



## MONDAY - OCT. 18, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Warm-Up</b>	30 sec each, 2 rounds Leg swings OH hold high knees OH hold butt kicks Jumping jacks Snap downs Tuck jumps									
<b>A</b> Trap Bar Jumps		6		6		6				
	70%		70%		70%					
<b>A</b> Snap Down to Box Jump		10		10		10				
KB Swing		10		10		10				
Seated box jump		6		6		6				
Behind the back throws		6		6		6				
Quick feet		1		1		1				
	agility ladder, 2 forward, 1 back 1 rep = 1 ladder length									
Jump Rope		60 secs								
Sprint 2 x 1		1		1						
	30 yards Sprint as fast as you can									

## TUESDAY - OCT. 19, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Warm-Up</b>	1 min each Box step up Bosu squat Banded lateral walks Hip airplane									
Single Leg Med Ball RDL		6 (ea.)		6 (ea.)		6 (ea.)				
	Medball slams									
Bodyweight Squat		15		15		15				
RDL Clean to box		6 (ea.)		6 (ea.)		6 (ea.)				
	40%		40%		40%					
	40% hangclean weight									
Skaters		6 (ea.)		6 (ea.)		6 (ea.)				
	3 jumps + 1 sec balance hold = 1 rep									
Band Dead Bug		15 (ea.)		15 (ea.)		15 (ea.)				
Single leg Bosu balance	ALAP (ea.)	ALAP (ea.)	ALAP (ea.)	ALAP (ea.)	ALAP (ea.)	ALAP (ea.)				
	dome up 1 min max - move on									
Jump Rope		60 secs								

## THURSDAY - OCT. 21, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Warm-Up</b>	30 sec each, 2 rounds Skip variations Forward lunges Mountain climbers Bounds									

**THURSDAY - OCT. 21, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Lunge jumps		8 (ea.)		8 (ea.)		8 (ea.)				
	alternate									
KB/DB Bulgarian Split Squat		8 (ea.)		8 (ea.)		8 (ea.)				
	Toe only hop									
Stability Ball Hamstring Curl		6 (ea.)		6 (ea.)		6 (ea.)				
	single leg									
Single leg box jump		6 (ea.)		6 (ea.)		6 (ea.)				
Prone stability ball heel taps		20 secs		20 secs		20 secs				
Birddog crunch		30 secs (ea.)		30 secs (ea.)		30 secs (ea.)				
Jump Rope		60 secs								

**FRIDAY - OCT. 22, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Warm-Up	Banded incline walk (10%, 2.5mph, 2mins)									
	Squat hold 30 sec x3 Front carry 30secs x 3									
Front Squat		6		6		6				
		90%		90%		90%				
	1/2 squat									
Trap Bar Deadlift		5		5		5		5		5
		80%		80%		80%		80%		80%
Hang Clean		8		8		8				
		65%		65%		65%				
GHD extension		12		12		12				
Hanging Leg Raise		10		10		10				
Sled Push and Pull		1		1		1				
	1 rep = 30yard turf bodyweight loaded									
Calf Raises		20		20		20				
	Rapid contract, bounce									
Ab Wheel Rollouts		10		10		10				