

	Day 1	Week 1		Week 2
1a)	Squat Jump	5x5		5x6
1b)	Clap Pushup	5x3		5x4
Circuit-Rest 10 sec b/t exercises and 40 sec b/t rounds				
2a)	Pushups	5x20 seconds		5x30 seconds
2b)	Air Squat	5x20 seconds		5x30 seconds
Circuit-No rest b/t exercises and 1 min b/t rounds				
3a)	Fwd Bear Crawl	2x20 yds		2x30 yds
3b)	Walking Lunge	2x20 yds		2x30 yds
3c)	Bkwd Bear Crawl	2x20 yds		2x30 yds
3d)	Reverse Lunge	2x20 yds		2x30 yds
Circuit				
4a)	Front Plank w/ Reach	3x10 each hand		3x15 each hand
4b)	R Plank w/ Rotation	3x15		3x20
4c)	L Plank w/ Rotation	3x15		3x20
Day 2				
1)	Sprint	3x3x20 yds	Walk back b/t reps, Rest 2-3 min b/t sets	3x5x20 yds
2a)	Pullups or Inverted Rows	50 Total		75 Total
2b)	Single Leg Hip Thrust	10 each leg every rest		15 each leg every rest
	Pullups or Inverted Rows	50 Total		75 Total
3a)	Single Leg RDL	10 each leg every rest		15 each leg every rest
4a)	Deadbugs	3x10 each side		3x15 each side
4b)	R Copenhagen Plank	3x20 sec each side		3x25 sec each side
4c)	Birddogs	3x10 each side		3x15 each side
4d)	L Copenhagen Plank	3x20 sec each side		3x25 sec each side
Day 3				
1a)	Depth Jumps	5x3		5x4
1b)	Hand Switch Pushups	5x2 each side		5x3 each side
2a)	Closegrip Pushup Mechanical Dropset	3xAMRAP		3xAMRAP
2b)	Lunge Matrix	3x5 each direction		3x6 each direction

3a)	R Lateral Bear Crawl	3x10yds		3x15yds
3b)	Single Leg Lowering	3x10 each side		3x15 each side
3c)	L Lateral Bear Crawl	3x10yds		3x15yds
3d)	Russian Twists	3x15 each side		3x20 each side
	Day 4			
1a)	Jump Rope	2x45 sec		3x45 sec
1b)	Deadbug	2x10 each side		3x10 each side
1c)	Jump Rope	2x45 sec		3x45 sec
1d)	Birddog	2x10 each side		3x10 each side
1e)	Jump Rope	2x45 sec		3x45 sec
1f)	Front Plank w/ Reach	2x10 each side		3x10 each side
1g)	Jump Rope	2x45 sec		3x45 sec
1h)	R Side Plank w/ Leg Lift	2x10 each side		3x10 each side
1i)	Jump Rope	2x45 sec		3x45 sec
1j)	L Side Plank w/ Leg Lift	2x10 each side		3x10 each side
	Day 5			
1a)	Lunge Jumps	5x2 each leg		5x3 each leg
1b)	Explosive Pushups	5x5		5x6
2a)	Chair Dips	100 Total Reps		150 Total Reps
2b)	Step Ups	15 each leg every rest		20 each leg every rest
	8 Min Density Circuit			
3a)	Pushups	x20		x20
3b)	1 1/2 Rep Air Squats	x20		x20
4a)	Bear Crawl Shoulder Touches	3x10 each hand		3x15 each hand
4b)	Russian Twists	3x15 each side		3x20 each side
4c)	Sit Outs	3x10 each side		3x15 each side
4d)	V-Ups	3x20		3x25
	Day 6			

1)	Sprint	10x10 yds	30 sec rest b/t reps	10x15 yds
2a)	Pullups or Inverted Rows	3x3RIR		3x2RIR
2b)	Glute Bridge	3x20		3x25
3a)	Pullups or Inverted Rows	3x3RIR		3x3RIR
3b)	Slider Hamstring Curls	3x20		3x25
4a)	Deadbugs	3x10 each side		3x15 each side
4b)	R Copenhagen Plank	3x20 sec each side		3x25 sec each side
4c)	Birddogs	3x10 each side		3x15 each side
4d)	L Copenhagen Plank	3x20 sec each side		3x25 sec each side
	Day 7			
1)	Walk	20 minutes		20 minutes
2)	90/90 Breathing	x1 min		x1 min
3)	Deadbug	x1 min		x1 min
4)	Iso Hold Glute Bridge	x1 min		x1 min
5)	Cat/Cow	x1 min		x1 min
6)	Birddog	x1 min		x1 min
7)	R Lunge w/ Rotation	x1 min		x1 min
8)	L Lunge w/ Rotation	x1 min		x1 min
9)	Cobra	x1 min		x1 min
10)	Sun Salutation	x1 min		x1 min