



## **MVP TRAINING PROTOCOL**

**Balance, Mobility, Power, Agility, Speed**

### **Total body circulation: Agility and Coordination: Jump Rope – 5 minutes**

Figure 8, tap, out – in, cross, double, speed, running, side to side, backwards, etc...

- The more advanced the speed and technique, the better the hand–eye simulation

### **Dynamic Warm-up and Active Stretch: Approx. 10 minutes**

Forward Lunge Twist: 1 minute

Reverse Lunge Reach: 1 minute

Overhead Squat: 1 minute

Triangle Stretch: 1 min, 30 seconds per side

Side Lunge Alternating: 1 minute

Sprinters with Reach: 1 minute

Bear Pose/Down Dog: 1 minute

Squat Quad Pull: 1 minute

Seal Jack: 1 minute

Criss Cross: 1 minute

## **Cool Down: Trigger Point and Passive Stretch: Approx. 15 minutes**

**Trigger Point:** With roller, calf, IT band, quad. 3 minutes, 1 minute each. End with lacrosse ball in glute – 1 minute. Swap legs. When both legs are complete, perform 1 minute shoulder work per side.

Passive Stretch- on back. Hamstrings – 30 seconds, back cross – 30 seconds , IT band – 30 seconds per side, Cobra (abs) 30 seconds, Caveman Squat 30 seconds, Hang 30 seconds

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## **Workouts/Series:**

- Perform each exercise at maximum capacity with a short break between exercises.
- Work through all exercises until completing a full series
- A longer rest should be taken when completing a full series
- Perform two to three series. Should take approx. 20 – 30 minutes...
- Alternate through series 1-6 before repeating a workout

### **Series 1 – 45 - 60 min**

Comprehensive Warm-up: 15 min

Workout 1: 2-3 sets of below. Approx. 30 min

1. HiitMill Push: 2 min
2. Battle Rope Jump Slams: 1 min
3. Battle Rope Power Pass: 1 min
4. Pushup with Front Extension: 1 min
5. Med Ball Squat Throw: 1 min

Cool Down: 15 min

### **Series 2 – 45-60 min**

Comprehensive Warm-up: 15 min

Workout 2: 2-3 sets of below. Approx. 20-30 min

1. HiitMill Side Shuffle: 2 min(Jumping Side step – 1 minute per side)
2. Battle Rope Burpee: 2 min
3. Ski Erg: 2 min

Cool Down: 15 min

### **Series 3 – 45 – 60 min**

Comprehensive Warm-up: 15 min

Workout 3: 2-3 sets of below. Approx. 20-30 min.

1. Box Jump: 20 reps
2. Jumping Pullups: 10 reps
3. Reverse Lunge Jump: 20 reps per side
4. V-Ups: 20 Reps

Cool Down: 15 min

### **Series 4 – 45 -60 min**

Comprehensive Warm-up: 15 min

Workout 4: 2-3 sets of below. Approx. 20-30 min.

1. TRX Atomic Pushups: 20 reps
2. TRX Pullups: 20 reps
3. Squat-Ups(pistol squats): 20 reps per side
4. Step-Overs: 30 reps per side

Cool Down: 15 min

### **Series 5 – 45 -60 min**

Comprehensive Warm-up: 15 min

Workout 5: 2-3 sets of below. Approx. 20-30 min.

1. Broad Jumps: 50 Yards
2. Skip Lunge: 50 Yards
3. Jumping Step Up: 1 min per side
4. Plank Battle Rope Slams: 50 per side
5. Battle Rope Snake: 1 min
6. Jump Press: 1 min

Cool Down: 15 min

### **Series 6 – 45 – 60 min**

Comprehensive Warm-up: 15 min

Workout 6: 2-3 sets of below. Approx. 20-30 min

1. HiitMill Pull: 2 min
2. Slam ball: 1 min
3. Squat Jump with Front Extension: 1 min
4. Kettlebell Walking Lunge: 10 reps per side
5. Kettlebell Load Jump: 20 reps

Cool Down: 15 min

