				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
/arm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	B	sy Feel
arm 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
	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
1	DB Shoulder Press	3 X 12	B1	DB Shoulder Press	3	X 12
2	DB Glute Bridges	3 X 15	B2	DB Glute Bridges	3	X 15
ı *Minimal Rest	Walking Lunge	3 x 10 ea	C1 *Minimal Rest	Walking Lunge	3	x 10 ea
2 *Minimal Rest	BW Lateral SS	3 x 10 ea	C2 *Minimal Rest	BW Lateral SS	3	x 10 ea
1* Superset	Seated Front Raise	3 X 10	Dı* Superset	Seated Front Raise	3	X 10
2* Superset	Seated Lat. Raise (lean over)	3 X 10	D2* Superset	Seated Lat. Raise (lean over)	3	X 10
ay 2 - Push/Pull/Upper	Week 1		Day 2 - Push/Pull/Upper	· Week 2		
oft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1:	x 5-10 min
Varm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		sy Feel
Warm Up 2	Goblet Carry	2 x 20 yds	Warm Up 2	Goblet Carry		x 20 yds
· ·	Scapular Pushups	2 X 10		Scapular Pushups		X 10
	Incline DB Bench Press	4 X 12, 12, 10, 10	A	Incline DB Bench Press		X 12, 12, 10, 10
ı *Minimal Rest	DB Floor Press	3 X 12	B1 *Minimal Rest	DB Floor Press		X 12
2 *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		x 10 ea
I	TRX Rows	3 X 10	C1	TRX Rows		X 10
2	Shoulder Taps	3 x 10 ea	C2	Shoulder Taps		x 10 ea
ı *Minimal Rest	Pull Ups (Assisted)	3 x 10/AMRAP	Dı *Minimal Rest	Pull Ups (Assisted)		x 10/AMRAP
2 *Minimal Rest	Pushups (Assisted)	3 x 10/AMRAP	D2 *Minimal Rest	Pushups (Assisted)		x 10/AMRAP
Day 3 - Cleans/Full	Week 1		Day 3 - Cleans/Full	Week 2		
oft Tissue:	Foam Roll/Lacrosse/Trigger Point		Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		
Varm Up 1	Cobra » Downdog » Spiderman w/Dip +	1 x 5-10 min	Warm Up 1	Cobra » Downdog » Spiderman w/Dip +	1	x 5-10 min
•	Rot.	By Feel		Rot.		by Feel
/arm Up 2	S.A. Carry	2 x 20 yds	Warm Up 2	S.A. Carry		x 20 yds
	Plank	2 X 20 Sec		Plank		x 20 sec
*Minimal Rest	Single Arm DB Cleans	4 x 10 ea	A *Minimal Rest	Single Arm DB Cleans		x 10 ea
*Minimal Rest	Figure 8's w/KB	4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks		x 10 ea
ı *Minimal Rest	Jump Squats	3 X 12	C1 *Minimal Rest	KB Swings		X 12
2 *Minimal Rest	S.A. Landmine Press	3 x 12 ea	C2 *Minimal Rest	Skater Hops		x 12 ea
1 *Circuit	Superman Hold	3 x 20 sec	D1 *Circuit	MB Slams	3	X 10
2 *Circuit	Hollowbody Hold	3 x 20 sec	D2 *Circuit	Hollowbody	3	x 20 sec
ay 4 - Deadlifts/Full	Week 1		Day 4 - Deadlifts/Full	Week 2		
oft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1	x 5-10 min
Varm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	B	y Feel
arm 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
*Minimal Rest	Single Arm Deadlifts from Blocks	4 x 10 ea	A *Minimal Rest	Single Arm Deadlifts from Blocks	4	x 10 ea
*Minimal Rest	KB Swings	4 X 12	B *Minimal Rest	KB Swings	4	X 12
	Am el	3 X 12	C1 *Minimal Rest	MB Slams	3	X 12
ı *Minimal Rest	MB Slams	3 A 12				
1 *Minimal Rest 2 *Minimal Rest	Skater Hops	3 x 12 ea	C2 *Minimal Rest	Skater Hops		x 12 ea

Day 1 - Squat/Shoulders	Week 3			Day 1 - Squat/Shoulders	s 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
Varm 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
	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
51	DB Shoulder Press		3 X 12	B1	DB Shoulder Press	3 X 12
32	DB Glute Bridges		3 X 15	B2	DB Glute Bridges	3 X 15
1 *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
01* Superset	Seated Front Raise		3 X 10	Dı* Superset	Seated Front Raise	3 X 10
02* 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/Uppe		
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
	Incline DB Bench Press		4 X 12, 12, 10, 10	A	Incline DB Bench Press	4 X 12, 12, 10, 10
a *Minimal Rest	DB Floor Press		3 X 12	Bı *Minimal Rest	DB Floor Press	3 X 12
2 *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
1	TRX Rows		3 X 10	C1	TRX Rows	3 X 10
22	Shoulder Taps		3 x 10 ea	C2	Shoulder Taps	3 x 10 ea
)ı *Minimal Rest	Pull Ups (Assisted)		3 x 10/AMRAP	D1 *Minimal Rest	Pull Ups (Assisted)	3 x 10/AMRAP
)2 *Minimal Rest	Pushups (Assisted)		3 x 10/AMRAP	D2 *Minimal Rest	Pushups (Assisted)	3 x 10/AMRAP
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	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
Varm 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
*Minimal Rest	Single Arm DB Cleans		4 x 10 ea	A *Minimal Rest	Single Arm DB Cleans	4 x 10 ea
3 *Minimal Rest	Single Arm Deadlifts from Blocks		4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks	4 x 10 ea
1 *Minimal Rest	KB Swings		3 X 12	C1 *Minimal Rest	KB Swings	3 X 12
2 *Minimal Rest	Skater Hops		3 x 12 ea	C2 *Minimal Rest	Skater Hops	3 x 12 ea
Oı *Circuit	MB Slams		3 X 10	Dı *Circuit	MB Slams	3 X 10
)2 *Circuit	Hollowbody		3 x 20 sec	D2 *Circuit	Hollowbody	3 x 20 sec
Day . Day difts /E-11	Week			Day - Daydlifts/P-II	Woole	
Day 4 - Deadlifts/Full	Week 3		1 2 2 10 22	Day 4 - Deadlifts/Full	Week 4	1 2 7 10 min
Soft Tissue: Varm Up 1	Foam Roll/Lacrosse/Trigger Point Cobra >> Downdog >> Spiderman w/Dip +		1 x 5-10 min	Soft Tissue: Warm Up 1	Foam Roll/Lacrosse/Trigger Point Cobra > Downdog > Spiderman w/Dip +	1 x 5-10 min
varні Up 1	Rot.		By Feel	warm op i	Rot.	By Feel
Varm 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
*Minimal Rest	Single Arm Deadlifts from Blocks		4 x 10 ea	A *Minimal Rest	Single Arm Deadlifts from Blocks	4 x 10 ea
*Minimal Rest	KB Swings		4 X 12	B *Minimal Rest	KB Swings	4 X 12
1 *Minimal Rest	MB Slams		3 X 12	C1 *Minimal Rest	MB Slams	3 X 12
	Skater Hops		3 x 12 ea	C2 *Minimal Rest	Skater Hops	3 x 12 ea
C2 *Minimal Rest	Skatel Hops					

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	
	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	
1	DB Shoulder Press			3 X 12	B1	DB Shoulder Press	3 X 12	
2	DB Glute Bridges			3 X 15	B2	DB Glute Bridges	3 X 15	
1 *Minimal Rest	Walking Lunge			3 x 10 ea	C1 *Minimal Rest	Walking Lunge	3 x 10 ea	
2 *Minimal Rest	BW Lateral SS			3 x 10 ea	C2 *Minimal Rest	BW Lateral SS	3 x 10 ea	
ı* Superset	Seated Front Raise			3 X 10	Dı* Superset	Seated Front Raise	3 X 10	
2* Superset	Seated Lat. Raise (lean over)			3 X 10	D2* Superset	Seated Lat. Raise (lean over)	3 X 10	
Oay 2 - Push/Pull/Upper	Week 5				Day 2 - Push/Pull/Upper	Week 6		
oft Tissue:	Foam Roll/Lacrosse/Trigger Point			1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	
Varm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.			By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	
Varm 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	
	Incline DB Bench Press			4 X 12, 12, 10, 10	A	Incline DB Bench Press	4 X 12, 12, 10, 10	
ı *Minimal Rest	DB Floor Press			3 X 12	Bı *Minimal Rest	DB Floor Press	3 X 12	
2 *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	
1	TRX Rows			3 X 10	C1	TRX Rows	3 X 10	
2	Shoulder Taps			3 x 10 ea	C2	Shoulder Taps	3 x 10 ea	
1 *Minimal Rest	Pull Ups (Assisted)			3 x 10/AMRAP	D1 *Minimal Rest	Pull Ups (Assisted)	3 x 10/AMRAP	
2 *Minimal Rest	Pushups (Assisted)			3 x 10/AMRAP	D2 *Minimal Rest	Pushups (Assisted)	3 x 10/AMRAP	
Day 3 - Cleans/Full	Week 5				Day 3 - Cleans/Full	Week 6		
oft Tissue:	Foam Roll/Lacrosse/Trigger Point			1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min	
Varm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.			By Feel	Warm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.	By Feel	
Varm 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	
*Minimal Rest	Single Arm DB Cleans			4 x 10 ea	A *Minimal Rest	Single Arm DB Cleans	4 x 10 ea	
*Minimal Rest	Single Arm Deadlifts from Blocks			4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks	4 x 10 ea	
1 *Minimal Rest	KB Swings			3 X 12	C1 *Minimal Rest	KB Swings	3 X 12	
2 *Minimal Rest	Skater Hops			3 x 12 ea	C2 *Minimal Rest	Skater Hops	3 x 12 ea	
1 *Circuit	MB Slams			3 X 10	D1 *Circuit	MB Slams	3 X 10	
2 *Circuit	Hollowbody			3 x 20 sec	D2 *Circuit	Hollowbody	3 x 20 sec	
D - 126 - 75-11	Wl				Day Day High (Paul	West (
oft Tissue:	Week 5 Foam Roll/Lacrosse/Trigger Point		1	1 v 5 10 min	Day 4 - Deadlifts/Full Soft Tissue:	Week 6 Foam Roll/Lacrosse/Trigger Point	LV 5 10 min	
Varm Up 1	Cobra » Downdog » Spiderman w/Dip +			1 x 5-10 min	Warm Up 1	Cobra » Downdog » Spiderman w/Dip +	1 x 5-10 min	
	Rot.			By Feel		Rot.	By Feel	
/arm 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	
*Minimal Rest	Single Arm Deadlifts from Blocks		+	4 x 10 ea	A *Minimal Rest	Single Arm Deadlifts from Blocks	4 x 10 ea	
*Minimal Rest	KB Swings			4 X 12	B *Minimal Rest	KB Swings	4 X 12	
ı *Minimal Rest	MB Slams			3 X 12	C1 *Minimal Rest	MB Slams	3 X 12	
2 *Minimal Rest	Skater Hops			3 x 12 ea	C2 *Minimal Rest	Skater Hops	3 x 12 ea	
	Stair Master (level 6+)			1 x 10-15 min	D	Stair Master (level 6+)	1 x 10-15 min	

Day 1 - Squat/Shoulders	Week =			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
Varm Up 1	Cobra » Downdog » Spiderman w/Dip +		1 X 5-10 IIIII	Warm Up 1	Cobra » Downdog » Spiderman w/Dip +		1 X 5-10 IIIII
анн орт	Rot.		By Feel	warm op i	Rot.		By Feel
arm 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
	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
1	DB Shoulder Press		3 X 12	B1	DB Shoulder Press		3 X 12
2	DB Glute Bridges		3 X 15	B2	DB Glute Bridges		3 X 15
ı *Minimal Rest	Walking Lunge		3 x 10 ea	C1 *Minimal Rest	Walking Lunge		3 x 10 ea
2 *Minimal Rest	BW Lateral SS		3 x 10 ea	C2 *Minimal Rest	BW Lateral SS		3 x 10 ea
1* Superset	Seated Front Raise		3 X 10	Dı* Superset	Seated Front Raise		3 X 10
2* Superset	Seated Lat. Raise (lean over)		3 X 10	D2* Superset	Seated Lat. Raise (lean over)		3 X 10
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ay 2 - Push/Pull/Upper	r Week 7			Day 2 - Push/Pull/Uppe	r Week 8		
oft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min
Varm Up 1	Cobra » Downdog » Spiderman w/Dip +			Warm Up 1	Cobra → Downdog → Spiderman w/Dip +		
	Rot.		By Feel		Rot.		By Feel
Varm 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
	Incline DB Bench Press		4 X 12, 12, 10, 10	A	Incline DB Bench Press		4 X 12, 12, 10, 10
ı *Minimal Rest	DB Floor Press		3 X 12	B1 *Minimal Rest	DB Floor Press		3 X 12
2 *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
1	TRX Rows		3 X 10	Cı	TRX Rows		3 X 10
2	Shoulder Taps		3 x 10 ea	C2	Shoulder Taps		3 x 10 ea
1 *Minimal Rest	Pull Ups (Assisted)		3 x 10/AMRAP	D1 *Minimal Rest	Pull Ups (Assisted)		3 x 10/AMRAP
)2 *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		
oft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min
Varm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel
Varm 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
*Minimal Rest	Single Arm DB Cleans		4 x 10 ea	A *Minimal Rest	Single Arm DB Cleans		4 x 10 ea
*Minimal Rest	Single Arm Deadlifts from Blocks		4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks		4 x 10 ea
1 *Minimal Rest	KB Swings		3 X 12	C1 *Minimal Rest	KB Swings		3 X 12
2 *Minimal Rest	Skater Hops		3 x 12 ea	C2 *Minimal Rest	Skater Hops		3 x 12 ea
)ı *Circuit	MB Slams		3 X 10	D1 *Circuit	MB Slams		3 X 10
2 *Circuit	Hollowbody		3 x 20 sec	D2 *Circuit	Hollowbody		3 x 20 sec
		' '					
ay 4 - Deadlifts/Full	Week 7			Day 4 - Deadlifts/Full	Week 8		
oft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min
varm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel
Varm Up 2	Offset Carry (1 Heavy, 1 light)		2 x 20 vds	Warm Up 2	Offset Carry (1 Heavy, 1 light)		2 x 20 vds
аты Ор 2	PVC Circuit (Shoulders, Trunk, Hams)		2 x 20 yds 2 x 20 sec	- Warm Op 2	PVC Circuit (Shoulders, Trunk, Hams)		2 X 20 yus 2 X 20 sec
*Minimal Rest	Single Arm Deadlifts from Blocks			A *Minimal Rest	Single Arm Deadlifts from Blocks		
*Minimal Rest			4 x 10 ea	B *Minimal Rest	KB Swings	+ + +	4 x 10 ea
	KB Swings		4 X 12			+ + +	4 X 12
1 *Minimal Rest	MB Slams		3 X 12	C1 *Minimal Rest	MB Slams		3 X 12
2 *Minimal Rest	Skater Hops		3 x 12 ea	C2 *Minimal Rest	Skater Hops		3 x 12 ea
	Stair Master (level 6+)		1 X 10-15 min	D	Stair Master (level 6+)		1 X 10-15 min

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
١	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
31	DB Shoulder Press		3 X 12	B1	DB Shoulder Press	3 X 12
32	DB Glute Bridges		3 X 15	B2	DB Glute Bridges	3 X 15
1 *Minimal Rest	Walking Lunge		3 x 10 ea	C1 *Minimal Rest	Walking Lunge	3 x 10 ea
2 *Minimal Rest	BW Lateral SS		3 x 10 ea	C2 *Minimal Rest	BW Lateral SS	3 x 10 ea
01* Superset	Seated Front Raise		3 X 10	Dı* Superset	Seated Front Raise	3 X 10
02* Superset	Seated Lat. Raise (lean over)		3 X 10	D2* Superset	Seated Lat. Raise (lean over)	3 X 10
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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 vds
	Scapular Pushups		2 X 10		Scapular Pushups	2 X 10
\	Incline DB Bench Press		4 X 12, 12, 10, 10	A	Incline DB Bench Press	4 X 12, 12, 10, 10
31 *Minimal Rest	DB Floor Press		3 X 12	Bı *Minimal Rest	DB Floor Press	3 X 12
2 *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
21	TRX Rows		3 X 10	C1	TRX Rows	3 X 10
22	Shoulder Taps		3 x 10 ea	C2	Shoulder Taps	3 x 10 ea
01 *Minimal Rest	Pull Ups (Assisted)		3 x 10/AMRAP	Dı *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
52 Millian Rest	Tushiqus (Tissisteer)) x 10/11/11/11	D2 Millimar Rest	r distrips (rissisced)) k lo//Line ii
Day 3 - Cleans/Full	Week 9			Day 3 - Cleans/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
Varm Up 1	Cobra → Downdog → Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip +	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
3 *Minimal Rest	Single Arm Deadlifts from Blocks		4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks	4 x 10 ea
1 *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
Oı *Circuit	MB Slams		3 X 10	Dı *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 9			Day 4 - Deadlifts/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
Varm 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
	Single Arm Deadlifts from Blocks		4 x 10 ea	A *Minimal Rest	Single Arm Deadlifts from Blocks	4 x 10 ea
A *Minimal Rest	-		4 X 12	B *Minimal Rest	KB Swings	4 X 12
	KB Swings					
A *Minimal Rest B *Minimal Rest C1 *Minimal Rest	MB Slams		3 X 12	C1 *Minimal Rest	MB Slams	3 X 12
3 *Minimal Rest	-		3 X 12 3 X 12 ea	C1 *Minimal Rest C2 *Minimal Rest	MB Slams Skater Hops	3 X 12 3 X 12 ea

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
Varm 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
	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
31	DB Shoulder Press		3 X 12	B1	DB Shoulder Press	3 X 12
2	DB Glute Bridges		3 X 15	B2	DB Glute Bridges	3 X 15
1 *Minimal Rest	Walking Lunge		3 x 10 ea	C1 *Minimal Rest	Walking Lunge	3 x 10 ea
22 *Minimal Rest	BW Lateral SS		3 x 10 ea	C2 *Minimal Rest	BW Lateral SS	3 x 10 ea
01* Superset	Seated Front Raise		3 X 10	Dı* Superset	Seated Front Raise	3 X 10
2* 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 II			Day 2 - Push/Pull/Upper	r Week 12	
oft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min
Varm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.	By Feel
Varm Up 2	Goblet Carry		2 x 20 yds	Warm Up 2	Goblet Carry	2 x 20 yds
variii Op 2	Scapular Pushups		2 X 20 yus	- Warm op 2	Scapular Pushups	2 X 20 yus 2 X 10
	Incline DB Bench Press		4 X 12, 12, 10, 10	A	Incline DB Bench Press	4 X 12, 12, 10, 10
1 *Minimal Rest	DB Floor Press		3 X 12	B1 *Minimal Rest	DB Floor Press	3 X 12
2 *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
1	TRX Rows		3 X 10 Ca	C1	TRX Rows	3 X 10 Ca
2	Shoulder Taps		3 x 10 ea	C1 C2	Shoulder Taps	3 x 10 ea
12 11 *Minimal Rest	Pull Ups (Assisted)		3 X 10/AMRAP	D1 *Minimal Rest	Pull Ups (Assisted)	3 x 10/AMRAP
2 *Minimal Rest			3 X 10/AMRAP	D1 *Minimal Rest		3 X 10/AMRAP
92 *Milimai Rest	Pushups (Assisted)		3 X 10/AMRAP	D2 *Miliiliai Rest	Pushups (Assisted)	3 X 10/AMRAP
Day 3 - Cleans/Full	Week 11			Day 3 - Cleans/Full	Week 12	
oft Tissue:	Foam Roll/Lacrosse/Trigger Point		1 x 5-10 min	Soft Tissue:	Foam Roll/Lacrosse/Trigger Point	1 x 5-10 min
Varm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra -> Downdog -> Spiderman w/Dip + Rot.	By Feel
Varm 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
*Minimal Rest	Single Arm DB Cleans		4 x 10 ea	A *Minimal Rest	Single Arm DB Cleans	4 x 10 ea
*Minimal Rest	Single Arm Deadlifts from Blocks		4 x 10 ea	B *Minimal Rest	Single Arm Deadlifts from Blocks	4 x 10 ea
a *Minimal Rest	KB Swings		3 X 12	C1 *Minimal Rest	KB Swings	3 X 12
2 *Minimal Rest	Skater Hops		3 x 12 ea	C2 *Minimal Rest	Skater Hops	3 x 12 ea
)ı *Circuit	MB Slams		3 X 10	Dı *Circuit	MB Slams	3 X 10
2 *Circuit	Hollowbody		3 x 20 sec	D2 *Circuit	Hollowbody	3 x 20 sec
Day 4 - Deadlifts/Full	Week 11			Day 4 - Deadlifts/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
Varm Up 1	Cobra » Downdog » Spiderman w/Dip + Rot.		By Feel	Warm Up 1	Cobra » Downdog » Spiderman w/Dip +	By Feel
Varm Up 2	Offset Carry (1 Heavy, 1 light)		2 x 20 vds	Warm Up 2	Offset Carry (1 Heavy, 1 light)	2 x 20 vds
таги Ор 2	PVC Circuit (Shoulders, Trunk, Hams)			warm op 2	PVC Circuit (Shoulders, Trunk, Hams)	
*Minimal Doot			2 X 20 Sec	A *Minimal Rest		2 X 20 Sec
*Minimal Rest	Single Arm Deadlifts from Blocks	+	4 x 10 ea		Single Arm Deadlifts from Blocks	4 x 10 ea
*Minimal Rest	KB Swings		4 X 12	B *Minimal Rest	KB Swings	4 X 12
1 *Minimal Rest	MB Slams		3 X 12	C1 *Minimal Rest	MB Slams	3 X 12
22 *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