


Name	
Period	Cycle 1
Date	2018-09-01



Day 1									
<b>Torso Activation</b>									
Cat Camel					1x10				
Thoracic Spine Rotation					1x10				
Hip external Rotation					1x10				
Side Plank and Reach					1x10				
<b>Dynamic Mobility</b>									
<b>Dynamic Flexibility/Activation</b>									
<b>Exercise</b>			<b>Set/rep</b>		<b>Rest</b>				
Single Leg Glute Brigde			1x10+10						
Clamshells			1x10+10						
Hindu Push Ups			1x8						
Rope Cable Face Pull			2x10		20"				
<b>Full Body Workout</b>									
Exercise	Set/rep	Tempo	Rest	Week	Kg/ set				
					1	2	3	4	5
DB Squat Jumps	4x6	-	90"	1					
				2					
				3					
				4					
Barbell Deadlift complex with Box Jumps	5x5 (+3 jumps)	1 2 2	90"	1					
				2					
				3					
				4					
DB Alternating Chest Press	4x8+8	1 1 1	60"	1					
				2					
A1) Barbell Goodmorning	4x8	3 1 1	60"	3					
				4					
A2) Chin Ups	4x max	1 1 1	-	1					
				2					
B1) Step Up (slow eccentric)	3x8+8	1 1 2	45"	3					
				4					
B2) DB Curl and Press	3x8	1 1 1	-	1					
				2					
B3) Dips	3x8	1 1 1	-	3					
				4					
C1) DB Lateral Raise	3x8	1 1 1	45"	1					
				2					
C2) DB Front Raise	3x8	1 1 1	-	3					
				4					
<b>Core</b>									
<b>Exercise</b>			<b>Set/rep</b>		<b>Rest</b>				
KB Deadbug			3x10+10		30"				
Russian Twists			4x20		30"				
Back Extensions			3x12		30"				
<b>Conditioning</b>									
Bike 15" on 45" for 10 minutes									

Day 2									
<b>Torso Activation</b>									
Cat Camel					1x10				
Thoracic Spine Rotation					1x10				
Hip external Rotation					1x10				
Side Plank and Reach					1x10				
<b>Dynamic Mobility</b>									
<b>Dynamic Flexibility/Activation</b>									
<b>Exercise</b>			<b>Set/rep</b>		<b>Rest</b>				
Single Straight Leg Glute Brigde			1x10+10						
Side Lying Adduction			1x10+10						
Hindu Push Ups			1x8						
Wall Slide			2x10		20"				
<b>Full Body Workout</b>									
Exercise	Set/rep	Tempo	Rest	Week	Kg/ set				
					1	2	3	4	5
DB Bulgarian Split Squat	4x8+8 (+6+6 jumps)	3 1 1	90"	1					
				2					
				3					
				4					
KB Swing	4x10	-	90"	1					
				2					
				3					
				4					
Single Arm DB Chest Press	4x8+8	3 1 1	60"	1					
				2					
DB Z Press	3x8	1 2 2	45"	3					
				4					
A1) Hip Thrust	3x12	1 2 2	45"	1					
				2					
A2) Single Arm Single Leg Cable Row	3x8+8	1 1 2	45"	3					
				4					
B1) Slide Hamstring Curl	3x8+8	1 1 2	45"	1					
				2					
B2) Push Ups	3x10	1 1 1	-	3					
				4					
B3) Tricep Extension	3x10	1 1 1	-	1					
				2					
Hammer Curls	3x10	1 1 1	45"	3					
				4					
<b>Core</b>									
<b>Exercise</b>			<b>Set/rep</b>		<b>Rest</b>				
Single Arm KB Tuskish Sit Ups			3x8+8		30"				
Plank with Leg Adduction			3x12+12		30"				
Swiss Ball Elbow Circles			3x10+10		30"				
<b>Conditioning</b>									
Battle Ropes 20" on 40" for 10 minutes									

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Day 3									
<b>Torso Activation</b>									
Cat Camel					1x10				
Thoracic Spine Rotation					1x10				
Hip external Rotation					1x10				
Side Plank and Reach					1x10				
<b>Dynamic Mobility</b>									
<b>Dynamic Flexibility/Activation</b>									
<b>Exercise</b>				<b>Set/rep</b>	<b>Rest</b>				
Single Leg Glute Bridge				1x10+10					
Clamshells				1x10+10					
Hindu Push Ups				1x8					
Cable Pallof Press				2x8+8	30''				
<b>Full Body Workout</b>									
<b>Exercise</b>	<b>Set/rep</b>	<b>Tempo</b>	<b>Rest</b>	<b>Week</b>	<b>Kg/ set</b>				
					1	2	3	4	5
DB Sumo Squat complex with Box Jumps	5x10 (+3 jumps)	-	90''	1					
				2					
				3					
				4					
DB Back Lunge	3x8+8	1 1 1	90''	1					
				2					
				3					
				4					
BB Bench Press	4x8	1 1 1	60''	1					
				2					
A1)Romanian Deadlift	4x8	3 1 1	60''	3					
				4					
A2) TRX Rows	4x8	1 1 2	-	1					
				2					
B1) Side Lunges	3x8+8	1 1 1	45''	3					
				4					
B2) Skull Crusher	3x12	1 1 1	-	1					
				2					
B3) DB Rotation Bicep Curls	3x10	1 1 1	-	3					
				4					
Rope Face Pull	3x12	1 1 2	45''	1					
				2					
				3					
				4					
<b>Core</b>									
<b>Exercise</b>				<b>Set/rep</b>	<b>Rest</b>				
Plank with Leg Raise				3x12+12	30''				
Side Plank and Reach				3x10+10	30''				
Kneeling Ab Wheel Rollout				3x10	30''				
<b>Conditioning</b>									
<b>Bike 30'' on 30'' off for 10 minute</b>									