

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 *Minimal Rest	Walking Lunge					3 x 10 ea	C1 *Minimal Rest	Walking Lunge					3 x 10 ea
C2 *Minimal Rest	BW Lateral SS					3 x 10 ea	C2 *Minimal Rest	BW Lateral SS					3 x 10 ea
D1* Superset	Seated Front Raise					3 x 10	D1* Superset	Seated Front Raise					3 x 10
D2* Superset	Seated Lat. Raise (lean over)					3 x 10	D2* Superset	Seated Lat. Raise (lean over)					3 x 10
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 2 point Supported Bent Over Row					3 x 10 ea	B2 *Minimal Rest	S.A. DB 2 point Supported Bent Over Row					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/AMRAP	D1 *Minimal Rest	Pull Ups (Assisted)					3 x 10/AMRAP
D2 *Minimal Rest	Pushups (Assisted)					3 x 10/AMRAP	D2 *Minimal Rest	Pushups (Assisted)					3 x 10/AMRAP
Day 3 - Cleans/Full	Week 1						Day 3 - Cleans/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
	Plank					2 x 20 sec		Plank					2 x 20 sec
A *Minimal Rest	Single Arm DB Cleans					4 x 10 ea	A *Minimal Rest	Single Arm DB Cleans					4 x 10 ea
B *Minimal Rest	Figure 8's w/KB					4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks					4 x 10 ea
C1 *Minimal Rest	Jump Squats					3 x 12	C1 *Minimal Rest	KB Swings					3 x 12
C2 *Minimal Rest	S.A. Landmine Press					3 x 12 ea	C2 *Minimal Rest	Skater Hops					3 x 12 ea
D1 *Circuit	Superman Hold					3 x 20 sec	D1 *Circuit	MB Slams					3 x 10
D2 *Circuit	Hollowbody Hold					3 x 20 sec	D2 *Circuit	Hollowbody					3 x 20 sec
Day 4 - Deadlifts/Full	Week 1						Day 4 - Deadlifts/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	Offset Carry (1 Heavy, 1 light)					2 x 20 yds	Warm Up 2	Offset Carry (1 Heavy, 1 light)					2 x 20 yds
	PVC Circuit (Shoulders, Trunk, Hams)					2 x 20 sec		PVC Circuit (Shoulders, Trunk, Hams)					2 x 20 sec
A *Minimal Rest	Single Arm Deadlifts from Blocks					4 x 10 ea	A *Minimal Rest	Single Arm Deadlifts from Blocks					4 x 10 ea
B *Minimal Rest	KB Swings					4 x 12	B *Minimal Rest	KB Swings					4 x 12
C1 *Minimal Rest	MB Slams					3 x 12	C1 *Minimal Rest	MB Slams					3 x 12
C2 *Minimal Rest	Skater Hops					3 x 12 ea	C2 *Minimal Rest	Skater Hops					3 x 12 ea
D	Stair Master (level 6+)					1 x 10-15 min	D	Stair Master (level 6+)					1 x 10-15 min

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			
Warm Up 1		Cobra » Downdog » Spiderman w/Dip + Rot.				By Feel	Warm Up 1		Cobra » Downdog » Spiderman w/Dip + Rot.			
Warm Up 2		Farmers Carry				2 x 20 yds	Warm Up 2		Farmers Carry			
		Hip Flexor Activation				2 x 10 ea			Hip Flexor Activation			
A		Goblet Squat (To box if needed)				4 x 12, 12, 10, 10	A		Goblet Squat (To box if needed)			
B1		DB Shoulder Press				3 x 12	B1		DB Shoulder Press			
B2		DB Glute Bridges				3 x 15	B2		DB Glute Bridges			
C1 *Minimal Rest		Walking Lunge				3 x 10 ea	C1 *Minimal Rest		Walking Lunge			
C2 *Minimal Rest		BW Lateral SS				3 x 10 ea	C2 *Minimal Rest		BW Lateral SS			
D1* Superset		Seated Front Raise				3 x 10	D1* Superset		Seated Front Raise			
D2* Superset		Seated Lat. Raise (lean over)				3 x 10	D2* Superset		Seated Lat. Raise (lean over)			
Day 2 - Push/Pull/Uppper		Week 3					Day 2 - Push/Pull/Uppper		Week 4			
Soft Tissue:		Foam Roll/Lacrosse/Trigger Point				1 x 5-10 min	Soft Tissue:		Foam Roll/Lacrosse/Trigger Point			
Warm Up 1		Cobra » Downdog » Spiderman w/Dip + Rot.				By Feel	Warm Up 1		Cobra » Downdog » Spiderman w/Dip + Rot.			
Warm Up 2		Goblet Carry				2 x 20 yds	Warm Up 2		Goblet Carry			
		Scapular Pushups				2 x 10			Scapular Pushups			
A		Incline DB Bench Press				4 x 12, 12, 10, 10	A		Incline DB Bench Press			
B1 *Minimal Rest		DB Floor Press				3 x 12	B1 *Minimal Rest		DB Floor Press			
B2 *Minimal Rest		S.A. DB 2 point Supported Bent Over Row				3 x 10 ea	B2 *Minimal Rest		S.A. DB 2 point Supported Bent Over Row			
C1		TRX Rows				3 x 10	C1		TRX Rows			
C2		Shoulder Taps				3 x 10 ea	C2		Shoulder Taps			
D1 *Minimal Rest		Pull Ups (Assisted)				3 x 10/AMRAP	D1 *Minimal Rest		Pull Ups (Assisted)			
D2 *Minimal Rest		Pushups (Assisted)				3 x 10/AMRAP	D2 *Minimal Rest		Pushups (Assisted)			
Day 3 - Cleans/Full		Week 3					Day 3 - Cleans/Full		Week 4			
Soft Tissue:		Foam Roll/Lacrosse/Trigger Point				1 x 5-10 min	Soft Tissue:		Foam Roll/Lacrosse/Trigger Point			
Warm Up 1		Cobra » Downdog » Spiderman w/Dip + Rot.				By Feel	Warm Up 1		Cobra » Downdog » Spiderman w/Dip + Rot.			
Warm Up 2		S.A. Carry				2 x 20 yds	Warm Up 2		S.A. Carry			
		Plank				2 x 20 sec			Plank			
A *Minimal Rest		Single Arm DB Cleans				4 x 10 ea	A *Minimal Rest		Single Arm DB Cleans			
B *Minimal Rest		Single Arm Deadlifts from Blocks				4 x 10 ea	B *Minimal Rest		Single Arm Deadlifts from Blocks			
C1 *Minimal Rest		KB Swings				3 x 12	C1 *Minimal Rest		KB Swings			
C2 *Minimal Rest		Skater Hops				3 x 12 ea	C2 *Minimal Rest		Skater Hops			
D1 *Circuit		MB Slams				3 x 10	D1 *Circuit		MB Slams			
D2 *Circuit		Hollowbody				3 x 20 sec	D2 *Circuit		Hollowbody			
Day 4 - Deadlifts/Full		Week 3					Day 4 - Deadlifts/Full		Week 4			
Soft Tissue:		Foam Roll/Lacrosse/Trigger Point				1 x 5-10 min	Soft Tissue:		Foam Roll/Lacrosse/Trigger Point			
Warm Up 1		Cobra » Downdog » Spiderman w/Dip + Rot.				By Feel	Warm Up 1		Cobra » Downdog » Spiderman w/Dip + Rot.			
Warm Up 2		Offset Carry (1 Heavy, 1 light)				2 x 20 yds	Warm Up 2		Offset Carry (1 Heavy, 1 light)			
		PVC Circuit (Shoulders, Trunk, Hams)				2 x 20 sec			PVC Circuit (Shoulders, Trunk, Hams)			
A *Minimal Rest		Single Arm Deadlifts from Blocks				4 x 10 ea	A *Minimal Rest		Single Arm Deadlifts from Blocks			
B *Minimal Rest		KB Swings				4 x 12	B *Minimal Rest		KB Swings			
C1 *Minimal Rest		MB Slams				3 x 12	C1 *Minimal Rest		MB Slams			
C2 *Minimal Rest		Skater Hops				3 x 12 ea	C2 *Minimal Rest		Skater Hops			
D		Stair Master (level 6+)				1 x 10-15 min	D		Stair Master (level 6+)			

Day 1 - Squat/Shoulders		Week 5					Day 1 - Squat/Shoulders		Week 6				
Soft Tissue:		Foam Roll/Lacrosse/Trigger Point					Soft Tissue:		Foam Roll/Lacrosse/Trigger Point				
Warm Up 1		Cobra → Downdog → Spiderman w/Dip + Rot.					Warm Up 1		Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2		Farmers Carry					Warm Up 2		Farmers Carry				
		Hip Flexor Activation							Hip Flexor Activation				
A		Goblet Squat (To box if needed)					A		Goblet Squat (To box if needed)				
B1		DB Shoulder Press					B1		DB Shoulder Press				
B2		DB Glute Bridges					B2		DB Glute Bridges				
C1 *Minimal Rest		Walking Lunge					C1 *Minimal Rest		Walking Lunge				
C2 *Minimal Rest		BW Lateral SS					C2 *Minimal Rest		BW Lateral SS				
D1* Superset		Seated Front Raise					D1* Superset		Seated Front Raise				
D2* Superset		Seated Lat. Raise (lean over)					D2* Superset		Seated Lat. Raise (lean over)				
Day 2 - Push/Pull/Uppper		Week 5					Day 2 - Push/Pull/Uppper		Week 6				
Soft Tissue:		Foam Roll/Lacrosse/Trigger Point					Soft Tissue:		Foam Roll/Lacrosse/Trigger Point				
Warm Up 1		Cobra → Downdog → Spiderman w/Dip + Rot.					Warm Up 1		Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2		Goblet Carry					Warm Up 2		Goblet Carry				
		Scapular Pushups							Scapular Pushups				
A		Incline DB Bench Press					A		Incline DB Bench Press				
B1 *Minimal Rest		DB Floor Press					B1 *Minimal Rest		DB Floor Press				
B2 *Minimal Rest		S.A. DB 2 point Supported Bent Over Row					B2 *Minimal Rest		S.A. DB 2 point Supported Bent Over Row				
C1		TRX Rows					C1		TRX Rows				
C2		Shoulder Taps					C2		Shoulder Taps				
D1 *Minimal Rest		Pull Ups (Assisted)					D1 *Minimal Rest		Pull Ups (Assisted)				
D2 *Minimal Rest		Pushups (Assisted)					D2 *Minimal Rest		Pushups (Assisted)				
Day 3 - Cleans/Full		Week 5					Day 3 - Cleans/Full		Week 6				
Soft Tissue:		Foam Roll/Lacrosse/Trigger Point					Soft Tissue:		Foam Roll/Lacrosse/Trigger Point				
Warm Up 1		Cobra → Downdog → Spiderman w/Dip + Rot.					Warm Up 1		Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2		S.A. Carry					Warm Up 2		S.A. Carry				
		Plank							Plank				
A *Minimal Rest		Single Arm DB Cleans					A *Minimal Rest		Single Arm DB Cleans				
B *Minimal Rest		Single Arm Deadlifts from Blocks					B *Minimal Rest		Single Arm Deadlifts from Blocks				
C1 *Minimal Rest		KB Swings					C1 *Minimal Rest		KB Swings				
C2 *Minimal Rest		Skater Hops					C2 *Minimal Rest		Skater Hops				
D1 *Circuit		MB Slams					D1 *Circuit		MB Slams				
D2 *Circuit		Hollowbody					D2 *Circuit		Hollowbody				
Day 4 - Deadlifts/Full		Week 5					Day 4 - Deadlifts/Full		Week 6				
Soft Tissue:		Foam Roll/Lacrosse/Trigger Point					Soft Tissue:		Foam Roll/Lacrosse/Trigger Point				
Warm Up 1		Cobra → Downdog → Spiderman w/Dip + Rot.					Warm Up 1		Cobra → Downdog → Spiderman w/Dip + Rot.				
Warm Up 2		Offset Carry (1 Heavy, 1 light)					Warm Up 2		Offset Carry (1 Heavy, 1 light)				
		PVC Circuit (Shoulders, Trunk, Hams)							PVC Circuit (Shoulders, Trunk, Hams)				
A *Minimal Rest		Single Arm Deadlifts from Blocks					A *Minimal Rest		Single Arm Deadlifts from Blocks				
B *Minimal Rest		KB Swings					B *Minimal Rest		KB Swings				
C1 *Minimal Rest		MB Slams					C1 *Minimal Rest		MB Slams				
C2 *Minimal Rest		Skater Hops					C2 *Minimal Rest		Skater Hops				
D		Stair Master (level 6+)					D		Stair Master (level 6+)				

4-Day Foundational Strength & Conditioning Program												
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 *Minimal Rest	Walking Lunge					3 x 10 ea	C1 *Minimal Rest	Walking Lunge				3 x 10 ea
C2 *Minimal Rest	BW Lateral SS					3 x 10 ea	C2 *Minimal Rest	BW Lateral SS				3 x 10 ea
D1* Superset	Seated Front Raise					3 x 10	D1* Superset	Seated Front Raise				3 x 10
D2* Superset	Seated Lat. Raise (lean over)					3 x 10	D2* Superset	Seated Lat. Raise (lean over)				3 x 10
Day 2 - Push/Pull/Upperc	Week 7						Day 2 - Push/Pull/Upperc	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 2 point Supported Bent Over Row					3 x 10 ea	B2 *Minimal Rest	S.A. DB 2 point Supported Bent Over Row				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/AMRAP	D1 *Minimal Rest	Pull Ups (Assisted)				3 x 10/AMRAP
D2 *Minimal Rest	Pushups (Assisted)					3 x 10/AMRAP	D2 *Minimal Rest	Pushups (Assisted)				3 x 10/AMRAP
Day 3 - Cleans/Full	Week 7						Day 3 - Cleans/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
	Plank					2 x 20 sec		Plank				2 x 20 sec
A *Minimal Rest	Single Arm DB Cleans					4 x 10 ea	A *Minimal Rest	Single Arm DB Cleans				4 x 10 ea
B *Minimal Rest	Single Arm Deadlifts from Blocks					4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea
C1 *Minimal Rest	KB Swings					3 x 12	C1 *Minimal Rest	KB Swings				3 x 12
C2 *Minimal Rest	Skater Hops					3 x 12 ea	C2 *Minimal Rest	Skater Hops				3 x 12 ea
D1 *Circuit	MB Slams					3 x 10	D1 *Circuit	MB Slams				3 x 10
D2 *Circuit	Hollowbody					3 x 20 sec	D2 *Circuit	Hollowbody				3 x 20 sec
Day 4 - Deadlifts/Full	Week 7						Day 4 - Deadlifts/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	Offset Carry (1 Heavy, 1 light)					2 x 20 yds	Warm Up 2	Offset Carry (1 Heavy, 1 light)				2 x 20 yds
	PVC Circuit (Shoulders, Trunk, Hams)					2 x 20 sec		PVC Circuit (Shoulders, Trunk, Hams)				2 x 20 sec
A *Minimal Rest	Single Arm Deadlifts from Blocks					4 x 10 ea	A *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea
B *Minimal Rest	KB Swings					4 x 12	B *Minimal Rest	KB Swings				4 x 12
C1 *Minimal Rest	MB Slams					3 x 12	C1 *Minimal Rest	MB Slams				3 x 12
C2 *Minimal Rest	Skater Hops					3 x 12 ea	C2 *Minimal Rest	Skater Hops				3 x 12 ea
D	Stair Master (level 6+)					1 x 10-15 min	D	Stair Master (level 6+)				1 x 10-15 min

Day 1 - Squat/Shoulders						Day 1 - Squat/Shoulders					
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 *Minimal Rest	Walking Lunge				3 x 10 ea	C1 *Minimal Rest	Walking Lunge				3 x 10 ea
C2 *Minimal Rest	BW Lateral SS				3 x 10 ea	C2 *Minimal Rest	BW Lateral SS				3 x 10 ea
D1* Superset	Seated Front Raise				3 x 10	D1* Superset	Seated Front Raise				3 x 10
D2* Superset	Seated Lat. Raise (lean over)				3 x 10	D2* Superset	Seated Lat. Raise (lean over)				3 x 10
Day 2 - Push/Pull/Upper						Day 2 - Push/Pull/Upper					
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 2 point Supported Bent Over Row				3 x 10 ea	B2 *Minimal Rest	S.A. DB 2 point Supported Bent Over Row				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/AMRAP	D1 *Minimal Rest	Pull Ups (Assisted)				3 x 10/AMRAP
D2 *Minimal Rest	Pushups (Assisted)				3 x 10/AMRAP	D2 *Minimal Rest	Pushups (Assisted)				3 x 10/AMRAP
Day 3 - Cleans/Full						Day 3 - Cleans/Full					
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
	Plank				2 x 20 sec		Plank				2 x 20 sec
A *Minimal Rest	Single Arm DB Cleans				4 x 10 ea	A *Minimal Rest	Single Arm DB Cleans				4 x 10 ea
B *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea
C1 *Minimal Rest	KB Swings				3 x 12	C1 *Minimal Rest	KB Swings				3 x 12
C2 *Minimal Rest	Skater Hops				3 x 12 ea	C2 *Minimal Rest	Skater Hops				3 x 12 ea
D1 *Circuit	MB Slams				3 x 10	D1 *Circuit	MB Slams				3 x 10
D2 *Circuit	Hollowbody				3 x 20 sec	D2 *Circuit	Hollowbody				3 x 20 sec
Day 4 - Deadlifts/Full						Day 4 - Deadlifts/Full					
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	Offset Carry (1 Heavy, 1 light)				2 x 20 yds	Warm Up 2	Offset Carry (1 Heavy, 1 light)				2 x 20 yds
	PVC Circuit (Shoulders, Trunk, Hams)				2 x 20 sec		PVC Circuit (Shoulders, Trunk, Hams)				2 x 20 sec
A *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea	A *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea
B *Minimal Rest	KB Swings				4 x 12	B *Minimal Rest	KB Swings				4 x 12
C1 *Minimal Rest	MB Slams				3 x 12	C1 *Minimal Rest	MB Slams				3 x 12
C2 *Minimal Rest	Skater Hops				3 x 12 ea	C2 *Minimal Rest	Skater Hops				3 x 12 ea
D	Stair Master (level 6+)				1 x 10-15 min	D	Stair Master (level 6+)				1 x 10-15 min

Day 1 - Squat/Shoulders						Day 1 - Squat/Shoulders					
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 *Minimal Rest	Walking Lunge				3 x 10 ea	C1 *Minimal Rest	Walking Lunge				3 x 10 ea
C2 *Minimal Rest	BW Lateral SS				3 x 10 ea	C2 *Minimal Rest	BW Lateral SS				3 x 10 ea
D1* Superset	Seated Front Raise				3 x 10	D1* Superset	Seated Front Raise				3 x 10
D2* Superset	Seated Lat. Raise (lean over)				3 x 10	D2* Superset	Seated Lat. Raise (lean over)				3 x 10
Day 2 - Push/Pull/Upper						Day 2 - Push/Pull/Upper					
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 2 point Supported Bent Over Row				3 x 10 ea	B2 *Minimal Rest	S.A. DB 2 point Supported Bent Over Row				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/AMRAP	D1 *Minimal Rest	Pull Ups (Assisted)				3 x 10/AMRAP
D2 *Minimal Rest	Pushups (Assisted)				3 x 10/AMRAP	D2 *Minimal Rest	Pushups (Assisted)				3 x 10/AMRAP
Day 3 - Cleans/Full						Day 3 - Cleans/Full					
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
	Plank				2 x 20 sec		Plank				2 x 20 sec
A *Minimal Rest	Single Arm DB Cleans				4 x 10 ea	A *Minimal Rest	Single Arm DB Cleans				4 x 10 ea
B *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea
C1 *Minimal Rest	KB Swings				3 x 12	C1 *Minimal Rest	KB Swings				3 x 12
C2 *Minimal Rest	Skater Hops				3 x 12 ea	C2 *Minimal Rest	Skater Hops				3 x 12 ea
D1 *Circuit	MB Slams				3 x 10	D1 *Circuit	MB Slams				3 x 10
D2 *Circuit	Hollowbody				3 x 20 sec	D2 *Circuit	Hollowbody				3 x 20 sec
Day 4 - Deadlifts/Full						Day 4 - Deadlifts/Full					
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	Offset Carry (1 Heavy, 1 light)				2 x 20 yds	Warm Up 2	Offset Carry (1 Heavy, 1 light)				2 x 20 yds
	PVC Circuit (Shoulders, Trunk, Hams)				2 x 20 sec		PVC Circuit (Shoulders, Trunk, Hams)				2 x 20 sec
A *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea	A *Minimal Rest	Single Arm Deadlifts from Blocks				4 x 10 ea
B *Minimal Rest	KB Swings				4 x 12	B *Minimal Rest	KB Swings				4 x 12
C1 *Minimal Rest	MB Slams				3 x 12	C1 *Minimal Rest	MB Slams				3 x 12
C2 *Minimal Rest	Skater Hops				3 x 12 ea	C2 *Minimal Rest	Skater Hops				3 x 12 ea
D	Stair Master (level 6+)				1 x 10-15 min	D	Stair Master (level 6+)				1 x 10-15 min