
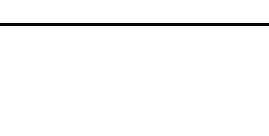

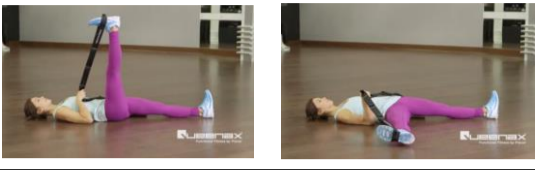
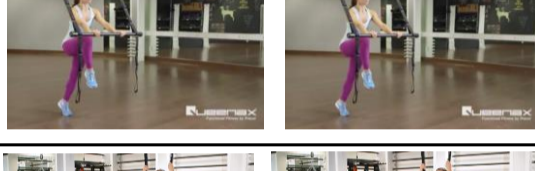
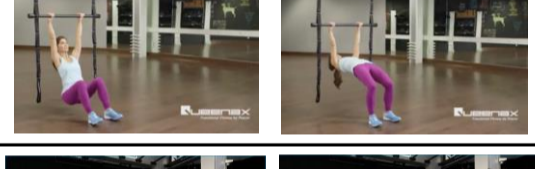
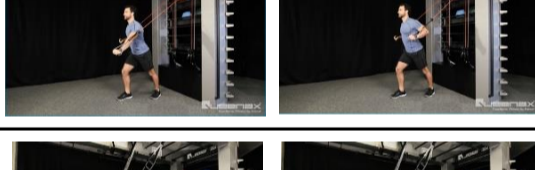

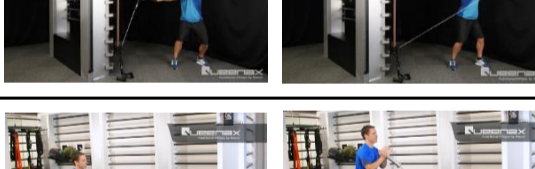

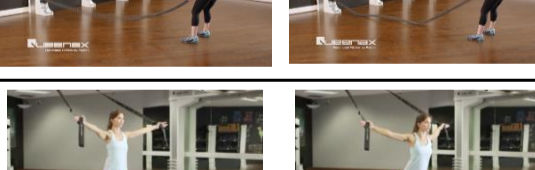
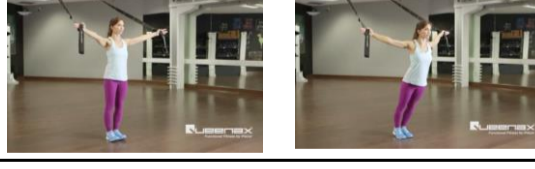
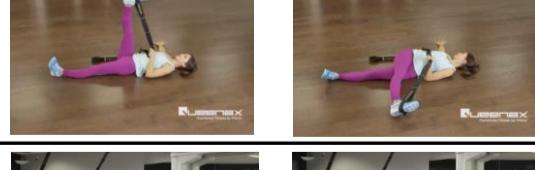





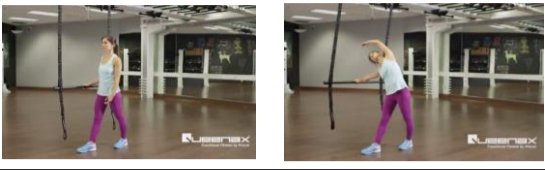


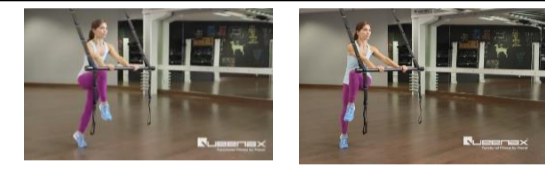
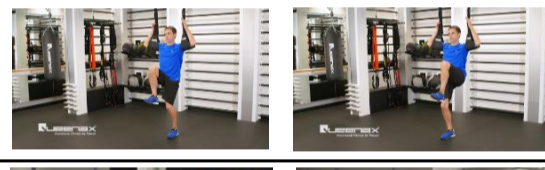
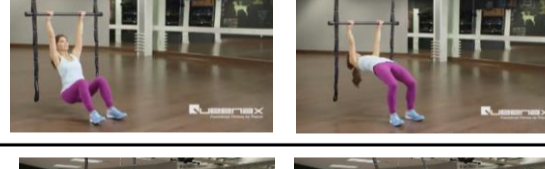
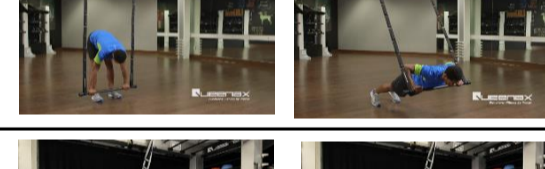


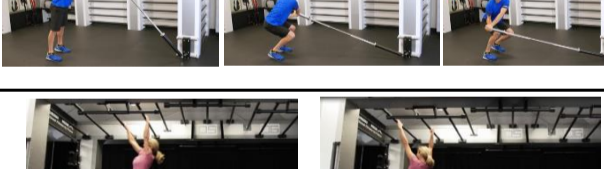

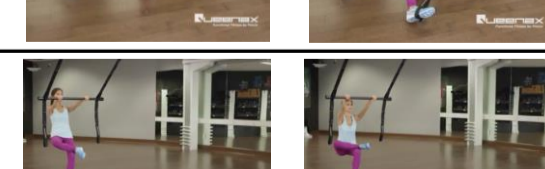
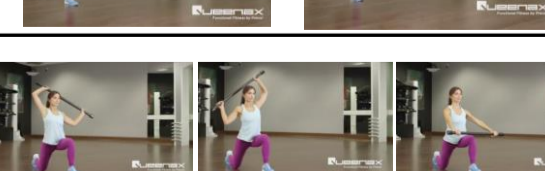
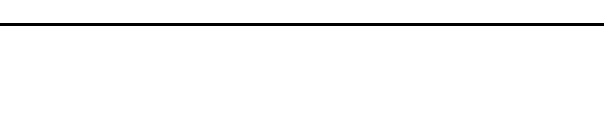
Week 1 Goal: Introduce dry land training for off season and build competency in basic movement patterns

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Lying Quadriceps			Hold for 3 sec and release	Strap only	Actively extend through hip for 3 sec period and release
		Adductor			Hold for 3 sec and release	strap only	Actively pull leg down to ground for 3 sec period and release
		Hip Hinge			12	Waist	Apply pressure into bar and flex at hips
		Hamstrings			Hold for 3 sec and release	Ankle	Avoid pelvis rotation as extend through hips and hamstring
		Angled Plank with Alternating Knee Drive			8 per side	Hip	Maintain tall posture and pressue into bar
Workout - Complete 3 rounds of 40 seconds work / 20 seconds recovery	Suspension Abs	Hanging Crunch with rest			40 sec		Maintain scapula engagement during lower body motion
	Superfunctional	Single Leg Squat - Foot on Bar			40 sec	Ankle	Position mid foot on bar and keep hips elevated as knees bend
	Superfunctional	Angled Push-Up			40 sec	Thigh	Avoid hyperextending spine
	Up Strength	Row			40 sec		Maintain core and glute engagement in angled position
	Superfunctional	Russian Twist			40 sec	Bar only	Maintain tall posture as extend torso backwards
	Torso Trainer	Front Squat - Category 1			40 sec		Sit back into keeping heels on ground
	Battle Rope	Pull Through			40 sec		Face anchor and pull one end of rope
Cool Down	Superfunctional	Standing Chest Opener			60 sec	Straps only	Avoid hyperextending spine
		IT Band Stretch			30 sec per side	Strap only	Flex and extend knee to vary stretch
		Glute Stretch			30 sec per side	Hip	Cross one ankle on top of knee and sit back
		Seated Side-to-Side Reach			10 ea	Bar only	Focus on movement flow and side bending left to right


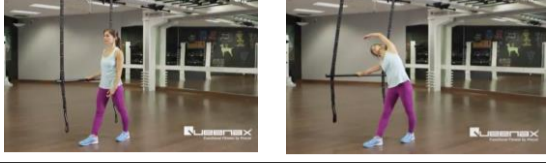
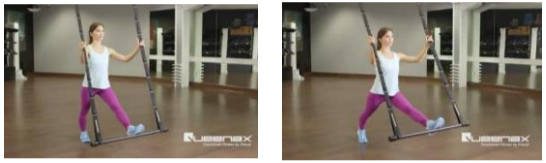




Week 2 Goal: Demonstrate exercise progression

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Lying Quadriceps 	Hold for 3 sec and release	Strap only	Actively extend through hip for 3 sec period and release
		Adductor 	Hold for 3 sec and release	strap only	Actively pull leg down to ground for 3 sec period and release
		Hip Hinge 	12	Waist	Apply pressure into bar and flex at hips
		Hamstring 	Hold for 3 sec and release	Ankle	Avoid pelvis rotation as extend through hips and hamstring
		Angled Plank with Alternating Knee Drive 	8 per side	Hip	Maintain tall posture and pressue into bar
Workout - Complete 3 rounds of 40 seconds work / 20 seconds recovery	Suspension Abs	Hanging Crunch with no rest 	40 sec		Maintain scapula engagement during lower body motion
	Superfunctional	Hanging Hip Bridge 	40 sec	Waist	Grip bar and walk feet forward into bridge; arms extended
	Strong++	Single Side Upper Body Push - High Pull Point 	40 sec		Push handle down from high point and rotate torso through
	Up Strength	Single Leg Row - Category 1 	40 sec		Minimize rotation in pelvis and hips
	Strong++	Straight Arm Torso Rotation - High-Low Connect 	40 sec		Twist torso and arms in one motion
	Torso Trainer	Split Squat 	40 sec		Alternate legs through the work interval
	Battle Rope	Alternating Waves 	40 sec		Alternate raising arms up and down with speed
Cool Down	Superfunctional	Standing Chest Opener 	60 sec	Straps only	Avoid hyperextending spine
		IT Band Stretch 	30 sec per side	Strap only	Flex and extend knee to vary stretch
		Glute Stretch 	30 sec per side	Hip	Cross one ankle on top of knee and sit back
		Seated Side to Side Reach 	10 ea	Bar only	Focus on movement flow and side bending left to right

Week 3 Goal: Integrate movements to enhance strengthening and metabolic conditioning

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Cobra Stretch		Hold for 3 sec and release	Level 9	Lie prone with elbows bent and hands on bar to start
		Side Reach		Hold for 3 sec and release	Hip	Maintain pressure in bar as reach overhead with opposite arm/hand
		Hip Hinge with Twist		8 per side	Waist	Extend one arm up and twist chest as hinge hips backwards
		Hamstrings		Hold for 3 sec and release	Ankle	Avoid pelvis rotation as extend through hips and hamstring
		Angled Plank with Cross-body Knee Drive		8 per side	Hip	Alternate lifting and crossing knee over midline
Workout - Complete 3 rounds of 40 seconds work / 20 seconds recovery	Suspension Abs	Single Leg Raise - Category 2		40 sec		Maintain scapula engagement during lower body motion
	Superfunctional	Hanging Hip Bridge		40 sec	Waist	Grip bar and walk feet forward into bridge; arms extended
	Superfunctional	Drop-In		40 sec	Level 8 or 9	Transition from hip hinge to rollout to push up
	Up Strength	Single Ladder Climb		40 sec		Maintain glute engagement as travel up and down ladder
	Up Strength	Oblique Crunches		40 sec		Position feet in stirrups and rotate torso and hips, pulling knees toward elbow
	Torso Trainer	Squat with Rotation		40 sec		Keep arms extended as rotate bar left to right over body
	Monkey Bar	Forward Pass		40 sec		Reach from bar to bar with alternating arms
Cool Down	Superfunctional	Split Squat with Chest Opener		30 sec per leg	Strap only	Hold one strap tight at shoulder width, extending arms overhead
		IT Band Stretch		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Glute Stretch		30 sec per side	Hip	Cross one ankle on top of knee and sit back
		Half Kneeling Halos		10 per side	Bar only	Start with bar forward and circle around head

Week 4 Goal: Maximize total body movement to enhance efficiency and metabolic conditioning

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Cobra Stretch		Hold for 3 sec and release	Level 9	Lie prone with elbows bent and hands on bar to start
		Side Reach		Hold for 3 sec and release	Hip	Maintain pressure in bar as reach overhead with opposite arm/hand
		Hip Hinge with a Twist		8 per side	Waist	Extend one arm up and twist chest as hinge hips backwards
		Hamstrings		Hold for 3 sec and release	Ankle	Avoid pelvis rotation as extend through hips and hamstring
		Angled Plank with Cross-body Knee Drive		8 per side	Hip	Alternate lifting and crossing knee over midline
Workout - Complete 3 rounds of 40 seconds work / 20 seconds recovery	Suspension Abs	Hanging Rotation - category 3		40 sec		Rotate lower body left to right with control
	Superfunctional	Single Leg Glute Bridge		40 sec	Ankle	Lie prone and position mid foot on bar; raise hips
	Superfunctional	Suspended Push-Up with Crunch		40 sec	Ankle	Position feet on bar and hands on floor; bend knees to chest
	Up Strength	Is Ys Ts and Ms		40 sec		Alternate through all four movements during work interval
	Up Strength	Oblique Crunches		40 sec		Position feet in stirrups and rotate torso and hips, pulling knees toward elbow
	Torso Trainer	Lateral Lunge		40 sec		Alternate legs during work interval
	Monkey Bar	One-Two Pass		40 sec		Bring both hands to one bar before moving to next bar
Cool Down	Superfunctional	Split Squat with Chest Opener		30 sec per leg	Strap only	Hold one strap tight at shoulder width, extending arms overhead
		IT Band Stretch		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Glute Stretch		30 sec per side	Hip	Cross one ankle on top of knee and sit back
		Half-Kneeling Halos		10 per side	Bar only	Start with bar forward and circle around head