

STRENGTH

Week 1: Monday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Spiderman	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Back Squat (<i>Half Squat</i>)	/10		/10		/10	
Split Squat Pushers	/6		/6		/6	
Four-Way SA Split Stance Cable Pulls	/8		/8		/8	
Superset						
DB High Pulls	/8		/8		/8	
SS Alternating DB Push Press Matrix	/4		/4		/4	
Ground Matrix	/5		/5		/5	
Superset						
Four-Way Lateral MB Hip Throws	/8		/8		/8	
Four-Way Anterior MB Shot Put Throws	/8		/8		/8	

Week 1: Wednesday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Inchworm	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Front Squat or DB Front Squat	/8		/8		/8	
Over Head Sumo Walk	/10		/10		/10	
Push-Up Airplanes	/20		/20		/20	
Superset						
Three-Way Golf Squats	/5		/5		/5	
Balance Reach Step Downs	/4		/4		/4	
Horizontal Pull-Ups (<i>to fatigue</i>)	TF=		TF=		TF=	
Superset						
Four-Way Anterior MB Hip Throws	/8		/8		/8	
Four-Way Lateral MB Shot Put Throws	/8		/8		/8	

Notes:

Full recovery between each superset // AAC = Arms Across Chest // HBH = Hands Behind Head // SA = Single Arm // DB = Dumbbell

STRENGTH

Week 1: Friday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Dynamic Warm-Up	15 min					
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Forward Box Jumps	/6		/6		/6	
Forward Broad Jumps	/6		/6		/6	
Superset						
Lateral Box Jumps	/5		/5		/5	
Lateral Broad Jumps	/6		/6		/6	
Superset						
Two-Way Step-Ups	/8		/8		/8	
Skater Hops	/8		/8		/8	
Cool Down						
Dynamic Cool Down	15 min					
Cool Down Stretch	15 min					

* Full recovery between each superset

STRENGTH

Week 2: Monday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Spiderman	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Back Squat	/10		/10		/10	
Split Squat Pushers	/6		/6		/6	
Four-Way SA Split Stance Cable Pulls	/8		/8		/8	
Superset						
DB High Pulls	/8		/8		/8	
SS Alternating DB Push Press Matrix	/4		/4		/4	
Ground Matrix	/5		/5		/5	
Superset						
Four-Way Lateral MB Hip Throws	/8		/8		/8	
Four-Way Anterior MB Shot Put Throws	/8		/8		/8	

* Full recovery between each superset

Week 2: Wednesday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Inchworm	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Front Squat or DB Front Squat	/8		/8		/8	
Over Head Sumo Walk	/10		/10		/10	
Push-Up Airplanes	/20		/20		/20	
Superset						
Three-Way Golf Squats	/5		/5		/5	
Balance Reach Step Downs	/4		/4		/4	
Horizontal Pull-Ups (<i>to fatigue</i>)	TF=		TF=		TF=	
Superset						
Four-Way Anterior MB Hip Throws	/8		/8		/8	
Four-Way Lateral MB Shot Put Throws	/8		/8		/8	

STRENGTH

Week 2: Friday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Dynamic Warm-Up	15 min					
Warm-Up Circuit						
Squat AAC/Squat HBH	/5		/5			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset *use 18" box						
Forward Box Jumps	/6		/6		/6	
Forward Broad Jumps	/6		/6		/6	
Superset *use 18" box						
Lateral Box Jumps	/5		/5		/5	
Lateral Broad Jumps	/6		/6		/6	
Superset *use 12" box						
Two-Way Step-Ups	/8		/8		/8	
Skater Hops	/8		/8		/8	
Cool Down						
Dynamic Cool Down	15 min					
Cool Down Stretch	15 min					

* Full recovery between each superset

STRENGTH

Week 3: Monday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Spiderman	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Back Squat	/10		/10		/10	
Split Squat Pushers	/6		/6		/6	
Four-Way SA Split Stance Cable Pulls	/8		/8		/8	
Superset						
DB High Pulls	/8		/8		/8	
SS Alternating DB Push Press Matrix	/4		/4		/4	
Ground Matrix	/5		/5		/5	
Superset						
Four-Way Lateral MB Hip Throws	/8		/8		/8	
Four-Way Anterior MB Shot Put Throws	/8		/8		/8	

* Full recovery between each superset

Week 3: Wednesday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Inchworm	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Front Squat or DB Front Squat	/8		/8		/8	
Over Head Sumo Walk	/10		/10		/10	
Push-Up Airplanes	/20		/20		/20	
Superset						
Three-Way Golf Squats	/5		/5		/5	
Balance Reach Step Downs	/4		/4		/4	
Horizontal Pull-Ups <i>[to fatigue]</i>	TF=		TF=		TF=	
Superset						
Four-Way Anterior MB Hip Throws	/8		/8		/8	
Four-Way Lateral MB Shot Put Throws	/8		/8		/8	

STRENGTH

Week 3: Friday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Dynamic Warm-Up	15 min					
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Forward Box Jumps	/6		/6		/6	
Forward Broad Jumps	/6		/6		/6	
Superset						
Lateral Box Jumps	/5		/5		/5	
Lateral Broad Jumps	/6		/6		/6	
Superset						
Two-Way Step-Ups	/8		/8		/8	
Skater Hops	/8		/8		/8	
Cool Down						
Dynamic Cool Down	15 min					
Cool Down Stretch	15 min					

* Full recovery between each superset

STRENGTH

Week 4: Monday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Spiderman	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
SL Squat Reach	/4		/4		/4	
Lunge and Throw	/6		/6		/6	
Four-Way SS Lateral Cable X-Chop	/6		/6		/6	
Superset						
DB High Pulls	/6		/6		/6	
SL DB Push Press Matrix	/4		/4		/4	
Ground Matrix	/5		/5		/5	
Superset						
Four-Way Lateral MB Hip Throws	/10		/10		/10	
Four-Way Anterior MB Shot Put Throws	/10		/10		/10	

* Full recovery between each superset

Week 4: Wednesday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Spiderman	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
DB Clean and Press	/8		/8		/8	
Lateral Lunge X-Chop	/8		/8		/8	
Push-Up Pulls	/20		/20		/20	
Superset						
Three-Way Golf Squats	/5		/5		/5	
OH Balance Reach Step Downs	/4		/4		/4	
Horizontal Pull-Ups <i>[to fatigue]</i>	TF=		TF=		TF=	
Superset						
Four-Way Anterior MB Hip Throws	/8		/8		/8	
Four-Way Lateral MB Shot Put Throws	/8		/8		/8	

STRENGTH

Week 4: Friday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Dynamic Warm-Up	15 min					
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Tuck Jumps	/5		/5		/5	
Forward Broad Jumps	/6		/6		/6	
Lateral Broad Jumps	/4		/4		/4	
Lateral Split Squat Jumps	/6		/6		/6	
Superset						
Skater Hops	/5		/5		/5	
Cross Over Skater Hop	/5		/5		/5	
Superset						
Medial Hop and Stop	/5		/5		/5	
Lateral Hop and Stop	/5		/5		/5	
Cool Down						
Dynamic Cool Down	15 min					
Cool Down Stretch	15 min					

* Full recovery between each superset

STRENGTH

Week 5: Monday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Spiderman	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
SL Squat Reach	/4		/4		/4	
Lunge and Throw	/6		/6		/6	
Four-Way SS Lateral Cable X-Chop	/6		/6		/6	
Superset						
DB High Pulls	/6		/6		/6	
SL DB Push Press Matrix	/4		/4		/4	
Ground Matrix	/5		/5		/5	
Superset						
Four-Way Lateral MB Hip Throws	/10		/10		/10	
Four-Way Anterior MB Shot Put Throws	/10		/10		/10	

* Full recovery between each superset

Week 5: Wednesday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Spiderman	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
DB Clean and Press	/8		/8		/8	
Lateral Lunge X-Chop	/8		/8		/8	
Push-Up Pulls	/20		/20		/20	
Superset						
Three-Way Golf Squats	/5		/5		/5	
OH Balance Reach Step Downs	/4		/4		/4	
Horizontal Pull-Ups or Pull-Ups <i>[to fatigue]</i>	TF=		TF=		TF=	
Superset						
Four-Way Anterior MB Hip Throws	/8		/8		/8	
Four-Way Lateral MB Shot Put Throws	/8		/8		/8	

STRENGTH

Week 5: Friday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Dynamic Warm-Up	15 min					
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Tuck Jumps	/5		/5		/5	
Forward Broad Jumps	/6		/6		/6	
Lateral Broad Jumps	/4		/4		/4	
Lateral Split Squat Jumps	/6		/6		/6	
Superset						
Skater Hops	/5		/5		/5	
Cross Over Skater Hop	/5		/5		/5	
Superset						
Medial Hop and Stop	/5		/5		/5	
Lateral Hop and Stop	/5		/5		/5	
Cool Down						
Dynamic Cool Down	15 min					
Cool Down Stretch	15 min					

* Full recovery between each superset

STRENGTH

Week 6: Monday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Spiderman	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
SL Squat Reach	/4		/4		/4	
Lunge and Throw	/6		/6		/6	
Four-Way SS Lateral Cable X-Chop	/6		/6		/6	
Superset						
DB High Pulls	/6		/6		/6	
SL DB Push Press Matrix	/4		/4		/4	
Ground Matrix	/5		/5		/5	
Superset						
Four-Way Lateral MB Hip Throws	/10		/10		/10	
Four-Way Anterior MB Shot Put Throws	/10		/10		/10	

* Full recovery between each superset

Week 6: Wednesday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Spiderman	/6		/6			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
DB Clean and Press	/8		/8		/8	
Lateral Lunge X-Chop	/8		/8		/8	
Push-Up Pulls	/20		/20		/20	
Superset						
Three-Way Golf Squats	/5		/5		/5	
OH Balance Reach Step Downs	/4		/4		/4	
Horizontal Pull-Ups or Pull-Ups <i>[to fatigue]</i>	TF=		TF=		TF=	
Superset						
Four-Way Anterior MB Hip Throws	/8		/8		/8	
Four-Way Lateral MB Shot Put Throws	/8		/8		/8	

STRENGTH

Week 6: Friday

Exercise	Set 1	Weight	Set 2	Weight	Set 3	Weight
Dynamic Warm-Up	15 min					
Warm-Up Circuit						
Squat (AAC)	/5		/5			
Squat (HBH)	/5		/5			
Static Lateral Lunge (AAC)	/5		/5			
Static Lateral Lunge (HBH)	/5		/5			
Superset						
Tuck Jumps	/5		/6		/6	
Forward Broad Jumps	/6		/6		/6	
Lateral Broad Jumps	/4		/4		/4	
Lateral Split Squat Jumps	/6		/6		/6	
Superset						
Skater Hops	/5		/5		/5	
Cross Over Skater Hop	/5		/5		/5	
Superset						
Medial Hop and Stop	/5		/5		/5	
Lateral Hop and Stop	/5		/5		/5	
Cool Down						
Dynamic Cool Down	15 min					
Cool Down Stretch	15 min					

* Full recovery between each superset