Monday – Lower Body

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Exercise | Week | Sets | Reps/Time | % RPE =Rate of perceived exertion |
| A | Box Jump | 1234 | 3411 | 5555 |   |
| B | Depth Jump | 1234 | 1234 | 5553 |  |
| C | Deadlift  | 1234 | 4563  | 6534-5 | 80%82.5%87.5%90% |
| D1 | Back Squat | 1234 | 3453 | 8888 | 65%67.5%70%72.5% |
| D2 | Box Jump | 1234 | 3453 | AMRAP \* \* 30 sec.AMRAP 45 sec.AMRAP 45 sec.AMRAP 60 sec. |   |
| E | One Handed Farmer's Walk (1 set = using left and right hands) | 1234 | 3444 | 60 sec.60 sec.60 sec.60 sec. | Rest 60 sec.rest 60 sec.rest 45 sec.rest 30 sec. |

Tuesday – Upper Body

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Exercise | Week | Sets | Reps/Time | % RPE/Rest |
| A | Medicine Ball Backward Throw Against Wall | 1234 | 3434 | 5588 |   |
| B | Medicine Ball Push Press Throw | 1234 | 3434 | 5588 |   |
| C1 | Push Press | 1234 | 4563  | 6534-5 | 80%82.5%87.5%90% |
| C2 | Pull-Ups(use assisted if you need help) | 1234 | 4563 | AMRAP \*AMRAPAMRAPAMRAP | 30 sec.30 sec.30 sec.30 sec. |
| D | Medicine Ball Complex | 1234 | 3442 | AMRAP 30 sec.AMRAP 30 sec.AMRAP 45 sec.AMRAP 60 sec. |   |
| 1. Backwards Throw Against Wall2. Chest Throw Against Wall3. Push Press Throw Against Wall4. Slam |
| E | Overhead Carry(Barbell, Dumbbell, or Kettlebell) | 1234 | 3444 | 60 sec.60 sec.60 sec.60 sec. | 60 sec.60 sec.45 sec.30 sec. |
| F | Rowing Ergometer | 1234 | 2221 | 500 m.750/500 m.750 m.1500 m. | 60 sec.60 sec.60 sec.  |

Wednesday – High-Intensity Work Capacity

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Exercise | Week | Sets/Rate | Distance/Time |
| A | Moderate Intensity Cardio(jogging if outside, treadmill if inside) | 1234 | 120 bpm \*130 bpm130 bpm140 bpm | 10 min.10 min.12 min.12 min. |
| B | Short Sprints | 1234 | 4446 | 30 m.30 m.60 m.60 m. |
| B | Bike Short Sprints  | 1234 | 5558 | 10 sec.10 sec.20 sec.20 sec. |
| C | Moderate Distance Sprints | 1234 | 5558 | 200 m.300 m.400 m.400 m. |
| C | Bike Moderate Distance Sprints  | 1234 | 5558 | 60 sec.90 sec.120 sec.120 sec. |
|  |  |  |  |  |

Thursday – Upper Body

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Exercise | Week | Sets | Reps/Time | % RPE/Rest |
| A | Medicine Ball Chest Throw Against Wall | 1234 | 3434 | 5588 |   |
| B1 | Bench Press | 1234 | 4563  | 6534-5 | 80%82.5%87.5%90% |
| B2 | Barbell Row | 1234 | 453 cluster | 6534-5 | 80%82.5%87.5%90% |
| C | Upper Body Complex | 1234 | 2334 | 30 sec.AMRAP30 sec.AMRAP | 30 sec.30 sec.30 sec.30 sec. |
| 1. Battle Rope: Alternating arms 2. Inverted Row 3. Battle Rope: Two arms4. Push-Up |
| D | Planks | 1234 | 3444 | 60 sec.60 sec.60 sec.60 sec. | 60 sec.60 sec.45 sec.30 sec. |
| E | Rowing Ergometer | 1234 | 2221 | 500 m.750/500 m.750 m.1500 m. | 60 sec.60 sec.60 sec.  |

Friday – Lower Body

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Exercise | Week | Sets | Reps/Time | % RPE/Rest |
| A | Knee Tuck Jumps Over Hurdle | 1234 | 3411 | 5555 |   |
| B | Over Head Press | 1234 | 4568 | 5321 | 75%80%85%90% |
| C | Deadlift | 1234 | 4563 cluster | 6534-5 | 80%82.5%87.5%90% |
| D | Explosive Complex | 1234 | 2344 | AMRAP 30 sec.AMRAP 30 sec.AMRAP 30 sec. |  50%  |
| 1. Box Jump2. Medicine ball slams3. Burpees |
| E1 | Farmer's Walk | 1234 | 3444 | 60 sec.60 sec.60 sec.60 sec. | 60 sec.60 sec.45 sec.30 sec. |
| E2 | Split squat | 1234 | 3444 | 5555 | 60 sec.60 sec.45 sec.30 sec. |

Saturday – Strength Circuit

Perform A1 through A4 as a circuit. Rest 30 seconds between exercises and 2 minutes at the end of each circuit.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Exercise | Week | Circuits | Reps | % RPE |
| A1 | Deadlift | 1234 | 5665 | 5353 | 75%85%77.5%87.5% |
| A2 | Dip(use assisted if needed | 1234 | 5665 | 8585 |   |
| A3 | Pike pushups | 1234 | 5665 | 5353 |  |
| A4 | Pull-Up(use assisted if needed to hit reps) | 1234 | 5665 | 8585 |   |

Sunday

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Exercise | Week | Sets/Rate | Distance/Time |
| A | Moderate Intensity Cardio(jogging if outside, treadmill or elliptical if inside) | 1234 | 120 bpm130 bpm130 bpm140 bpm | 10 min.10 min.15 min.15 min. |
| B | Specific training – Beep test, Pushups, Plank, Situps, Agility test, Grip test, Swim |  |  | Record all results |

Everyday – First thing in the morning

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Exercise | Week | Sets/Rate | Distance/Time |
| A | Pushups |  | 1x AMRAP |  |
| BCDEF | Situps PlanksRun to hotel and backGrip training Foam roll |  | 1x AMRAP1x ALAPDuring ad breaks | 10 minutes |   |

\*AMRAP = As Many Reps As Possible

\*ALAP = As Long As Possible

**Supplements needed;**

* Creatine
* Citrulline malate
* L- Taurine

### BETA-ALANINE

* Caffeine