3	12***	70%	4-2-1	0
Single-Leg Squat	3	12	70%	4-2-1	90 sec.

*15 total shoulder presses, seven or eight on each leg ** Row with opposite hand from balance leg ***Pick a biceps and triceps exercise of your choice

STRENGTH

Exercise	Sets	Reps	Intensity	Tempo	Rest
DB Chest Press	2	12	70%	2-1-1	0
Push-Up With Rotation	2	12	70%	4-2-1	0
Seated Row	2	12	70%	2-1-1	0
Single-Leg Single-Arm Cable Row	2	12	70%	4-2-1	0
Seated DB Shoulder Press	2	12	70%	2-1-1	0
Single-Leg Lateral Raise	2	12	70%	4-2-1	0
Front DB Lunge	2	12	70%	2-1-1	2 min.
Side Step-Up to Balance	2	12	70%	4-2-1	2 min.

STRENGTH

Exercise	Sets	Reps	Intensity	Tempo	Rest
Front DB Lunge, Curl, to Shoulder Press	3	10	75%	2-1-1	0
DB Incline Press	3	10	75%	2-1-1	0
Stability Ball Chest Press	3	10	75%	3-2-1	0
Pull-down	3	10	75%	2-1-1	0
Single-Leg Single-Arm Cable Row	3	10	75%	3-2-1	0
Leg Press	3	10	75%	2-1-1	0
Front Step-Up to Balance	3	10	75%	3-2-1	0

STRENGTH

Exercise	Sets	Reps	Intensity	Tempo	Rest
DB Squat, Shrug, Calf Raise	3	8	80%	2-1-1	0
Bench Press	3	8	80%	2-1-1	0
Stagger-Stance Cable Chest Press	3	8	80%	3-2-1	0
Pull-Up	3	8	80%	2-1-1	0
Single-Leg Single-Arm Shoulder Extension	3	8	80%	3-2-1	0
Side DB Lunge	3	8	80%	2-1-1	2 min.
Single-Leg Romanian Deadlift	3	8	80%	3-2-1	2 min.

STRENGTH

Exercise	Sets	Reps	Intensity	Tempo	Rest
DB Chest Press	4	8	80%	2-1-1	0
Stagger-Stance Single-Arm Chest Press	4	8	80%	3-2-1	0
Seated Row	4	8	80%	2-1-1	0
Single-Leg Single-Arm Cable Row	4	8	80%	3-2-1	0
Standing Lateral Raise	4	8	80%	2-1-1	0
Single-Leg Single-Arm Shoulder Press	4	8	80%	3-2-1	0
Walking DB Lunge	4	8	80%	2-1-1	2 min.
Single-Leg Squat Touchdown	4	8	80%	3-2-1	2 min.

Week 1, Monday

/ /08

Core & Balance							
Exercise	Set 1		Set 2		Tempo	Rest	
Prone Iso-Ab	30-45 second hold/		30-45 second hold/		Isometric	0	
Floor Bridge	12/		12/		4-2-1	0	
Single-Leg Balance Reach	12/		12/		4-2-1	60 sec.	
Reactive							
Exercise	Set 1		Set 2		Tempo	Rest	
Multi-Planar Hops* *Hold landing for three seconds	8/		8/		3 sec.	90 sec.	
Speed, Agility, Quickness							
Exercise	Set 1		Set 2		Time	Rest	
Speed Ladder* *Perform four different movements up and down ladder	4/		4/		-	60 sec.	
Strength							
Exercise	Set 1		Set 2		Intensity	Tempo	Rest
DB Front Step-Up to Balance and Shoulder Press*	20/	lbs.	20/	lbs.	60%	4-2-1	0
Stagger-Stance Cable Chest Press**	20/	lbs.	20/	lbs.	60%	4-2-1	0
Single-Leg Cable Row***	20/	lbs.	20/	lbs.	60%	4-2-1	0
Biceps****	20/	lbs.	20/	lbs.	60%	4-2-1	0
Triceps****	20/	lbs.	20/	lbs.	60%	4-2-1	0
Stability Ball Squat	20/	lbs.	20/	lbs.	60%	4-2-1	90 sec.

*20 total shoulder presses, 10 on each leg

**10 presses with each leg forward

***10 on each leg

****Pick a biceps and triceps exercise of your choice

Week 1, Wednesday

/ /08

Core & Balance							
Exercise	Set 1		Set 2		Tempo	Rest	
Prone Iso-Ab	30-45 second hold/		30-45 second hold/		Isometric	0	
Floor Bridge	12/		12/		4-2-1	0	
Single-Leg Balance Reach	12/		12/		4-2-1	60 sec.	
Reactive							
Exercise	Set 1		Set 2		Tempo	Rest	
Multi-Planar Hops* *Hold landing for three seconds	8/		8/		3 sec.	90 sec.	
Speed, Agility, Quickness							
Exercise	Set 1		Set 2		Time	Rest	
Speed Ladder* *Perform four different movements up and down ladder	4/		4/		-	60 sec.	
Strength							
Exercise	Set 1		Set 2		Intensity	Tempo	Rest
DB Front Step-Up to Balance and Shoulder Press*	20/	lbs.	20/	lbs.	60%	4-2-1	0
Stagger-Stance Cable Chest Press**	20/	lbs.	20/	lbs.	60%	4-2-1	0
Single-Leg Cable Row***	20/	lbs.	20/	lbs.	60%	4-2-1	0
Biceps****	20/	lbs.	20/	lbs.	60%	4-2-1	0
Triceps****	20/	lbs.	20/	lbs.	60%	4-2-1	0
Stability Ball Squat	20/	lbs.	20/	lbs.	60%	4-2-1	90 sec.

Week 1, Friday

/ /08

Core & Balance							
Exercise	Set 1		Set 2		Tempo	Rest	
Prone Iso-Ab	30-45 second hold/		30-45 second hold/		Isometric	0	
Floor Bridge	12/		12/		4-2-1	0	
Single-Leg Balance Reach	12/		12/		4-2-1	60 sec.	
Reactive							
Exercise	Set 1		Set 2		Tempo	Rest	
Multi-Planar Hops* *Hold landing for three seconds	8/		8/		3 sec.	90 sec.	
Speed, Agility, Quickness							
Exercise	Set 1		Set 2		Time	Rest	
Speed Ladder* *Perform four different movements up and down ladder	4/		4/		-	60 sec.	
Strength							
Exercise	Set 1		Set 2		Intensity	Tempo	Rest
DB Front Step-Up to Balance and Shoulder Press*	20/	lbs.	20/	lbs.	60%	4-2-1	0
Stagger-Stance Cable Chest Press**	20/	lbs.	20/	lbs.	60%	4-2-1	0
Single-Leg Cable Row***	20/	lbs.	20/	lbs.	60%	4-2-1	0
Biceps****	20/	lbs.	20/	lbs.	60%	4-2-1	0
Triceps****	20/	lbs.	20/	lbs.	60%	4-2-1	0
Stability Ball Squat	20/	lbs.	20/	lbs.	60%	4-2-1	90 sec.

*20 total shoulder presses, 10 on each leg

**10 presses with each leg forward

***10 on each leg

****Pick a biceps and triceps exercise of your choice

Week 2, Monday

/ /08

Core & Balance							
Exercise	Set 1		Set 2		Tempo	Rest	
Quadruped Arm Opposite Leg Raise	12/		12/		4-2-1	0	
Ball Bridge	12/		12/		4-2-1	0	
Single-Leg Basketball Lift	12/		12/		4-2-1	60 sec.	
Reactive							
Exercise	Set 1		Set 2		Tempo	Rest	
Proprioceptive Hop with Stabilization* *Hold landing for two seconds	10/		10/		2 sec.	90 sec.	
Speed, Agility, Quickness							
Exercise	Set 1		Set 2		Time	Rest	
Speed Ladder* *Perform five different movements up and down ladder	5/		5/		-	60 sec.	
Strength							
Exercise	Set 1		Set 2		Intensity	Tempo	Rest
DB Front Step-Up to Balance and Shoulder Press*	15/	lbs.	15/	lbs.	65%	4-2-1	0
Single-Leg Stagger-Stance Cable Chest Press**	15/	lbs.	15/	lbs.	65%	4-2-1	0
Single-Leg Cable Row	15/	lbs.	15/	lbs.	65%	4-2-1	0
Biceps***	15/	lbs.	15/	lbs.	65%	4-2-1	0
Triceps***	15/	lbs.	15/	lbs.	65%	4-2-1	0
Stability Ball Squat	15/	lbs.	15/	lbs.	65%	4-2-1	90 sec.

*15 total shoulder presses, seven or eight on each leg

**Row with opposite hand from balance leg

***Pick a biceps and triceps exercise of your choice

Week 2, Wednesday

/ /08

Core & Balance							
Exercise	Set 1		Set 2		Tempo	Rest	
Quadruped Arm Opposite Leg Raise	12/		12/		4-2-1	0	
Ball Bridge	12/		12/		4-2-1	0	
Single-Leg Basketball Lift	12/		12/		4-2-1	60 sec.	
Reactive							
Exercise	Set 1		Set 2		Tempo	Rest	
Proprioceptive Hop with Stabilization* *Hold landing for two seconds	10/		10/		2 sec.	90 sec.	
Speed, Agility, Quickness							
Exercise	Set 1		Set 2		Time	Rest	
Speed Ladder* *Perform five different movements up and down ladder	5/		5/		-	60 sec.	
Strength							
Exercise	Set 1		Set 2		Intensity	Tempo	Rest
DB Front Step-Up to Balance and Shoulder Press*	15/	lbs.	15/	lbs.	65%	4-2-1	0
Single-Leg Stagger-Stance Cable Chest Press	15/	lbs.	15/	lbs.	65%	4-2-1	0
Single-Leg Cable Row**	15/	lbs.	15/	lbs.	65%	4-2-1	0
Biceps***	15/	lbs.	15/	lbs.	65%	4-2-1	0
Triceps***	15/	lbs.	15/	lbs.	65%	4-2-1	0
Stability Ball Squat	15/	lbs.	15/	lbs.	65%	4-2-1	90 sec.

Week 2, Friday

/ /08

Core & Balance							
Exercise	Set 1		Set 2		Tempo	Rest	
Quadruped Arm Opposite Leg Raise	12/		12/		4-2-1	0	
Ball Bridge	12/		12/		4-2-1	0	
Single-Leg Basketball Lift	12/		12/		4-2-1	60 sec.	
Reactive							
Exercise	Set 1		Set 2		Tempo	Rest	
Proprioceptive Hop with Stabilization* *Hold landing for two seconds	10/		10/		2 sec.	90 sec.	
Speed, Agility, Quickness							
Exercise	Set 1		Set 2		Time	Rest	
Speed Ladder* *Perform five different movements up and down ladder	5/		5/		-	60 sec.	
Strength							
Exercise	Set 1		Set 2		Intensity	Tempo	Rest
DB Front Step-Up to Balance and Shoulder Press*	15/	lbs.	15/	lbs.	65%	4-2-1	0
Single-Leg Stagger-Stance Cable Chest Press	15/	lbs.	15/	lbs.	65%	4-2-1	0
Single-Leg Cable Row**	15/	lbs.	15/	lbs.	65%	4-2-1	0
Biceps***	15/	lbs.	15/	lbs.	65%	4-2-1	0
Triceps***	15/	lbs.	15/	lbs.	65%	4-2-1	0
Stability Ball Squat	15/	lbs.	15/	lbs.	65%	4-2-1	90 sec.

*15 total shoulder presses, seven or eight on each leg

**Row with opposite hand from balance leg

***Pick a biceps and triceps exercise of your choice

Week 3, Monday

/ /08

Core & Balance									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Side Iso-Ab	30-to 45-second hold/		30-to 45-second hold/		30-to 45-second hold/		Isometric	0	
Floor Prone Cobra	10/		10/		10/		4-2-1	0	
Single-Leg Basketball Lift	10/		10/		10/		4-2-1	60 sec.	
Reactive									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Side Cone Hop with Stabilization* *Hold landing for one second	8/		8/		8/		1 sec.	90 sec.	
Speed, Agility, Quickness									
Exercise	Set 1		Set 2		Set 3		Time	Rest	
Speed Ladder* *Perform six different movements up and down ladder	6/		6/				-	60 sec.	
Strength									
Exercise	Set 1		Set 2		Set 3		Intensity	Tempo	Rest
DB Turning Step-Up to Balance and Shoulder Press*	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Stability Ball DB Chest Press	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Stability Ball DB Row**	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Biceps***	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Triceps***	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Single-Leg Squat Touchdown	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	90 sec.

*15 total shoulder presses, seven or eight on each leg

**Row with opposite hand from balance leg

***Pick a biceps and triceps exercise of your choice

Week 3, Wednesday

/ /08

Core & Balance									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Side Iso-Ab	30-to 45-second hold/		30-to 45-second hold/		30-to 45-second hold/		Isometric	0	
Floor Prone Cobra	10/		10/		10/		4-2-1	0	
Single-Leg Basketball Lift	10/		10/		10/		4-2-1	60 sec.	
Reactive									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Side Cone Hop with Stabilization* *Hold landing for one second	8/		8/		8/		1 sec.	90 sec.	
Speed, Agility, Quickness									
Exercise	Set 1		Set 2		Set 3		Time	Rest	
Speed Ladder* *Perform six different movements up and down ladder	6/		6/				-	60 sec.	
Strength									
Exercise	Set 1		Set 2		Set 3		Intensity	Tempo	Rest
DB Turning Step-Up to Balance and Shoulder Press*	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Stability Ball DB Chest Press	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Stability Ball DB Row**	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Biceps***	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Triceps***	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Single-Leg Squat Touchdown	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	90 sec.

Week 3, Friday

/ /08

Core & Balance									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Side Iso-Ab	30-to 45-second hold/		30-to 45-second hold/		30-to 45-second hold/		Isometric	0	
Floor Prone Cobra	10/		10/		10/		4-2-1	0	
Single-Leg Basketball Lift	10/		10/		10/		4-2-1	60 sec.	
Reactive									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Side Cone Hop with Stabilization* *Hold landing for one second	8/		8/		8/		1 sec.	90 sec.	
Speed, Agility, Quickness									
Exercise	Set 1		Set 2		Set 3		Time	Rest	
Speed Ladder* *Perform six different movements up and down ladder	6/		6/				-	60 sec.	
Strength									
Exercise	Set 1		Set 2		Set 3		Intensity	Tempo	Rest
DB Front Step-Up to Balance and Shoulder Press*	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Stability Ball DB Chest Press	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Stability Ball DB Row**	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Biceps***	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Triceps***	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	0
Single-Leg Squat Touchdown	15/	lbs.	15/	lbs.	15/	lbs.	65%	4-2-1	90 sec.

*15 total shoulder presses, seven or eight on each leg

**Row with opposite hand from balance leg

***Pick a biceps and triceps exercise of your choice

Week 4, Monday

/ /08

Core & Balance									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Prone Stability Ball Quadruped Arm Opposite Leg Raise	8/		8/		8/		4-2-1	0	
Reverse Hypers	8/		8/		8/		4-2-1	60 sec.	
Single-Leg Basketball Lift* *Perform on Airex Pad	8/		8/		8/		4-2-1	60 sec.	
Reactive									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Box Jump Down with Stabilization*	10/		10/		10/		1 sec.	0	
Multi-Planar Hop with Stabilization* *Hold landing for one second	10/		10/		10/		1 sec.	90 sec.	
Speed, Agility, Quickness									
Exercise	Set 1		Set 2		Set 3		Time	Rest	
Speed Ladder* *Perform six different movements up and down ladder	6/		6/		6/		-	60 sec.	
Strength									
Exercise	Set 1		Set 2		Set 3		Intensity	Tempo	Rest
Cable Squat to Row	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Stability Ball DB Chest Press*	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Stability Ball DB Row*	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Single-Leg Lateral Raise**	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Biceps***	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Triceps***	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Single-Leg Squat	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	90 sec.

*Perform 12 presses with each arm

**Perform 12 total lateral raises; 6 on each leg

***Pick a biceps and triceps exercise of your choice

Week 4, Wednesday

/ /08

Core & Balance									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Prone Stability Ball Quadruped Arm Opposite Leg Raise	8/		8/		8/		4-2-1	0	
Reverse Hypers	8/		8/		8/		4-2-1	60 sec.	
Single-Leg Basketball Lift* *Perform on Airex Pad	8/		8/		8/		4-2-1	60 sec.	
Reactive									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Box Jump Down with Stabilization*	10/		10/		10/		1 sec.	0	
Multi-Planar Hop with Stabilization* *Hold landing for one second	10/		10/		10/		1 sec.	90 sec.	
Speed, Agility, Quickness									
Exercise	Set 1		Set 2		Set 3		Time	Rest	
Speed Ladder* *Perform six different movements up and down ladder	6/		6/		6/		-	60 sec.	
Strength									
Exercise	Set 1		Set 2		Set 3		Intensity	Tempo	Rest
Cable Squat to Row	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Stability Ball DB Chest Press*	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Stability Ball DB Row*	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Single-Leg Lateral Raise**	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Biceps***	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Triceps***	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Single-Leg Squat	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	90 sec.

Week 4, Friday

/ /08

Core & Balance									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Prone Stability Ball Quadruped Arm Opposite Leg Raise	8/		8/		8/		4-2-1	0	
Reverse Hypers	8/		8/		8/		4-2-1	60 sec.	
Single-Leg Basketball Lift* *Perform on Airex Pad	8/		8/		8/		4-2-1	60 sec.	
Reactive									
Exercise	Set 1		Set 2		Set 3		Tempo	Rest	
Box Jump Down with Stabilization*	10/		10/		10/		1 sec.	0	
Multi-Planar Hop with Stabilization* *Hold landing for one second	10/		10/		10/		1 sec.	90 sec.	
Speed, Agility, Quickness									
Exercise	Set 1		Set 2		Set 3		Time	Rest	
Speed Ladder* *Perform six different movements up and down ladder	6/		6/		6/		-	60 sec.	
Strength									
Exercise	Set 1		Set 2		Set 3		Intensity	Tempo	Rest
Cable Squat to Row	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Stability Ball DB Chest Press*	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Stability Ball DB Row*	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Single-Leg Lateral Raise**	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Biceps***	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Triceps***	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	0
Single-Leg Squat	12/	lbs.	12/	lbs.	12/	lbs.	70%	4-2-1	90 sec.

*Perform 12 presses with each arm

**Perform 12 total lateral raises; 6 on each leg

***Pick a biceps and triceps exercise of your choice

Week 5, Monday

/ /08

Core & Balance									
Exercise	Set 1		Set 2				Tempo	Rest	
Stability Ball Crunch	12/		12/				3-2-1	0	
Stability Ball Cobra	12/		12/				4-2-1	0	
Single-Leg Romanian Deadlift	12/		12/				4-2-1	90 sec.	
Reactive									
Exercise	Set 1		Set 2				Tempo	Rest	
Box Jump Down	8/		8/				-	0	
Side Cone Hops	8/		8/				-	60 sec.	
Speed, Agility, Quickness									
Exercise	Set 1		Set 2		Set 3	Set 4		Time	Rest
Speed Ladder* *Perform six different movements up and down ladder	6/		6/						60 sec.
T-Drill	1/		1/		1/	1/			30 sec.
Strength									
Exercise	Set 1		Set 2				Intensity	Tempo	Rest
DB Chest Press	12/	lbs.	12/	lbs.			70%	2-1-1	0
Push-Up With Rotation	12/	lbs.	12/	lbs.			70%	4-2-1	0
Seated Row	12/	lbs.	12/	lbs.			70%	2-1-1	0
Single-Leg Single-Arm Cable Row	12/	lbs.	12/	lbs.			70%	4-2-1	0
Seated DB Shoulder Press	12/	lbs.	12/	lbs.			70%	2-1-1	0
Single-Leg Lateral Raise	12/	lbs.	12/	lbs.			70%	4-2-1	0
Front DB Lunge	12/	lbs.	12/	lbs.			70%	2-1-1	2 min.
Side Step-Up to Balance	12/	lbs.	12/	lbs.			70%	4-2-1	2 min.

Week 5, Wednesday

/ /08

Core & Balance									
Exercise	Set 1		Set 2				Tempo	Rest	
Stability Ball Crunch	12/		12/				3-2-1	0	
Stability Ball Cobra	12/		12/				4-2-1	0	
Single-Leg Romanian Deadlift	12/		12/				4-2-1	90 sec.	
Reactive									
Exercise	Set 1		Set 2				Tempo	Rest	
Box Jump Down	8/		8/				-	0	
Side Cone Hops	8/		8/				-	60 sec.	
Speed, Agility, Quickness									
Exercise	Set 1		Set 2		Set 3	Set 4		Time	Rest
Speed Ladder* *Perform six different movements up and down ladder	6/		6/						60 sec.
T-Drill	1/		1/		1/	1/			30 sec.
Strength									
Exercise	Set 1		Set 2				Intensity	Tempo	Rest
DB Chest Press	12/	lbs.	12/	lbs.			70%	2-1-1	0
Push-Up With Rotation	12/	lbs.	12/	lbs.			70%	4-2-1	0
Seated Row	12/	lbs.	12/	lbs.			70%	2-1-1	0
Single-Leg Single-Arm Cable Row	12/	lbs.	12/	lbs.			70%	4-2-1	0
Seated DB Shoulder Press	12/	lbs.	12/	lbs.			70%	2-1-1	0
Single-Leg Lateral Raise	12/	lbs.	12/	lbs.			70%	4-2-1	0
Front DB Lunge	12/	lbs.	12/	lbs.			70%	2-1-1	2 min.
Side Step-Up to Balance	12/	lbs.	12/	lbs.			70%	4-2-1	2 min.

YOUR WORKOUT

Week 5, Friday

/ /08

Core & Balance									
Exercise	Set 1		Set 2					Tempo	Rest
Stability Ball Crunch	12/		12/					3-2-1	0
Stability Ball Cobra	12/		12/					4-2-1	0
Single-Leg Romanian Deadlift	12/		12/					4-2-1	90 sec.
Reactive									
Exercise	Set 1		Set 2					Tempo	Rest
Box Jump Down	8/		8/					-	0
Side Cone Hops	8/		8/					-	60 sec.
Speed, Agility, Quickness									
Exercise	Set 1		Set 2		Set 3	Set 4		Time	Rest
Speed Ladder* *Perform six different movements up and down ladder	6/		6/						60 sec.
T-Drill	1/		1/		1/	1/			30 sec.
Strength									
Exercise	Set 1		Set 2				Intensity	Tempo	Rest
DB Chest Press	12/	lbs.	12/	lbs.			70%	2-1-1	0
Push-Up With Rotation	12/	lbs.	12/	lbs.			70%	4-2-1	0
Seated Row	12/	lbs.	12/	lbs.			70%	2-1-1	0
Single-Leg Single-Arm Cable Row	12/	lbs.	12/	lbs.			70%	4-2-1	0
Seated DB Shoulder Press	12/	lbs.	12/	lbs.			70%	2-1-1	0
Single-Leg Lateral Raise	12/	lbs.	12/	lbs.			70%	4-2-1	0
Front DB Lunge	12/	lbs.	12/	lbs.			70%	2-1-1	2 min.
Side Step-Up to Balance	12/	lbs.	12/	lbs.			70%	4-2-1	2 min.

Week 6, Monday

/ /08

Core & Balance										
Exercise	Set 1		Set 2				Tempo	Rest		
Stability Ball Long Lever Crunch With Rotation	12/		12/				3-2-1	0		
Single-Arm Stability Ball Cobra	12/		12/				3-2-1	0		
Single-Leg Squat Touchdown	12/		12/				3-2-1	90 sec.		
Reactive										
Exercise	Set 1		Set 2		Set 3		Tempo	Rest		
Box Jump Up	8/		8/		8/		-	0		
Side Power Step-Ups	8/		8/		8/		-	60 sec.		
Speed, Agility, Quickness										
Exercise	Set 1		Set 2		Set 3		Set 4		Time	Rest
Speed Ladder* *Perform six different movements up and down ladder	6/		6/						-	60 sec.
M-Drill	1/		1/		1/		1/		-	30 sec.
Strength										
Exercise	Set 1		Set 2				Intensity	Tempo	Rest	
Front DB Lunge, Curl, to Shoulder Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
DB Incline Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
Stability Ball Chest Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	3-2-1	0
Pulldown	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
Single-Leg Single-Arm Cable Row	10/	lbs.	10/	lbs.	10/	lbs.		75%	3-2-1	0
Leg Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
Front Step-Up to Balance	10/	lbs.	10/	lbs.	10/	lbs.		75%	3-1-1	0

Week 6, Wednesday

/ /08

Core & Balance										
Exercise	Set 1		Set 2				Tempo	Rest		
Stability Ball Long Lever Crunch With Rotation	12/		12/				3-2-1	0		
Single-Arm Stability Ball Cobra	12/		12/				3-2-1	0		
Single-Leg Squat Touchdown	12/		12/				3-2-1	90 sec.		
Reactive										
Exercise	Set 1		Set 2		Set 3		Tempo	Rest		
Box Jump Up	8/		8/		8/		-	0		
Side Power Step-Ups	8/		8/		8/		-	60 sec.		
Speed, Agility, Quickness										
Exercise	Set 1		Set 2		Set 3		Set 4		Time	Rest
Speed Ladder* *Perform six different movements up and down ladder	6/		6/						-	60 sec.
M-Drill	1/		1/		1/		1/		-	30 sec.
Strength										
Exercise	Set 1		Set 2				Intensity	Tempo	Rest	
Front DB Lunge, Curl, to Shoulder Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
DB Incline Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
Stability Ball Chest Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	3-2-1	0
Pulldown	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
Single-Leg Single-Arm Cable Row	10/	lbs.	10/	lbs.	10/	lbs.		75%	3-2-1	0
Leg Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
Front Step-Up to Balance	10/	lbs.	10/	lbs.	10/	lbs.		75%	3-1-1	0

YOUR WORKOUT

Week 6, Friday

/ /08

Core & Balance										
Exercise	Set 1		Set 2				Tempo	Rest		
Stability Ball Long Lever Crunch With Rotation	12/		12/				3-2-1	0		
Single-Arm Stability Ball Cobra	12/		12/				3-2-1	0		
Single-Leg Squat Touchdown	12/		12/				3-2-1	90 sec.		
Reactive										
Exercise	Set 1		Set 2		Set 3		Tempo	Rest		
Box Jump Up	8/		8/		8/		-	0		
Side Power Step-Ups	8/		8/		8/		-	60 sec.		
Speed, Agility, Quickness										
Exercise	Set 1		Set 2		Set 3		Set 4		Time	Rest
Speed Ladder* *Perform six different movements up and down ladder	6/		6/						-	60 sec.
M-Drill	1/		1/		1/		1/		-	30 sec.
Strength										
Exercise	Set 1		Set 2				Intensity	Tempo	Rest	
Front DB Lunge, Curl, to Shoulder Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
DB Incline Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
Stability Ball Chest Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	3-2-1	0
Pulldown	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
Single-Leg Single-Arm Cable Row	10/	lbs.	10/	lbs.	10/	lbs.		75%	3-2-1	0
Leg Press	10/	lbs.	10/	lbs.	10/	lbs.		75%	2-1-1	0
Front Step-Up to Balance	10/	lbs.	10/	lbs.	10/	lbs.		75%	3-1-1	0

Week 7, Monday

/ /08

Core & Balance										
Exercise	Set 1		Set 2		Set 2			Tempo	Rest	
Knee-Ups	10/		10/		10/			3-2-1	0	
Back Extension	10/		10/		10/			3-2-1	0	
Turning Step-Up to Balance	10/		10/		10/			3-2-1	90 sec.	
Reactive										
Exercise	Set 1		Set 2		Set 3			Tempo	Rest	
Front Power Step-Ups	10/		10/		10/			-	0	
Ice Skaters	10/		10/		10/			-	60 sec.	
Speed, Agility, Quickness										
Exercise	Set 1		Set 2		Set 3		Set 4		Time	Rest
Speed Ladder* *Perform six different movements up and down ladder	6/		6/		6/				-	60 sec.
Box Drill	1/		1/		1/		1/		-	30 sec.
Strength										
Exercise	Set 1		Set 2		Set 3			Intensity	Tempo	Rest
DB Squat, Shrug, Calf Raise	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	0
Bench Press	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	0
Stagger-Stance Cable Chest Press	8/	lbs.	8/	lbs.	8/	lbs.		80%	3-2-1	0
Pull-Up	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	0
Single-Leg Single-Arm Shoulder Extension	8/	lbs.	8/	lbs.	8/	lbs.		80%	3-2-1	0
Side DB Lunge	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	2 min.
Single-Leg Romanian Deadlift	8/	lbs.	8/	lbs.	8/	lbs.		80%	3-2-1	2 min.

Week 7, Wednesday

/ /08

Core & Balance										
Exercise	Set 1		Set 2		Set 2			Tempo	Rest	
Knee-Ups	10/		10/		10/			3-2-1	0	
Back Extension	10/		10/		10/			3-2-1	0	
Turning Step-Up to Balance	10/		10/		10/			3-2-1	90 sec.	
Reactive										
Exercise	Set 1		Set 2		Set 3			Tempo	Rest	
Front Power Step-Ups	10/		10/		10/			-	0	
Ice Skaters	10/		10/		10/			-	60 sec.	
Speed, Agility, Quickness										
Exercise	Set 1		Set 2		Set 3		Set 4		Time	Rest
Speed Ladder* *Perform six different movements up and down ladder	6/		6/		6/				-	60 sec.
Box Drill	1/		1/		1/		1/		-	30 sec.
Strength										
Exercise	Set 1		Set 2		Set 3			Intensity	Tempo	Rest
DB Squat, Shrug, Calf Raise	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	0
Bench Press	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	0
Stagger-Stance Cable Chest Press	8/	lbs.	8/	lbs.	8/	lbs.		80%	3-2-1	0
Pull-Up	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	0
Single-Leg Single-Arm Shoulder Extension	8/	lbs.	8/	lbs.	8/	lbs.		80%	3-2-1	0
Side DB Lunge	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	2 min.
Single-Leg Romanian Deadlift	8/	lbs.	8/	lbs.	8/	lbs.		80%	3-2-1	2 min.

YOUR WORKOUT

Week 7, Friday

/ /08

Core & Balance										
Exercise	Set 1		Set 2		Set 2			Tempo	Rest	
Knee-Ups	10/		10/		10/			3-2-1	0	
Back Extension	10/		10/		10/			3-2-1	0	
Turning Step-Up to Balance	10/		10/		10/			3-2-1	90 sec.	
Reactive										
Exercise	Set 1		Set 2		Set 3			Tempo	Rest	
Front Power Step-Ups	10/		10/		10/			-	0	
Ice Skaters	10/		10/		10/			-	60 sec.	
Speed, Agility, Quickness										
Exercise	Set 1		Set 2		Set 3		Set 4		Time	Rest
Speed Ladder* *Perform six different movements up and down ladder	6/		6/		6/				-	60 sec.
Box Drill	1/		1/		1/		1/		-	30 sec.
Strength										
Exercise	Set 1		Set 2		Set 3			Intensity	Tempo	Rest
DB Squat, Shrug, Calf Raise	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	0
Bench Press	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	0
Stagger-Stance Cable Chest Press	8/	lbs.	8/	lbs.	8/	lbs.		80%	3-2-1	0
Pull-Up	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	0
Single-Leg Single-Arm Shoulder Extension	8/	lbs.	8/	lbs.	8/	lbs.		80%	3-2-1	0
Side DB Lunge	8/	lbs.	8/	lbs.	8/	lbs.		80%	2-1-1	2 min.
Single-Leg Romanian Deadlift	8/	lbs.	8/	lbs.	8/	lbs.		80%	3-2-1	2 min.

Week 8, Monday

/ /08

Core & Balance											
Exercise	Set 1		Set 2		Set 3			Tempo	Rest		
Cable Rotation	8/		8/		8/			3-2-1	0		
Cable Lift	8/		8/		8/			3-2-1	0		
Single-Leg Squat	8/		8/		8/			3-2-1	60 sec.		
Reactive											
Exercise	Set 1		Set 2		Set 3			Tempo	Rest		
Squat Jumps	10/		10/		10/			-	0		
Repeat Turning Hops* *Hop from one leg to the other in the transverse plane	10/		10/		10/			-	60 sec.		
Speed, Agility, Quickness											
Exercise	Set 1		Set 2		Set 3			Time	Rest		
Speed Ladder* *Perform six different movements up and down ladder	6/		6/		6/			-	60 sec.		
Strength											
Exercise	Set 1		Set 2		Set 3		Set 4	Intensity	Tempo	Rest	
DB Chest Press	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	0
Stagger-Stance Single-Arm Chest Press	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	0
Seated Row	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	0
Single-Leg Single-Arm Cable Row	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	0
Standing Lateral Raise	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	0
Single-Leg Single-Arm Shoulder Press	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	0
Walking DB Lunge	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	2 min.
Single-Leg Squat Touchdown	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	2 min.

Week 8, Wednesday

/ /08

Core & Balance											
Exercise	Set 1		Set 2		Set 3			Tempo	Rest		
Cable Rotation	8/		8/		8/			3-2-1	0		
Cable Lift	8/		8/		8/			3-2-1	0		
Single-Leg Squat	8/		8/		8/			3-2-1	60 sec.		
Reactive											
Exercise	Set 1		Set 2		Set 3			Tempo	Rest		
Squat Jumps	10/		10/		10/			-	0		
Repeat Turning Hops* *Hop from one leg to the other in the transverse plane	10/		10/		10/			-	60 sec.		
Speed, Agility, Quickness											
Exercise	Set 1		Set 2		Set 3			Time	Rest		
Speed Ladder* *Perform six different movements up and down ladder	6/		6/		6/			-	60 sec.		
Strength											
Exercise	Set 1		Set 2		Set 3		Set 4	Intensity	Tempo	Rest	
DB Chest Press	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	0
Stagger-Stance Single-Arm Chest Press	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	0
Seated Row	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	0
Single-Leg Single-Arm Cable Row	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	0
Standing Lateral Raise	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	0
Single-Leg Single-Arm Shoulder Press	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	0
Walking DB Lunge	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	2 min.
Single-Leg Squat Touchdown	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	2 min.

Week 8, Friday

/ /08

Core & Balance											
Exercise	Set 1		Set 2		Set 3			Tempo	Rest		
Cable Rotation	8/		8/		8/			3-2-1	0		
Cable Lift	8/		8/		8/			3-2-1	0		
Single-Leg Squat	8/		8/		8/			3-2-1	60 sec.		
Reactive											
Exercise	Set 1		Set 2		Set 3			Tempo	Rest		
Squat Jumps	10/		10/		10/			-	0		
Repeat Turning Hops* *Hop from one leg to the other in the transverse plane	10/		10/		10/			-	60 sec.		
Speed, Agility, Quickness											
Exercise	Set 1		Set 2		Set 3			Time	Rest		
Speed Ladder* *Perform six different movements up and down ladder	6/		6/		6/			-	60 sec.		
Strength											
Exercise	Set 1		Set 2		Set 3		Set 4		Intensity	Tempo	Rest
DB Chest Press	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	0
Stagger-Stance Single-Arm Chest Press	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	0
Seated Row	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	0
Single-Leg Single-Arm Cable Row	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	0
Standing Lateral Raise	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	0
Single-Leg Single-Arm Shoulder Press	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	0
Walking DB Lunge	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	2-1-1	2 min.
Single-Leg Squat Touchdown	8/	lbs.	8/	lbs.	8/	lbs.	8/	lbs.	80%	3-2-1	2 min.