

DAY 1

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Squat or Deadlift Variation	
Barbell Back Squat	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4
Barbell Front Squat	Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set:
Barbell Box Squat	
1 Arm Dumbbell Squat	
Sumo Deadlift	
Conventional Deadlift	A) Keep same Wt & do set with 2 less reps than first
Dumbbell Squat/Deadlift	B) Drop 10% from 1st set & add 2 reps C) Drop 5% for same reps
Choose One Bench Press Variation	
Barbell Bench Press	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4
Close Grip Barbell Bench Press	Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set:
Incline Barbell Bench Press	
Close Grip Incline Bench Press	
Dumbbell Bench Press	
Incline Dumbbell Bench Press	A) Keep same Wt & do set with 2 less reps than first B) Drop 10% from 1st set & add 2 reps C) Drop 5% for same reps
Choose One Posterior Chain Exercise	
Barbell RDL	2-3 Sets of 8-12 Reps
Dumbbell RDL	
Single Leg RDL (w/ 1 or 2 DBs)	
Glute Ham Raise	2-3 sets for as many reps as possible
Single Leg Glute Hame Bridge	
Choose One Vertical Pull Exercise	
Underhand Grip Chin-Up	2-3 sets for as many reps as possible
Overhad Grip Pull-Up	
Wide Grip Pull Down	2-3 Sets of 8-12 Reps
Neutral Grip Pull Down	

DAY 2

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Triple Extension Exercise	
Barbell High Pull from the Hang	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
Dumbbell High Pull	
1 Arm Dumbbell Snatch	
Choose One Overhead Press Variation	
Barbell Push Press	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
1 Arm Dumbbell Push Press	
Dumbbell Push Press	
Choose One Horizontal Row	
1 Arm Dumbbell Row	2-3 Sets of 8-12 Reps
Bent Over Barbell Row	
Inverted Rack Row	2-3 sets for as many reps as possible
Choose One Single Leg Exercise	
Dumbbell Reverse Lunge	1-2 Sets of 10-15 reps per leg
Dumbbell Split Squat	
Dumbbell Walking Lunge	
ABDOMINAL WORK	Flexion, Rotation, Stabilization
UPPER BACK EXERCISE	Rear Delt Raise, Upright Rows, Shrugs
UPPER ARM EXERCISE	Tricep Extension & Bicep Curls
FOREARM EXERCISE	Wrist Curls, Rev. W. Curls, Ulnar & Radial Deviation
GRIP WORK	Pinch Grip, Static Holds
FLEXIBILITY	Band Stretch, Static Stretch or Foam Roll

DAY 1

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Overhead Press Variation	
Barbell Push Press 1 Arm Dumbbell Push Press Dumbbell Push Press	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
Choose One Squat or Deadlift Variation	
Barbell Back Squat Barbell Front Squat Barbell Box Squat 1 Arm Dumbbell Squat Sumo Deadlift Conventional Deadlift Dumbbell Squat/Deadlift	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4 Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set: A) Keep same Wt & do set with 2 less reps than first B) Drop 10% from 1st set & add 2 reps C) Drop 5% for same reps
Choose One Posterior Chain Exercise	
Barbell RDL Dumbbell RDL Single Leg RDL (w/ 1 or 2 DBs) Glute Ham Raise Single Leg Glute Hame Bridge	2-3 Sets of 8-12 Reps 2-3 sets for as many reps as possible
Choose One Horizontal Row	
1 Arm Dumbbell Row Bent Over Barbell Row Inverted Rack Row	2-3 Sets of 8-12 Reps 2-3 sets for as many reps as possible
ABDOMINAL WORK	Flexion, Rotation, Stabilization
GRIP WORK	Pinch Grip, Static Holds
UPPER BACK EXERCISE	Rear Delt Raise, Upright Rows, Shrugs
FLEXIBILITY	Band Stretch, Static Stretch or Foam Roll

DAY 2

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Triple Extension Exercise	
Barbell High Pull from the Hang Dumbbell High Pull 1 Arm Dumbbell Snatch	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
Choose One Bench Press Variation	
Barbell Bench Press Close Grip Barbell Bench Press Incline Barbell Bench Press Close Grip Incline Bench Press Dumbbell Bench Press Incline Dumbbell Bench Press	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4 Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set: A) Keep same Wt & do set with 2 less reps than first B) Drop 10% from 1st set & add 2 reps C) Drop 5% for same reps
Choose One Vertical Pull Exercise	
Underhand Grip Chin-Up Overhad Grip Pull-Up Wide Grip Pull Down Neutral Grip Pull Down	2-3 sets for as many reps as possible 2-3 Sets of 8-12 Reps
Choose One Single Leg Exercise	
Dumbbell Reverse Lunge Dumbbell Split Squat Dumbbell Walking Lunge	1-2 Sets of 10-15 reps per leg
ABDOMINAL WORK	Flexion, Rotation, Stabilization
UPPER ARM EXERCISE	Tricep Extension & Bicep Curls
FOREARM EXERCISE	Wrist Curls, Rev. W. Curls, Ulnar & Radial Deviation
FLEXIBILITY	Band Stretch, Static Stretch or Foam Roll

DAY 1	
Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row	
Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Triple Extension Exercise	
Clean Grip Barbell Hang Snatch	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
1 Arm Dumbbell Snatch	
Choose One Squat Variation	
Barbell Back Squat	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4
Barbell Front Squat	
Barbell Box Squat	Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set: A) Keep same Wt & do set with 2 less reps than first B) Drop 10% from 1st set & add 2 reps C) Drop 5% for same reps
1 Arm Dumbbell Squat	
Choose One Horizontal Row	
Low Cable or Machine Row	2-3 Sets of 8-12 Reps
1 Arm Dumbbell Row	
Bent Over Barbell Row	2-3 sets for as many reps as possible
Inverted Rack Row (OH Grip)	
Inverted Rack Row (UH Grip)	
Choose One Posterior Chain Exercise	
Barbell RDL	2-3 Sets of 8-12 Reps
Single Leg RDL (w/ 1 or 2 DBs)	
ABDOMINAL WORK	Flexion, Rotation, Stabilization
GRIP WORK	Pinch Grip, Static Holds
UPPER BACK EXERCISE	Upright Rows, Shrugs
FLEXIBILITY	Band Stretch or Foam Roll

DAY 2	
Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row	
Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Triple Extension Exercise	
Barbell High Pull from the Hang	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
Dumbbell High Pull	
Choose One Bench Press Variation	
Barbell Bench Press	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4
Close Grip Barbell Bench Press	
Incline Barbell Bench Press	Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set: A) Keep same Wt & do set with 2 less reps than first B) Drop 10% from 1st set & add 2 reps C) Drop 5% for same reps
Close Grip Incline Bench Press	
Choose One Posterior Chain Exercise	
Glute Ham Raise	2-3 sets for as many reps as possible
Single Leg Glute Hame Bridge	
Choose One Vertical Pull Exercise	
Underhand Grip Chin-Up	2-3 sets for as many reps as possible
Overhad Grip Pull-Up	
Wide Grip Pull Down	2-3 Sets of 10-15 Reps
Neutral Grip Pull Down	
ABDOMINAL WORK	Flexion, Rotation, Stabilization
UPPER ARM EXERCISE	Tricep Extension & Bicep Curls
FOREARM EXERCISE	Wrist Curls, Rev. W. Curls
FLEXIBILITY	Static Stretch or Foam Roll

DAY 3	
Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row	
Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Overhead Press Variation	
Barbell Push Press	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
1 Arm Dumbbell Push Press	
Choose One Deadlift Variation	
Hex Bar Deadlift	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4
Sumo Deadlift	
Conventional Deadlift	Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set: A) Keep same Wt & do set with 2 less reps than first B) Drop 10% from 1st set & add 2 reps C) Drop 5% for same reps
Snatch Grip Deadlift	
Suitcase Deadlift	
Dumbbell Deadlift	
1 Arm Dumbbell Deadlift	
Choose One Single Leg Exercise	
Dumbbell Reverse Lunge	1-2 Sets of 10-15 reps per leg
Dumbbell Split Squat	
Dumbbell Walking Lunge	
Choose One Horizontal Press	
Dumbbell Bench Press	1-2 Sets of 15-25 reps
Incline Dumbbell Bench Press	
1 Arm Dumbbell Bench Press	
ABDOMINAL WORK	Flexion, Rotation, Stabilization
UPPER ARM EXERCISE	Tricep Extension & Bicep Curls
SHOULDER EXERCISE	Rear Delt Raise
FLEXIBILITY	Band Stretch or Static Stretch

DAY 1

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row	
Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Triple Extension Exercise	
Barbell High Pull from the Hang	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
Dumbbell High Pull	
Choose One Bench Press Variation	
Barbell Bench Press	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4
Close Grip Barbell Bench Press	
Incline Barbell Bench Press	Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set:
Close Grip Incline Bench Press	A) Keep same Wt & do set with 2 less reps than first
Dumbbell Bench Press	
Incline Dumbbell Bench Press	B) Drop 10% from 1st set & add 2 reps
	C) Drop 5% for same reps
Choose One Vertical Pull Exercise	
Underhand Grip Chin-Up	2-3 sets for as many reps as possible
Overhad Grip Pull-Up	
Choose One Horizontal Row	
1 Arm Dumbbell Row	2-3 Sets of 8-12 Reps
Bent Over Barbell Row	
ABDOMINAL WORK	Flexion, Rotation, Stabilization
UPPER ARM EXERCISE	Tricep Extension & Bicep Curls
FOREARM EXERCISE	Wrist Curls, Rev. W. Curls
FLEXIBILITY	Static Stretch or Foam Roll

DAY 2

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row	
Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Triple Extension Exercise	
Clean Grip Barbell Hang Snatch	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
1 Arm Dumbbell Snatch	
Choose One Squat or Deadlift Variation	
Barbell Back Squat	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4
Barbell Front Squat	
Barbell Box Squat	Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set:
1 Arm Dumbbell Squat	A) Keep same Wt & do set with 2 less reps than first
Sumo Deadlift	
Conventional Deadlift	B) Drop 10% from 1st set & add 2 reps
Dumbbell Squat/Deadlift	
	C) Drop 5% for same reps
Choose One Posterior Chain Exercise	
Barbell RDL	2-3 Sets of 8-12 Reps
Dumbbell RDL	
Single Leg RDL (w/ 1 or 2 DBs)	
Glute Ham Raise	2-3 sets for as many reps as possible
Single Leg Glute Hame Bridge	
ABDOMINAL WORK	Flexion, Rotation, Stabilization
GRIP WORK	Pinch Grip, Static Holds
UPPER BACK EXERCISE	Upright Rows, Shrugs
FLEXIBILITY	Band Stretch or Foam Roll

DAY 3

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row	
Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Overhead Press Variation	
Barbell Push Press	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
1 Arm Dumbbell Push Press	
Choose One Horizontal Row	
Low Cable or Machine Row	2-3 Sets of 8-12 Reps
Inverted Rack Row (OH Grip)	2-3 sets for as many reps as possible
Inverted Rack Row (UH Grip)	2-3 sets for as many reps as possible
Choose One Horizontal Press	
Dumbbell Bench Press	1-2 Sets of 15-25 reps
Incline Dumbbell Bench Press	
1 Arm Dumbbell Bench Press	
Choose One Vertical Pull Exercise	
Wide Grip Pull Down	2-3 Sets of 10-15 Reps
Neutral Grip Pull Down	
Choose One Single Leg Exercise	
Dumbbell Reverse Lunge	1-2 Sets of 10-15 reps per leg
Dumbbell Split Squat	
ABDOMINAL WORK	Flexion, Rotation, Stabilization
UPPER ARM EXERCISE	Tricep Extension & Bicep Curls
SHOULDER EXERCISE	Rear Delt Raise
FLEXIBILITY	Band Stretch or Static Stretch

DAY 1

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Triple Extension Exercise	
Clean Grip Barbell Hang Snatch 1 Arm Dumbbell Snatch	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
Choose One Squat Variation	
Barbell Back Squat Barbell Front Squat Barbell Box Squat 1 Arm Dumbbell Squat	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4 Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set: A) Keep same Wt & do set with 2 less reps than first B) Drop 10% from 1st set & add 2 reps C) Drop 5% for same reps
Choose One Posterior Chain Exercise	
Barbell RDL Dumbbell RDL Single Leg RDL (w/ 1 or 2 DBs) Glute Ham Raise Single Leg Glute Hame Bridge	2-3 Sets of 8-12 Reps 2-3 sets for as many reps as possible
ABDOMINAL WORK FLEXIBILITY	Flexion, Rotation, Stabilization Band Stretch or Static Stretch

DAY 2

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Press Variation	
Barbell Bench Press Close Grip Barbell Bench Press Incline Barbell Bench Press Close Grip Incline Bench Press	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4 Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set: A) Keep same Wt & do set with 2 less reps than first B) Drop 10% from 1st set & add 2 reps
Choose One Horizontal Row	
Low Cable or Machine Row 1 Arm Dumbbell Row Bent Over Barbell Row Inverted Rack Row (OH Grip)	2-3 Sets of 8-12 Reps 2-3 sets for as many reps as possible
UPPER ARM EXERCISE SHOULDER EXERCISE	Tricep Extension & Bicep Curls Rear Delt Raise

DAY 3

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One Triple Extension Exercise	
Barbell High Pull from the Hang Dumbbell High Pull	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
Choose One Deadlift Variation	
Hex Bar Deadlift Sumo Deadlift Conventional Deadlift Snatch Grip Deadlift Suitcase Deadlift Dumbbell Deadlift 1 Arm Dumbbell Deadlift	Warm-Up Sets: 50% of 3-6RM x 6-8; 75% of 3-6RM x 4-6; 90% of 3-6RM x 2-4 Work Up to a 3-6 Rep Max then perform one of the following options for your 2nd work set: A) Keep same Wt & do set with 2 less reps than first B) Drop 10% from 1st set & add 2 reps C) Drop 5% for same reps
Choose One Single Leg Exercise	
Dumbbell Reverse Lunge Dumbbell Split Squat Dumbbell Walking Lunge	1-2 Sets of 10-15 reps per leg
ABDOMINAL WORK FLEXIBILITY	Flexion, Rotation, Stabilization Band Stretch or Foam Roll

DAY 4

Exercises	Sets, Reps & Rest Intervals
BARBELL, PLATE OR DUMBBELL WARM-UP 1x10	
Barbell: 1) BTN Squat Press; 2) OH Squat; 3) RDL + Upright Row Plate or DB: 1) Iron Cross; 2) RDL + Front Raise; 3) Rev. Lunge + Side Raise	
Choose One OHP or DB Press Variation	
Barbell Push Press 1 Arm Dumbbell Push Press Dumbbell Push Press	Work Up to a 3-6 Rep Max then perform 1-3 more sets with the same weight & same reps
Dumbbell Bench Press Incline Dumbbell Bench Press 1 Arm Dumbbell Bench Press	2-3 Sets of 8-12 Reps
Choose One Vertical Pull Exercise	
Underhand Grip Chin-Up Overhad Grip Pull-Up Wide Grip Pull Down Neutral Grip Pull Down	2-3 sets for as many reps as possible 2-3 Sets of 10-15 Reps
UPPER BACK EXERCISE GRIP WORK	Upright Rows, Shrugs Pinch Grip, Static Holds

QUICKNESS DRILLS		
Choose Any Category & Do All Drills		
Line Drills	Sets	Time
Line Drill - 2 feet front to back	1	5sec
Line Drill - 2 feet side to side	1	5sec
Line Drill - 1 foot front to back	1	5sec
Line Drill - 1 foot side to side	1	5sec
Line Drill - Alpine	1	5sec
Line Drill - Quarter Eagles	1	5sec
Line Drill - Crossover & Straddle	1	5sec
Line Drill - 180s		
4 Square Drills	Sets	Time
4 Square Drill - 2 feet Box	1	5sec
4 Square Drill - Hour Glass	1	5sec
4 Square Drill - 1 foot Box	1	5sec
4 Square Drill - Triangles	1	5sec
4 Square - Quarter Eagles	1	5sec
Dot Drills	Sets	Time
Dot Drill - 2 foot Xs	1	5sec
Dot Drill - 2 foot X & Reverse	1	5sec
Dot Drill - 1 foot Hour Glass	1	5sec
Dot Drill - 2 foot Hour Glass	1	5sec
Dot drill - 2 foot Vs	1	5sec
Dot Drill - 2 foot As	1	5sec
Dot Drill - 2 foot Triangles	1	5sec
Dot Drill - 1 foot Triangles	1	5sec
Agility Ladder Drills	Sets	Time
2 in 2 out forward	1	5sec
2 in 2 out lateral	1	5sec
Icky Shuffle	1	5sec
Reverse Icky Shuffle	1	5sec
Crossover Shuffle	1	5sec
Hop Scotch	1	5sec
Skier Jumps	1	5sec
1 foot in & outs	1	5sec

PLYOMETRIC DRILLS		
Jump Rope	Sets	Time
Do All Drills		
2 Feet	1	30sec
1 Foot	1	30sec
Alternating	1	30sec
Doubles	1	30sec
In-Place Jumps	Sets	Time
Choose Any 2 Drills		
Double Leg Pogo Jumps	1	10
Double Leg Vertical Jumps	1	5
Double Leg Squat Jumps	1	5
Double Leg Tuck Jumps	1	10
Double Leg Pike Jumps	1	5
Double Leg Broad Jumps	1	5
Single Leg Broad Jumps	1	10
Skater Jumps	1	10
Barrier Jumps		
Choose Any 2 Drills		
Low Hurdle forward Hops - 2 feet	1	10
Low Hurdle forward Hops - 1 foot	1	10
Lateral Hurdle Hops - 2 feet	1	10
Lateral Hurdle Hops - 1 foot	1	10
Straddle Hurdle Hops - 2 feet	1	10
Staddle Hurdle Hop - 1 foot	1	10
Box Jumps		
Choose One Drill		
Box Jumps	1	10
Lateral Jumps	1	10
Single Leg Box Jumps	1	10
Single Leg Lateral Box Jumps	1	10
Seated Box Jumps	1	10
Depth Jumps	1	10
Single Leg Depth Jumps	1	10

SPEED DRILLS		
Linear Speed - Starts	Reps	Dist.
Choose Any 2 Drills		
Falling Starts	2	10yds
RDL Falling Starts - hands behind back	2	10yds
Knee Hug Falling Starts	2	10yds
Jump Back Starts	2	10yds
Lunge Starts	2	10yds
Push Up Starts (up position)	2	10yds
Prone Starts (down position)	2	10yds
Supine Starts (head toward line)	2	10yds
Supine Starts (feet toward line)	2	10yds
Seated Starts (feet toward line)	2	10yds
Single Leg Starts	2	10yds
Linear Speed - Acceleration	Sets	Rest Int.
Choose One Drill		
10 yard sprints	10	30 sec.
15 yard sprints	6	45 sec.
20 yard sprints	4	1 min.
AGILITY DRILLS		
Lateral Speed - Starts	Reps	Dist.
Choose One Drill		
Athletic Positon Lateral Starts	2	10yds
Single Leg Lateral Starts	2	10yds
Skater Jump Back Lateral Starts	2	10yds
Kneeling Starts (front knee down)	2	10yds
Lateral Speed - COD	Sets	Rest Int.
Choose Any 2 Drills		
Pro Agility Shuttle (5-10-5)	2	2 min.
40 yard Ladder (5back, 10back, 5back)	2	2 min.
2 Cone Drill - Figure 8	2	30 sec.
3 Cone Drill - upside down L	2	30 sec.
4 Cone Drill - X	2	45 sec.
4 Cone Drill - N	2	45 sec.
4 Cone Drill - Reverse N	2	45 sec.