

STRENGTH N HONOR TRAINING

ATHLETE: _____

DATE	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
	BW									BW		
S N H WARM UP	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
2 MIN. JOG / 60 JUMP JACKS	1			1			1			1		
HIP FLEXOR KNEELING	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
EACH LEG												
SEAL STRETCH	2	30 SECONDS		2	30 SECONDS		2	30 SECONDS		2	30 SECONDS	
T-SPINE	2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10	
PIGEON STRETCH	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
SPIDER MANS	1		10	1		10	1		10	1		10
FOAM ROLL	1		3 MIN	1		3 MIN	1		3 MIN	1		3 MIN
STRENGTH N HONOR PREHAB	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
HANGING LEG LIFTS	3	BDY	10	3	BDY	10	3	BDY	10	3	BDY	10
FACE PULLS	3	BAND	20	3	BAND	20	3	BAND	20	3	BAND	20
HIP THRUSTS	3	BAND	10	3	BAND	10	3	BAND	10	3	BAND	10
MED BALL SLAMS	3		3	3		3	3		3	3		3
MAIN COUMPOUND LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
SQUAT	1		10									
	1		8									
	2		5									
	1		3									
FILLERS FOR MAIN LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
SUPERSET 1	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
AUX./SPORT SPECIFIC	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
UPPER BACK / NECK	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
POSTERIOR CHAIN / CORE	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

PRE-WORKOUT SNACK Y/N HYDRATED Y/N HOURS OF SLEEP ____ INJURIES _____

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S N H WARM UP	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
2 MIN. JOG / 60 JUMP JACKS	1			1			1			1		
HIP FLEXOR KNEELING	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
EACH LEG												
SEAL STRETCH	2	30 SECONDS		2	30 SECONDS		2	30 SECONDS		2	30 SECONDS	
T-SPINE	2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10	
PIGEON STRETCH	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
SPIDER MANS	1		10	1		10	1		10	1		10
FOAM ROLL	1		3 MIN	1		3 MIN	1		3 MIN	1		3 MIN
STRENGTH N HONOR PREHAB	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
HANGING LEG LIFTS	3	BDY	10	3	BDY	10	3	BDY	10	3	BDY	10
FACE PULLS	3	BAND	20	3	BAND	20	3	BAND	20	3	BAND	20
BANDED HIP THRUSTS	3	BAND	10	3	BAND	10	3	BAND	10	3	BAND	10
MED BALL SLAMS	3		3	3		3	3		3	3		3
MAIN COUMPOUND LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
TRAP BAR DEAD LIFT	1		10									
	1		8									
	2		5									
	1		3									
FILLERS FOR MAIN LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
SUPERSET 1	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
AUX./SPORT SPECIFIC	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
UPPER BACK / NECK	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
POSTERIOR CHAIN / CORE	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

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	BW									BW		
S N H WARM UP	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
2 MIN. JOG / 60 JUMP JACKS	1			1			1			1		
HIP FLEXOR KNEELING	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
EACH LEG												
SEAL STRETCH	2	30 SECONDS		2	30 SECONDS		2	30 SECONDS		2	30 SECONDS	
T-SPINE	2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10	
PIGEON STRETCH	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
SPIDER MANS	1		10	1		10	1		10	1		10
FOAM ROLL	1		3 MIN	1		3 MIN	1		3 MIN	1		3 MIN
STRENGTH N HONOR PREHAB	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
HANGING LEG LIFTS	3	BDY	10	3	BDY	10	3	BDY	10	3	BDY	10
FACE PULLS	3	BAND	20	3	BAND	20	3	BAND	20	3	BAND	20
BANDED HIP THRUSTS	3	BAND	10	3	BAND	10	3	BAND	10	3	BAND	10
MED BALL SLAMS	3		3	3		3	3		3	3		3
MAIN COUMPOUND LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
BENCH	1		10									
	1		8									
	2		5									
	1		3									
FILLERS FOR MAIN LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
SUPERSET 1	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
AUX./SPORT SPECIFIC	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
UPPER BACK / NECK	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
POSTERIOR CHAIN / CORE	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

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