

Box Jump – 3x3	Deadlift – 3x5	Broad Jump - 3x3
Front Squat – 3x5	OHP – 3x5	DB OHP – 3x10
Bench Press – 3x5	Reverse Lunge – 3x10 each side	Back Squat – 3x8
SL RDL – 3x8	DB Row – 3x8	Pull Up – 3xMax
Chin up – 3x5	Dips – 3xMax	Push up – 3xMax
Leg Raise – 3xMax	Sprint – 5x50 yrds	Rotational Core Exercise – 3xMx

Full Body 3X per week. I would suggest running this program Mon, Wed, Fri or on other non-consecutive days. Try to keep the sets and reps the same and add weight to the bar each week until you are no longer able to complete the same reps per set. At that point it is time to modify your programming to further drive adaptations. Do some form of Cardio 2 days a week of your choice as well.