



BODYWEIGHT PROGRAM

WK1-4

with the highest great speed and intensity but as always be cognizant of technique and form. Take 1-2 minutes between each set to recover fully and maximize power.

[Medball Playlist](#)

Continue maximum speed during the Sprint section. Each sprint should be performed maximally with 1-2 minutes (or more) of recovery between sets. You should not be out of breath when performing a rep.

[Speed and Jumps How To Playlist](#)

Each exercise in the Exercise Section should be done with extreme attention to detail and technique. Be stubborn in performing the exercises correctly. Each exercise is built to establish functional movement in basic human movement and athletic development. As discussed above, we're training MOVEMENTS, not muscles or maxes. Being good at the movement and having the strength and stability to maintain the movements is imperative. Do not sacrifice doing these correctly.

[Workout Training Program](#)

Finishing up with ABS... your "core", contrary to popular belief, is a transferor of force, not a producer of force. You will find we do A LOT of stability type exercises. We do this for a reason... We want to be a strong, stable core FIRST. Being able to hold a Plank, eventually a weighted Plank, is vital to the developmental process of any athlete. We continue to do planks with all of our high school, college, and professional athletes because it is that important and often neglected. Continue to attack the stability, anti-extension, and anti-rotational exercises we have planned for the athlete. These exercises will save backs in the future... I promise!

[Core Stability Playlist](#)

Finish it off with the stretches we have laid out here...

[Full Body Stretching Routine](#)

- Forearm Stretches
- Pec Stretch
- Wall Lat Stretch
- 3-Level Crossbody Stretch
- Side Lying Snow Angel
- Calf Stretch
- 3-Way Band Hamstring Stretches
- Kneeling Hip Flexor/Quad Stretch
- Frog Stretch
- Upper Body Clam Shells



WARM UPS

We provide you a wide variety of warm up options. Pick 1 that fits your time and space best. Some athletes have access to a field, court, or garage where moving works. If you do NOT have space, implement our stationary warm up.

WEEK 2

DAY 1				
<u>WARM UP</u>	WEEK 2			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	20EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:30s	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	3	x	6EA	
MB SLAM	3	x	10	
JAMS	3	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	3	x	5	
BODYWEIGHT LUNGE	3	x	10EA	
GLUTE BRIDGE	3	x	15	
INVERTED ROW	3	x	8	
PUSH UP	3	x	10	
MB RDL	3	x	15	
FINISHER				
BODYWEIGHT FINISHER	2	x	10	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:45s	
PUSH UP CHEST TOUCH	3	x	10EA	

DAY 2				
<u>WARM UP</u>	WEEK 2			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:40	
Mt. Climbers	2	x	:40	
Push-Up Chest Touch	2	x	:40	
Lateral Lunge	2	x	:40	
Plank	2	x	:40	
Iso Hold w/ T-Spine	2	x	:40	
Bear Hold	2	x	:40	
Push-Ups	2	x	:40	
Lunge Jumps	2	x	:40	
Bodyweight Abs	2	x	:40	
Bodyweight Lunge	2	x	:40	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 2

DAY 3				
<u>WARM UP</u>	WEEK 2			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	2	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:25S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	3	x	10	
HALF KNEELING MB SIDE TOSS	3	x	5EA	
KNEELING LATERAL PUSH TOSS	3	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	3	x	5	
BODYWEIGHT SQUAT	3	x	15	
DOUBLE LEG ASSISTED PULL UP	3	x	10	
PUSH UP	3	x	8	
LATERAL LUNGE	3	x	10EA	
SUMO T-SPINE	3	x	6EA	
FINISHER				
LOWER BODY FINISHER	1	x	:15s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:30s EA	
1 HAND PLANK	3	x	:20s EA	

DAY 4				
WARM UP		WEEK 2		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:40	
Scap Push-Up	2	x	:40	
Squat Jumps	2	x	:40	
Glute Bridge Hip Pivot (R)	2	x	:40	
Glute Bridge Hip Pivot (L)	2	x	:40	
Twisters Jump Rope	2	x	:40	
T-Pushups	2	x	:40	
Lateral Lunge	2	x	:40	
Side Plank (L/R)	2	x	:40	
Side Plank (L/R)	2	x	:40	
Hand Walks	2	x	:40	
Lateral Hurdle Hops	2	x	:40	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 3

DAY 1				
<u>WARM UP</u>	WEEK 3			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	30EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	4	x	6EA	
MB SLAM	4	x	10	
JAMS	4	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	4	x	5	
BODYWEIGHT LUNGE	4	x	10EA	
GLUTE BRIDGE	4	x	15	
INVERTED ROW	4	x	8	
PUSH UP	4	x	10	
MB RDL	4	x	15	
FINISHER				
BODYWEIGHT FINISHER	1	x	20	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:60s	
PUSH UP CHEST TOUCH	3	x	12EA	

DAY 2				
<u>WARM UP</u>	WEEK 3			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:50	
Mt. Climbers	2	x	:50	
Push-Up Chest Touch	2	x	:50	
Lateral Lunge	2	x	:50	
Plank	2	x	:50	
Iso Hold w/ T-Spine	2	x	:50	
Bear Hold	2	x	:50	
Push-Ups	2	x	:50	
Lunge Jumps	2	x	:50	
Bodyweight Abs	2	x	:50	
Bodyweight Lunge	2	x	:50	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 3

DAY 3				
<u>WARM UP</u>	WEEK 3			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:30S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	4	x	10	
HALF KNEELING MB SIDE TOSS	4	x	5EA	
KNEELING LATERAL PUSH TOSS	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	4	x	5	
BODYWEIGHT SQUAT	4	x	15	
DOUBLE LEG ASSISTED PULL UP	4	x	10	
PUSH UP	4	x	8	
LATERAL LUNGE	4	x	10EA	
SUMO T-SPINE	4	x	6EA	
FINISHER				
LOWER BODY FINISHER	1	x	:20s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:40s EA	
1 HAND PLANK	3	x	:30s EA	

DAY 4				
WARM UP		WEEK 3		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:50	
Scap Push-Up	2	x	:50	
Squat Jumps	2	x	:50	
Glute Bridge Hip Pivot (R)	2	x	:50	
Glute Bridge Hip Pivot (L)	2	x	:50	
Twisters Jump Rope	2	x	:50	
T-Pushups	2	x	:50	
Lateral Lunge	2	x	:50	
Side Plank (L/R)	2	x	:50	
Side Plank (L/R)	2	x	:50	
Hand Walks	2	x	:50	
Lateral Hurdle Hops	2	x	:50	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 4

DAY 1				
<u>WARM UP</u>	WEEK 4			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	40EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:60S	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	4	x	6EA	
MB SLAM	4	x	10	
JAMS	4	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	4	x	5	
BODYWEIGHT LUNGE	4	x	10EA	
GLUTE BRIDGE	4	x	15	
INVERTED ROW	4	x	8	
PUSH UP	4	x	10	
MB RDL	4	x	15	
FINISHER				
BODYWEIGHT FINISHER	2	x	20	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:60s	
PUSH UP CHEST TOUCH	3	x	12EA	

DAY 2				
<u>WARM UP</u>	WEEK 4			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:60	
Mt. Climbers	2	x	:60	
Push-Up Chest Touch	2	x	:60	
Lateral Lunge	2	x	:60	
Plank	2	x	:60	
Iso Hold w/ T-Spine	2	x	:60	
Bear Hold	2	x	:60	
Push-Ups	2	x	:60	
Lunge Jumps	2	x	:60	
Bodyweight Abs	2	x	:60	
Bodyweight Lunge	2	x	:60	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 4

DAY 3				
<u>WARM UP</u>	WEEK 4			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:30S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	4	x	10	
HALF KNEELING MB SIDE TOSS	4	x	5EA	
KNEELING LATERAL PUSH TOSS	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	4	x	5	
BODYWEIGHT SQUAT	4	x	15	
DOUBLE LEG ASSISTED PULL UP	4	x	10	
PUSH UP	4	x	10	
LATERAL LUNGE	4	x	10EA	
SUMO T-SPINE	4	x	6EA	
FINISHER				
LOWER BODY FINISHER	1	x	:25s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:40s EA	
1 HAND PLANK	3	x	:30s EA	

DAY 4				
WARM UP		WEEK 4		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:60	
Scap Push-Up	2	x	:60	
Squat Jumps	2	x	:60	
Glute Bridge Hip Pivot (R)	2	x	:60	
Glute Bridge Hip Pivot (L)	2	x	:60	
Twisters Jump Rope	2	x	:60	
T-Pushups	2	x	:60	
Lateral Lunge	2	x	:60	
Side Plank (L/R)	2	x	:60	
Side Plank (L/R)	2	x	:60	
Hand Walks	2	x	:60	
Lateral Hurdle Hops	2	x	:60	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 5

DAY1				
<u>WARM UP</u>	WEEK 5			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	30EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:20s	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	2	x	6EA	
SHOT PUT	2	x	6EA	
ALTERNATING MB SLAM	2	x	10EA	
CHEST PASS SHUFFLE	2	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	2	x	5	
MB LUNGE	2	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	2	x	5EA	
FEET ELEVATED INVERTED ROW	2	x	8	
FEET ELEVATED PUSH UP	2	x	10	
SINGLE LEG MB RDL	2	x	8EA	
FINISHER				
BODYWEIGHT FINISHER	1	x	30	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:30s	
STIR THE POT (MB)	3	x	8EA	

DAY 2				
<u>WARM UP</u>	WEEK 5			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:30	
Mt. Climbers	3	x	:30	
Push-Up Chest Touch	3	x	:30	
Lateral Lunge	3	x	:30	
Plank	3	x	:30	
Iso Hold w/ T-Spine	3	x	:30	
Bear Hold	3	x	:30	
Push-Ups	3	x	:30	
Lunge Jumps	3	x	:30	
Bodyweight Abs	3	x	:30	
Bodyweight Lunge	3	x	:30	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 5

DAY 3				
<u>WARM UP</u>	WEEK 5			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	1	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:20S	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	2	x	5EA	
MB SIDE TOSS (SIDE)	2	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	2	x	6EA	
FIGURE 8	2	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	2	x	5	
MB SQUAT	2	x	15	
SPEED SKATER (SINGLE RESPONSE)	2	x	6EA	
SINGLE LEG ASSISTED PULL UP	2	x	4EA	
FEET ELEVATED PUSH UP	2	x	8	
KNEELING T-SPINE	2	x	6EA	
FINISHER				
LOWER BODY FINISHER	2	x	:15s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:20s EA	
MB SIDE PLANK	3	x	:20s EA	

DAY 4				
WARM UP		WEEK 5		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:30	
Scap Push-Up	3	x	:30	
Squat Jumps	3	x	:30	
Glute Bridge Hip Pivot (R)	3	x	:30	
Glute Bridge Hip Pivot (L)	3	x	:30	
Twisters Jump Rope	3	x	:30	
T-Pushups	3	x	:30	
Lateral Lunge	3	x	:30	
Side Plank (L/R)	3	x	:30	
Side Plank (L/R)	3	x	:30	
Hand Walks	3	x	:30	
Lateral Hurdle Hops	3	x	:30	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 6

DAY1				
<u>WARM UP</u>	WEEK 6			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	40EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:30s	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	3	x	6EA	
SHOT PUT	3	x	6EA	
ALTERNATING MB SLAM	3	x	10EA	
CHEST PASS SHUFFLE	3	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	3	x	5	
MB LUNGE	3	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	3	x	5EA	
FEET ELEVATED INVERTED ROW	3	x	8	
FEET ELEVATED PUSH UP	3	x	10	
SINGLE LEG MB RDL	3	x	8EA	
FINISHER				
BODYWEIGHT FINISHER	2	x	30	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:45s	
STIR THE POT (MB)	3	x	10EA	

DAY 2				
<u>WARM UP</u>	WEEK 6			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:40	
Mt. Climbers	3	x	:40	
Push-Up Chest Touch	3	x	:40	
Lateral Lunge	3	x	:40	
Plank	3	x	:40	
Iso Hold w/ T-Spine	3	x	:40	
Bear Hold	3	x	:40	
Push-Ups	3	x	:40	
Lunge Jumps	3	x	:40	
Bodyweight Abs	3	x	:40	
Bodyweight Lunge	3	x	:40	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 6

DAY 3				
<u>WARM UP</u>	WEEK 6			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	2	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:30S	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	3	x	5EA	
MB SIDE TOSS (SIDE)	3	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	3	x	6EA	
FIGURE 8	3	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	3	x	5	
MB SQUAT	3	x	15	
SPEED SKATER (SINGLE RESPONSE)	3	x	6EA	
SINGLE LEG ASSISTED PULL UP	3	x	4EA	
FEET ELEVATED PUSH UP	3	x	8	
KNEELING T-SPINE	3	x	6EA	
FINISHER				
LOWER BODY FINISHER	2	x	:20s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:30s EA	
MB SIDE PLANK	3	x	:30s EA	

DAY 4				
WARM UP		WEEK 6		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:40	
Scap Push-Up	3	x	:40	
Squat Jumps	3	x	:40	
Glute Bridge Hip Pivot (R)	3	x	:40	
Glute Bridge Hip Pivot (L)	3	x	:40	
Twisters Jump Rope	3	x	:40	
T-Pushups	3	x	:40	
Lateral Lunge	3	x	:40	
Side Plank (L/R)	3	x	:40	
Side Plank (L/R)	3	x	:40	
Hand Walks	3	x	:40	
Lateral Hurdle Hops	3	x	:40	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 7

DAY1				
<u>WARM UP</u>	WEEK 7			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	50EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	4	x	6EA	
SHOT PUT	4	x	6EA	
ALTERNATING MB SLAM	4	x	10EA	
CHEST PASS SHUFFLE	4	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	4	x	5	
MB LUNGE	4	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	4	x	5EA	
FEET ELEVATED INVERTED ROW	4	x	8	
FEET ELEVATED PUSH UP	4	x	10	
SINGLE LEG MB RDL	4	x	8EA	
FINISHER				
BODYWEIGHT FINISHER	1	x	40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:60s	
STIR THE POT (MB)	3	x	12EA	

DAY 2				
<u>WARM UP</u>	WEEK 7			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:50	
Mt. Climbers	3	x	:50	
Push-Up Chest Touch	3	x	:50	
Lateral Lunge	3	x	:50	
Plank	3	x	:50	
Iso Hold w/ T-Spine	3	x	:50	
Bear Hold	3	x	:50	
Push-Ups	3	x	:50	
Lunge Jumps	3	x	:50	
Bodyweight Abs	3	x	:50	
Bodyweight Lunge	3	x	:50	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 7

DAY 3				
WARM UP	WEEK 7			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	4	x	5EA	
MB SIDE TOSS (SIDE)	4	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	4	x	6EA	
FIGURE 8	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	4	x	5	
MB SQUAT	4	x	15	
SPEED SKATER (SINGLE RESPONSE)	4	x	6EA	
SINGLE LEG ASSISTED PULL UP	4	x	4EA	
FEET ELEVATED PUSH UP	4	x	8	
KNEELING T-SPINE	4	x	6EA	
FINISHER				
LOWER BODY FINISHER	2	x	:25s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:40s EA	
MB SIDE PLANK	3	x	:40s EA	

DAY 4				
WARM UP		WEEK 7		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:50	
Scap Push-Up	3	x	:50	
Squat Jumps	3	x	:50	
Glute Bridge Hip Pivot (R)	3	x	:50	
Glute Bridge Hip Pivot (L)	3	x	:50	
Twisters Jump Rope	3	x	:50	
T-Pushups	3	x	:50	
Lateral Lunge	3	x	:50	
Side Plank (L/R)	3	x	:50	
Side Plank (L/R)	3	x	:50	
Hand Walks	3	x	:50	
Lateral Hurdle Hops	3	x	:50	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 8

DAY 1				
<u>WARM UP</u>	WEEK 8			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	50EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	4	x	6EA	
SHOT PUT	4	x	6EA	
ALTERNATING MB SLAM	4	x	10EA	
CHEST PASS SHUFFLE	4	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	4	x	5	
MB LUNGE	4	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	4	x	5EA	
FEET ELEVATED INVERTED ROW	4	x	8	
FEET ELEVATED PUSH UP	4	x	10	
SINGLE LEG MB RDL	4	x	8EA	
FINISHER				
BODYWEIGHT FINISHER	2	x	40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:60s	
STIR THE POT (MB)	3	x	12EA	

DAY 2				
<u>WARM UP</u>	WEEK 8			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:60	
Mt. Climbers	3	x	:60	
Push-Up Chest Touch	3	x	:60	
Lateral Lunge	3	x	:60	
Plank	3	x	:60	
Iso Hold w/ T-Spine	3	x	:60	
Bear Hold	3	x	:60	
Push-Ups	3	x	:60	
Lunge Jumps	3	x	:60	
Bodyweight Abs	3	x	:60	
Bodyweight Lunge	3	x	:60	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 8

DAY 3				
<u>WARM UP</u>	WEEK 8			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
<u>2 HAND CROSSOVER DRIBBLE</u>	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
<u>ALTERNATING BOXER</u>	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
<u>ALTERNATING HALF KNEELING MB SIDE TOSS</u>	4	x	5EA	
<u>MB SIDE TOSS (SIDE)</u>	4	x	6EA	
<u>FRONT FACING ALTERNATING MB SIDE TOSS</u>	4	x	6EA	
<u>FIGURE 8</u>	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
<u>BROAD JUMP (SINGLE RESPONSE)</u>	4	x	5	
<u>MB SQUAT</u>	4	x	15	
<u>SPEED SKATER (SINGLE RESPONSE)</u>	4	x	6EA	
<u>SINGLE LEG ASSISTED PULL UP</u>	4	x	4EA	
<u>FEET ELEVATED PUSH UP</u>	4	x	8	
<u>KNEELING T-SPINE</u>	4	x	6EA	
FINISHER				
<u>LOWER BODY FINISHER</u>	2	x	:30s EA	
ABS	SETS	x	REPS	WEIGHT
<u>MB PLANK (FEET ON BALL)</u>	3	x	:40s EA	
<u>MB SIDE PLANK</u>	3	x	:40s EA	

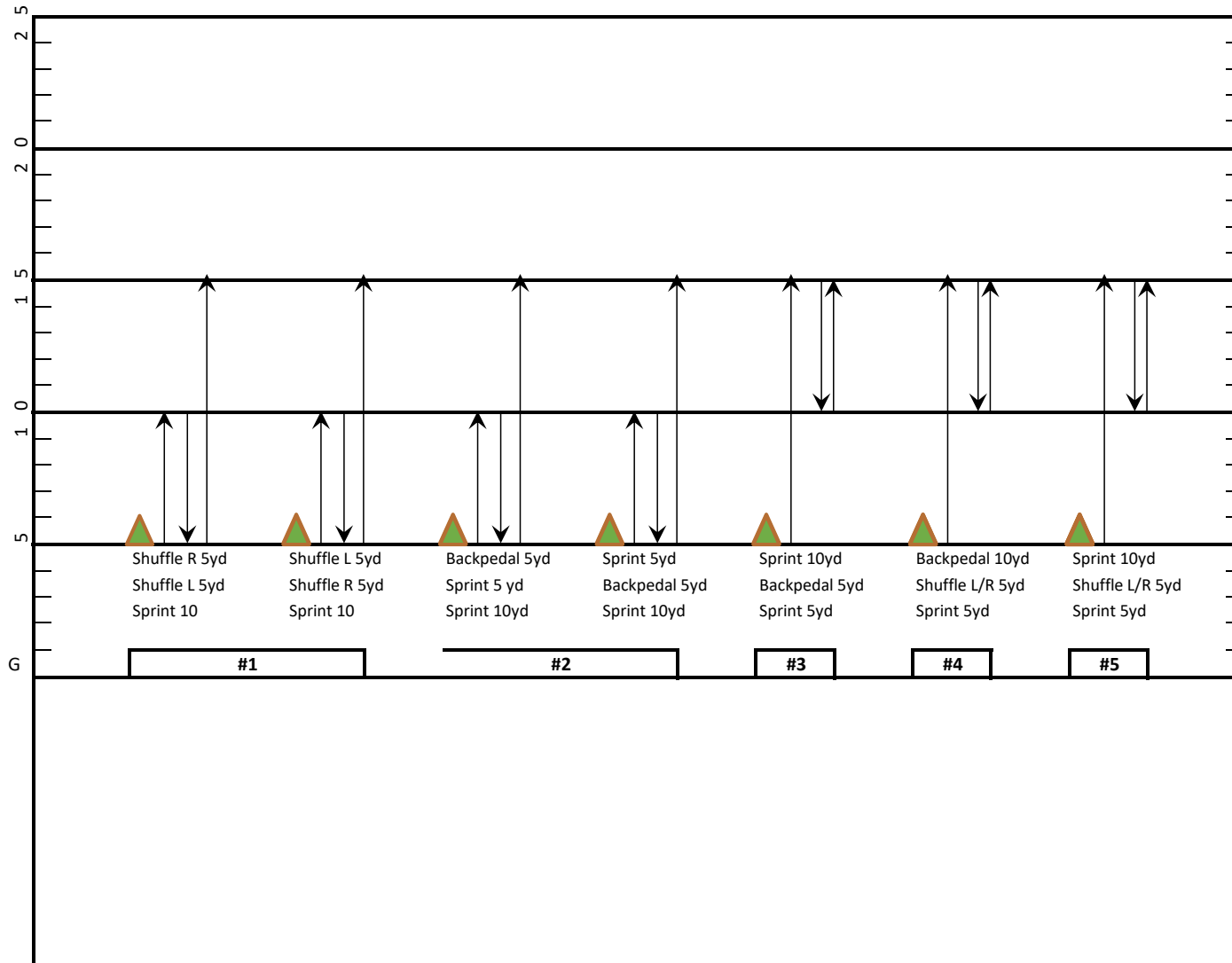
DAY 4				
WARM UP		WEEK 8		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:60	
Scap Push-Up	3	x	:60	
Squat Jumps	3	x	:60	
Glute Bridge Hip Pivot (R)	3	x	:60	
Glute Bridge Hip Pivot (L)	3	x	:60	
Twisters Jump Rope	3	x	:60	
T-Pushups	3	x	:60	
Lateral Lunge	3	x	:60	
Side Plank (L/R)	3	x	:60	
Side Plank (L/R)	3	x	:60	
Hand Walks	3	x	:60	
Lateral Hurdle Hops	3	x	:60	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

AGILITIES & CONDITIONING

WEEK 1-8

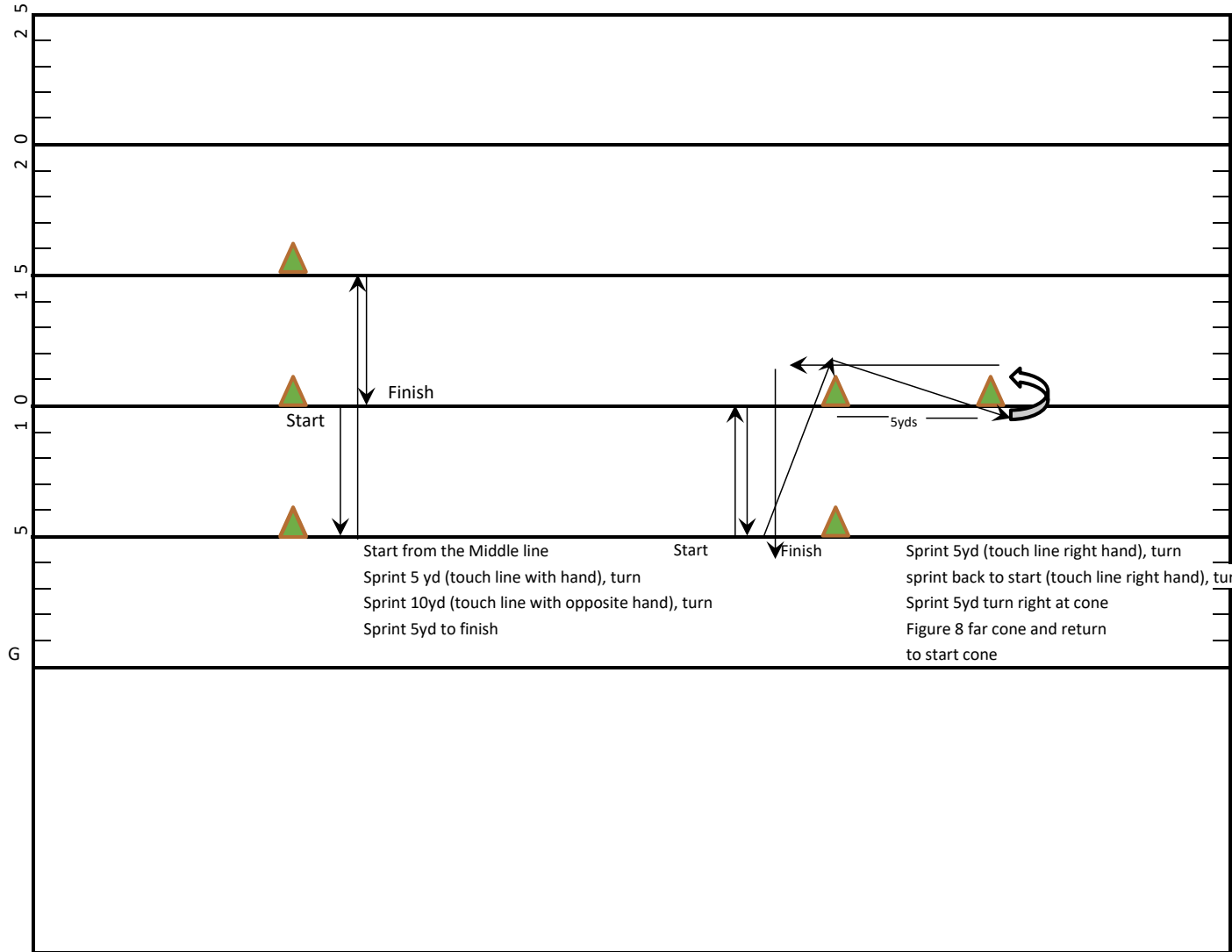
MONDAY	TUESDAY	THURSDAY	FRIDAY
<p>1.) Warm Up</p> <p>2.) 2 Cone Agilites (2 reps each way) *SEE AGILITES a. Sprint-Sprint b. Sprint- Backpedal c. Backpedal-Sprint d. Figure 8</p> <p>3.) 5x10yd Sprint (Walk Back Rest) 1 Minute Rest between sets</p> <p>4.) **4x20yd Sprint (Walk Back Rest) 1 Minute Rest between sets</p> <p style="text-align: center;"><u>Target Times:</u> Full Speed</p> <p style="text-align: center;">**Add two reps every 3 weeks Week 1-3 - 4 reps Week 4-6 - 6 reps Week 7,8 - 8 reps</p> <p style="text-align: center;"><u>Go LIFT!</u></p>	<p>1.) After Lift</p> <p>2.) 6x200m <:30-:35 seconds 1:30 Minute Rest</p> <p style="text-align: center;"><u>Target Times:</u> HARD - <:30-:35 MOD - <:35-:40 EASY - <:40-:45</p> <p style="text-align: center;">**Add 2 reps every 2 weeks Week 1-2 - 6 reps Week 3-4 - 8 reps Week 5-6 - 10 reps Week 7-8 - 12 reps</p> <p style="text-align: center;"><u>STRETCH</u></p>	<p>1.) Warm Up</p> <p>2.) 6 Cone Agility Drill x 3 each way Week 1-2-Pattern 1 Week 3-4 - Pattern 2 Week 5-6 - Pattern 3 Week 7-8 - Pattern 4</p> <p>3.) 5-10-5 Shuttle x 3 each way</p> <p>4.) 6-10x30yd Sprint Full Speed 1:00 Minute Rest</p> <p style="text-align: center;"><u>Target Times:</u> Full Speed Full Speed Full Speed</p> <p style="text-align: center;">**Add one rep every 3 weeks Week 1-3 - 3 reps Week 4-6 - 4 reps Week 7,8 - 5 reps</p> <p style="text-align: center;"><u>Go LIFT!</u></p>	<p>1.) After Lift</p> <p>2.) 2 x 400m Sprint (1 Lap around Track) <:60 seconds 3 Minute Rest</p> <p style="text-align: center;"><u>Target Times:</u> HARD - <:60s MOD - <:65s EASY - <:70s</p> <p style="text-align: center;">**Add one rep every 3 weeks Week 1-3 - 3 reps Week 4-6 - 4 reps Week 7,8 - 5 reps</p> <p style="text-align: center;"><u>STRETCH</u></p>

5-5-10 LINE DRILLS

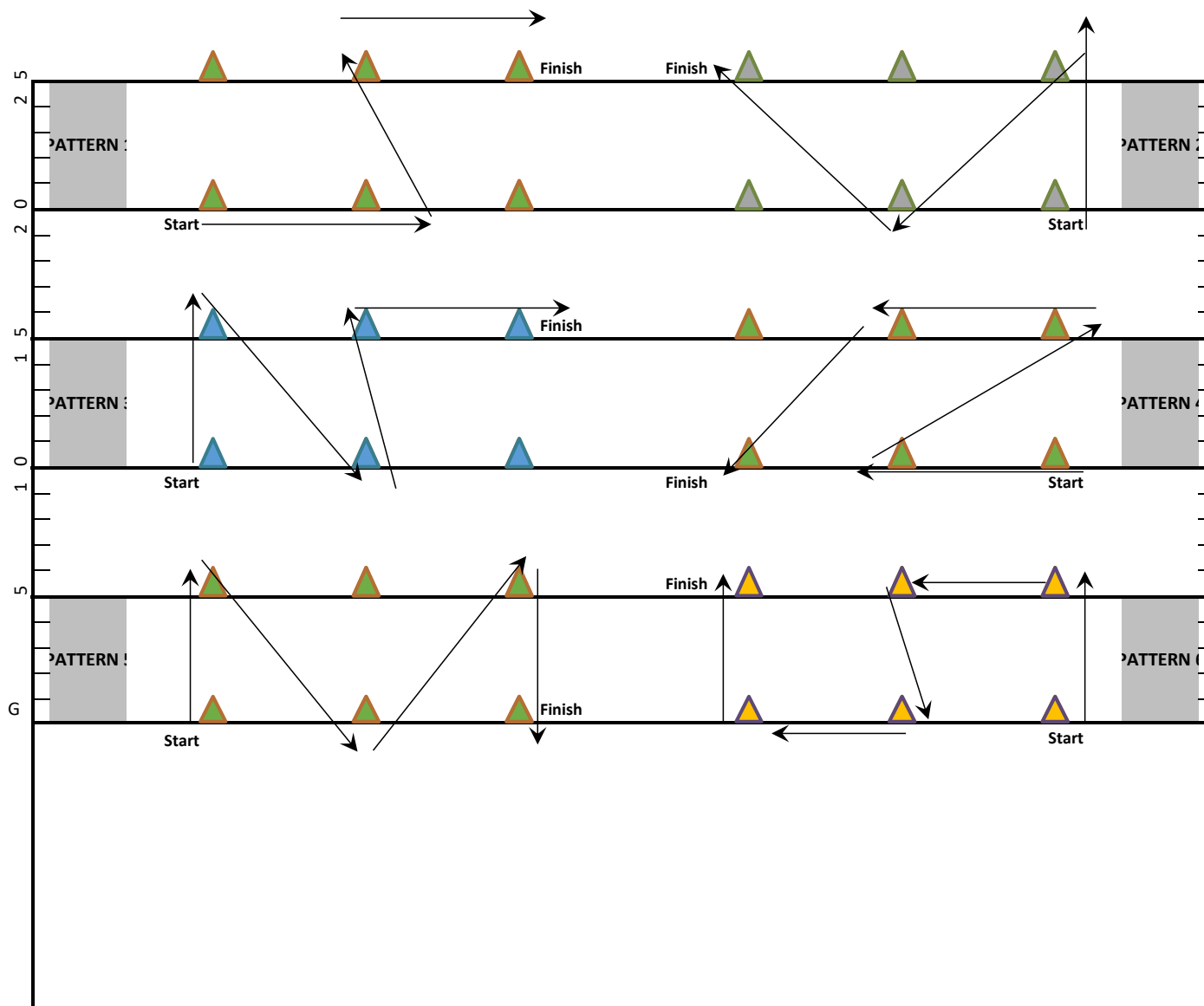


5-10-5 AGILITY

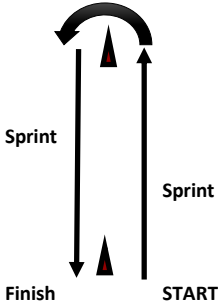
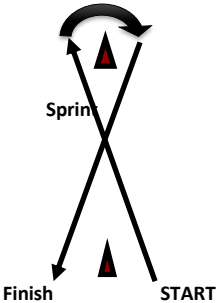
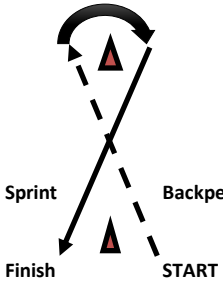
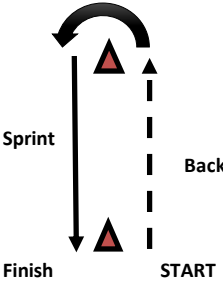
L-DRILL



6-CONE AGILITY DRILLS



2 Cone Agilities

<p style="text-align: center;">Sprint - Sprint</p>  <p style="text-align: center;">Begin drill in a two point stance. Sprint to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start</p>	<p style="text-align: center;">Figure 8: Sprint-Sprint</p>  <p style="text-align: center;">Begin drill in a two point stance. Sprint to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start</p>
<p style="text-align: center;">Figure 8: Backpedal - Sprint</p>  <p style="text-align: center;">Begin drill in a two point stance. Backpedal to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start</p>	<p style="text-align: center;">Backpedal-Sprint</p>  <p style="text-align: center;">Begin drill in a two point stance. Backpedal to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start</p>