

(Wk 1-4)

WEEK

WEEK

Monday	MAX		1	2	3	4	Tuesday	MAX		1	2	3	4
Squat	70%	12					Bench	70%	12				
		10							10				
		8							8				
		6											
Hang Clean Pull		5					DB Incline		12				
		4							10				
		3							8				
		2											
Glute Ham Raise		12					Lat Pulldown		12				
		10							10				
		8							8				
DB Front Lunge		12					Low Cable Row		12				
		10							10				
									8				
Leg Extension		12					Upright Row		12				
		10							10				
		8							8				
Calf Raise		12					Overhead DB Tri Press		12				
		10							10				
		8							8				
							Bicep Curls		12				
									10				
Sit-Up		20					Hyper		15				
		20							15				
Med Ball Single Twist		30					Reverse Hyper		15				
		30							15				
SPRINTS							WALL DRILLS						
Marching A	4 X 15 yd						High Knee	3	40 S				
Marching B	4 X 15 yd						Hamstring Kick	3	40 S				
Hamstring Kick	4 X 15 yd						Quick Paw	3	40 S				

(Wk 1-4)		WEEK					WEEK						
Thursday	MAX		1	2	3	4	Friday	MAX		1	2	3	4
Sumo Squat		12					Pull-Ups		12				
		10							10				
		8							8				
		6											
Leg Press	70%	12					DB Row		12				
		10							10				
		8							8				
		6											
Lateral Lunge		12					DB Floor Bench		12				
		10							10				
		8							8				
Romanian Deadlift		12					DB Fly		12				
		10							10				
		8							8				
Leg Curl		12					DB Side Raise		12				
		10							10				
		8							8				
Calf Raise		12					Tri Push Down		12				
		10							10				
		8							8				
							DB Curls		12				
									10				
Tubing SitUps		15					Bronco Billys		30				
		15											
Wichita		15					Superman		30				
		15							30				
SPRINTS							Sprints						
Skipping A	4 X 15 yd						Falling Starts	5	10yd				
Skipping B	4 X 15 yd						Build-Up Sprints	3	60 yd				
Hamstring Kick	4 X 15 yd						Flying Sprints	3	60 yd				

"In a world of give and take... **Winners Give What it Takes!**

(Wk 5-8)

WEEK

WEEK

Thursday		MAX	1	2	3	4	Friday		MAX	1	2	3	4
Hang Cleans	80%	8					PullUp: Towel		10				
		6							8				
		4							6				
		2											
Power Snatch		12					DB Row		10				
		10							8				
		8							6				
Double Knee Tuck		10					DB Floor Bench		10				
		10							8				
									6				
DB Step Up		10					PushUp Claps		10				
		8							10				
									10				
Romanian Dead lift		10					DB Side Raise		12				
		8							10				
		6							8				
Leg Curls		12					Tricep w/ Rope		12				
		10							10				
		8							8				
Calf Raise		12					DB Curls		12				
		10							10				
Plate Crunch		25					Alternating Supermans		20				
		25							20				
Hanging Knee Ups		15					Goodmorning		12				
		15							12				
Get Up Drills							Jump Rope						
Head-First	4 X 30 yd						Variety	5	Min				
Feet- First	4 X 30 yd												
Dive-Back	4 X 30 yd												

All out OR Get Out!

(Wk 9-12)

WEEK

WEEK

Thursday	MAX		1	2	3	4	Friday	MAX		1	2	3	4
Hang Cleans	85%	5					Pull Ups		10				
	90%	4							8				
	90%	3							6				
	95%	2											
Leg Press	85%	10					Single Leg Cable Row		10				
	85%	8							8				
	90%	6							6				
Split Squat Jump		10					Close Grip Bench		10				
		10							8				
									6				
Heavy DB Step Up		8					Over Line Push-Ups		10				
		6							10				
									10				
Romanian Dead lift		10					DB Rear Raise		12				
		8							10				
		6							8				
Leg Curls		12					Dips		15				
		10							15				
		8							15				
Calf Raise		12					Incline DB Curl		12				
		10							10				
		8							8				
Med In-Outs		25					Hyper		15				
		25							15				
DB Standing Side Bends		15					Reverse Hyper		15				
		15							15				
Agility							Sprints						
Later Ball Pick	3 X 20	Sec					6 X 30 yds						
Front Back Pick	3 X 20	Sec					4 X 60 yds						
X Jump & X hop	3 X 20	Sec					200 yds		3				

SWEAT + Sacrifice = SUCCESS

(Wk 13-16)

WEEK

WEEK

Thursday	MAX		1	2	3	4	Friday	MAX		1	2	3	4
Leg Press	85%	10					Pull Ups		10				
	90%	8							8				
	90%	6							6				
Plate Walk		10					Reverse Fly		10				
		8							8				
		6							6				
Depth Jump Up to a box		5					DB Floor Bench		10				
		3							8				
									6				
Heavy DB Step Up		8					Med Ball Push-Ups		10				
		6							8				
									8				
Single Leg Squats		10					DB Rear Raise (Thumb Down)		12				
		8							10				
		6							8				
Leg Curls		12					Skull Crushers		12				
		10							10				
		8							8				
Calf Raise		12					DB Preacher		12				
		10							10				
		8							8				
Reyes Workout							Superman		15				
									15				
							Wichita		15				
									15				
Running			Time	Time	Time	Time	Sprints						
200'a	4						Downhill						
Timed Laps							Sled Run	4 X	30 yd				

Out Muscle, Out Hustle, Out to be the **BEST!**