

Week 1 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
1) Hang Clean	/5	/5	/3	/3	/1	/1	
2a) Front Squat	/6-8	/6-8	/6-8	---	---	---	
2b) Nordic Hamstring Lowering	/6-8	/6-8	/6-8	---	---	---	
3a) Barbell Step-Up	/4-5	/4-5	---	---	---	---	Each leg
3b) Physioball Hamstring Curl	/8-10	/8-10	/8-10	---	---	---	
4) Banded Knee Extensions	/10-12	---	---	---	---	---	Each leg
5) Dumbbell RDL	/10-12	---	---	---	---	---	
6) Barbell Hip Thrust	/10-12	---	---	---	---	---	
7) Banded Abduction	/10-12	---	---	---	---	---	
8) Calf Raise	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Flexion	/12	---	---	---	---	---	
11) Plate Holds	/60 sec.	---	---	---	---	---	
12) Crunches	/50	---	---	---	---	---	
13) Planks	/50 sec.	---	---	---	---	---	
14) Med Ball Russian Twist	/25	---	---	---	---	---	Each side
15) Superman	/50	---	---	---	---	---	

Day 2

1) Hang Snatch	/5	/5	/3	/3	/1	/1	
2a) Bench Press	/6-8	/6-8	/6-8	---	---	---	
2b) Pull-Up	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell Military Press	/8-10	/8-10	---	---	---	---	
3b) Dumbbell Row	/8-10	/8-10	---	---	---	---	Each arm
4) Cable Fly	/10-12	---	---	---	---	---	
5) Good Morning	/10-12	---	---	---	---	---	
6) Tate Press	/10-12	---	---	---	---	---	
7) Barbell Curls	/10-12	---	---	---	---	---	
8) Barbell Shrugs	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Flexion	/12	---	---	---	---	---	
11) Sledgehammer Finger Walks	/1	---	---	---	---	---	Each hand
12) Sit-Ups	/50	---	---	---	---	---	
13) Physioball Rollouts	/50	---	---	---	---	---	
14) Pallof Press	/25	---	---	---	---	---	Each side
15) Alternating Superman	/25	---	---	---	---	---	Each side

Day 3

1) Bench Press	/5	/5	/3	/3	/1	/1	
2a) Barbell Bent-Over Row	/6-8	/6-8	/6-8	---	---	---	
2b) Barbell Military Press	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell Pullover	/8-10	/8-10	---	---	---	---	
3b) Dips	/8-10	/8-10	---	---	---	---	
4) Dumbbell Fly	/10-12	---	---	---	---	---	
5) Hypers	/10-12	---	---	---	---	---	
6) Tricep Push-Downs	/10-12	---	---	---	---	---	
7) Dumbbell Curls	/10-12	---	---	---	---	---	
8) Dumbbell Rear Delt Raise	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Extension	/12	---	---	---	---	---	
11) Wrist Rolls	/1	---	---	---	---	---	
12) Weighted Sit-Ups	/50	---	---	---	---	---	
13) Plank Shoulder Taps	/25	---	---	---	---	---	Each side
14) Plate Twists	/25	---	---	---	---	---	Each side
15) Bird Dogs	/25	---	---	---	---	---	Each side

Day 4

1) Back Squat	/5	/5	/3	/3	/1	/1	
2a) Deadlift	/6-8	/6-8	/6-8	---	---	---	
2b) Kettlebell Swings	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell RDL	/8-10	/8-10	---	---	---	---	
3b) Dumbbell Lunge	/8-10	/8-10	---	---	---	---	
4) Reverse Sled Drag	/20-25 yards	---	---	---	---	---	
5) Pull-Through	/10-12	---	---	---	---	---	
6) Glute Bridge	/10-12	---	---	---	---	---	
7) Banded Adduction	/10-12	---	---	---	---	---	Each leg
8) Banded Dorsiflexion	/10-12	---	---	---	---	---	Each leg
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Extension	/12	---	---	---	---	---	
11) Plate Flips	/12	---	---	---	---	---	
12) V-Ups	/50	---	---	---	---	---	
13) Mountain Climbers	/50	---	---	---	---	---	
14) Side Plank	/25 sec.	---	---	---	---	---	Each side
15) Physioball Hypers	/50	---	---	---	---	---	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest for two minutes between sets for the first exercise and both supersets. Rest no more than one minute between sets for the remainder of the workouts.

Week 2 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
1) Hang Clean	/5	/5	/3	/3	/1	/1	
2a) Front Squat	/6-8	/6-8	/6-8	---	---	---	
2b) Nordic Hamstring Lowering	/6-8	/6-8	/6-8	---	---	---	
3a) Barbell Step-Up	/4-5	/4-5	---	---	---	---	Each leg
3b) Physioball Hamstring Curl	/8-10	/8-10	/8-10	---	---	---	
4) Banded Knee Extensions	/10-12	---	---	---	---	---	Each leg
5) Dumbbell RDL	/10-12	---	---	---	---	---	
6) Barbell Hip Thrust	/10-12	---	---	---	---	---	
7) Banded Abduction	/10-12	---	---	---	---	---	
8) Calf Raise	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Flexion	/12	---	---	---	---	---	
11) Plate Holds	/60 sec.	---	---	---	---	---	
12) Crunches	/50	---	---	---	---	---	
13) Planks	/50 sec.	---	---	---	---	---	
14) Med Ball Russian Twist	/25	---	---	---	---	---	Each side
15) Superman	/50	---	---	---	---	---	

Day 2

1) Hang Snatch	/5	/5	/3	/3	/1	/1	
2a) Bench Press	/6-8	/6-8	/6-8	---	---	---	
2b) Pull-Up	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell Military Press	/8-10	/8-10	---	---	---	---	
3b) Dumbbell Row	/8-10	/8-10	---	---	---	---	Each arm
4) Cable Fly	/10-12	---	---	---	---	---	
5) Good Morning	/10-12	---	---	---	---	---	
6) Tate Press	/10-12	---	---	---	---	---	
7) Barbell Curls	/10-12	---	---	---	---	---	
8) Barbell Shrugs	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Flexion	/12	---	---	---	---	---	
11) Sledgehammer Finger Walks	/1	---	---	---	---	---	Each hand
12) Sit-Ups	/50	---	---	---	---	---	
13) Physioball Rollouts	/50	---	---	---	---	---	
14) Pallof Press	/25	---	---	---	---	---	Each side
15) Alternating Superman	/25	---	---	---	---	---	Each side

Day 3

1) Bench Press	/5	/5	/3	/3	/1	/1	
2a) Barbell Bent-Over Row	/6-8	/6-8	/6-8	---	---	---	
2b) Barbell Military Press	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell Pullover	/8-10	/8-10	---	---	---	---	
3b) Dips	/8-10	/8-10	---	---	---	---	
4) Dumbbell Fly	/10-12	---	---	---	---	---	
5) Hypers	/10-12	---	---	---	---	---	
6) Tricep Push-Downs	/10-12	---	---	---	---	---	
7) Dumbbell Curls	/10-12	---	---	---	---	---	
8) Dumbbell Rear Delt Raise	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Extension	/12	---	---	---	---	---	
11) Wrist Rolls	/1	---	---	---	---	---	
12) Weighted Sit-Ups	/50	---	---	---	---	---	
13) Plank Shoulder Taps	/25	---	---	---	---	---	Each side
14) Plate Twists	/25	---	---	---	---	---	Each side
15) Bird Dogs	/25	---	---	---	---	---	Each side

Day 4

1) Back Squat	/5	/5	/3	/3	/1	/1	
2a) Deadlift	/6-8	/6-8	/6-8	---	---	---	
2b) Kettlebell Swings	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell RDL	/8-10	/8-10	---	---	---	---	
3b) Dumbbell Lunge	/8-10	/8-10	---	---	---	---	
4) Reverse Sled Drag	/20-25 yards	---	---	---	---	---	
5) Pull-Through	/10-12	---	---	---	---	---	
6) Glute Bridge	/10-12	---	---	---	---	---	
7) Banded Adduction	/10-12	---	---	---	---	---	Each leg
8) Banded Dorsiflexion	/10-12	---	---	---	---	---	Each leg
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Extension	/12	---	---	---	---	---	
11) Plate Flips	/12	---	---	---	---	---	
12) V-Ups	/50	---	---	---	---	---	
13) Mountain Climbers	/50	---	---	---	---	---	
14) Side Plank	/25 sec.	---	---	---	---	---	Each side
15) Physioball Hypers	/50	---	---	---	---	---	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest for two minutes between sets for the first exercise and both supersets. Rest no more than one minute between sets for the remainder of the workouts.

Week 3 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
1) Hang Clean	/5	/5	/3	/3	/1	/1	
2a) Front Squat	/6-8	/6-8	/6-8	---	---	---	
2b) Nordic Hamstring Lowering	/6-8	/6-8	/6-8	---	---	---	
3a) Barbell Step-Up	/4-5	/4-5	---	---	---	---	Each leg
3b) Physioball Hamstring Curl	/8-10	/8-10	/8-10	---	---	---	
4) Banded Knee Extensions	/10-12	---	---	---	---	---	Each leg
5) Dumbbell RDL	/10-12	---	---	---	---	---	
6) Barbell Hip Thrust	/10-12	---	---	---	---	---	
7) Banded Abduction	/10-12	---	---	---	---	---	
8) Calf Raise	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Flexion	/12	---	---	---	---	---	
11) Plate Holds	/60 sec.	---	---	---	---	---	
12) Crunches	/50	---	---	---	---	---	
13) Planks	/50 sec.	---	---	---	---	---	
14) Med Ball Russian Twist	/25	---	---	---	---	---	Each side
15) Superman	/50	---	---	---	---	---	

Day 2

1) Hang Snatch	/5	/5	/3	/3	/1	/1	
2a) Bench Press	/6-8	/6-8	/6-8	---	---	---	
2b) Pull-Up	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell Military Press	/8-10	/8-10	---	---	---	---	
3b) Dumbbell Row	/8-10	/8-10	---	---	---	---	Each arm
4) Cable Fly	/10-12	---	---	---	---	---	
5) Good Morning	/10-12	---	---	---	---	---	
6) Tate Press	/10-12	---	---	---	---	---	
7) Barbell Curls	/10-12	---	---	---	---	---	
8) Barbell Shrugs	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Flexion	/12	---	---	---	---	---	
11) Sledgehammer Finger Walks	/1	---	---	---	---	---	Each hand
12) Sit-Ups	/50	---	---	---	---	---	
13) Physioball Rollouts	/50	---	---	---	---	---	
14) Pallof Press	/25	---	---	---	---	---	Each side
15) Alternating Superman	/25	---	---	---	---	---	Each side

Day 3

1) Bench Press	/5	/5	/3	/3	/1	/1	
2a) Barbell Bent-Over Row	/6-8	/6-8	/6-8	---	---	---	
2b) Barbell Military Press	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell Pullover	/8-10	/8-10	---	---	---	---	
3b) Dips	/8-10	/8-10	---	---	---	---	
4) Dumbbell Fly	/10-12	---	---	---	---	---	
5) Hypers	/10-12	---	---	---	---	---	
6) Tricep Push-Downs	/10-12	---	---	---	---	---	
7) Dumbbell Curls	/10-12	---	---	---	---	---	
8) Dumbbell Rear Delt Raise	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Extension	/12	---	---	---	---	---	
11) Wrist Rolls	/1	---	---	---	---	---	
12) Weighted Sit-Ups	/50	---	---	---	---	---	
13) Plank Shoulder Taps	/25	---	---	---	---	---	Each side
14) Plate Twists	/25	---	---	---	---	---	Each side
15) Bird Dogs	/25	---	---	---	---	---	Each side

Day 4

1) Back Squat	/5	/5	/3	/3	/1	/1	
2a) Deadlift	/6-8	/6-8	/6-8	---	---	---	
2b) Kettlebell Swings	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell RDL	/8-10	/8-10	---	---	---	---	
3b) Dumbbell Lunge	/8-10	/8-10	---	---	---	---	
4) Reverse Sled Drag	/20-25 yards	---	---	---	---	---	
5) Pull-Through	/10-12	---	---	---	---	---	
6) Glute Bridge	/10-12	---	---	---	---	---	
7) Banded Adduction	/10-12	---	---	---	---	---	Each leg
8) Banded Dorsiflexion	/10-12	---	---	---	---	---	Each leg
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Extension	/12	---	---	---	---	---	
11) Plate Flips	/12	---	---	---	---	---	
12) V-Ups	/50	---	---	---	---	---	
13) Mountain Climbers	/50	---	---	---	---	---	
14) Side Plank	/25 sec.	---	---	---	---	---	Each side
15) Physioball Hypers	/50	---	---	---	---	---	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest for two minutes between sets for the first exercise and both supersets. Rest no more than one minute between sets for the remainder of the workouts.

Week 4 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
1) Hang Clean	/5	/5	/3	/3	/1	/1	
2a) Front Squat	/6-8	/6-8	/6-8	---	---	---	
2b) Nordic Hamstring Lowering	/6-8	/6-8	/6-8	---	---	---	
3a) Barbell Step-Up	/4-5	/4-5	---	---	---	---	Each leg
3b) Physioball Hamstring Curl	/8-10	/8-10	/8-10	---	---	---	
4) Banded Knee Extensions	/10-12	---	---	---	---	---	Each leg
5) Dumbbell RDL	/10-12	---	---	---	---	---	
6) Barbell Hip Thrust	/10-12	---	---	---	---	---	
7) Banded Abduction	/10-12	---	---	---	---	---	
8) Calf Raise	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Flexion	/12	---	---	---	---	---	
11) Plate Holds	/60 sec.	---	---	---	---	---	
12) Crunches	/50	---	---	---	---	---	
13) Planks	/50 sec.	---	---	---	---	---	
14) Med Ball Russian Twist	/25	---	---	---	---	---	Each side
15) Superman	/50	---	---	---	---	---	

Day 2

1) Hang Snatch	/5	/5	/3	/3	/1	/1	
2a) Bench Press	/6-8	/6-8	/6-8	---	---	---	
2b) Pull-Up	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell Military Press	/8-10	/8-10	---	---	---	---	
3b) Dumbbell Row	/8-10	/8-10	---	---	---	---	Each arm
4) Cable Fly	/10-12	---	---	---	---	---	
5) Good Morning	/10-12	---	---	---	---	---	
6) Tate Press	/10-12	---	---	---	---	---	
7) Barbell Curls	/10-12	---	---	---	---	---	
8) Barbell Shrugs	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Flexion	/12	---	---	---	---	---	
11) Sledgehammer Finger Walks	/1	---	---	---	---	---	Each hand
12) Sit-Ups	/50	---	---	---	---	---	
13) Physioball Rollouts	/50	---	---	---	---	---	
14) Pallof Press	/25	---	---	---	---	---	Each side
15) Alternating Superman	/25	---	---	---	---	---	Each side

Day 3

1) Bench Press	/5	/5	/3	/3	/1	/1	
2a) Barbell Bent-Over Row	/6-8	/6-8	/6-8	---	---	---	
2b) Barbell Military Press	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell Pullover	/8-10	/8-10	---	---	---	---	
3b) Dips	/8-10	/8-10	---	---	---	---	
4) Dumbbell Fly	/10-12	---	---	---	---	---	
5) Hypers	/10-12	---	---	---	---	---	
6) Tricep Push-Downs	/10-12	---	---	---	---	---	
7) Dumbbell Curls	/10-12	---	---	---	---	---	
8) Dumbbell Rear Delt Raise	/10-12	---	---	---	---	---	
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Extension	/12	---	---	---	---	---	
11) Wrist Rolls	/1	---	---	---	---	---	
12) Weighted Sit-Ups	/50	---	---	---	---	---	
13) Plank Shoulder Taps	/25	---	---	---	---	---	Each side
14) Plate Twists	/25	---	---	---	---	---	Each side
15) Bird Dogs	/25	---	---	---	---	---	Each side

Day 4

1) Back Squat	/5	/5	/3	/3	/1	/1	
2a) Deadlift	/6-8	/6-8	/6-8	---	---	---	
2b) Kettlebell Swings	/6-8	/6-8	/6-8	---	---	---	
3a) Dumbbell RDL	/8-10	/8-10	---	---	---	---	
3b) Dumbbell Lunge	/8-10	/8-10	---	---	---	---	
4) Reverse Sled Drag	/20-25 yards	---	---	---	---	---	
5) Pull-Through	/10-12	---	---	---	---	---	
6) Glute Bridge	/10-12	---	---	---	---	---	
7) Banded Adduction	/10-12	---	---	---	---	---	Each leg
8) Banded Dorsiflexion	/10-12	---	---	---	---	---	Each leg
9) Manual Neck Lateral Flexion	/12	---	---	---	---	---	Each side
10) Manual Neck Extension	/12	---	---	---	---	---	
11) Plate Flips	/12	---	---	---	---	---	
12) V-Ups	/50	---	---	---	---	---	
13) Mountain Climbers	/50	---	---	---	---	---	
14) Side Plank	/25 sec.	---	---	---	---	---	Each side
15) Physioball Hypers	/50	---	---	---	---	---	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest for two minutes between sets for the first exercise and both supersets. Rest no more than one minute between sets for the remainder of the workouts.