

Overview

SPRINTS

MONDAY

Exercise	Week 1		Week 5	
	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Sky Reach	3x20	3x20	3x20	3x20
Reverse Crunch	3x20	3x20	3x20	3x20
Plank Series (front, right, left, back)	2x15	3x30	3x30	seconds
DB Snatch	3x5	4x5	4x5	4x5
Squat*	1x8@50 1x8@60 3x8@65	1x8@50 1x8@65 2x8@75 1x8@80	1x8@50 1x8@65 2x8@75 1x8@80	1x8@50 1x8@65 2x8@75 1x8@80
Pull/Chin-Up Circuit*				
-Wide Grip Pull-Up	3x5	3x5	3x5	3x5
-Medium Grip Pull-Up	3x5	3x5	3x5	3x5
-Medium Grip Chin-Up	3x5	3x5	3x5	3x5
-Narrow Grip Chin-Up	3x5	3x5	3x5	3x5
DB Lunge	2x8 / leg	3x8 / leg	3x8 / leg	3x8 / leg
DB Alternate Row	2x8 / arm	3x8 / arm	3x8 / arm	3x8 / arm
FB Standing External Rotation	2x10	2x12	2x12	2x12
*Superset with 10 seconds rest between each exercise				
Exercise	Week 2*		Week 6*	
	Sets/Reps%	Sets/Reps%	Sets/Reps%	Sets/Reps%
Stick Crunch	3x20	3x20	3x20	3x20
MB Exchange Reverse Crunch	3x20	3x20	3x20	3x20
Side Bridge Hip Raise	2x12 each side	2x12 each side	2x12 each side	2x12 each side
*Perform with 8-pound med ball				
Hang Squat	4x3@55	4x3@60	4x3@60	4x3@60
Squat*	1x5@70 1x5@80 1x5@80 1x10@60	1x5@75 1x5@80 1x5@80 1x5@85 1x5@85	1x5@75 1x5@80 1x5@80 1x5@85 1x5@85	1x5@75 1x5@80 1x5@80 1x5@85 1x5@85
Weighted Chin-Up*	3x5@20% of BW	3x5@20% of BW	3x5@20% of BW	3x5@20% of BW
DB Step-Up	3x8@30% of BW	4x6@40% of BW	4x6@40% of BW	4x6@40% of BW
DB External Rotation	3x10 / arm	3x8 / arm	3x8 / arm	3x8 / arm
*Superset				

TUESDAY

Exercise	Week 1*		Week 5**	
	Sets/Reps%	Sets/Reps%	Sets/Reps%	Sets/Reps%
MB Perpendicular Trunk Rotation	3x10	3x10	3x10	3x10
MB Standing Overhead Forward	3x10	3x10	3x10	3x10
MB Chest Pass	3x10	3x10	3x10	3x10
*Perform with 8- to 10-pound med ball				
Hang Clean	1x5@55 1x5@60 2x5@65	1x5@60 1x5@70 2x5@75	1x5@60 1x5@70 2x5@75	1x5@60 1x5@70 2x5@75
Bench Press*	1x8@50 1x8@60 3x8@65	1x8@50 1x8@65 2x8@75 1x8@80	1x8@50 1x8@65 2x8@75 1x8@80	1x8@50 1x8@65 2x8@75 1x8@80
DB Single-Leg RDL*	3x8	3x8	3x8	3x8
MB Single-Arm Push-Up**	3x10 / arm	3x12 / arm	3x12 / arm	3x12 / arm
MB Hip Extension**	3x12	3x12	3x12	3x12
*Superset, **Superset				
Exercise	Week 2*		Week 6*	
	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
MB Seated Backward liss	3x10 each side	3x10 each side	3x10 each side	3x10 each side
MB Staggered Overhead Forward	3x10	3x10	3x10	3x10
MB Single-Arm Pass	3x5 / arm	3x5 / arm	3x5 / arm	3x5 / arm
*Perform with 8-pound med ball				
High Box Clean	3x3@55	4x3@65	4x3@65	4x3@65
Bench Press	1x5@70 1x5@75 1x5@80 1x12@60	1x5@75 1x5@80 1x5@85 1x3@80 1x12@70	1x5@75 1x5@80 1x5@85 1x3@80 1x12@70	1x5@75 1x5@80 1x5@85 1x3@80 1x12@70
Barbell RDL	3x5	4x5	4x5	4x5
DB Shoulder Press	3x5	4x5	4x5	4x5
*Superset				

THURSDAY

Exercise	Week 1		Week 5	
	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Seated Russian Twist w/ 25-Pound Plate	3x10 each side	3x10 each side	3x10 each side	3x10 each side
MB Frog Hang	3x20*	3x20**	3x20**	3x20**
Plank Series (front, right, left, back)	2x15	2x30	2x30	seconds
*Use 8-15 lb med ball, **Use 12-16 lb med ball				
Overhead Squat	2x10	2x10	2x10	2x10
DB Push Jerk	3x5	3x5	3x5	3x5
DB Leg Circuit w/ 20% body weight				
-Squat Jump	2x6	3x10	3x10	3x10
-Lunge	2x6 / leg	3x10 / leg	3x10 / leg	3x10 / leg
-Step-Ups	2x6 / leg	3x10 / leg	3x10 / leg	3x10 / leg
-Squats	2x10	3x20	3x20	3x20
Pull-Up*	2x30 secs	3x45 secs	3x45 secs	3x45 secs
Bodyweight Lateral Squat*	3x8	3x8	3x8	3x8
Seated Row + Scapula Retraction	3x8	3x8	3x8	3x8
SB Shoulder Combo (V, I, J)	1x10	1x10	1x10	1x10
Off-Bench Oblique Twist	2x10 / side	2x10 / side**	2x10 / side**	2x10 / side**
*Superset **Use 12-lb med ball				
Exercise	Week 2*		Week 6*	
	Sets/Reps%	Sets/Reps%	Sets/Reps%	Sets/Reps%
SB MB Seated Russian Twist*	3x10 each side	3x10 each side	3x10 each side	3x10 each side
Toe Touches	3x20	3x20	3x20	3x20
Side Bridge Hip Raise	2x12 each side	2x12 each side	2x12 each side	2x12 each side
*Perform with 8-pound med ball				
Overhead Squat	2x10	2x10	2x10	2x10
Push Jerk	4x3@65% of PC	4x3@75% of PC	4x3@75% of PC	4x3@75% of PC
Front Squat*	4x5@65% of PC	4x5@75% of PC	4x5@75% of PC	4x5@75% of PC
Weighted Vest Inverted Pull-Up*	3x5	3x5	3x5	3x5
Single-Leg Squat Off Box**	3x5 / leg	4x5 / leg	4x5 / leg	4x5 / leg
Single-Arm DB Row**	3x5 / arm	4x5 / arm	4x5 / arm	4x5 / arm
*Superset, **Superset				

FRIDAY

Exercise	Week 1*		Week 5**	
	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
MB Perpendicular Trunk Rotation	3x10	3x10	3x10	3x10
MB Standing Overhead Forward	3x10	3x10	3x10	3x10
MB Chest Pass	3x10	3x10	3x10	3x10
*Use 8-15 lb med ball, **Use 12-16 lb med ball				
DB Hang Clean	3x5	4x5	4x5	4x5
Dips + Shoulder Dips*	3x8	4x8	4x8	4x8
Back Hyper*	3x10	3x10	3x10	3x10
SB Circuit				
-DB Shoulder Press	3x6	3x8	3x8	3x8
-DB Incline Press	3x6	3x8	3x8	3x8
-DB Bench Press	3x6	3x8	3x8	3x8
SB Leg Curl	2x10	3x12	3x12	3x12
*Superset				
Exercise	Week 2*		Week 6*	
	Sets/Reps%	Sets/Reps%	Sets/Reps%	Sets/Reps%
MB Seated Backward liss	3x10 each side	3x10 each side	3x10 each side	3x10 each side
MB Staggered Overhead Forward Step	3x10	3x10	3x10	3x10
MB Single-Arm Pass	3x5 each arm	3x5 each arm	3x5 each arm	3x5 each arm
*Perform with 8-pound med ball				
Hang Clean	1x3@75 2x3@80 1x3@75	1x3@75 1x3@80 1x3@80 1x3@80	1x3@75 1x3@80 1x3@80 1x3@80	1x3@75 1x3@80 1x3@80 1x3@80
DB Incline Press*	3x8	4x5	4x5	4x5
Reverse Hyper*	3x5	3x8	3x8	3x8
Weighted Dips**	3x5	4x5	4x5	4x5
Gut/Ham Raise**	3x8	3x10	3x10	3x10
*Superset, **Superset				
Exercise	Week 3		Week 7	
	Sets/Reps%	Sets/Reps%	Sets/Reps%	Sets/Reps%
MB Side Throw w/ Step*	3x10 each side	3x10 each side	3x10 each side	3x10 each side
MB Overhead Forward w/ Step*	3x10	3x10	3x10	3x10
Alternating Step*	3x10	3x10	3x10	3x10
Clap Push-Up	3x10	3x10	3x10	3x10
*Perform with 8-pound med ball				
Clean (off blocks)	1x3@45 1x3@60 1x3@80 1x2@70 1x1@90	1x3@45 1x3@60 1x2@70 1x2@85 1x1@90	1x3@45 1x2@60 1x2@70 1x2@85 1x1@90	1x3@45 1x2@60 1x2@70 1x2@85 1x1@90
Speed Bench	8x3@65*	8x3@65*	8x3@65*	8x3@65*
DB Incline**	3x5	3x5	3x5	3x5
Reverse Hyper**	3x8	3x8	3x8	3x8
DB Curl to Press***	3x6	3x6	3x6	3x6
Weighted Gut/Ham Raise***	3x6	3x6	3x6	3x6
Triceps	2x8	3x6	3x6	3x6
*Fast 45 seconds after each set, **Superset, ***Superset				

Exercise	Week 2*		Week 6*	
	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
MB Seated Backward liss	3x10 each side	3x10 each side	3x10 each side	3x10 each side
MB Staggered Overhead Forward	3x10	3x10	3x10	3x10
MB Single-Arm Pass	3x5 / arm	3x5 / arm	3x5 / arm	3x5 / arm
*Perform with 8-pound med ball				
High Box Clean	3x3@55	4x3@65	4x3@65	4x3@65
Bench Press	1x5@70 1x5@75 1x5@80 1x12@60	1x5@75 1x5@80 1x5@85 1x3@80 1x12@70	1x5@75 1x5@80 1x5@85 1x3@80 1x12@70	1x5@75 1x5@80 1x5@85 1x3@80 1x12@70
Barbell RDL	3x5	4x5	4x5	4x5
DB Shoulder Press	3x5	4x5	4x5	4x5
*Superset				
Exercise	Week 3		Week 7	
	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
MB Side Throw w/ Step*	3x10 each side	3x10 each side	3x10 each side	3x10 each side
MB Overhead Forward w/ Step*	3x10	3x10	3x10	3x10
Clap Push-Up	3x10	3x10	3x10	3x10
*Perform with 8-pound med ball				
RDL High Pull	4x3@65	4x3@65	4x3@65	4x3@65
Bench Press*	1x5@45 1x3@60 1x3@80 1x3@85 1x1@95	1x5@45 1x3@60 1x3@80 1x3@90 1x1@95	1x5@45 1x3@60 1x3@80 1x3@90 1x1@95	1x5@45 1x3@60 1x3@80 1x3@90 1x1@95
DB RDL*	3x8	3x6	3x6	3x6
Alternating DB Shoulder Press	3x5 / arm	3x5 / arm	3x5 / arm	3x5 / arm
Single-Leg MB Hip Extension	3x8	3x10	3x10	3x10
*Superset				

Exercise	Week 3		Week 7	
	Sets/Reps%	Sets/Reps%	Sets/Reps%	Sets/Reps%
Weighted Sky Touch	3x20	3x20	3x20	3x20
Dead Bug	3x45 secs	3x45 secs	3x45 secs	3x45 secs
Side Bridge Leg Raise	2x10	2x10	2x10	2x10
Close-Grip Hang Squat	4x3@60	4x3@60	4x3@60	4x3@60
Squat	1x5@50 1x3@65 1x3@85 1x3@87 1x1@95	1x5@50 1x3@65 1x3@80 1x1@95 1x1@95	1x5@50 1x3@65 1x3@80 1x1@95 1x1@95	1x5@50 1x3@65 1x3@80 1x1@95 1x1@95
Weighted Pull-Up	4x5	4x3	4x3	4x3
DB Lunge	3x6 / leg @40% of BW	3x5 / leg @45% of BW	3x5 / leg @45% of BW	3x5 / leg @45% of BW
FB External/Internal Rotations	3x8 / arm	3x8 / arm	3x8 / arm	3x8 / arm
Fat Bar Curl	3x6	3x6	3x6	3x6

Monday

STICK WARM-UP					
Exercise	Set 1				
Muscle Snatch	/6				
Shrug to Upright Row	/6				
Snatch Squat	/6				
Back Squat to Push Press	/6				
Bent Over Row	/6				
Overhead Walking Lunge	/12				
GENERAL STRENGTH: CORE					
Exercise	Set 1	Set 2	Set 3		
Sky Reach	/20	/20	/20		
Reverse Crunch	/20	/20	/20		
Plank Series [frt., rt., lft., bck.]	/15 seconds	/15 seconds			
NMG TRAINING					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
DB Snatch	/5 lbs	/5 lbs	/5 lbs		
Squat	/8 lbs	/8 lbs	/8 lbs	/8 lbs	/8 lbs
Wide Grip Pull-Up	/5	/5	/5		
Medium Grip Pull-Up	/5	/5	/5		
Medium Grip Chin-Up	/5	/5	/5		
Narrow Grip Chin-Up	/5	/5	/5		
DB Lunge	/8 each leg lbs	/8 each leg lbs			
DB Alternate Row	/8 each arm lbs	/8 each arm lbs			
FB Standing External Rotations	/10	/10			

Tuesday

STICK WARM-UP					
Exercise	Set 1				
Muscle Snatch	/6				
Shrug to Upright Row	/6				
Snatch Squat	/6				
Back Squat to Push Press	/6				
Bent Over Row	/6				
Overhead Walking Lunge	/12				
MULTI THROW					
Exercise	Set 1	Set 2	Set 3		
MB Perpendicular Trunk Rotation	/10	/10	/10		
MB Standing Overhead Forward	/10	/10	/10		
MB Chest Pass	/10	/10	/10		
NMG TRAINING					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Hang Clean	/5 lbs	/5 lbs	/5 lbs	/5 lbs	
Bench Press	/8 lbs	/8 lbs	/8 lbs	/8 lbs	/8 lbs
DB Single-Leg RDL	/8 lbs	/8 lbs	/8 lbs		
MB Single-Arm Push-Up	/10 each arm	/10 each arm	/10 each arm		
MB Hip Extension	/12	/12	/12		

Thursday

STICK WARM-UP			
Exercise	Set 1		
Muscle Snatch	/6		
Shrug to Upright Row	/6		
Snatch Squat	/6		
Back Squat to Push Press	/6		
Bent Over Row	/6		
Overhead Walking Lunge	/12		
GENERAL STRENGTH			
Exercise	Set 1	Set 2	Set 3
Seated Russian Twist w/ 25-Pound Plate	/10 each side	/10 each side	/10 each side
MB Frog Hang	/20	/20	/20
Plank Series [fрт., rt., lft., bck.]	/15 seconds	/15 seconds	
NMG TRAINING			
Exercise	Set 1	Set 2	Set 3
Overhead Squat	/10 lbs	/10 lbs	
DB Push Jerk	/5 lbs	/5 lbs	/5 lbs
DB Squat Jump	/6 lbs	/6 lbs	
DB Lunge	/6 each leg lbs	/6 each leg lbs	
DB Step-Ups	/6 each leg lbs	/6 each leg lbs	
DB Squats	/10 lbs	/10 lbs	
Pull-Up	/30 seconds	/30 seconds	
Bodyweight Lateral Lunge	/8	/8	/8
Seated Row + Scapula Retraction	/8 lbs	/8 lbs	/8 lbs
SB Shoulder Combo (Y, T, I)	/10		
Off-Bench Oblique Twist	/10 each side	/10 each side	

Friday

STICK WARM-UP			
Exercise	Set 1		
Muscle Snatch	/6		
Shrug to Upright Row	/6		
Snatch Squat	/6		
Back Squat to Push Press	/6		
Bent Over Row	/6		
Overhead Walking Lunge	/12		
MULTI THROW			
Exercise	Set 1	Set 2	Set 3
MB Perpendicular Trunk Rotation	/10	/10	/10
MB Standing Overhead Forward	/10	/10	/10
MB Chest Pass	/10	/10	/10
NMG TRAINING			
Exercise	Set 1	Set 2	Set 3
DB Hang Clean	/5 lbs	/5 lbs	/5 lbs
Dips + Shoulder Dips	/8	/8	/8
Back Hypers	/10	/10	/10
SB DB Shoulder Press	/6 lbs	/6 lbs	/6 lbs
SB DB Incline Press	/6 lbs	/6 lbs	/6 lbs
SB DB Bench Press	/6 lbs	/6 lbs	/6 lbs
SB Leg Curl	/10	/10	

Monday

STICK WARM-UP				
Exercise	Set 1			
Muscle Snatch	/6			
Shrug to Upright Row	/6			
Snatch Squat	/6			
Back Squat to Push Press	/6			
Bent Over Row	/6			
Overhead Walking Lunge	/12			
GENERAL STRENGTH: CORE				
Exercise	Set 1	Set 2	Set 3	
Stick Crunch	/20	/20	/20	
MB Exchange Reverse Crunch	/20	/20	/20	
Side Bridge Hip Raise	/12 each side	/12 each side		
NMG TRAINING				
Exercise	Set 1	Set 2	Set 3	Set 4
Hang Snatch	/3 lbs	/3 lbs	/3 lbs	/3 lbs
Squat	/5 lbs	/5 lbs	/5 lbs	/10 lbs
Weighted Chin-Up	/5 lbs	/5 lbs	/5 lbs	
DB Step-Up	/8 lbs	/8 lbs	/8 lbs	
DB External Rotations	/10 each arm lbs	/10 each arm lbs	/10 each arm lbs	

Tuesday

STICK WARM-UP				
Exercise	Set 1			
Muscle Snatch	/6			
Shrug to Upright Row	/6			
Snatch Squat	/6			
Back Squat to Push Press	/6			
Bent Over Row	/6			
Overhead Walking Lunge	/12			
MULTI THROW				
Exercise	Set 1	Set 2	Set 3	
MB Seated Backward Toss	/10 each side	/10 each side	/10 each side	
MB Staggered Overhead Forward	/10	/10	/10	
MB Single-Arm Pass	/5 each arm	/5 each arm	/5 each arm	
NMG TRAINING				
Exercise	Set 1	Set 2	Set 3	Set 4
High Box Clean	/3 lbs	/3 lbs	/3 lbs	
Bench Press	/5 lbs	/5 lbs	/5 lbs	/12 lbs
Barbell RDL	/5 lbs	/5 lbs	/5 lbs	
DB Shoulder Press	/5 lbs	/5 lbs	/5 lbs	

Thursday

STICK WARM-UP				
Exercise	Set 1			
Muscle Snatch	/6			
Shrug to Upright Row	/6			
Snatch Squat	/6			
Back Squat to Push Press	/6			
Bent Over Row	/6			
Overhead Walking Lunge	/12			
GENERAL STRENGTH				
Exercise	Set 1	Set 2	Set 3	
SB MB Seated Russian Twist	/10 each side	/10 each side	/10 each side	
Toe Touches	/20	/20	/20	
Side Bridge Hip Raise	/12 each side	/12 each side		
NMG TRAINING				
Exercise	Set 1	Set 2	Set 3	Set 4
Overhead Squat	/10 lbs	/10 lbs		
Push Jerk	/3 lbs	/3 lbs	/3 lbs	/3 lbs
Front Squat	/5 lbs	/5 lbs	/5 lbs	/5 lbs
Weighted Vest Inverted Pull-Up	/5	/5	/5	
Single-Leg Squat Off Box	/5 each leg	/5 each leg	/5 each leg	
Single-Arm DB Row	/5 each arm lbs	/5 each arm lbs	/5 each arm lbs	

Friday

STICK WARM-UP				
Exercise	Set 1			
Muscle Snatch	/6			
Shrug to Upright Row	/6			
Snatch Squat	/6			
Back Squat to Push Press	/6			
Bent Over Row	/6			
Overhead Walking Lunge	/12			
MULTI THROW				
Exercise	Set 1	Set 2	Set 3	
MB Seated Backward Toss	/10 each side	/10 each side	/10 each side	
MB Staggered Overhead Forward Step	/10	/10	/10	
MB Single-Arm Pass	/5 each arm	/5 each arm	/5 each arm	
NMG TRAINING				
Exercise	Set 1	Set 2	Set 3	Set 4
Hang Clean	/3 lbs	/3 lbs	/3 lbs	/3 lbs
DB Incline Press	/8 lbs	/8 lbs	/8 lbs	
Reverse Hyper	/5	/5	/5	
Weighted Dips	/5	/5	/5	
Glute/Ham Raise	/8	/8	/8	

Monday

STICK WARM-UP					
Exercise	Set 1				
Muscle Snatch	/6				
Shrug to Upright Row	/6				
Snatch Squat	/6				
Back Squat to Push Press	/6				
Bent Over Row	/6				
Overhead Walking Lunge	/12				
GENERAL STRENGTH: CORE					
Exercise	Set 1	Set 2	Set 3		
Weighted Sky Touch	/20	/20	/20		
Dead Bug	/45 seconds	/45 seconds	/45 seconds		
Side Bridge Leg Raise	/10	/10			
NMG TRAINING					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Close-Grip Hang Snatch	/3 lbs	/3 lbs	/3 lbs	/3 lbs	
Squat	/5 lbs	/3 lbs	/3 lbs	/3 lbs	/3 lbs
Weighted Pull-Ups	/5	/5	/5	/5	
DB Lunge	/6 each leg lbs	/6 each leg lbs	/6 each leg lbs		
FB External/Internal Rotations	/8 each arm lbs	/8 each arm lbs	/8 each arm lbs		
Fat Bar Curl	/6 lbs	/6 lbs	/6 lbs		

Tuesday

STICK WARM-UP					
Exercise	Set 1				
Muscle Snatch	/6				
Shrug to Upright Row	/6				
Snatch Squat	/6				
Back Squat to Push Press	/6				
Bent Over Row	/6				
Overhead Walking Lunge	/12				
MULTI THROW					
Exercise	Set 1	Set 2	Set 3		
MB Side Throw w/ Step	/10 each side	/10 each side	/10 each side		
MB Overhead Forward w/ Step	/10	/10	/10		
Clap Push-Up	/10	/10	/10		
NMG TRAINING					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
RDL High Pull	/3 lbs	/3 lbs	/3 lbs	/3 lbs	
Bench Press	/5 lbs	/3 lbs	/3 lbs	/3 lbs	/2 lbs
DB RDL	/8 lbs	/8 lbs	/8 lbs		
Alternating DB Shoulder Press	/5 each arm lbs	/5 each arm lbs	/5 each arm lbs		
Single-Leg MB Hip Extension	/8	/8	/8		

Thursday

STICK WARM-UP										
Exercise	Set 1									
Muscle Snatch	/6									
Shrug to Upright Row	/6									
Snatch Squat	/6									
Back Squat to Push Press	/6									
Bent Over Row	/6									
Overhead Walking Lunge	/12									
GENERAL STRENGTH										
Exercise	Set 1	Set 2	Set 3							
SB Log Rolls	/10 each side	/10 each side	/10 each side							
Alternating Leg V-Up	/10 each side	/10 each side	/10 each side							
Side Bridge Leg Raise	/10 each side	/10 each side								
NMG TRAINING										
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
Overhead Squat	/10 lbs	/10 lbs								
DB Snatch	/3 lbs	/3 lbs	/3 lbs	/3 lbs						
Speed Squat	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs
Weighted Chin-Up	/3	/3	/3	/3						
Barbell Step-Up	/5 each leg lbs	/5 each leg lbs	/5 each leg lbs							
DB Row	/5 each arm lbs	/5 each arm lbs	/5 each arm lbs							

Tuesday

STICK WARM-UP			
Exercise	Set 1		
Muscle Snatch	/6		
Shrug to Upright Row	/6		
Snatch Squat	/6		
Back Squat to Push Press	/6		
Bent Over Row	/6		
Overhead Walking Lunge	/12		
NMG TRAINING			
Exercise	Set 1	Set 2	Set 3
Upright-Row	/6 lbs	/6 lbs	/6 lbs
Muscle Snatch	/6 lbs	/6 lbs	/6 lbs
DB RDL	/6 lbs	/6 lbs	/6 lbs
Front Squat to Press	/6 lbs	/6 lbs	/6 lbs
Lateral Squat	/6 lbs	/6 lbs	/6 lbs
DB Box Jump	/10 lbs	/10 lbs	/10 lbs
Squat or Leg Press	/8 lbs	/8 lbs	/8 lbs
DB Floor Press	/8 lbs	/8 lbs	/8 lbs
Seated Row or Lat Pulldown	/8 lbs	/8 lbs	/8 lbs
Leg Curl	/8 lbs	/8 lbs	/8 lbs
Biceps	/12 lbs	/12 lbs	/12 lbs
Triceps	/12 lbs	/12 lbs	/12 lbs
STRETCH			
Exercise	Set 1		
Back System Chair	/4		

Thursday

STICK WARM-UP			
Exercise	Set 1		
Muscle Snatch	/6		
Shrug to Upright Row	/6		
Snatch Squat	/6		
Back Squat to Push Press	/6		
Bent Over Row	/6		
Overhead Walking Lunge	/12		
NMG TRAINING			
Exercise	Set 1	Set 2	Set 3
BW Jump Squats	/5	/5	/5
Barbell Lunge	/6 each leg lbs	/6 each leg lbs	/6 each leg lbs
DB Incline Bench	/8	/8	/8
DB Row	/8 each arm lbs	/8 each arm lbs	/8 each arm lbs
Back Hyper	/12	/12	/12
Biceps	/10 lbs	/10 lbs	/10 lbs
Triceps	/10 lbs	/10 lbs	/10 lbs
STRETCH			
Exercise	Set 1		
Back System Chair	/4		

Monday

STICK WARM-UP					
Exercise	Set 1				
Muscle Snatch	/6				
Shrug to Upright Row	/6				
Snatch Squat	/6				
Back Squat to Push Press	/6				
Bent Over Row	/6				
Overhead Walking Lunge	/12				
GENERAL STRENGTH: CORE					
Exercise	Set 1	Set 2	Set 3		
Sky Reach	/20	/20	/20		
Reverse Crunch	/20	/20	/20		
Plank Series [fрт., rt., lft., bck.]	/30 seconds	/30 seconds	/30 seconds		
NMG TRAINING					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
DB Snatch	/5 lbs	/5 lbs	/5 lbs	/5 lbs	
Squat	/8 lbs	/8 lbs	/8 lbs	/8 lbs	/8 lbs
Wide Grip Pull-Up	/5	/5	/5		
Medium Grip Pull-Up	/5	/5	/5		
Medium Grip Chin-Up	/5	/5	/5		
Narrow Grip Chin-Up	/5	/5	/5		
DB Lunge	/8 each leg lbs	/8 each leg lbs	/8 each leg lbs		
DB Alternate Row	/8 each arm lbs	/8 each arm lbs	/8 each arm lbs		
FB Standing External Rotations	/12	/12			

Tuesday

STICK WARM-UP					
Exercise	Set 1				
Muscle Snatch	/6				
Shrug to Upright Row	/6				
Snatch Squat	/6				
Back Squat to Push Press	/6				
Bent Over Row	/6				
Overhead Walking Lunge	/12				
MULTI THROW					
Exercise	Set 1	Set 2	Set 3		
MB Perpendicular Trunk Rotation	/10	/10	/10		
MB Standing Overhead Forward	/10	/10	/10		
MB Chest Pass	/10	/10	/10		
NMG TRAINING					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Hang Clean	/5 lbs	/5 lbs	/5 lbs	/5 lbs	
Bench Press	/8 lbs	/8 lbs	/8 lbs	/8 lbs	/8 lbs
DB Single-Leg RDL	/8 lbs	/8 lbs	/8 lbs		
MB Single-Arm Push-Up	/12 each arm	/12 each arm	/12 each arm		
MB Hip Extension	/12	/12	/12		

Thursday

STICK WARM-UP			
Exercise	Set 1		
Muscle Snatch	/6		
Shrug to Upright Row	/6		
Snatch Squat	/6		
Back Squat to Push Press	/6		
Bent Over Row	/6		
Overhead Walking Lunge	/12		
GENERAL STRENGTH			
Exercise	Set 1	Set 2	Set 3
Seated Russian Twist w/ 25-Pound Plate	/10 each side	/10 each side	/10 each side
MB Frog Hang	/20	/20	/20
Plank Series (fрт., rt., lft., bck.)	/30 seconds	/30 seconds	
NMG TRAINING			
Exercise	Set 1	Set 2	Set 3
Overhead Squat	/10 lbs	/10 lbs	
DB Push Jerk	/5 lbs	/5 lbs	/5 lbs
DB Squat Jump	/10 lbs	/10 lbs	/10 lbs
DB Lunge	/10 each leg lbs	/10 each leg lbs	/10 each leg lbs
DB Step-Ups	/10 each leg lbs	/10 each leg lbs	/10 each leg lbs
DB Squats	/20 lbs	/20 lbs	/20 lbs
Pull-Up	/45 seconds	/45 seconds	/45 seconds
Bodyweight Lateral Lunge	/8	/8	/8
Seated Row + Scapula Retraction	/8 lbs	/8 lbs	/8 lbs
SB Shoulder Combo (Y, T, I)	/10	/10	
Off-Bench Oblique Twist	/10 each side	/10 each side	

Friday

STICK WARM-UP				
Exercise	Set 1			
Muscle Snatch	/6			
Shrug to Upright Row	/6			
Snatch Squat	/6			
Back Squat to Push Press	/6			
Bent Over Row	/6			
Overhead Walking Lunge	/12			
MULTI THROW				
Exercise	Set 1	Set 2	Set 3	
MB Perpendicular Trunk Rotation	/10	/10	/10	
MB Standing Overhead Forward	/10	/10	/10	
MB Chest Pass	/10	/10	/10	
NMG TRAINING				
Exercise	Set 1	Set 2	Set 3	Set 4
DB Hang Clean	/5 lbs	/5 lbs	/5 lbs	/5 lbs
Dips + Shoulder Dips	/8	/8	/8	/8
Back Hyper	/10	/10	/10	
SB DB Shoulder Press	/8 lbs	/8 lbs	/8 lbs	
SB DB Incline Press	/8 lbs	/8 lbs	/8 lbs	
SB DB Bench Press	/8 lbs	/8 lbs	/8 lbs	
SB Leg Curl	/12	/12	/12	

Monday

STICK WARM-UP					
Exercise	Set 1				
Muscle Snatch	/6				
Shrug to Upright Row	/6				
Snatch Squat	/6				
Back Squat to Push Press	/6				
Bent Over Row	/6				
Overhead Walking Lunge	/12				
GENERAL STRENGTH: CORE					
Exercise	Set 1	Set 2	Set 3		
Stick Crunch	/20	/20	/20		
MB Exchange Reverse Crunch	/20	/20	/20		
Side Bridge Hip Raise	/12 each side	/12 each side			
NMG TRAINING					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Hang Snatch	/3 lbs	/3 lbs	/3 lbs	/3 lbs	
Squat	/5 lbs	/5 lbs	/5 lbs	/5 lbs	/10 lbs
Weighted Chin-Up	/5 lbs	/5 lbs	/5 lbs		
DB Step-Up	/6 lbs	/6 lbs	/6 lbs	/6 lbs	
DB External Rotations	/8 each arm lbs	/8 each arm lbs	/8 each arm lbs		

Tuesday

STICK WARM-UP					
Exercise	Set 1				
Muscle Snatch	/6				
Shrug to Upright Row	/6				
Snatch Squat	/6				
Back Squat to Push Press	/6				
Bent Over Row	/6				
Overhead Walking Lunge	/12				
MULTI THROW					
Exercise	Set 1	Set 2	Set 3		
MB Seated Backward Toss	/10 each side	/10 each side	/10 each side		
MB Staggered Overhead Forward	/10	/10	/10		
MB Single-Arm Pass	/5 each arm	/5 each arm	/5 each arm		
NMG TRAINING					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
High Box Clean	/3 lbs	/3 lbs	/3 lbs	/3 lbs	
Bench Press	/5 lbs	/5 lbs	/5 lbs	/5 lbs	/12 lbs
Barbell RDL	/5 lbs	/5 lbs	/5 lbs	/5 lbs	
DB Shoulder Press	/5 lbs	/5 lbs	/5 lbs	/5 lbs	

Thursday

STICK WARM-UP				
Exercise	Set 1			
Muscle Snatch	/6			
Shrug to Upright Row	/6			
Snatch Squat	/6			
Back Squat to Push Press	/6			
Bent Over Row	/6			
Overhead Walking Lunge	/12			
GENERAL STRENGTH				
Exercise	Set 1	Set 2	Set 3	
SB MB Seated Russian Twist	/10 each side	/10 each side	/10 each side	
Toe Touches	/20	/20	/20	
Side Bridge Hip Raise	/12 each side	/12 each side		
NMG TRAINING				
Exercise	Set 1	Set 2	Set 3	Set 4
Overhead Squat	/10 lbs	/10 lbs		
Push Jerk	/3 lbs	/3 lbs	/3 lbs	/3 lbs
Front Squat	/5 lbs	/5 lbs	/5 lbs	/5 lbs
Weighted Vest Inverted Pull-Up	/5	/5	/5	
Single-Leg Squat Off Box	/5 each leg	/5 each leg	/5 each leg	/5 each leg
Single-Arm DB Row	/5 each arm lbs	/5 each arm lbs	/5 each arm lbs	/5 each arm lbs

Friday

STICK WARM-UP					
Exercise	Set 1				
Muscle Snatch	/6				
Shrug to Upright Row	/6				
Snatch Squat	/6				
Back Squat to Push Press	/6				
Bent Over Row	/6				
Overhead Walking Lunge	/12				
MULTI THROW					
Exercise	Set 1	Set 2	Set 3		
MB Seated Backward Toss	/10 each side	/10 each side	/10 each side		
MB Staggered Overhead Forward Step	/10	/10	/10		
MB Single-Arm Pass	/5 each arm	/5 each arm	/5 each arm		
NMG TRAINING					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Hang Clean	/3 lbs	/3 lbs	/3 lbs	/3 lbs	/3 lbs
DB Incline Press	/5 lbs	/5 lbs	/5 lbs	/5 lbs	
Reverse Hyper	/8	/8	/8		
Weighted Dips	/5	/5	/5	/5	
Glute/Ham Raise	/10	/10	/10		

Monday

STICK WARM-UP							
Exercise	Set 1						
Muscle Snatch	/6						
Shrug to Upright Row	/6						
Snatch Squat	/6						
Back Squat to Push Press	/6						
Bent Over Row	/6						
Overhead Walking Lunge	/12						
GENERAL STRENGTH: CORE							
Exercise	Set 1	Set 2	Set 3				
Weighted Sky Touch	/20	/20	/20				
Dead Bug	/45 seconds	/45 seconds	/45 seconds				
Side Bridge Leg Raise	/10	/10					
NMG TRAINING							
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Close-Grip Hang Snatch	/3 lbs	/3 lbs	/3 lbs	/3 lbs			
Squat	/5 lbs	/3 lbs	/1 lbs	/1 lbs	/1 lbs	/1 lbs	/1 lbs
Weighted Pull-Ups	/3	/3	/3	/3			
DB Lunge	/5 each leg lbs	/5 each leg lbs	/5 each leg lbs				
FB External/Internal Rotations	/8 each arm	/8 each arm	/8 each arm				
Fat Bar Curl	/6 lbs	/6 lbs	/6 lbs				

Tuesday

STICK WARM-UP							
Exercise	Set 1						
Muscle Snatch	/6						
Shrug to Upright Row	/6						
Snatch Squat	/6						
Back Squat to Push Press	/6						
Bent Over Row	/6						
Overhead Walking Lunge	/12						
MULTI THROW							
Exercise	Set 1	Set 2	Set 3				
MB Side Throw with Step	/10 each side	/10 each side	/10 each side				
MB Overhead Forward with Step	/10	/10	/10				
Clap Push-Up	/10	/10	/10				
NMG TRAINING							
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
RDL High Pull	/3 lbs	/3 lbs	/3 lbs	/3 lbs			
Bench Press	/5 lbs	/3 lbs	/1 lbs	/1 lbs	/1 lbs	/1 lbs	/1 lbs
DB RDL	/6 lbs	/6 lbs	/6 lbs				
Alternating DB Shoulder Press	/5 each arm lbs	/5 each arm lbs	/5 each arm lbs				
Single-Leg MB Hip Extension	/10	/10	/10				

Thursday

STICK WARM-UP										
Exercise	Set 1									
Muscle Snatch	/6									
Shrug to Upright Row	/6									
Snatch Squat	/6									
Back Squat to Push Press	/6									
Bent Over Row	/6									
Overhead Walking Lunge	/12									
GENERAL STRENGTH										
Exercise	Set 1	Set 2	Set 3							
SB Log Rolls	/10 each side	/10 each side	/10 each side							
Alternating Leg V-Up	/10 each side	/10 each side	/10 each side							
Side Bridge Leg Raise	/10 each side	/10 each side								
NMG TRAINING										
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
Overhead Squat	/10 lbs	/10 lbs								
DB Snatch	/3 lbs	/3 lbs	/3 lbs	/3 lbs						
Speed Squat	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs	/2 lbs
Weighted Chin-Up	/3	/3	/3							
Barbell Step-Up	/3 each leg lbs	/3 each leg lbs	/3 each leg lbs							
DB Row	/5 each arm lbs	/5 each arm lbs	/5 each arm lbs							

Friday

STICK WARM-UP								
Exercise	Set 1							
Muscle Snatch	/6							
Shrug to Upright Row	/6							
Snatch Squat	/6							
Back Squat to Push Press	/6							
Bent Over Row	/6							
Overhead Walking Lunge	/12							
MULTI THROW								
Exercise	Set 1	Set 2	Set 3					
MB Side Throw with Step	/10 each side	/10 each side	/10 each side					
MB Overhead Forward with Alternating Step	/10	/10	/10					
Clap Push-Up	/10	/10	/10					
NMG TRAINING								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
Clean [off blocks]	/3 lbs	/2 lbs	/2 lbs	/1 lbs	/1 lbs	/1 lbs		
Speed Bench	/3 lbs	/3 lbs	/3 lbs	/3 lbs	/3 lbs	/3 lbs	/3 lbs	/3 lbs
DB Incline	/5 lbs	/5 lbs	/5 lbs					
Reverse Hyper	/8	/8	/8					
DB Curl and Press	/5 lbs	/5 lbs	/5 lbs					
Weighted Glute/Ham Raise	/5 lbs	/5 lbs	/5 lbs					
Triceps	/6 lbs	/6 lbs	/6 lbs					

Tuesday

STICK WARM-UP			
Exercise	Set 1		
Muscle Snatch	/6		
Shrug to Upright Row	/6		
Snatch Squat	/6		
Back Squat to Push Press	/6		
Bent Over Row	/6		
Overhead Walking Lunge	/12		
NMG TRAINING			
Exercise	Set 1	Set 2	Set 3
Upright-Row	/6 lbs	/6 lbs	/6 lbs
Muscle Snatch	/6 lbs	/6 lbs	/6 lbs
DB RDL	/6 lbs	/6 lbs	/6 lbs
Front Squat to Press	/6 lbs	/6 lbs	/6 lbs
Lateral Squat	/6 lbs	/6 lbs	/6 lbs
DB Box Jump	/10 lbs	/10 lbs	/10 lbs
Squat or Leg Press	/8 lbs	/8 lbs	/8 lbs
DB Floor Press	/8 lbs	/8 lbs	/8 lbs
Seated Row or Lat Pulldown	/8 lbs	/8 lbs	/8 lbs
Leg Curl	/8 lbs	/8 lbs	/8 lbs
Biceps	/12 lbs	/12 lbs	/12 lbs
Triceps	/12 lbs	/12 lbs	/12 lbs
STRETCH			
Exercise	Set 1		
Back System Chair	/4		

Thursday

STICK WARM-UP			
Exercise	Set 1		
Muscle Snatch	/6		
Shrug to Upright Row	/6		
Snatch Squat	/6		
Back Squat to Push Press	/6		
Bent Over Row	/6		
Overhead Walking Lunge	/12		
NMG TRAINING			
Exercise	Set 1	Set 2	Set 3
BW Jump Squats	/5	/5	/5
Barbell Lunge	/6 each leg lbs	/6 each leg lbs	/6 each leg lbs
DB Incline Bench	/8 lbs	/8 lbs	/8 lbs
DB Row	/8 each arm lbs	/8 each arm lbs	/8 each arm lbs
Back Hyper	/12	/12	/12
Biceps	/10 lbs	/10 lbs	/10 lbs
Triceps	/10 lbs	/10 lbs	/10 lbs
STRETCH			
Exercise	Set 1		
Back System Chair	/4		