

Training Philosophy

Lower Body Strength

Upper Body Strength

Lower Body Speed

Upper Body Speed

Active Recovery

1. Warmups:

Lower Body

- Limber 11
- Squat Mobility
- Lunge/Kick Mobility
- Field Warm Up

Upper Body

- Band Pull Apart
- Scapular Pushups
- Hindu Pushups
- Scapular Pull Ups
- Iron Cross
- Wall Windmill

2. CNS Activation Drills:

Lower Body

- Jump Variations
- Sprint Variations
- Kettlebell Swings
- Olympic Lifts

Upper Body

- Pulse Pushup Variations
- Plyometric Pushup Variations
- Med Ball Work
- Olympic Lifts

3. Main Lifts:

Lower Body Strength

- Squat
- Deadlift
- Lunge
- Hinge

Upper Body Strength

- Bench Press
- Strict Row
- Military Press
- Pullup

Lower Body Speed

- Speed Squat
- Speed Pull
- Power Clean
- Full Clean

Upper Body Speed

- Speed Bench
- Hang Clean
- Push Press
- Jerk

Active Recovery

Lower Emphasis:

- Touchdown Squat
- Olympic Squat
- Reverse Hyper
- Back Extension

Upper Emphasis:

- Bamboo Bench
- Wide Grip Pull
- Loaded Carry
- Bodybuilding

4. Accessories:

Lower Body Strength

- Squat Variations
- Deadlift Variations
- Lunge Variations
- Hinge Variations

Upper Body Strength

- Horizontal Press
- Vertical Press
- Horizontal Pull
- Vertical Press
- Back Work
- Tricep Work
- Shoulder Work

Lower Body Speed

- Squat Variations
- Deadlift Variations
- Lunge Variations
- Hinge Variations

Upper Body Speed

- Horizontal Press
- Vertical Press
- Horizontal Pull
- Vertical Press
- Back Work
- Tricep Work
- Shoulder Work

Active Recovery

Lower Emphasis:

- Hip Stability/Mobility
- Knee Stability/Mobility

Upper Emphasis:

- Back Mobility/Stability
- Shoulder Mobility/Stability

5. Core:

Positions

- Plank
- Loaded Carry
- Hollow
- Cast
- Crawl
- Standing Rotation
- Leg Raise

6. Mobility:

Lower Body Mobility

- Spine
- Hips
- Knees
- Ankles

Upper Body Mobility

- Spine
- Shoulders
- Elbows
- Wrists