				Teddy Cox Training	
Day 1 - Squat/Shoulders	Week 1		Day 1 - Squat/Shoulders	Week 2	
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 mi
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel
Warm Up 2	Farmers Carry	2 x 20 yds	Warm Up 2	Farmers Carry	2 x 20 yds
	Hip Flexor Activation	2 x 10 ea		Hip Flexor Activation	2 X 10 ea
A	Goblet Squat (To box if needed)	4 X 12, 12, 10, 10	) A	Goblet Squat (To box if needed)	4 X 12, 12, 10
B1	DB Shoulder Press	3 X 12	B1	DB Shoulder Press	3 X 12
B2	DB Glute Bridges	3 X 15	B2	DB Glute Bridges	3 X 15
C1	Walking Lunge	3 x 10 ea	Cı	Walking Lunge	3 x 10 ea
C2	BW Lateral SS	3 x 10 ea	C2	BW Lateral SS	3 x 10 ea
Dı* Superset	Seated Front Raise	3 X 12	Dı* Superset	Seated Front Raise	3 X 12
D2* Superset	Seated Lat. Raise (lean over)	3 X 12	D2* Superset	Seated Lat. Raise (lean over)	3 X 12
		· · · ·			
Day 2 - Push/Pull/Upper	Week 1		Day 2 - Push/Pull/Upper	Week 2	
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 mi
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel
Warm Up 2	Goblet Carry	2 x 20 yds	Warm Up 2	Goblet Carry	2 x 20 yds
	Scapular Pushups	2 X 10		Scapular Pushups	2 X 10
A	Incline DB Bench Press	4 X 12, 12, 10, 10	) A	Incline DB Bench Press	4 X 12, 12, 10
Bı *Minimal Rest	DB Floor Press	3 X 12	Bı *Minimal Rest	DB Floor Press	3 X 12
B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support	3 x 10 ea	B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support	3 x 10 ea
C1	TRX Rows	3 X 10	Cı	TRX Rows	3 X 10
C2	Shoulder Taps	3 x 10 ea	C2	Shoulder Taps	3 x 10 ea
Dı *Minimal Rest	Pull Ups (Assisted)	3 X 10	D1 *Minimal Rest	Pull Ups (Assisted)	3 X 10
D2 *Minimal Rest	Pushups (Assisted)	3 X 10	D2 *Minimal Rest	Pushups (Assisted)	3 X 10
Day 3 - Deadlift/Full	Week 1		Day 3 - Deadlift/Full	Week 2	
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 mi
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.	By Feel
Warm Up 2	S.A. Carry	2 x 20 yds	Warm Up 2	S.A. Carry	2 x 20 yds
•	Jumping Jacks	2 X 20	<b>†</b> • • • • • • • • • • • • • • • • • • •	Jumping Jacks	2 X 20
A	Hex Bar Deadlift	4 X 12, 12, 10, 10	) A	Hex Bar Deadlift	4 X 12, 12, 10
B1	MB Slams	4 X 10	B1	MB Slams	4 X 10
B2	KB Swings	4 X 12	B2	KB Swings	4 X 12
В3	Skater Hops	4 x 10 ea	B3	Skater Hops	4 x 10 ea
Cı *Minimal Rest	Plank	3 x 20 sec	C1 *Minimal Rest	Plank	3 x 20 sec
C2 *Minimal Rest	Hollowbody	3 x 20 sec	C2 *Minimal Rest	Hollowbody	3 x 20 sec
C3 *Minimal Rest	Superman	3 x 20 sec	C3 *Minimal Rest	Superman	3 x 20 sec

Day 1 - Squat/Shoulders	Week 3			Day 1 - Squat/Shoulders	Week 4		
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min		
Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel
Warm Up 2	Farmers Carry		2 x 20 yds	Warm Up 2	Farmers Carry		2 x 20 yds
	Hip Flexor Activation		2 x 10 ea		Hip Flexor Activation		2 x 10 ea
A	Goblet Squat (To box if needed)		4 X 12, 12, 10, 10	A	Goblet Squat (To box if needed)		4 X 12, 12, 10, 10
B1	DB Shoulder Press		3 X 12	B1	DB Shoulder Press		3 X 12
B2	DB Glute Bridges		3 X 15	B2	DB Glute Bridges		3 X 15
C1	Walking Lunge		3 x 10 ea	C1	Walking Lunge		3 x 10 ea
C2	BW Lateral SS		3 x 10 ea	C2	BW Lateral SS		3 x 10 ea
Dı* Superset	Seated Front Raise		3 X 12	Dı* Superset	Seated Front Raise		3 X 12
D2* Superset	Seated Lat. Raise (lean over)		3 X 12	D2* Superset	Seated Lat. Raise (lean over)		3 X 12
		'					
Day 2 - Push/Pull/Upper	Week 3			Day 2 - Push/Pull/Upper	Week 4		
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min
Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.		By Feel
Warm Up 2	Goblet Carry		2 x 20 yds	Warm Up 2	Goblet Carry		2 x 20 yds
	Scapular Pushups		2 X 10		Scapular Pushups		2 X 10
A	Incline DB Bench Press		4 X 12, 12, 10, 10	A	Incline DB Bench Press		4 X 12, 12, 10, 10
Bı *Minimal Rest	DB Floor Press		3 X 12	Bı *Minimal Rest	DB Floor Press		3 X 12
B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support		3 x 10 ea	B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support		3 x 10 ea
C1	TRX Rows		3 X 10	C1	TRX Rows		3 X 10
C2	Shoulder Taps		3 x 10 ea	C2	Shoulder Taps		3 x 10 ea
Dı *Minimal Rest	Pull Ups (Assisted)		3 X 10	Dı *Minimal Rest	Pull Ups (Assisted)		3 X 10
D2 *Minimal Rest	Pushups (Assisted)		3 X 10	D2 *Minimal Rest	Pushups (Assisted)		3 X 10
Day 3 - Deadlift/Full	Week 3			Day 3 - Deadlift/Full	Week 4		
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min
Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel
Warm Up 2	S.A. Carry		2 x 20 yds	Warm Up 2	S.A. Carry	-	2 x 20 vds
warm op 2	Jumping Jacks		2 X 20 yas	- Warm op 2	Jumping Jacks		2 X 20 yds
A	Hex Bar Deadlift		4 X 12, 12, 10, 10	A	Hex Bar Deadlift		4 X 12, 12, 10, 10
B <sub>1</sub>	MB Slams		4 X 10	Bı	MB Slams		4 X 10
B2	KB Swings		4 X 12	B2	KB Swings	+++	4 X 12
B3	Skater Hops		4 x 10 ea	B <sub>3</sub>	Skater Hops	+++	4 x 10 ea
C1 *Minimal Rest	Plank		3 X 20 Sec	C1 *Minimal Rest	Plank	<del>         </del>	3 X 20 Sec
C2 *Minimal Rest	Hollowbody		3 X 20 Sec	C2 *Minimal Rest	Hollowbody		3 X 20 Sec
	111011011011011	1 1	J A 20 500	C2 Millima Rese	11011011100003		J A 20 500

Day 1 - Squat/Shoulders	Week 5		Day 1 - Squat/Shoulders   Week 6					
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point				1 x 5-10 min
Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.				By Feel
Warm Up 2	Farmers Carry	2 x 20 yds	Warm Up 2	Farmers Carry				2 x 20 yds
	Hip Flexor Activation	2 x 10 ea		Hip Flexor Activation				2 x 10 ea
A	Goblet Squat (To box if needed)	4 X 12, 12, 10, 10	A	Goblet Squat (To box if needed)				4 X 12, 12, 10, 10
B1	DB Shoulder Press	3 X 12	B1	DB Shoulder Press				3 X 12
B2	DB Glute Bridges	3 X 15	B2	DB Glute Bridges				3 X 15
C1	Walking Lunge	3 x 10 ea	C1	Walking Lunge				3 x 10 ea
C2	BW Lateral SS	3 x 10 ea	C2	BW Lateral SS				3 x 10 ea
Dı* Superset	Seated Front Raise	3 X 12	Dı* Superset	Seated Front Raise				3 X 12
D2* Superset	Seated Lat. Raise (lean over)	3 X 12	D2* Superset	Seated Lat. Raise (lean over)				3 X 12
						-		
Day 2 - Push/Pull/Uppe	r Week 5		Day 2 - Push/Pull/Upper Week 6					
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point				1 x 5-10 min
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.				By Feel
Warm Up 2	Goblet Carry	2 x 20 yds	Warm Up 2	Goblet Carry				2 x 20 yds
	Scapular Pushups	2 X 10	1 1	Scapular Pushups				2 X 10
A	Incline DB Bench Press	4 X 12, 12, 10, 10	A	Incline DB Bench Press				4 X 12, 12, 10, 10
Bı *Minimal Rest	DB Floor Press	3 X 12	B1 *Minimal Rest	DB Floor Press				3 X 12
B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support	3 x 10 ea	B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support				3 x 10 ea
C1	TRX Rows	3 X 10	C1	TRX Rows				3 X 10
C2	Shoulder Taps	3 x 10 ea	C2	Shoulder Taps				3 x 10 ea
Dı *Minimal Rest	Pull Ups (Assisted)	3 X 10	Dı *Minimal Rest	Pull Ups (Assisted)				3 X 10
D2 *Minimal Rest	Pushups (Assisted)	3 X 10	D2 *Minimal Rest	Pushups (Assisted)				3 X 10
Day 3 - Deadlift/Full	Week 5		Day 3 - Deadlift/Full	Week 6				
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point			1 1	1 x 5-10 min
Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.				By Feel
Warm Up 2	S.A. Carry	2 x 20 yds	Warm Up 2	S.A. Carry				2 x 20 yds
warm op 2	Jumping Jacks	2 X 20 y ds	- Marin op 2	Jumping Jacks				2 X 20 yds
A	Hex Bar Deadlift	4 X 12, 12, 10, 10	A A	Hex Bar Deadlift				4 X 12, 12, 10, 10
Bı	MB Slams	4 X 10	Bı	MB Slams				4 X 10
B <sub>2</sub>	KB Swings	4 X 10	B <sub>2</sub>	KB Swings				4 X 12
B3	Skater Hops	4 x 10 ea	B3	Skater Hops				4 x 10 ea
C1 *Minimal Rest	Plank	3 x 20 sec	C1 *Minimal Rest	Plank				3 x 20 sec
C2 *Minimal Rest	Hollowbody	3 x 20 sec	C2 *Minimal Rest	Hollowbody				3 x 20 sec
C3 *Minimal Rest	Superman	3 x 20 sec	C3 *Minimal Rest	Superman		+		3 X 20 Sec

		ndational Strength ಆ Conditio	ning				
Day 1 - Squat/Shoulders	Week 7			Day 1 - Squat/Shoulders	Week 8		
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	
Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.	By Feel	
Warm Up 2	Farmers Carry		2 x 20 yds	Warm Up 2	Farmers Carry	2 x 20 yds	
	Hip Flexor Activation		2 x 10 ea		Hip Flexor Activation	2 x 10 ea	
A	Goblet Squat (To box if needed)		4 X 12, 12, 10, 10	A	Goblet Squat (To box if needed)	4 X 12, 12, 10, 10	
B1	DB Shoulder Press		3 X 12	B1	DB Shoulder Press	3 X 12	
B2	DB Glute Bridges		3 X 15	B2	DB Glute Bridges	3 X 15	
C1	Walking Lunge		3 x 10 ea	C1	Walking Lunge	3 x 10 ea	
C2	BW Lateral SS		3 x 10 ea	C2	BW Lateral SS	3 x 10 ea	
Dı* Superset	Seated Front Raise		3 X 12	Dı* Superset	Seated Front Raise	3 X 12	
D2* Superset	Seated Lat. Raise (lean over)		3 X 12	D2* Superset	Seated Lat. Raise (lean over)	3 X 12	
		-					
Day 2 - Push/Pull/Upper	Week 7			Day 2 - Push/Pull/Upper	Week 8		
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	
Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	
Warm Up 2	Goblet Carry		2 x 20 yds	Warm Up 2	Goblet Carry	2 x 20 yds	
	Scapular Pushups		2 X 10		Scapular Pushups	2 X 10	
A	Incline DB Bench Press		4 X 12, 12, 10, 10	A	Incline DB Bench Press	4 X 12, 12, 10, 10	
Bı *Minimal Rest	DB Floor Press		3 X 12	B1 *Minimal Rest	DB Floor Press	3 X 12	
B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support		3 x 10 ea	B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support	3 x 10 ea	
C1	TRX Rows		3 X 10	C1	TRX Rows	3 X 10	
C2	Shoulder Taps		3 x 10 ea	C2	Shoulder Taps	3 x 10 ea	
Dı *Minimal Rest	Pull Ups (Assisted)		3 X 10	Dı *Minimal Rest	Pull Ups (Assisted)	3 X 10	
D2 *Minimal Rest	Pushups (Assisted)		3 X 10	D2 *Minimal Rest	Pushups (Assisted)	3 X 10	
Day 3 - Deadlift/Full	Week 7			Day 3 - Deadlift/Full	Week 8		
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.	By Feel	
Warm Up 2	S.A. Carry		2 x 20 yds	Warm Up 2	S.A. Carry	2 x 20 yds	
•	Jumping Jacks		2 X 20	,	Jumping Jacks	2 X 20	
A	Hex Bar Deadlift		4 X 12, 12, 10, 10	A	Hex Bar Deadlift	4 X 12, 12, 10, 10	
B1	MB Slams		4 X 10	B1	MB Slams	4 X 10	
B2	KB Swings	1 1	4 X 12	B2	KB Swings	4 X 12	
В3	Skater Hops		4 x 10 ea	В3	Skater Hops	4 x 10 ea	
C1 *Minimal Rest	Plank		3 x 20 sec	Cı *Minimal Rest	Plank	3 x 20 sec	
C2 *Minimal Rest	Hollowbody		3 x 20 sec	C2 *Minimal Rest	Hollowbody	3 x 20 sec	
C3 *Minimal Rest	Superman		3 x 20 sec	C3 *Minimal Rest	Superman	3 x 20 sec	

Day 1 - Squat/Shoulders   Week 9					Day 1 - Squat/Shoulders   Week 10					
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point			1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point				1 x 5-10 min
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.			By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.				By Feel
Warm Up 2	Farmers Carry			2 x 20 yds	Warm Up 2	Farmers Carry				2 x 20 yds
	Hip Flexor Activation			2 x 10 ea		Hip Flexor Activation				2 x 10 ea
A	Goblet Squat (To box if needed)			4 X 12, 12, 10, 10	A	Goblet Squat (To box if needed)				4 X 12, 12, 10, 10
В1	DB Shoulder Press			3 X 12	B1	DB Shoulder Press				3 X 12
B2	DB Glute Bridges			3 X 15	B2	DB Glute Bridges				3 X 15
C1	Walking Lunge			3 x 10 ea	C1	Walking Lunge				3 x 10 ea
C2	BW Lateral SS			3 x 10 ea	C2	BW Lateral SS				3 x 10 ea
Dı* Superset	Seated Front Raise			3 X 12	Dı* Superset	Seated Front Raise				3 X 12
D2* Superset	Seated Lat. Raise (lean over)			3 X 12	D2* Superset	Seated Lat. Raise (lean over)				3 X 12
								•		
Day 2 - Push/Pull/Uppe	r Week 9				Day 2 - Push/Pull/Uppe	· Week 10				
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point			1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point				1 x 5-10 min
Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.			By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				By Feel
Warm Up 2	Goblet Carry			2 x 20 yds	Warm Up 2	Goblet Carry				2 x 20 yds
	Scapular Pushups			2 X 10		Scapular Pushups				2 X 10
A	Incline DB Bench Press			4 X 12, 12, 10, 10	A	Incline DB Bench Press				4 X 12, 12, 10, 10
Bı *Minimal Rest	DB Floor Press			3 X 12	Bı *Minimal Rest	DB Floor Press				3 X 12
B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support			3 x 10 ea	B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support				3 x 10 ea
C1	TRX Rows			3 X 10	C1	TRX Rows				3 X 10
C2	Shoulder Taps			3 x 10 ea	C2	Shoulder Taps				3 x 10 ea
Dı *Minimal Rest	Pull Ups (Assisted)			3 X 10	Dı *Minimal Rest	Pull Ups (Assisted)				3 X 10
D2 *Minimal Rest	Pushups (Assisted)			3 X 10	D2 *Minimal Rest	Pushups (Assisted)				3 X 10
		·								
Day 3 - Deadlift/Full	Week 9				Day 3 - Deadlift/Full	Week 10				
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point			1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point				1 x 5-10 min
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.			By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				By Feel
Warm Up 2	S.A. Carry			2 x 20 yds	Warm Up 2	S.A. Carry				2 x 20 yds
	Jumping Jacks			2 X 20		Jumping Jacks				2 X 20
A	Hex Bar Deadlift			4 X 12, 12, 10, 10	A	Hex Bar Deadlift				4 X 12, 12, 10, 10
B1	MB Slams			4 X 10	B1	MB Slams				4 X 10
B2	KB Swings			4 X 12	B2	KB Swings				4 X 12
В3	Skater Hops			4 x 10 ea	В3	Skater Hops				4 x 10 ea
C1 *Minimal Rest	Plank			3 x 20 sec	C1 *Minimal Rest	Plank				3 x 20 sec
C2 *Minimal Rest	Hollowbody			3 x 20 sec	C2 *Minimal Rest	Hollowbody				3 x 20 sec
C3 *Minimal Rest	Superman			3 x 20 sec	C3 *Minimal Rest	Superman				3 x 20 sec

Day 1 - Squat/Shoulders	Week 11	Day 1 - Squat/Shoulders	Week 12				
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min		
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.			By Feel
Warm Up 2	Farmers Carry	2 x 20 yds	Warm Up 2	Farmers Carry			2 x 20 yds
	Hip Flexor Activation	2 x 10 ea		Hip Flexor Activation			2 x 10 ea
A	Goblet Squat (To box if needed)	4 X 12, 12, 10, 10	o A	Goblet Squat (To box if needed)			4 X 12, 12, 10, 1
B1	DB Shoulder Press	3 X 12	B1	DB Shoulder Press			3 X 12
B2	DB Glute Bridges	3 X 15	B2	DB Glute Bridges			3 X 15
C1	Walking Lunge	3 x 10 ea	C1	Walking Lunge			3 x 10 ea
C2	BW Lateral SS	3 x 10 ea	C2	BW Lateral SS			3 x 10 ea
Dı* Superset	Seated Front Raise	3 X 12	Dı* Superset	Seated Front Raise			3 X 12
D2* Superset	Seated Lat. Raise (lean over)	3 X 12	D2* Superset	Seated Lat. Raise (lean over)			3 X 12
Day 2 - Push/Pull/Upper	Week 11		Day 2 - Push/Pull/Upper	r Week 12			
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point			1 x 5-10 min
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.			By Feel
Warm Up 2	Goblet Carry	2 x 20 yds	Warm Up 2	Goblet Carry			2 x 20 yds
	Scapular Pushups	2 X 10		Scapular Pushups			2 X 10
A	Incline DB Bench Press	4 X 12, 12, 10, 10	o A	Incline DB Bench Press			4 X 12, 12, 10, 1
Bı *Minimal Rest	DB Floor Press	3 X 12	B1 *Minimal Rest	DB Floor Press			3 X 12
B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support	3 x 10 ea	B2 *Minimal Rest	S.A. DB BO Row w/ 1 arm high support			3 x 10 ea
C1	TRX Rows	3 X 10	C1	TRX Rows			3 X 10
C2	Shoulder Taps	3 x 10 ea	C2	Shoulder Taps			3 x 10 ea
Dı *Minimal Rest	Pull Ups (Assisted)	3 X 10	Dı *Minimal Rest	Pull Ups (Assisted)			3 X 10
D2 *Minimal Rest	Pushups (Assisted)	3 X 10	D2 *Minimal Rest	Pushups (Assisted)			3 X 10
Day 3 - Deadlift/Full	Week 11		Day 3 - Deadlift/Full	Week 12			
Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point			1 x 5-10 min
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.			By Feel
Warm Up 2	S.A. Carry	2 x 20 yds	Warm Up 2	S.A. Carry			2 x 20 yds
	Jumping Jacks	2 X 20		Jumping Jacks			2 X 20
A	Hex Bar Deadlift	4 X 12, 12, 10, 10	o A	Hex Bar Deadlift			4 X 12, 12, 10, 1
B1	MB Slams	4 X 10	B1	MB Slams			4 X 10
B2	KB Swings	4 X 12	B2	KB Swings			4 X 12
В3	Skater Hops	4 x 10 ea	В3	Skater Hops			4 x 10 ea
C1 *Minimal Rest	Plank	3 x 20 sec	C1 *Minimal Rest	Plank			3 x 20 sec
C2 *Minimal Rest	Hollowbody	3 x 20 sec	C2 *Minimal Rest	Hollowbody			3 x 20 sec
C3 *Minimal Rest	Superman	3 x 20 sec	C3 *Minimal Rest	Superman			3 x 20 sec