

| DAY 1               | WK 1 | WK 2 | WK 3 | TEMPO |   |   | COMMENTS  |
|---------------------|------|------|------|-------|---|---|-----------|
| WARM UP             | REPS | REPS | REPS |       |   |   |           |
| 1A SL GLUTE BRIDGE  | 8.8  | 8.8  | 8.8  | 1     | 2 | 1 | SLOW DOWN |
| B GLUTE BRIDGE      | 10   | 10   | 10   | 1     | 2 | 1 |           |
| C GLUTE BRIDGE WALK | 8.8  | 8.8  | 8.8  | 1     | 2 | 1 |           |
| D DYING BUG         | 6.6  | 6.6  | 6.6  | 1     | 2 | 1 |           |
| E QUADRUPED         | 6.6  | 6.6  | 6.6  | 1     | 2 | 1 |           |
| F GROIN ROCKBACK    | 10   | 10   | 10   | 1     | 2 | 1 |           |
| 2 Y-T-A-W           | 5    | 5    | 5    | 2     | 2 | 1 |           |
| 3 ELEVATED SL RDL   | 6.6  | 6.6  | 6.6  | 3     | 1 | 1 |           |
| 4 BAND TKE          | 8.8  | 8.8  | 8.8  | 1     | 2 | 1 |           |

| EXERCISE            | WT  | REPS | WT  | REPS | WT  | REPS | TEMPO |   |   | COMMENTS                   |
|---------------------|-----|------|-----|------|-----|------|-------|---|---|----------------------------|
| 1A BACK SQUAT       |     | 50%  |     | 55%  |     | 45%  | 2     | 1 | 1 | KNEES OVER FEET<br>GET LOW |
|                     |     | 15   |     | 15   |     | 12   |       |   |   |                            |
|                     |     | 15   |     | 15   |     | 12   |       |   |   |                            |
|                     |     | 15   |     | 15   |     | 12   |       |   |   |                            |
| 1B SL DEPTH DROP    | 12" | 4    | 15" | 4    | 18" | 4    |       | x |   |                            |
| 1C DEPTH DROP       | 24" | 4    | 24" | 4    | 30" | 4    |       | x |   |                            |
| 2A TRX INVERTED ROW |     | 10   |     | 8    |     | 8    | 1     | 2 | 1 | USE YOUR BACK              |
|                     |     | 10   |     | 8    |     | 8    |       |   |   |                            |
|                     |     | 10   |     | 8    |     | 8    |       |   |   |                            |
| 2B PUSH UP          |     | 12   |     | 12   |     | 10   | 2     | 1 | 1 | FULL ROM                   |
|                     |     | 12   |     | 12   |     | 10   |       |   |   |                            |
|                     |     | 12   |     | 12   |     | 10   |       |   |   |                            |
| 3A ECC SL BOX SQUAT |     | 5    |     | 5    |     | 5    | 5     | 1 | 1 |                            |
|                     |     | 5    |     | 5    |     | 5    |       |   |   |                            |
|                     |     | 5    |     | 5    |     | 5    |       |   |   |                            |
| 3B BB SL RDL        |     | 8    |     | 8    |     | 6    | 3     | 1 | 1 |                            |
|                     |     | 8    |     | 8    |     | 6    |       |   |   |                            |
|                     |     | 8    |     | 8    |     | 6    |       |   |   |                            |
| 4A CABLE CHOP (L-H) |     | 10   |     | 10   |     | 10   |       | x |   | EXPLOSIVE                  |
|                     |     | 10   |     | 10   |     | 10   |       |   |   |                            |
| 4B PLANK            | BW  |      | BW  |      | BW  |      |       | x |   |                            |
|                     | BW  |      | BW  |      | BW  |      |       |   |   |                            |

| DAY 2               | WK 1 |  | WK 2 |  | WK 3 |  | TEMPO |   |   | COMMENTS |
|---------------------|------|--|------|--|------|--|-------|---|---|----------|
| WARM UP             | REPS |  | REPS |  | REPS |  |       |   |   |          |
| 1 SCAPULAR PULLUP   | 10   |  | 10   |  | 10   |  | 2     | 1 | 1 |          |
| 2 STATIC I-T-A-M-Y  | :15  |  | 10   |  | 10   |  |       | x |   |          |
| 3 FACE PULL         | 10   |  | 10   |  | 10   |  | 2     | 2 | 1 |          |
| 4 BAND SHLDR STRTCH | TIME |  | TIME |  | TIME |  |       | x |   |          |
| 5 OH SQUAT          | 8    |  | 8    |  | 8    |  | 2     | 2 | 1 |          |
| 6 ECC/ISO STEP DOWN | 5.5  |  | 5.5  |  | 5.5  |  |       | x |   |          |

| EXERCISE               | WT   | REPS | WT   | REPS | WT   | REPS | TEMPO |   |   | COMMENTS   |
|------------------------|------|------|------|------|------|------|-------|---|---|------------|
| 1A DEADLIFT            |      | 65%  |      | 75%  |      | 60%  | 2     | 1 | 1 |            |
|                        |      | 6    |      | 6    |      | 6    |       |   |   |            |
|                        |      | 6    |      | 6    |      | 6    |       |   |   | TIGHT BACK |
|                        |      | 6    |      | 6    |      | 6    |       |   |   |            |
|                        |      | 6    |      | 6    |      | 6    |       |   |   |            |
|                        |      | 6    |      | 6    |      | 6    |       |   |   |            |
| 1B BAND WALK           | BAND | 10   | BAND | 10   | BAND | 10   |       | x |   |            |
| 2A INCLINE DB BENCH    |      | 12   |      | 10   |      | 10   | 2     | 1 | 1 |            |
|                        |      | 12   |      | 10   |      | 10   |       |   |   |            |
|                        |      | 12   |      | 10   |      | 10   |       |   |   |            |
| 2B CHIN UP             |      | 8    |      | 8    |      | 6    | 2     | 1 | 1 |            |
| OR                     |      | 8    |      | 8    |      | 6    |       |   |   | GET UP     |
| CABLE PULL DOWN        |      | 8    |      | 8    |      | 6    |       |   |   |            |
| 3A STEP UP             | BW   | 10   |      | 8    |      | 8    | 2     | 1 | 1 |            |
|                        | BW   | 10   |      | 8    |      | 8    |       |   |   |            |
|                        | BW   | 10   |      | 8    |      | 8    |       |   |   |            |
| 3B DB SWING            |      | 5    |      | 5    |      | 5    |       | x |   |            |
|                        |      | 5    |      | 5    |      | 5    |       |   |   | EXPLOSIVE  |
|                        |      | 5    |      | 5    |      | 5    |       |   |   |            |
| 4A SHOULDER PRESS      |      | 10   |      | 10   |      | 10   | 2     | 1 | 1 |            |
|                        |      | 10   |      | 10   |      | 10   |       |   |   |            |
| 4B MB SIDE THROW       |      | 10   |      | 10   |      | 10   |       | x |   |            |
|                        |      | 10   |      | 10   |      | 10   |       |   |   |            |
| 4C BENCH ISO SIDE HOLD |      | 8    |      | 8    |      | 8    | 3     | 2 | 3 |            |
|                        |      | 8    |      | 8    |      | 8    |       |   |   |            |