

Day 1. Train Fast

Exercise	Sets x Reps	Work:Rest	Notes
1a. Back Squat	4 x 3	1:2	Be reactive out of the bottom
1b. Hurdle Hops (x 5 Hurdles)	4 x (2 x 5)		Fast off the floor
1.c Banded T - Reactive	4 x 10		
2a. Goblet RFE Squat	3 x 5	1:2	Accelerate out of the bottom
2b. Power Step Up	3 x 5 e		Finish tall
2c. Weighted Chin Ups	2 x (1 Min)		As many reps as possible in 1 min
3a. Banded Pull Thru	2 x 15	1:1	Knees Soft, hips back, flat back
3b. DB Row	2 x 15		
3c. DB Floor Press	2 x 15		
4. UB Circuit	2 x 10 e	1:1	50 Reps total
Front Raise/Side Raise/Bent Fly			
Pull Aparts/Push Ups			
Conditioning			
Short Shuttles	6 x 100 Yards	1:2	
30/15/5 = 100 Yards			

Day 2. Speed and Conditioning

Exercise	Sets x Reps	Work:Rest	Notes
1a. KB Swing	4 x 10	1:1	Knees Soft, hips back
1b. Kneeling KB Press (or Landmine Press)	4 x 6 e		Stay Tall.
1c. Lunge Position - Banded Row	4 x 10 e		Good posture, elbows back
2a. Moving Tuck Jump (10 yards)	3 x (2 x 10 yds)	1:1	Fast off the floor
2b. DB Push Up + Row	3 x 10 e		Hips flat, belly tight
2c. Lateral Lunge (10 lb plate out front)	3 x 10 e		Vertical Shin Position
3a. OH Fwd Lunge	3 x 8 e		Hold 10 lb DB overhead
3b. Front Plank w/weighted T pattern	3 x 10 e		5 lb, straight out to the side
3c. Single Arm Farmers Walk	3 x 1		Hold 1 side down, other side back
*25 yards and back = 1 Rep			
Conditioning			
Rope Slams/Burpees	3 x Thru		
(20 Slams/10 burpees/rest 20 sec x 4)/Rest 1 min			

Day 3. Train Heavy

Exercise	Sets x Reps	W:R	Notes
1a. Trap Bar Squat	4 x 5	1:3	Push Into the Floor
1b. DB Floor Press	4 x 5		Punch off the floor/Heavy weights
1c. BW Chin Ups	4 x Max		
2a. Goblet Step Back Lunge	3 x 5 e	1:2	Drive through front foot
2b. SL Box Jumps	3 x 5 e		Accelerate off one leg/land on two
2c. DB Press	3 x 5		Elbows in
3a. Glute/Ham Raise + Wgt	2 x 10	1:2	Hold 5lb Dumbbells Over head
3b. Banded X-Walk	2 x 10 e		Control the step in
3c. DB Row	2 x 10-15 e		
3d. DB Curl and Press	2 x 15-20		
3e. Hanging Leg Raise	2 x Max		Add ankle weights if needed
Conditioning			
Treadmill Sprints	x 2-3		Incline 10+ / Speed 9+
(20 sec on/20 sec off x 10)= 1 set			

Day 4. Complex

Exercise	Sets x Reps	Work:Rest	Notes
BW Complex #1	4 x Thru	1:2	Get through entire
Squat Jump	x 10		set quickly.
Split Jump	x 5 e		But maintain
Lateral Bounding	x 5 e		speed and technique
Push Up	x 10		
Mt. Climbers	x 20 e		
Complex #2	4 x Thru		
Chin Ups	x 10		
DB Side Raise	x 10		
Banded Face Pull	x 10		
DB Step Back Lunge	x 5 e		
Sled Push	x 50 yards		
Additional Grip/Core Work			