

Teddy Cox Training												
Day 1	Week 1						Day 1	Week 2				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.					1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				1 x 5 ea
Warm Up 2	Hip CARS					2 x 10 ea way/side	Warm Up 2	Hip CARS				2 x 10 ea way/side
	Shoulder CARS					2 x 10 ea way/side		Shoulder CARS				2 x 10 ea way/side
Warm Up 3	Backwards Treadmill Walking					1 x up to 5 Min	Warm Up 3	Backwards Treadmill Walking				1 x up to 5 Min
A1	Goblet Squats (Add # ea set) (To box if needed)					4 x 10	A1	Goblet Squats (Add # ea set) (To box if needed)				4 x 10
A2 *Corrective	Hip Flexor to Hamstring Stretch					3 x 5 ea	A2 *Corrective	Hip Flexor to Hamstring Stretch				3 x 5 ea
B1	Farmers Carry (Heavy AF)					3 x 20 yds	B1	Farmers Carry (Heavy AF)				3 x 20 yds
B2	DB Floor Press					3 x 10	B2	DB Floor Press				3 x 10
C1 *Minimal Rest	S.A. Landmine Press					3 x 10 ea	C1 *Minimal Rest	S.A. Landmine Press				3 x 10 ea
C2 *Minimal Rest	Jump Squats					3 x 10	C2 *Minimal Rest	Jump Squats				3 x 10
Day 2	Week 1						Day 2	Week 2				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.					1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				1 x 5 ea
Warm Up 2	I's, Y's, T's					2 x 10 ea	Warm Up 2	I's, Y's, T's				2 x 10 ea
	S.L. Glute Bridge Hold					2 x 20 sec ea		S.L. Glute Bridge Hold				2 x 20 sec ea
	Goblet Carry					2 x 20 yds ea		Goblet Carry				2 x 20 yds ea
A1 *Superset	Hex Bar Deadlift					4 x 10	A1 *Superset	Hex Bar Deadlift				4 x 10
A2 *Superset	DB Incline Bench					4 x 10	A2 *Superset	DB Incline Bench				4 x 10
B1	KB Swings					3 x 15	B1	KB Swings				3 x 15
B2	TRX Rows					3 x 10	B2	TRX Rows				3 x 10
C1 *Minimal Rest	Wall Balls					3 x 10	C1 *Minimal Rest	Wall Balls				3 x 10
C2 *Minimal Rest	Push Ups					3 x 10	C2 *Minimal Rest	Push Ups				3 x 10
Day 3	Week 1						Day 3	Week 2				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.					1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				1 x 5 ea
Warm Up 2	S.A. Carry					2 x 20 yds ea	Warm Up 2	S.A. Carry				2 x 20 yds ea
	Cook Squats					2 x 10		Cook Squats				2 x 10
A	Single Arm DB Cleans (Jump the weight up to shoulder)					4 x 10 ea	A	Single Arm DB Cleans (Jump the weight up to shoulder)				4 x 10 ea
B1	3 Way BW Lunges					3 x 5 ea way ea leg	B1	3 Way BW Lunges				3 x 5 ea way ea leg
B2	MB Slams					3 x 10	B2	MB Slams				3 x 10
B3	Knee Tucks					3 x 10	B3	Knee Tucks				3 x 10
C1 *Minimal Rest	Lateral Bosu Ball Hops					3 x 10 ea	C1 *Minimal Rest	Lateral Bosu Ball Hops				3 x 10 ea
C2 *Minimal Rest	Shoulder Taps					3 x 10 ea	C2 *Minimal Rest	Shoulder Taps				3 x 10 ea

Day 1	Week 3					Day 1	Week 4				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				1 x 5 ea
Warm Up 2	Hip CARS				2 x 10 ea way/side	Warm Up 2	Hip CARS				2 x 10 ea way/side
	Shoulder CARS				2 x 10 ea way/side		Shoulder CARS				2 x 10 ea way/side
Warm Up 3	Backwards Treadmill Walking				1 x up to 5 Min	Warm Up 3	Backwards Treadmill Walking				1 x up to 5 Min
A1	Goblet Squats (Add # ea set) (To box if needed)				4 x 10	A1	Goblet Squats (Add # ea set) (To box if needed)				4 x 10
A2 *Corrective	Hip Flexor to Hammstring Stretch				3 x 5 ea	A2 *Corrective	Hip Flexor to Hammstring Stretch				3 x 5 ea
B1	Farmers Carry (Heavy AF)				3 x 20 yds	B1	Farmers Carry (Heavy AF)				3 x 20 yds
B2	DB Floor Press				3 x 10	B2	DB Floor Press				3 x 10
C1 *Minimal Rest	S.A. Landmine Press				3 x 10 ea	C1 *Minimal Rest	S.A. Landmine Press				3 x 10 ea
C2 *Minimal Rest	Jump Squats				3 x 10	C2 *Minimal Rest	Jump Squats				3 x 10
Day 2	Week 3					Day 2	Week 4				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				1 x 5 ea
Warm Up 2	I's, Y's, T's				2 x 10 ea	Warm Up 2	I's, Y's, T's				2 x 10 ea
	S.L. Glute Bridge Hold				2 x 20 sec ea		S.L. Glute Bridge Hold				2 x 20 sec ea
	Goblet Carry				2 x 20 yds ea		Goblet Carry				2 x 20 yds ea
A1 *Superset	Hex Bar Deadlift				4 x 10	A1 *Superset	Hex Bar Deadlift				4 x 10
A2 *Superset	DB Incline Bench				4 x 10	A2 *Superset	DB Incline Bench				4 x 10
B1	KB Swings				3 x 15	B1	KB Swings				3 x 15
B2	TRX Rows				3 x 10	B2	TRX Rows				3 x 10
C1 *Minimal Rest	Wall Balls				3 x 10	C1 *Minimal Rest	Wall Balls				3 x 10
C2 *Minimal Rest	Push Ups				3 x 10	C2 *Minimal Rest	Push Ups				3 x 10
Day 3	Week 3					Day 3	Week 4				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				1 x 5 ea
Warm Up 2	S.A. Carry				2 x 20 yds ea	Warm Up 2	S.A. Carry				2 x 20 yds ea
	Cook Squats				2 x 10		Cook Squats				2 x 10
A	Single Arm DB Cleans (Jump the weight up to shoulder)				4 x 10 ea	A	Single Arm DB Cleans (Jump the weight up to shoulder)				4 x 10 ea
B1	3 Way BW Lunges				3 x 5 ea way ea leg	B1	3 Way BW Lunges				3 x 5 ea way ea leg
B2	MB Slams				3 x 10	B2	MB Slams				3 x 10
B3	Knee Tucks				3 x 10	B3	Knee Tucks				3 x 10
C1 *Minimal Rest	Lateral Bosu Ball Hops				3 x 10 ea	C1 *Minimal Rest	Lateral Bosu Ball Hops				3 x 10 ea
C2 *Minimal Rest	Shoulder Taps				3 x 10 ea	C2 *Minimal Rest	Shoulder Taps				3 x 10 ea

Day 1	Week 5						Day 1	Week 6					
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.						1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2	Hip CARS						2 x 10 ea way/side	Warm Up 2	Hip CARS				
	Shoulder CARS						2 x 10 ea way/side		Shoulder CARS				
Warm Up 3	Backwards Treadmill Walking						1 x up to 5 Min	Warm Up 3	Backwards Treadmill Walking				
A1	Goblet Squats (Add # ea set) (To box if needed)						4 x 10	A1	Goblet Squats (Add # ea set) (To box if needed)				
A2 *Corrective	Hip Flexor to Hammstring Stretch						3 x 5 ea	A2 *Corrective	Hip Flexor to Hammstring Stretch				
B1	Farmers Carry (Heavy AF)						3 x 20 yds	B1	Farmers Carry (Heavy AF)				
B2	DB Floor Press						3 x 10	B2	DB Floor Press				
C1 *Minimal Rest	S.A. Landmine Press						3 x 10 ea	C1 *Minimal	S.A. Landmine Press				
C2 *Minimal	Jump Squats						3 x 10	C2 *Minimal	Jump Squats				
Day 2	Week 5						Day 2	Week 6					
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.						1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2	I's, Y's, T's						2 x 10 ea	Warm Up 2	I's, Y's, T's				
	S.L. Glute Bridge Hold						2 x 20 sec ea		S.L. Glute Bridge Hold				
	Goblet Carry						2 x 20 yds ea		Goblet Carry				
A1 *Superset	Hex Bar Deadlift						4 x 10	A1 *Superset	Hex Bar Deadlift				
A2 *Superset	DB Incline Bench						4 x 10	A2 *Superset	DB Incline Bench				
B1	KB Swings						3 x 15	B1	KB Swings				
B2	TRX Rows						3 x 10	B2	TRX Rows				
C1 *Minimal Rest	Wall Balls						3 x 10	C1 *Minimal	Wall Balls				
C2 *Minimal	Push Ups						3 x 10	C2 *Minimal	Push Ups				
Day 3	Week 5						Day 3	Week 6					
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.						1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2	S.A. Carry						2 x 20 yds ea	Warm Up 2	S.A. Carry				
	Cook Squats						2 x 10		Cook Squats				
A	Single Arm DB Cleans (Jump the weight up to shoulder)						4 x 10 ea	A	Single Arm DB Cleans (Jump the weight up to shoulder)				
B1	3 Way BW Lunges						3 x 5 ea way ea leg	B1	3 Way BW Lunges				
B2	MB Slams						3 x 10	B2	MB Slams				
B3	Knee Tucks						3 x 10	B3	Knee Tucks				
C1 *Minimal Rest	Lateral Bosu Ball Hops						3 x 10 ea	C1 *Minimal	Lateral Bosu Ball Hops				
C2 *Minimal	Shoulder Taps						3 x 10 ea	C2 *Minimal	Shoulder Taps				

3 Day Strength & Conditioning Full Body Intro Phase												
Day 1	Week 7						Day 1	Week 8				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.					1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2	Hip CARS					2 x 10 ea way/side	Warm Up 2	Hip CARS				
	Shoulder CARS					2 x 10 ea way/side		Shoulder CARS				
Warm Up 3	Backwards Treadmill Walking					1 x up to 5 Min	Warm Up 3	Backwards Treadmill Walking				
A1	Goblet Squats (Add # ea set) (To box if needed)					4 x 10	A1	Goblet Squats (Add # ea set) (To box if needed)				
A2 *Corrective	Hip Flexor to Hammstring Stretch					3 x 5 ea	A2 *Corrective	Hip Flexor to Hammstring Stretch				
B1	Farmers Carry (Heavy AF)					3 x 20 yds	B1	Farmers Carry (Heavy AF)				
B2	DB Floor Press					3 x 10	B2	DB Floor Press				
C1 *Minimal Rest	S.A. Landmine Press					3 x 10 ea	C1 *Minimal Rest	S.A. Landmine Press				
C2 *Minimal Rest	Jump Squats					3 x 10	C2 *Minimal Rest	Jump Squats				
Day 2	Week 7						Day 2	Week 8				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.					1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2	I's, Y's, T's					2 x 10 ea	Warm Up 2	I's, Y's, T's				
	S.L. Glute Bridge Hold					2 x 20 sec ea		S.L. Glute Bridge Hold				
	Goblet Carry					2 x 20 yds ea		Goblet Carry				
A1 *Superset	Hex Bar Deadlift					4 x 10	A1 *Superset	Hex Bar Deadlift				
A2 *Superset	DB Incline Bench					4 x 10	A2 *Superset	DB Incline Bench				
B1	KB Swings					3 x 15	B1	KB Swings				
B2	TRX Rows					3 x 10	B2	TRX Rows				
C1 *Minimal Rest	Wall Balls					3 x 10	C1 *Minimal Rest	Wall Balls				
C2 *Minimal Rest	Push Ups					3 x 10	C2 *Minimal Rest	Push Ups				
Day 3	Week 7						Day 3	Week 8				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.					1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2	S.A. Carry					2 x 20 yds ea	Warm Up 2	S.A. Carry				
	Cook Squats					2 x 10		Cook Squats				
A	Single Arm DB Cleans (Jump the weight up to shoulder)					4 x 10 ea	A	Single Arm DB Cleans (Jump the weight up to shoulder)				
B1	3 Way BW Lunges					3 x 5 ea way ea leg	B1	3 Way BW Lunges				
B2	MB Slams					3 x 10	B2	MB Slams				
B3	Knee Tucks					3 x 10	B3	Knee Tucks				
C1 *Minimal Rest	Lateral Bosu Ball Hops					3 x 10 ea	C1 *Minimal Rest	Lateral Bosu Ball Hops				
C2 *Minimal Rest	Shoulder Taps					3 x 10 ea	C2 *Minimal Rest	Shoulder Taps				

Day 1	Week 9						Day 1	Week 10				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.					1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2	Hip CARS					2 x 10 ea way/side	Warm Up 2	Hip CARS				
	Shoulder CARS					2 x 10 ea way/side		Shoulder CARS				
Warm Up 3	Backwards Treadmill Walking					1 x up to 5 Min	Warm Up 3	Backwards Treadmill Walking				
A1	Goblet Squats (Add # ea set) (To box if needed)					4 x 10	A1	Goblet Squats (Add # ea set) (To box if needed)				
A2 *Corrective	Hip Flexor to Hammstring Stretch					3 x 5 ea	A2 *Corrective	Hip Flexor to Hammstring Stretch				
B1	Farmers Carry (Heavy AF)					3 x 20 yds	B1	Farmers Carry (Heavy AF)				
B2	DB Floor Press					3 x 10	B2	DB Floor Press				
C1 *Minimal	S.A. Landmine Press					3 x 10 ea	C1 *Minimal Rest	S.A. Landmine Press				
C2 *Minimal	Jump Squats					3 x 10	C2 *Minimal Rest	Jump Squats				
Day 2	Week 9						Day 2	Week 10				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.					1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2	I's, Y's, T's					2 x 10 ea	Warm Up 2	I's, Y's, T's				
	S.L. Glute Bridge Hold					2 x 20 sec ea		S.L. Glute Bridge Hold				
	Goblet Carry					2 x 20 yds ea		Goblet Carry				
A1 *Superset	Hex Bar Deadlift					4 x 10	A1 *Superset	Hex Bar Deadlift				
A2 *Superset	DB Incline Bench					4 x 10	A2 *Superset	DB Incline Bench				
B1	KB Swings					3 x 15	B1	KB Swings				
B2	TRX Rows					3 x 10	B2	TRX Rows				
C1 *Minimal	Wall Balls					3 x 10	C1 *Minimal Rest	Wall Balls				
C2 *Minimal	Push Ups					3 x 10	C2 *Minimal Rest	Push Ups				
Day 3	Week 9						Day 3	Week 10				
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.					1 x 5 ea	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2	S.A. Carry					2 x 20 yds ea	Warm Up 2	S.A. Carry				
	Cook Squats					2 x 10		Cook Squats				
A	Single Arm DB Cleans (Jump the weight up to shoulder)					4 x 10 ea	A	Single Arm DB Cleans (Jump the weight up to shoulder)				
B1	3 Way BW Lunges					3 x 5 ea way ea leg	B1	3 Way BW Lunges				
B2	MB Slams					3 x 10	B2	MB Slams				
B3	Knee Tucks					3 x 10	B3	Knee Tucks				
C1 *Minimal	Lateral Bosu Ball Hops					3 x 10 ea	C1 *Minimal Rest	Lateral Bosu Ball Hops				
C2 *Minimal	Shoulder Taps					3 x 10 ea	C2 *Minimal Rest	Shoulder Taps				

Day 1	Week 11						Day 1	Week 12					
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.												1 x 5 ea
Warm Up 2	Hip CARS												2 x 10 ea way/side
	Shoulder CARS												2 x 10 ea way/side
Warm Up 3	Backwards Treadmill Walking												1 x up to 5 Min
A1	Goblet Squats (Add # ea set) (To box if needed)												4 x 10
A2 *Corrective	Hip Flexor to Hammstring Stretch												3 x 5 ea
B1	Farmers Carry (Heavy AF)												3 x 20 yds
B2	DB Floor Press												3 x 10
C1 *Minimal	S.A. Landmine Press												3 x 10 ea
C2 *Minimal	Jump Squats												3 x 10
Day 2	Week 11						Day 2	Week 12					
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.												1 x 5 ea
Warm Up 2	I's, Y's, T's												2 x 10 ea
	S.L. Glute Bridge Hold												2 x 20 sec ea
	Goblet Carry												2 x 20 yds ea
A1 *Superset	Hex Bar Deadlift												4 x 10
A2 *Superset	DB Incline Bench												4 x 10
B1	KB Swings												3 x 15
B2	TRX Rows												3 x 10
C1 *Minimal	Wall Balls												3 x 10
C2 *Minimal	Push Ups												3 x 10
Day 3	Week 11						Day 3	Week 12					
Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.												1 x 5 ea
Warm Up 2	S.A. Carry												2 x 20 yds ea
	Cook Squats												2 x 10
A	Single Arm DB Cleans (Jump the weight up to shoulder)												4 x 10 ea
B1	3 Way BW Lunges												3 x 5 ea way ea leg
B2	MB Slams												3 x 10
B3	Knee Tucks												3 x 10
C1 *Minimal	Lateral Bosu Ball Hops												3 x 10 ea
C2 *Minimal	Shoulder Taps												3 x 10 ea