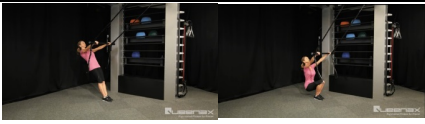

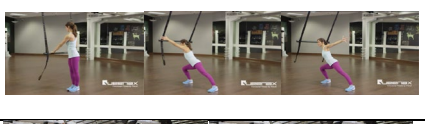
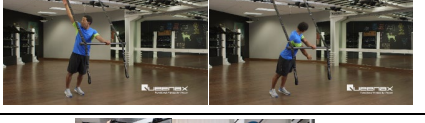
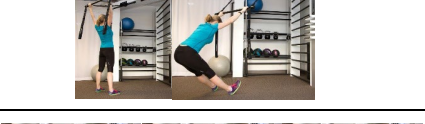
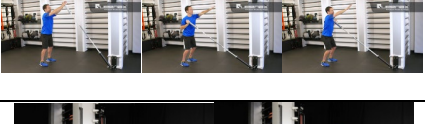
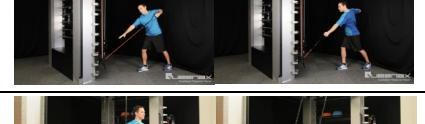
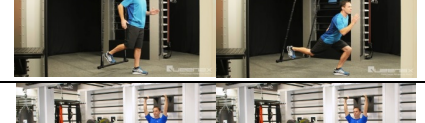
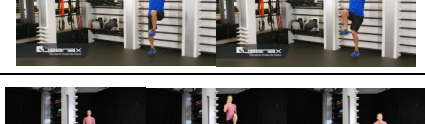
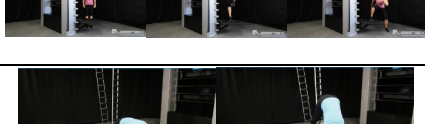
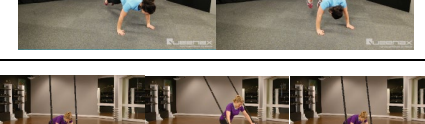
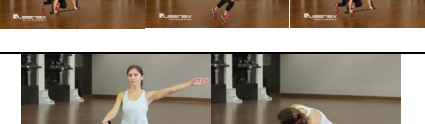

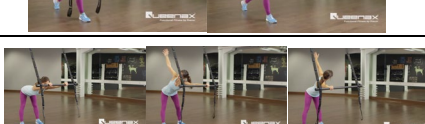




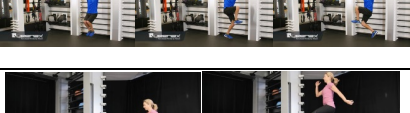
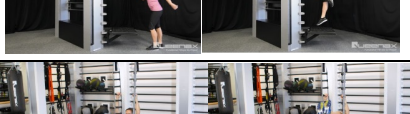

Week 1 Goal: Develop base cardiovascular capacity and movement skill

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Assisted Wide Squat		10	Hip	Maintain straight arms
		Scapular Depression		10	Overhead	Avoid elbow flexion during motion
		Split Squat		5 per side	Hip	Maintain pressure in bar
		Angled Push up		10	Knee	Avoid hyperextending spine
		Single Side Row with Rotation and Squat		5 per side	Knee	Position one hand in the middle of the bar
Workout - 30 seconds work/30 seconds recovery x 4 rounds	Torso Trainer	Alternating Press		30 sec		Avoid torso rotation during press motion
	Strong++	Single Side Row - low pull point		30 sec		Complete 2 rounds on the left side and 2 rounds on the right side
	Superfunctional	Overhead Lunge		30 sec	Waist	Maintain pressure in bar as step forward
	Mobile Parallels	Hanging Crunch		30 sec		Maintain scapula retraction
	Plyo Platform	Step up		30 sec		Complete 2 rounds on the left side and 2 rounds on the right side
	Up Strength	Plank		30 sec		Avoid hyperextending spine
	Superfunctional	Supported Hanging Swing		30 sec	Overhead	Maintain scapula retraction
Cool Down	Superfunctional	Hip Hinge		30 sec per side	Hip	Apply pressure on training bar as reach
		Side Reach		30 sec per side	Hip	Apply pressure on training bar as reach
		Glute Stretch		30 sec per side	Hip	Minimize pelvis rotation during stretch
		Hamstrings		30 sec per side	Ankle	Minimize pelvis rotation during stretch

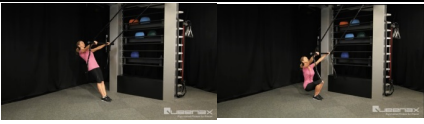

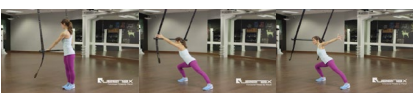




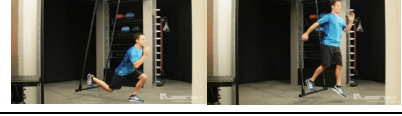
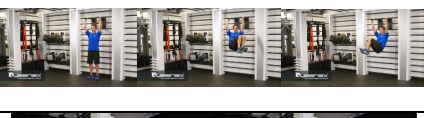

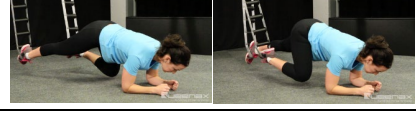
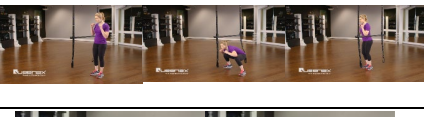

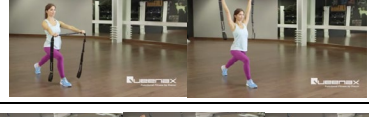
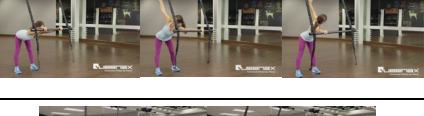

Week 2 Goal: Increase cardiovascular conditioning through work volume and movement challenge

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Assisted Narrow Squat		10	Hip	Keep knees in line with hips and feet
		Hanging Scapular Depression		10	Overhead	Avoid elbow flexion during motion
		Lateral Lunge with Rotation		5 per side	Hip	Maintain pressure in bar
		Angled Plank Rotation and Reach		5 per side	Knee	Avoid hyperextending spine
		Y's		10	Knee	Pull shoulders down and back as move bar overhead
Workout - 40 seconds work/20 seconds recovery x 4 rounds	Torso Trainer	Squat to Press		40 sec		Drive hips back as squat, keeping heels on ground
	Strong++	Single Side Row with Rotation - low pull point		40 sec		Complete 2 rounds on the left side and 2 rounds on the right side
	Superfunctional	Suspended Lunge		40 sec	Ankle	Reach suspended foot backwards as lunge
	Mobile Parallels	High Hang with Cycling Feet		40 sec		Maintain scapula retraction
	Plyo Platform	Multiplanar Step up		40 sec		Complete 2 rounds on the left side and 2 rounds on the right side
	Up Strength	Pike		40 sec		Avoid hyperextending spine
	Superfunctional	Up-Down Mountain Climber		40 sec	Ankle	Maintain plank position as travel forward and backward
Cool Down	Superfunctional	Hamstring with Rotation		30 sec per side	Strap only	Hold stretch after reaching arm underneath strap
		Split Squat with Chest Opener		30 sec per side	Strap only	Avoid hyperextending spine
		Hip Hinge with Twist		30 sec per side	Hip	Emphasize rotation through thoracic spine
		Lateral Reach and Step		30 sec per side	Hip	Drive free arm over body to mobilize lateral line

Week 3 Goal: Progress training capacity and movement skill through amplified exercise selection

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Assisted Wide Squat		10	Hip	Maintain straight arms
		Scapular Depression		10	Overhead	Avoid elbow flexion during motion
		Split Squat		5 per side	Hip	Maintain pressure in bar
		Angled Push up		10	Knee	Avoid hyperextending spine
		Single Side Row with Rotation and Squat		5 per side	Knee	Position one hand in the middle of the bar
Workout - 45 seconds work/15 seconds recovery x 4 rounds	Torso Trainer	Squat to Alternating Press		45 sec		Avoid lateral hip shift in squat position
	Strong++	Single Side Row with Rotation and Squat - low pull point		45 sec		Complete 2 rounds on the left side and 2 rounds on the right side
	Superfunctional	Suspended Lateral Lunge		45 sec	Ankle	Push bar laterally as flexing base knee and hip
	Mobile Parallels	Hanging Switch		45 sec		Maintain scapula retraction
	Plyo Platform	Step ups with Jump		45 sec		Complete 2 rounds on the left side and 2 rounds on the right side
	Up Strength	Roll-up		45 sec		Tuck knees and roll feet up toward ceiling
	Superfunctional	Hanging Swing		45 sec	Overhead	Maintain scapula retraction
Cool Down	Superfunctional	Hip Hinge		30 sec per side	Hip	Apply pressure on training bar as reach
		Side Reach		30 sec per side	Hip	Apply pressure on training bar as reach
		Glute Stretch		30 sec per side	Hip	Minimize pelvis rotation during stretch
		Hamstrings		30 sec per side	Ankle	Minimize pelvis rotation during stretch

Week 4 Goal: Achieve optimal cardiovascular conditioning through advanced work ratios and exercise selection

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Assisted Narrow Squat		10	Hip	Keep knees in line with hips and feet
		Hanging Scapular Depression		10	Overhead	Avoid elbow flexion during motion
		Lateral Lunge with Rotation		5 per side	Hip	Maintain pressure in bar
		Angled Plank Rotation and Reach		5 per side	Knee	Avoid hyperextending spine
		Y's		10	Knee	Pull shoulders down and back as move bar overhead
Workout -50 seconds work/10 seconds recovery x 4 rounds	Torso Trainer	Split Squat to Press		50 sec		Complete 2 rounds on the left side and 2 rounds on the right side
	Strong++	Alternating Single Side Row with Rotation and Squat		50 sec		Allow torso to rotate during each row motion
	Superfunctional	Suspended Lunge with hop		50 sec	Ankle	Complete 2 rounds on the left side and 2 rounds on the right side
	Mobile Parallels	Hanging Twist		50 sec		Maintain scapula retraction
	Plyo Platform	Box Jumps		50 sec		Land softly with proper squat mechanics
	Up Strength	Mountain Climbers		50 sec		Avoid hyperextending spine
	Superfunctional	Shuffle Under		50 sec	Waist	Keep torso tall during squat motion
Cool Down	Superfunctional	Hamstring with Rotation		30 sec per side	Strap only	Hold stretch after reaching arm underneath strap
		Split Squat with Chest Opener		30 sec per side	Strap only	Avoid hyperextending spine
		Hip Hinge with Twist		30 sec per side	Hip	Emphasize rotation through thoracic spine
		Lateral Reach and Step		30 sec per side	Hip	Drive free arm over body to mobilize lateral line