

January 6 – January 25, 2020, Phase 1, Warm Ups

Foam Roll 5min (10:5; x5-10 rolls)

Foam Roll Upper to Lower Back

Foam Roll Thoracic Extension

Foam Roll 1-Arm Lat, R/L

Foam Roll Piriformis, R/L

Foam Roll 1-Leg Hamstring, R/L

Foam Roll 1-Leg Calf, R/L

Foam Roll 1-Arm Pec, R/L

Foam Roll Bent-Knee Adductor, R/L

Foam Roll Hip Flexor / Quad, R/L

Foam Roll TFL, R/L

Foam Roll IT-Band, R/L

Static Stretch (3min) – Team Stretch

D1 – Bands (15:5)

1. SB Ham - R/L

2. SB Add Pull - R/L

3. SB Hip Cross - R/L

4. SB Quad Pull - R/L

5. HK Triceps -R/L

D2 – Mat (25:5)

1. Split Add - R/L

2. Thorac Rotation - R/L

3. Piriformis - R/L

D3 – Mats & Rollers (15:5)

1. Forward Bend

2. Deep Squat

3. DS R/L Reach

4. Stride Back, R/L

5. T-Spine Rot, R/L

6. HK Triceps – R/L

P1, Workout A, Warm Up

1. Quadruped T-Spine Rotation x8e

2. TK DB External Rotation @ 0° x8-15e

3. DB OH Psoas Bridge x3 breaths (3:6)

4. mb side-lying clams x8e

5. Split adductor mobes x8e

6. Incline ankle mobes

7. Overhead Marching x8e

8. Reverse Lunge to Reach Overhead x4e

9. Bear Crawl x16e

10. Inverted Hamstring to Y-Reach x4e

P1, Workout B, Warm Up

1. Side-Lying Thoracic Rotation x8e

2. Supine Floor Slides x8

3. DB OH Supine Bridges x20

4. Towel Extensions x8

5. Band Assisted Leg Lowers x8e

6. HK Ankle Mobes @ Wall x8-15e

7. Overhead Marching x8e

8. Lateral Deep Squat x4e

9. Inchworm x6-8

10. Lateral Crossover Toe Touch x4e

Name: _____

Nutrition Habit: _____

Daily Habit: __-sleep, __-meals, __-exercise

2020, Phase 1, (Fast) Workout A

Nutrition Habit

Q1: Weight Loss, Pillar Stability and Spring Sports

Date

Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy

T O Exercise		T x Rd x Rp		Level x Weight x Sets x Reps					
5m (4:1)	A1	Low Plank	20:10 2rds max effort	Up & Down B/w Exercises	Up & Down B/w Exercises	Up & Down B/w Exercises	Up & Down B/w Exercises	Up & Down B/w Exercises	Up & Down B/w Exercises
	A2	Side Plank - BK							
	A3	Backside Bridge -BK							
	A4	Side Plank - BK							
5m (4:1)	B1	MB 1-Arm Chest Pass - R/L x5e	max sets	2-8 lb MB G = 2-3s/e	2-8 lb MB G = 2-3s/e	2-8 lb MB G = 2-3s/e	2-8 lb MB G = 2-3s/e	2-8 lb MB G = 2-3s/e	2-8 lb MB G = 2-3s/e
	B2	Linear Hurdle Jumps - Stick x5e							
5m (2:3)	C1	DB Hang Jump Shrug - Neutral Grip	20:20, 4s/r, 5r	DB Load = 15-30%BW	DB Load = 15-30%BW	DB Load = 15-30%BW	DB Load = 15-30%BW	DB Load = 15-30%BW	DB Load = 15-30%BW
	D1	TRX Inverted Rows <i>(Pendulum, Inverted-ab, Feet Elevated-ab)</i>		G=16- 24/2+	G=16- 24/3+	G=24- 36/3+	G=32- 48/4+	G=32- 48/5+	G=34- 50/6+
11.67m(10.67:1)	D2	DB OH Hip Thrust <i>(DB OH Bodyweight, L%, H%)</i>	20:20 4rds max reps	DB Load = 15-30%BW	DB Load = 15-30%BW	DB Load = 15-30%BW	DB Load = 15-30%BW	DB Load = 15-30%BW	DB Load = 15-30%BW
	D3	Push Ups (4 sets + PR) <i>(Incline-Hi/Low-ab, Floor, Feet Elevated)</i>		G=16- 24/2+	G=18- 26/3+	G=24- 36/3+	G=32- 48/4+	G=34- 50/5+	G=36- 52/6+
	D4	Goblet Split Squat <i>(Bodyweight, L%, H%)</i>		G=16-24cT	G=18-26cT	G=24-36cT	G=32-48cT	G=32-48cT	G=34-50cT
	E1	Bear Crawl		Day1=3-5	Day1=4-6	Day1=4-6	Day1=6-10	Day1=7-11	Day1=7-11
5m (4:1) Density Cir.	E2	OH Towel Run	max sets	Day2=2-4	Day2=3-6	Day2=3-6	Day2=4-8	Day2=5-9	Day2=5-9
	E3	HBH B. Lunge		Day3=4-6	Day3=6-9	Day3=6-9	Day3=8-12	Day3=9-13	Day3=9-13
	E4	OH Towel Run							
	E5	HK Run x40							
2	F1	Stretching (B 15:5, W 25:5, M&R 15:5)	1 x 1						

Name: _____

Nutrition Habit: _____

Daily Habit: __-sleep, __-meals, __-exercise

2020, Phase 1, (Fast) Workout B

Nutrition Habit

Q1: Weight Loss, Pillar Stability and Spring Sports

Date

Y or N

Y or N

Y or N

Y or N

Y or N

mm/dd/yy

mm/dd/yy

mm/dd/yy

mm/dd/yy

mm/dd/yy

T O Exercise		T x Rd x Rp		Level x Weight x Sets x Reps				
5m (4:1)	A1 Low Plank	20:10 2rds max effort	Up & Down B/w Exercises	Up & Down B/w Exercises	Up & Down B/w Exercises	Up & Down B/w Exercises	Up & Down B/w Exercises	Up & Down B/w Exercises
	A2 Side Plank - BK							
	A3 Backside Bridge -BK							
	A4 Side Plank - BK							
5m (4:1)	B1 MB Side Throw - R/L x5e	max sets	4-10 lb MB G = 1-2s/e	4-10 lb MB G = 1-2s/e	4-10 lb MB G = 1-2s/e	4-10 lb MB G = 1-2s/e	4-10 lb MB G = 1-2s/e	4-10 lb MB G = 1-2s/e
	B2 Lateral Hurdle Hops - Stick - L/R x3e							
5m (2:3)	C1 DB Hang Jump Shrug - Palms Down	20:20, 4s/r, 5r	rd1=cat camel rd2=heel sit					
11.67m(10.67:1)	D1 Chin Ups (4 sets + PR) (H's-abc: 2x[5:10], N's-ab 1x[5,5+5+5], CU)	20:20 4rds max reps	G=4,2,M	G = 4,2,M	G=6,3,M	G=8,4,M	G=8,4,M	G=8+,4+,M
	D2 Towel Curl (Bridget to Extension, Curl+Bridge, Curl to Bridge)		G=8-16T	G=8-16T	G=16-24T	G=24-32T	G=24-32T	G=32-40T
	D3 DB 1/2 Kneel Alt. Arnold Overhead Press (Floor Slides, L%, H%)		L1G=16T L2G=8eT L3G=8eT	L1G=18T L2G=10eT L3G=10eT	L1G=27T L2G=15eT L3G=15eT	L1G=36eT L2G=20eT L3G=20eT	L1G=38eT L2G=22eT L3G=22eT	L1G=40eT L2G=24eT L3G=24eT
	D4 1-DB Offset Stance RDL (Bodyweight, L%, H%)		G=8eT	G=9eT	G=18eT	G=19eT	G=20eT	G=21eT
5m (4:1) Density Cir.	E1 Bear Crawl	max sets	Single x1	Double x1	Triple x1	Homern x1	Sngl+3Steals x1	RPBx2 + Sprint
	E2 OH Towel Run							RPBx2 +D.Run
	E3 HBH B. Lunge							RPBx2 +D.Run
	E4 OH Towel Run							RPBx2+Carioca
	E5 HK Run x40							RPBx2+Carioca
2	F1 Stretching (B 15:5, W 25:5, M&R 15:5)	1 x 1						

Static Stretch (2min) – *Team Stretch*

D1 – Bands (15:5)

1. Partner Chest - R/L
2. Partner Lat - R/L
3. Behind Sho Reach

D2 – Wall (25:5)

1. Push Up Calf - R/L
2. HK Quad/HF, R/L

D3 – Mats & Rollers (15:5)

1. Childs Pose, C/R/L
2. Sho Sit & Reach
3. FR, W-Pec Stretch