

Plyometrics		Phase 2	Phase 3	Phase 4	
Phase 1					
1) Squat Jumps	3x10	1) Skaters (Toe Touch)	3x8	1) Multi D. Jumps (1 Ft)	3x9e
2) Ski Jumps	3x10	2) Open Back & Return	3x8	2) Post. Lat Pull Jumps	3x9e
3) 360 Jumps	3xE	3) 4 Square-1 Foot	x2	3) Pattern Jumps (Turn)	x3
4) mm		4) 1 Ft Bckwrd Hop	x3e	4) Low Box Lat Bound	3x8e

Strength Training

1) Lunge and Press		Group: 1				
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1	50 x 10e	50 x 10e	45 x 10e			
2	x 8e	x 8e	x 8e	x 8e		
3	x 8e	x 8e	x 8e	x 8e		
4	x 6e	x 6e	x 6e	x 6e		

3) Feet On Ball Push-Up		Group: 2				
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1	x f	x f	x f			
2	x f	x f	x f			
3	x f	x f	x f	x f		
4	x f	x f	x f	x f		

5) X-Over Multi Box Push Up		Group: 3				
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1	x 6e	x 6e	x 6e			
2	x 6e	x 6e	x 6e	x 6e		
3	x 8e	x 8e	x 8e	x 8e		
4	x 10e	x 10e	x 10e	x 10e		

7) Scap Circuit		Group: 4				
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1						
2						
3						
4						

See Below

2) Squat Row		Group: 1				
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1	x 12	x 12	x 12			
2	x 10	x 10	x 10	x 10		
3	x 10	x 10	x 10	x 10		
4	x 8	x 8	x 8	x 8		


4) Pull Ups		Group: 2				
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1	x f	x f	x f			
2	x f	x f	x f			
3	x f	x f	x f	x f		
4	x f	x f	x f	x f		


6) Rear Dealt Raise		Group: 3				
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1	x 10	x 10	x 10			
2	x 8	x 8	x 8	x 8		
3	x 8	x 8	x 8	x 8		
4	x 6	x 6	x 6	x 6		


8) Grip Circuit No. 1		Group:				
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1						
2						
3						
4						

See Below


Core Workout #1-Weighted


Straight Leg Raise		Phase	
	1	2x25s	
	2	2x30s	
	3	2x35s	
	4	2x40s	


Spread Eagle Sit Ups		Phase	
	1	2x25s	
	2	2x30s	
	3	2x35s	
	4	2x40s	

Db Side Bend		Phase	
	1	2e x 25s	
	2	2e x 30s	
	3	2e x 35s	
	4	2e x 40s	

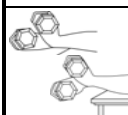
Scap Circuit

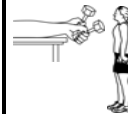
Scapular Elevation/Depression		Phase	
	1	2x15	
	2	2x15	
	3	2x20	
	4	2x20	

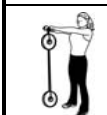
Prone Scarecrow		Phase	
	1	2x15	
	2	2x15	
	3	2x20	
	4	2x20	

Standing PNF		Phase	
	1	3e x 10s	
	2	3e x 12s	
	3	3e x 15s	
	4	3e x 15s	

Grip Circuit #1


Lateral Deviations		Phase	
	1	2xf	
	2	2xf	
	3	3xf	
	4	3xf	


Flexion/Extension		Phase	
	1	2xf	
	2	2xf	
	3	3xf	
	4	3xf	


Wrist Roller-Palms Down		Phase	
	1	2xf	
	2	2xf	
	3	3xf	
	4	3xf	

Plyometrics		Phase 1	Phase 2	Phase 3	Phase 4	
1) Squat Jumps	3x8		1) 4 Square Jumps	x3	1) Multit D Jumps (1 Ft)	3x8e
2) Ski Jumps	3x8		2) Multi D. Jumps	3x9	2) Post Lateral Pull Jumps	3x8e
3) 360 Jumps	3xe		3) Lateral Jumps	3x9	3) Pattern Jumps (Turn)	x2
4) mk			4) Skaters	3x9e	4) Low Box Lateral Bound	3x6e


Strength Training


1) Band Wrist Db Bench						Group: 1
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1	x 10	x 10	x 10		
	2	x 12	x 12	x 12		
	3	x 12	x 12	x 12	x 12	
	4	x 15	x 15	x 15	x 15	


3) 1 Arm Squat Row						Group: 2
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1	x 10e	x 10e	x 10e		
	2	x 8e	x 8e	x 8e	x 8e	
	3	x 8e	x 8e	x 8e	x 8e	
	4	x 6e	x 6e	x 6e	x 6e	

5) Plate Decells						Group: 3
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1	x 6e	x 6e	x 6e		
	2	x 6e	x 6e	x 6e		
	3	x 6e	x 6e	x 6e	x 6e	
	4	x 6e	x 6e	x 6e	x 6e	

7)						Group:
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1						
2						
3						
4						


2) Dumbbell Handwalk						Group: 1
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1	x 12e	x 12e	x 12e		
	2	x 10e	x 10e	x 10e	x 10e	
	3	x 10e	x 10e	x 10e	x 10e	
	4	x 8e	x 8e	x 8e	x 8e	

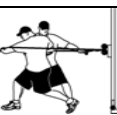
4) DB T Stabilization						Group: 2
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1	x 6e	x 6e	x 6e		
	2	x 6e	x 6e	x 6e	x 6e	
	3	x 8e	x 8e	x 8e	x 8e	
	4	x 10e	x 10e	x 10e	x 10e	

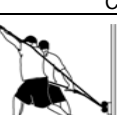
6) Shoulder Circuit						Group: 4
	Phase	Set 1	Set 2	Set 3	Set 4	Set 5
	1					
	2					
	3					
	4					

8)						Group:
Phase	Set 1	Set 2	Set 3	Set 4	Set 5	
1						
2						
3						
4						


Core Workout #3-Cable

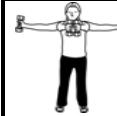
Cable Chops	
	___ 2x10 Each
	___ 2x12 Each
	___ 3x10 Each
	___ 3x12 Each


Cable Twist	
	___ 2x10 Each
	___ 2x12 Each
	___ 3x10 Each
	___ 3x12 Each

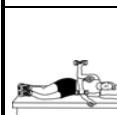
Cable Reverse Chops	
	___ 2x10 Each
	___ 2x12 Each
	___ 3x10 Each
	___ 3x12 Each


Shoulder Circuit (Perform as a continuous circuit. Complete 1 set of each before repeating)

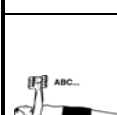
Dumbbell Circles		
	Phase	
	1	___ 2x10 Each
	2	___ 2x10 Each
	3	___ 2x12 Each
	4	___ 2x12 Each

Transverse Adduction		
	Phase	
	1	___ 2x10
	2	___ 2x10
	3	___ 2x12
	4	___ 2x12

Dumbbell Arcs		
	Phase	
	1	___ 2x10
	2	___ 2x10
	3	___ 2x12
	4	___ 2x12

External Rotation		
	Phase	
	1	___ 2x12
	2	___ 2x12
	3	___ 2x15
	4	___ 2x15

Internal Rotations		
	Phase	
	1	___ 2x12
	2	___ 2x12
	3	___ 2x15
	4	___ 2x15

Dumbbell ABC's		
	Phase	
	1	___ x1
	2	___ x1
	3	___ x1
	4	___ x1

