

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 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
D1* Superset	Seated Front Raise					3 x 12	D1* 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 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
B1 *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
D1 *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 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
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

Day 1 - Squat/Shoulders						Day 1 - Squat/Shoulders					
Week 3						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
D1* Superset	Seated Front Raise				3 x 12	D1* 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/Uppper						Day 2 - Push/Pull/Uppper					
Week 3						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
B1 *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
D1 *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						Day 3 - Deadlift/Full					
Week 3						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 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
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

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
D1* Superset	Seated Front Raise					3 x 12	D1* 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 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		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
B1 *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
D1 *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 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 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
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

3 Day Foundational Strength & Conditioning

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
D1* Superset	Seated Front Raise					3 x 12	D1* 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
B1 *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
D1 *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 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					4 x 12	B2	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

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
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
D1* Superset	Seated Front Raise					3 x 12	D1* 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 9						Day 2 - Push/Pull/Upper	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
B1 *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
D1 *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 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
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

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	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
D1* Superset	Seated Front Raise					3 x 12	D1* 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	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	A	Incline DB Bench Press				4 x 12, 12, 10, 10
B1 *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
D1 *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 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	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
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