

<b>NAME:</b>	
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<b>MAXES:</b>				
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SPEED/POWER	Week 1	Week 2	Week 3	Week 4
HIP/SHOULDER MOBILITY	x1	x1	x1	x1

SPEED/POWER	Week 1	Week 2	Week 3	Week 4
HIP/SHOULDER MOBILITY	x1	x1	x1	x1

SPEED/POWER	Week 1	Week 2	Week 3	Week 4
HIP/SHOULDER MOBILITY	x1	x1	x1	x1

DATE:				
Core Lift	GR	WT	GR	WT
<b>A1. GOBLET SQUAT</b>	w/up	w/up	w/up	w/up
	w/up	w/up	w/up	w/up
	10	10	10	10
START WITH BODYWEIGHT	10	10	10	8
THEN ADD DB'S	10	10	8	8
	10	8	8	6
		8	6	6
FINAL MAX WEIGHT:				
<b>A2. BROAD JUMP</b>	4X4	4X4	4X4	4X4

DATE:				
Core Lift	GR	WT	GR	WT
<b>A1. PUSH PRESS</b>	w/up	w/up	w/up	w/up
	w/up	w/up	w/up	w/up
	10	10	10	10
	10	10	10	8
	10	10	8	8
	10	8	8	6
		8	6	6
FINAL WEIGHT:				
<b>A2. IYWT'S</b>	4X8	4X8	4X8	4X8

DATE:				
Core Lift	GR	WT	GR	WT
<b>A1. WALKING LUNGE</b>	w/up	w/up	w/up	w/up
	w/up	w/up	w/up	w/up
	4X1	4X1	4X1	4X1
<b>1=30YDS</b>				
FINAL WEIGHT:				
<b>A2. SPEED SKATER</b>	4X6E	4X6E	4X6E	4X6E

Main Accessory Lifts				
ENTER WEIGHT OF THE FINAL SET ON CARD				
<b>B1. BOX STEP UP</b>	3X8E	3X8E	3X5E	3X5E
WEIGHT:				
<b>B2. COSSACK SQUAT</b>	3X6E	3X6E	3X6E	3X6E
WEIGHT:				
<b>B3. PULLUPS</b>	3XAMRAP	3XAMRAP	3XAMRAP	3XAMRAP
TOTAL REPS:				
<b>C1. HIP THRUST</b>	3X10	3X10	3X10	3X10
WEIGHT:				
<b>C2. PLANK</b>	3X30S	3X30S	3X30S	3X30S
RKC PLANK IF TOO EASY				
<b>D1. GLUTE MED CIRCLES</b>	3X12E	3X12E	3X12E	3X12E
LAY ON SIDE W/ LEGS STRAIGHT				
BIG TOE LOWER THAN HEEL				
DO 12 CIRCLES SLOWLY EACH WAY				
<b>E1. 4-WAY NECK</b>	1X12E	1X12E	1X12E	1X12E
Post Workout				
<b>ANKLE ROCKER</b>	X10E	X10E	X10E	X10E
<b>T-SPINE   FOAM ROLL</b>	X1	X1	X1	X1

Main Accessory Lifts				
ENTER WEIGHT OF THE FINAL SET ON CARD				
<b>B1. PULLUPS</b>	4XAMRAP	4XAMRAP	4XAMRAP	4XAMRAP
TOTAL REPS				
<b>B2. BALL/ROPE SLAM</b>	4X5	4X5	4X5	4X5
POWERFUL-LIKE SNAPDOWN				
<b>C1. PUSHUPS</b>	4XAMRAP	4XAMRAP	4XAMRAP	4XAMRAP
IF >20, ADD WEIGHT PERFECT FORM!				
<b>C2. PLATE PINCH</b>	4XALAP	4XALAP	4XALAP	4XALAP
(AS LONG AS POSSIBLE) WEIGHT/TIME:				
<b>D1. SIDE PLANK</b>	3X15-30S E	3X15-30S E	3X15-30S E	3X15-30S E
Post Workout				
<b>ANKLE ROCKER</b>	X10E	X10E	X10E	X10E
<b>T-SPINE   FOAM ROLL</b>	X1	X1	X1	X1

Main Accessory Lifts				
ENTER WEIGHT OF THE FINAL SET ON CARD				
<b>B1. PLATE RAISE</b>	3X15	3X15	3X15	3X15
WEIGHT:				
<b>B2. INV ROW</b>	3X15	3X15	3X15	3X15
<b>C1. SLIDER LEG CURLS</b>	3X10	3X10	4X10	4X10
WEIGHT:				
<b>C2. NEWSPAPER CRUMBLES</b>	3X2	3X2	3X2	3X2
<b>D1. HANGING LEG RAISE</b>	3X10	3X10	3X10	3X10
<b>E1. 4-WAY NECK</b>	1X12E	1X12E	1X12E	1X12E
Post Workout				
<b>ANKLE ROCKER</b>	X10E	X10E	X10E	X10E
<b>T-SPINE   FOAM ROLL</b>	X1	X1	X1	X1