

**Day One**

| <i>Exercise</i> | <i>Tempo</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>RPE/10</i> | <i>Rest</i> |
|-----------------|--------------|-------------|-------------|---------------|---------------|-------------|
|-----------------|--------------|-------------|-------------|---------------|---------------|-------------|

**Warm up Series**

|  |     |   |         |        |   |    |
|--|-----|---|---------|--------|---|----|
| <a href="#">SMR lower body</a>             | NA  | 1 | NA      | NA     | 2 | NA |
| <a href="#">Wall facing hip circles</a>    | 212 | 1 | 10 each | NA     | 4 | NA |
| <a href="#">Goalie Stretch</a>             | 212 | 1 | 10 each | NA     | 4 | NA |
| <a href="#">3-point rockback rotations</a> | 333 | 1 | 10 each | NA     | 3 | NA |
| <a href="#">Shoulder Tap Pushup</a>        | 212 | 1 | 8 each  | BW     | 6 | NA |
| <a href="#">Glute bridge March</a>         | 212 | 1 | 20 each | medium | 4 | NA |
| <a href="#">Butterfly Hip Flow Series</a>  | NA  | 1 | 10 each | BW     | 5 | NA |

**Working sets**

|    |  |     |   |            |   |    |
|----|--|-----|---|------------|---|----|
| 1A | <a href="#">Overhead Stepback Lunge</a>      | 222 | 4 | 8 each     | 8 | NA |
| 1B | <a href="#">DB Plate Squeeze Chest Press</a> | 333 | 4 | 12         | 7 | 60 |
| 2A | <a href="#">Bear Squats</a>                  | 212 | 3 | 30         | 8 | 60 |
| 2B | <a href="#">DB Row</a>                       | 222 | 3 | 12 each    | 7 | 60 |
| 3A | <a href="#">Bird Dog Neuro Pulse</a>         | 212 | 3 | 5 x 10 sec | 8 | NA |
| 3B | <a href="#">DB Shoulder carries</a>          | NA  | 3 | 30 yards   | 8 | 60 |
| 4A | <a href="#">DB Pull overs</a>                | 222 | 3 | 10         | 6 | NA |
| 4B | <a href="#">Lateral Slide Pushups</a>        | 212 | 3 | 6 each     | 7 | 60 |

Metabolic Conditioning: Using either a treadmill or bike, do 2 minutes at a moderate intensity (RPE 5/10), whatever your usual speed would be; increase by 50% for 1 minute, RPE of 9/10; recover easy for 2 minutes. Ex. Running at 6 mph for 2 minutes; increase to 9.0 mph for 1 minute; reduce to a walk at 3.0 for 2 minutes. Repeat 5 times.

**Day Two**

|    | <b>Exercise</b>                                | <b>Tempo</b> | <b>Sets</b> | <b>Reps</b> | <b>Weight</b> | <b>RPE/10</b> | <b>Rest</b> |
|----|--|--------------|-------------|-------------|---------------|---------------|-------------|
|    | <b>Warm up Series</b>                          |              |             |             |               |               |             |
|    | <a href="#">SMR lower body</a>                 | NA           | 1           | NA          | NA            | 2             | NA          |
|    | <a href="#">Wall facing hip circles</a>        | 212          | 1           | 10 each     | NA            | 4             | NA          |
|    | <a href="#">Goalie Stretch</a>                 | 212          | 1           | 10 each     | NA            | 4             | NA          |
|    | <a href="#">3-point rockback rotations</a>     | 333          | 1           | 10 each     | NA            | 3             | NA          |
|    | <a href="#">Shoulder Tap Pushup</a>            | 212          | 1           | 8 each      | BW            | 6             | NA          |
|    | <a href="#">Glute bridge March</a>             | 212          | 1           | 20 each     | medium        | 4             | NA          |
|    | <a href="#">Butterfly Hip Flow Series</a>      | NA           | 1           | 10 each     | BW            | 5             | NA          |
|    | <b>Working sets</b>                            |              |             |             |               |               |             |
| 1A | <a href="#">Hard stomps (no spine flexion)</a> | NA           | 4           | 5 each      |               | 9             | NA          |
| 1B | <a href="#">Lateral Lunge Front Pulse</a>      | 212          | 4           | 8 each      |               | 7             | 60          |
| 2A | <a href="#">High box step ups</a>              | 212          | 3           | 8 each      |               | 8             | NA          |
| 2B | <a href="#">DB twisting Chest Press</a>        | 222          | 3           | 8 each      |               | 8             | 60          |
| 3A | <a href="#">Standing Alternating Row</a>       | 222          | 3           | 12 each     |               | 8             | NA          |
| 3B | <a href="#">Squat Hops</a>                     | NA           | 3           | 30          |               | 9             | 60          |
| 4A | <a href="#">KB/DB Swing</a>                    | NA           | 2           | 100         |               | 10            | 60          |

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a max speed, recover for 1 minute, walk back down. Repeat 5 times. For stairmaster, Complete 10 minutes at a constant speed with RPE of 7/10

**Day Three**

|    | <i>Exercise</i>                                | <i>Tempo</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>RPE/10</i> | <i>Rest</i> |
|----|--|--------------|-------------|-------------|---------------|---------------|-------------|
|    | <b>Warm up Series</b>                          |              |             |             |               |               |             |
|    | <a href="#">SMR lower body</a>                 | NA           | 1           | NA          | NA            | 2             | NA          |
|    | <a href="#">Wall facing hip circles</a>        | 212          | 1           | 10 each     | NA            | 4             | NA          |
|    | <a href="#">Goalie Stretch</a>                 | 212          | 1           | 10 each     | NA            | 4             | NA          |
|    | <a href="#">3-point rockback rotations</a>     | 333          | 1           | 10 each     | NA            | 3             | NA          |
|    | <a href="#">Shoulder Tap Pushup</a>            | 212          | 1           | 8 each      | BW            | 6             | NA          |
|    | <a href="#">Glute bridge March</a>             | 212          | 1           | 20 each     | medium        | 4             | NA          |
|    | <a href="#">Butterfly Hip Flow Series</a>      | NA           | 1           | 10 each     | BW            | 5             | NA          |
|    | <b>Working sets</b>                            |              |             |             |               |               |             |
| 1A | <a href="#">Front Loaded Skater Squats</a>     | 212          | 4           | 6 each      |               | 7             | NA          |
| 1B | <a href="#">DB Goblet Squats</a>               | 111          | 4           | 30          |               | 8             | 60          |
| 2A | <a href="#">DB 360 Lateral Raise</a>           | 222          | 3           | 15 each     |               | 9             | NA          |
| 2B | <a href="#">2 foot elevated Split Squat</a>    | 222          | 3           | 12 each     |               | 9             | 60          |
| 3A | <a href="#">Lunge to back rotations</a>        | 222          | 4           | 8 each      |               | 6             | NA          |
| 3B | <a href="#">4-point Hip Rotation</a>           | NA           | 4           | 10 each     |               | 8             | 60          |
| 4A | <a href="#">DB incline/seated Biceps curls</a> | 222          | 3           | 20          |               | 8             | NA          |
| 4B | <a href="#">DB skull crushers</a>              | 222          | 3           | 20          |               | 8             | 60          |

Metabolic Conditioning: Farmer carry 2 weights that equal your body weight combined as far as possible, 30 kettlebell swings, run 0.25 miles as fast as possible. Rest 1 minute. Repeat 5 times.

**Day Four**

|    | <b>Exercise</b>                                 | <b>Tempo</b> | <b>Sets</b> | <b>Reps</b> | <b>Weight</b> | <b>RPE/10</b> | <b>Rest</b> |
|----|---|--------------|-------------|-------------|---------------|---------------|-------------|
|    | <b>Warm up Series</b>                           |              |             |             |               |               |             |
|    | <a href="#">SMR lower body</a>                  | NA           | 1           | NA          | NA            | 2             | NA          |
|    | <a href="#">Wall facing hip circles</a>         | 212          | 1           | 10 each     | NA            | 4             | NA          |
|    | <a href="#">Goalie Stretch</a>                  | 212          | 1           | 10 each     | NA            | 4             | NA          |
|    | <a href="#">3-point rockback rotations</a>      | 333          | 1           | 10 each     | NA            | 3             | NA          |
|    | <a href="#">Shoulder Tap Pushup</a>             | 212          | 1           | 8 each      | BW            | 6             | NA          |
|    | <a href="#">Glute bridge March</a>              | 212          | 1           | 20 each     | medium        | 4             | NA          |
|    | <a href="#">Butterfly Hip Flow Series</a>       | NA           | 1           | 10 each     | BW            | 5             | NA          |
|    | <b>Working sets</b>                             |              |             |             |               |               |             |
| 1A | <a href="#">Side Plank Rotations</a>            | 222          | 4           | 8 each      |               | 7             | NA          |
| 1B | <a href="#">Turkish Get Up</a>                  | NA           | 4           | 2 each      |               | 7             | 60          |
| 2A | <a href="#">Bird Dog Neuro Pulse</a>            | NA           | 3           | 5 x 10 sec  |               | 6             | NA          |
| 2B | <a href="#">Lateral Lunge w/ Overhead Drive</a> | NA           | 3           | 10 each     |               | 8             | 60          |
| 3A | <a href="#">DB Rows</a>                         | 111          | 3           | 12          |               | 8             | NA          |
| 3B | <a href="#">Spiderman Pushups</a>               | 212          | 3           | 8 each      |               | 9             | 60          |
| 4A | <a href="#">Inside Out Squat Jumps</a>          | NA           | 3           | 40          |               | 10            | NA          |
| 4B | <a href="#">Offset Cossack Squats</a>           | 222          | 3           | 6 each      |               | 8             | 60          |

Metabolic Conditioning: 20 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout. This could be done as part of the workout or separately, and also on a different day as needed.