

DAY 1 - STRENGTH AND CARDIO

Order	Soft Tissue Prep	Sets	Reps	Tempo	Video Links
	Foam Roll				
	Hamstrings				https://youtu.be/Re_fLsOFq70
	Under Arm	1	30s		https://youtu.be/tagkDUFOKVM
	Inner Thigh	1	30s		https://youtu.be/G6TUC-byFIM
	Quads	1	30s		https://youtu.be/IVMDyE2mA_k
	Calves	1	30s		https://youtu.be/b4X98xglYuw
	Lacross Ball or Tennis Ball				
	Back of Shoulder	1	30s		https://www.youtube.com/watch?v=dybD3QzzCpc
	Forearm	1	30s		https://www.youtube.com/watch?v=AxCW7cu1HIM

Order	Mobility	Sets	Reps	Tempo	Video Links
	Undergrip Stick Stretch	1	30s		https://youtu.be/13O-8qFSP78
	Table Top Stretch	1	30s		https://youtu.be/L7ZxpEI3VI4
	True Quad Stretch	1	30s		https://youtu.be/yzC0yr5fFFs
	Groin Rock Backs	1	30s		https://youtu.be/t85pXJxlVfo

Order	Resistance	Sets	Reps	Tempo	Video Links
1A	Single Leg Hip Lift	4	8	3s	https://youtu.be/13Nybh-aLjA
1B	Stomach Reptile Slides	3	10 R/L	3s	https://www.youtube.com/watch?v=IQ5w41T88sM
2A	Split Squat	4	8 R/L	3s	https://www.youtube.com/watch?v=1C2f6z0q3ik
2B	Weight Plank Drag Throughs	3	12 Total	3s	https://www.youtube.com/watch?v=25AOMReTspQ
3A	Side Shouder Lift	2	12	3s	https://youtu.be/A0B8zquq3lw
3B	Stomach Y	2	12	3s	https://youtu.be/Q_m2Aktu2PA
3C	Stomach T	2	12	3s	https://youtu.be/V9wP5Zlyvk0
3D	Stomch U	2	12	3s	https://youtu.be/WeDug0G-yXY

Bonus Round
5 Rounds
30s Mountain Climbers
30s Hollow Rocks
30s Jumping Lunges
30s Rest

DAY 2 - STRENGTH

Order	RAMP	Sets	Reps	Tempo	Video Links	Video Links
	Soft Tissue					
	Foam Roll Under Arm	1ea	20s	slow	https://www.youtube.com/watch?v=taqkDUFOKVM	
	Lax Ball Back of Shoulder	1ea	20s	slow	https://www.youtube.com/watch?v=dybD3QzzCPC	
	Lax Ball Forearm	1ea	20s	slow	https://www.youtube.com/watch?v=3ZeulHg0zYM	
	Foam Roll Calves				https://www.youtube.com/watch?v=7u8e1nX4It8	
	PVC Lat Stretch	1	20s	slow	https://www.youtube.com/watch?v=13O-8qFSP78	
	Forearm Rock Backs	1	20s	slow	https://www.youtube.com/watch?v=MQi4uQ1Oa_Q	
	Ankle Rocks	1	20s	slow	https://www.youtube.com/watch?v=LvOE8_JWWcY	

Order	Resistance	Sets	Reps	Tempo	Video Links
1A	Pike HSPU (any variation)	4	10	3s	https://www.youtube.com/watch?v=HL2-nYuGcUU
1B	Plank Slide Outs	3	10 Steps	30s	https://www.youtube.com/watch?v=Sj08HWUqfpl
2A	Floor Angels	3	10	5s	https://www.youtube.com/watch?v=JLnmjdemD3s
2A	Single Leg Deadlift	3	8	5s	https://www.youtube.com/watch?v=O3R5GAEqDWQ
	Hip Circuit				
3A	Side Plank Clamshell	2	12	3s	https://www.youtube.com/watch?v=DAInOIgBoWY
3B	Side Plank Leg Lift	2	12	3s	https://www.youtube.com/watch?v=iJsxlyJraXI
3C	Side/Bak Band Walk	2	12	3s	https://www.youtube.com/watch?v=dvnfoe8ruMI

Bonus Round
2 Min On / 1 Minute Off
5 Push Ups
10 Jump Squats
15 Hollow Flutters
15 Arch Flutters

DAY 3 - FLEX AND CORE

Order	Soft Tissue Prep	Video Links
	Foam Roll (1x)	
	Hamstrings	https://youtu.be/Re_fLsOFq70
	Under Arm	https://youtu.be/taqkDUFOKVM
	Inner Thigh	https://youtu.be/G6TUC-byFIM
	Quads	https://youtu.be/IVMDyE2mA_k
	Calves	https://youtu.be/b4X98xglYuw

	Mobility	
	(1x)	
	Undergrip Stick Stretch	https://youtu.be/13O-8qFSP78
	Table Top Stretch	https://youtu.be/L7ZxpEI3VI4
	True Quad Stretch	https://youtu.be/yzC0yr5FFs
	Groin Rock Backs	https://youtu.be/t85pXJxlvFo
	Leg Lowers	https://www.youtube.com/watch?v=YlslRuxOrHM

Order	Resistance	
	2x Through - 10 - 15 Reps Each	
	Plank Reptiles	https://www.youtube.com/watch?v=rirfAEgHpZY&list=PLJmxEc1D_
	X V Ups	https://www.youtube.com/watch?v=bBA49OtvuSg&list=PLJmxEc1D_McM4lzm0_0PeBsLNKcXK67eS&index=25
	Leg Lowers	https://www.youtube.com/watch?v=2EfnjNIKkyl&list=PLJmxEc1D_
	Hollow Hold	https://www.youtube.com/watch?v=j9zwQixXUyU&list=PLJmxEc1D_
	Arch Swimmers	https://www.youtube.com/watch?v=qD2h50liFml&list=PLJmxEc1D_
	Left and Right Plank Up Downs	https://www.youtube.com/watch?v=0Q8iXXNbX8g&list=PLJmxEc1D_
	V Ups with A Plus	https://www.youtube.com/watch?v=tVgm4aFyeVc&list=PLJmxEc1D_

Order	Cool Down Flexibility	Bonus Round
	30s Each right and left	5 Rounds
	Right Leg Split	2 Minute Jog/Bike/Jump Rope
	Left Leg Split	10 No Push Up Burpees
	Straddle Split	10 Walking Lunges
	Pike Stretch	
	Pancake Stretch	
	Floor Chest Stretch	
	Table Top Stretch	
	Wrist Rock Back Stretch	
	Calf Stretch	

DAY 4 - STRENGTH AND CARDIO

Order	Soft Tissue Prep	Sets	Reps		Video Links
	Foam Roll				
	Hamstrings				https://youtu.be/Re_fLsOfq70
	Under Arm	1	30s		https://youtu.be/tagkDUJFOKVM
	Inner Thigh	1	30s		https://youtu.be/G6TUC-byFIM
	Quads	1	30s		https://youtu.be/IVMDyE2mA_k
	Calves	1	30s		https://youtu.be/b4X98xglYuw
	Lacross Ball or Tennis Ball				
	Forearms				https://www.youtube.com/watch?v=AxCW7cu1HI
	Back of Shoulder	1	30s		https://www.youtube.com/watch?v=dybD3QzzCPC

	Mobility				
	Undergrip Stick Stretch	1	30s		https://youtu.be/13O-8qFSP78
	Table Top Stretch	1	30s		https://youtu.be/L7ZxpEI3VI4
	True Quad Stretch	1	30s		https://youtu.be/yzC0yr5fFFs
	Groin Rock Backs	1	30s		https://youtu.be/t85pXJxlvFo

Order	Resistance	Sets	Reps	Tempo	
1A	Plyo Push Ups (Knees or Feet)	3	7	10s	https://www.youtube.com/watch?v=0NudM-
1B	Slow Plank Crawl (Socks or Walk)	2	1 lap	30s	https://www.youtube.com/watch?v=FzmEV2E79y
2A	Goblet Squat	4	8	30s	https://www.youtube.com/watch?v=u- Apic36oM
2B	Press Walks	2	10	3s	https://www.youtube.com/watch?v=Afnxoc-tZt8
3A	Side Lift	2	12	3s	https://youtu.be/A0B8zquq3lw
3B	Stomach Y	2	12	3s	https://youtu.be/Q_m2Aktu2PA
3C	Stomach T	2	12	3s	https://youtu.be/V9wP5Zlyvk0
3D	Stomch U	2	12	3s	https://youtu.be/WeDug0G-yXY

BONUS
5 Rounds
10 Squat Jumps
10 V Ups
5 Push Ups
10 Leg Loweres

DAY 5 - STRENGTH

Order	Soft Tissue Prep	Sets	Reps	Video Links
	Foam Roll			
	Hamstrings	1	20s	https://youtu.be/Re_fLsOFq70
	Under Arm	1	20s	https://youtu.be/taqkDUFQKVM
	Inner Thigh	1	20s	https://youtu.be/G6TUC-byFIM
	Quads	1	290s	https://youtu.be/IVMDyE2mA_k
	Calves	1	20s	https://youtu.be/b4X98xglYuw
	Lacross Ball or Tennis Ball			
	Back of Shoulder	1	20s	https://www.youtube.com/watch?v=dybD3QzzCPc
	Forearm	1	20s	https://www.youtube.com/watch?v=AxCW7cu1HIM

Mobility				
	Undergrip Stick Stretch	1	30s	https://youtu.be/13O-8qFSP78
	Table Top Stretch	1	30s	https://youtu.be/L7ZxpEI3VI4
	True Quad Stretch	1	30s	https://youtu.be/vzC0yr5FFs
	Groin Rock Backs	1	30s	https://youtu.be/t85pXJlvFo

Order	Resistance	Sets	Reps	Tempo	Video Links
1A	1/2 Kneeling Face Pull	3	12	3s	https://www.youtube.com/watch?v=AZpY6lVuGfl
1B	Split Slide Outs	3	5	20s	https://www.youtube.com/watch?v=6rSWYkgejng
2A	Goblet Reverse Lunges	3	12	5s	https://www.youtube.com/watch?v=5IMqDrcgUN8
2B	Stomach Reptile Slides	2	1	20s	https://youtu.be/IQ5w41T88sM
3A	Side Plank Clamshell	2	12	3s	https://www.youtube.com/watch?v=DAInOlgBoWY
3B	Side Plank Leg Lift	2	12	3s	https://youtu.be/ijsxlyJraXI
3C	Leg Drivers	2	8	3s	https://youtu.be/SO8-voZFhrU
3D	Side Band Walk	2	8	3s	https://youtu.be/dvnfoe8ruMI

BONUS
5 Rounds
30s Jumping Jacks/Jump Rope
30s Mountain Climbers
30s Alteranting X V Ups
30s Squat Jumps
Rest 1 Minute

DAY 6 - STRENGTH

Order	Soft Tissue Prep	Video Links
	Foam Roll (1x)	
	Hamstrings	https://youtu.be/Re_fLsOFq70
	Under Arm	https://youtu.be/tagkDUFOKVM
	Inner Thigh	https://youtu.be/G6TUC-byFIM
	Quads	https://youtu.be/IVMDyE2mA_k
	Calves	https://youtu.be/b4X98xglYuw

	Mobility	
	(1x)	
	Undergrip Stick Stretch	https://youtu.be/13O-8qFSP78
	Table Top Stretch	https://youtu.be/L7ZxpEI3VI4
	True Quad Stretch	https://youtu.be/yzC0yr5fFFs
	Groin Rock Backs	https://youtu.be/t85pXJxlFo
	Leg Lowerers	https://www.youtube.com/watch?v=YlslRuxOr

Order	Resistance	
	2x Through - 10 Each	
	Stick Hollow Upper	https://www.youtube.com/watch?v=NgWdPP1
	Stick Hollow Lower	
	Stick Hollow Together	
	Stick Hoillow 10s Hold	
		https://www.youtube.com/watch?v=NgWdPP1
	Stick Arch Upper	
	Stick Arch Lower	
	Stick Arch Together	
	Stick Arch 10s Hold	

Order	Cool Down Flexibility	BONUS
	30s Each right and left	5 Rounds
	Right Leg Split	1 Minute Run / Side to Side Hops
	Left Leg Split	30 Front Plank
	Straddle Split	1 Minute No Push Up Burpees
	Pike Stretch	30s R / L Plank
	Pancake Stretch	
	Floor Chest Stretch	
	Table Top Stretch	
	Wrist Rock Back Stretch	
	Calf Stretch	