

### Week 1 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1a) Physioball Dead Bugs	/8	/8	/8	
1b) Low-High Cable Chop	/8	/8	/8	Each side
1c) Med Ball Rotational Throws	/4	/4	/4	Each side
2a) Rear-Foot-Elevated Split Jump	/4	/4	/4	Each leg
2b) Nordic Hamstring Lowering	/4	/4	/4	
3a) Weighted Pull-Ups	/4-5	/4-5	/4-5	
3b) Blind Half-Kneeling Oscillation	/20-25 sec.	/20-25 sec.	/20-25 sec.	
4a) Pull-Through	/15	/15	—	
4b) Mini-Band Push-Ups	/10	/10	—	

### Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1a) Single-Leg Chain Bucks	/12	/12	/12	Each leg
1b) Lateral Hop Med Ball Throws	/4	/4	/4	Each side
1c) Side Plank	/45 sec.	/45 sec.	/45 sec.	Each side
2a) Barbell Hip Thrust	/12	/12	/12	
2b) Depth Jump to Long Jump	/3	/3	/3	
3a) Chest-Supported Dumbbell Rows	/5	/5	/5	
3b) Speed Rows	/20	/20	/20	
3c) Mini-Band Box Walk	/12	/12	/12	
4a) Trap Bar Deadlift	/12	/12	—	
4b) Dumbbell Bench Press	/12	/12	—	

### Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1a) Deep Lunge	/8	/8	/8	Each leg
1b) Side-Lying Band External Rotation	/15	/15	/15	Each arm
1c) 3-Way Speed Physioball Activation	/4	/4	/4	Each way
2a) Bridge Floor Press	/8	/8	/8	
2b) Supine Med Ball Throw	/4	/4	/4	
3a) Single-Leg Kettlebell Deadlift	/6	/6	/6	Each leg
3b) Pull-Through	/20	/20	/20	
4a) Half-Kneeling Band Pulldown	/12	/12	—	Each side
4b) Reverse Lunge	/12	/12	—	Each leg

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

### Week 2 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1a) Physioball Dead Bugs	/8	/8	/8	
1b) Low-High Cable Chop	/8	/8	/8	Each side
1c) Med Ball Rotational Throws	/4	/4	/4	Each side
2a) Rear-Foot-Elevated Split Jump	/4	/4	/4	Each leg
2b) Nordic Hamstring Lowering	/4	/4	/4	
3a) Weighted Pull-Ups	/4-5	/4-5	/4-5	
3b) Blind Half-Kneeling Oscillation	/20-25 sec.	/20-25 sec.	/20-25 sec.	
4a) Pull-Through	/15	/15	—	
4b) Mini-Band Push-Ups	/10	/10	—	

### Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1a) Single-Leg Chain Bucks	/12	/12	/12	Each leg
1b) Lateral Hop Med Ball Throws	/4	/4	/4	Each side
1c) Side Plank	/45 sec.	/45 sec.	/45 sec.	Each side
2a) Barbell Hip Thrust	/12	/12	/12	
2b) Depth Jump to Long Jump	/3	/3	/3	
3a) Chest-Supported Dumbbell Rows	/5	/5	/5	
3b) Speed Rows	/20	/20	/20	
3c) Mini-Band Box Walk	/12	/12	/12	
4a) Trap Bar Deadlift	/12	/12	—	
4b) Dumbbell Bench Press	/12	/12	—	

### Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1a) Deep Lunge	/8	/8	/8	Each leg
1b) Side-Lying Band External Rotation	/15	/15	/15	Each arm
1c) 3-Way Speed Physioball Activation	/4	/4	/4	Each way
2a) Bridge Floor Press	/8	/8	/8	
2b) Supine Med Ball Throw	/4	/4	/4	
3a) Single-Leg Kettlebell Deadlift	/6	/6	/6	Each leg
3b) Pull-Through	/20	/20	/20	
4a) Half-Kneeling Band Pulldown	/12	/12	—	Each side
4b) Reverse Lunge	/12	/12	—	Each leg

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

### Week 3 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1a) Physioball Dead Bugs	/8	/8	/8	
1b) Low-High Cable Chop	/8	/8	/8	Each side
1c) Med Ball Rotational Throws	/4	/4	/4	Each side
2a) Rear-Foot-Elevated Split Jump	/4	/4	/4	Each leg
2b) Nordic Hamstring Lowering	/4	/4	/4	
3a) Weighted Pull-Ups	/4-5	/4-5	/4-5	
3b) Blind Half-Kneeling Oscillation	/20-25 sec.	/20-25 sec.	/20-25 sec.	
4a) Pull-Through	/15	/15	—	
4b) Mini-Band Push-Ups	/10	/10	—	

### Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1a) Single-Leg Chain Bucks	/12	/12	/12	Each leg
1b) Lateral Hop Med Ball Throws	/4	/4	/4	Each side
1c) Side Plank	/45 sec.	/45 sec.	/45 sec.	Each side
2a) Barbell Hip Thrust	/12	/12	/12	
2b) Depth Jump to Long Jump	/3	/3	/3	
3a) Chest-Supported Dumbbell Rows	/5	/5	/5	
3b) Speed Rows	/20	/20	/20	
3c) Mini-Band Box Walk	/12	/12	/12	
4a) Trap Bar Deadlift	/12	/12	—	
4b) Dumbbell Bench Press	/12	/12	—	

### Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1a) Deep Lunge	/8	/8	/8	Each leg
1b) Side-Lying Band External Rotation	/15	/15	/15	Each arm
1c) 3-Way Speed Physioball Activation	/4	/4	/4	Each way
2a) Bridge Floor Press	/8	/8	/8	
2b) Supine Med Ball Throw	/4	/4	/4	
3a) Single-Leg Kettlebell Deadlift	/6	/6	/6	Each leg
3b) Pull-Through	/20	/20	/20	
4a) Half-Kneeling Band Pulldown	/12	/12	—	Each side
4b) Reverse Lunge	/12	/12	—	Each leg

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

### Week 4 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1a) Physioball Dead Bugs	/8	/8	/8	
1b) Low-High Cable Chop	/8	/8	/8	Each side
1c) Med Ball Rotational Throws	/4	/4	/4	Each side
2a) Rear-Foot-Elevated Split Jump	/4	/4	/4	Each leg
2b) Nordic Hamstring Lowering	/4	/4	/4	
3a) Weighted Pull-Ups	/4-5	/4-5	/4-5	
3b) Blind Half-Kneeling Oscillation	/20-25 sec.	/20-25 sec.	/20-25 sec.	
4a) Pull-Through	/15	/15	—	
4b) Mini-Band Push-Ups	/10	/10	—	

### Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1a) Single-Leg Chain Bucks	/12	/12	/12	Each leg
1b) Lateral Hop Med Ball Throws	/4	/4	/4	Each side
1c) Side Plank	/45 sec.	/45 sec.	/45 sec.	Each side
2a) Barbell Hip Thrust	/12	/12	/12	
2b) Depth Jump to Long Jump	/3	/3	/3	
3a) Chest-Supported Dumbbell Rows	/5	/5	/5	
3b) Speed Rows	/20	/20	/20	
3c) Mini-Band Box Walk	/12	/12	/12	
4a) Trap Bar Deadlift	/12	/12	—	
4b) Dumbbell Bench Press	/12	/12	—	

### Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1a) Deep Lunge	/8	/8	/8	Each leg
1b) Side-Lying Band External Rotation	/15	/15	/15	Each arm
1c) 3-Way Speed Physioball Activation	/4	/4	/4	Each way
2a) Bridge Floor Press	/8	/8	/8	
2b) Supine Med Ball Throw	/4	/4	/4	
3a) Single-Leg Kettlebell Deadlift	/6	/6	/6	Each leg
3b) Pull-Through	/20	/20	/20	
4a) Half-Kneeling Band Pulldown	/12	/12	—	Each side
4b) Reverse Lunge	/12	/12	—	Each leg

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.