

Day 1: 3 sets, 12-15 reps, :30 rest intervals

SB Recip DB Chest
OH MB Walking Lunge
Legs Up/Ext MB "V" Up
1 Minute TM Sprint
2 Minute Rest
1 Ft Bil CG Cbl Row
Low Lat Squat Steps
Sup Trunk Rot

1 Minute TM Hill Run (7.5 Incline/6.0 Speed)
2 Minute Rest
1 minute superman
1 ft opp uni lat delt raise

Day 2: 3 sets, 12-15 reps, :30 rest intervals

Lat Bar Wide
PD
Squat 25lb. Alt Plate Drag
Sup BB Hold Stiff Leg Raise (Head/Shoulders up)
2 Minute Lat TM Steps (1 Minute Each side)
2 Minute Rest
Ft Up/Flat back/Abs tight Inc DB Chest
DB Bent Static Knee Deadlift (Back flat/hips back)
CBL Chop Kneeling (inside knee up/rotate 180 degrees)
1 Minute Jump
Rope

2 Minute Rest
CBL Towel/Rope Upright Row (stand 4 ft from base)
1 Minute Plank (Forearms/tippy toes only)

Day 3: 3 sets, 12-15 reps, :30 rest intervals

CBL Rear Fly (squeeze shoulder blades together)

SB BB (over hips) feet flat below knees head/upper back on ball
Roll spine around ball down, drive hips straight to ceiling

Legs Up/Ext MB "V" Up
Bicycle Kick Alt Crunch (elbows to outside of Opp knee) keep head/shoulders up
2 Minute Rest
BB front squat (BB rests on front of shoulders instead of back of neck)
SB Hips Up, DB Straight Arms Pullover
CBL Rot on SB (Upright, straight arms, lower body still, rotate upper body 180 degrees)
2 Minute Rest
:30 TM Manual Push (no power, get low and drive TM)
Dips (max each set, shoulder does not go below elbow, body still)

Time Goal for Each Workout Is 40-50 minutes

After Each Workout:

Roll Out/Stretch (5-10 minutes)
*If you don't know what "Roll Out" means, see www.developtheathlete.com "Video" section and go to "Foam Rolling 101"

KEY:

Alt Alternate (One up & down, then other)
BB Barbell
Bil Bilateral (Both Arms/Legs)
CBL Cable
Close Grip (Neutral - palms facing one another)
CG
DB Dumbbell
Diag Diagonal
Ext Extended

KEY:

Flex Flexed
Ft Foot/Feet
Inc Incline
Lat Lateral

MB Medicine Ball
OH Overhead
Opp Opposite (typically of weight)
PD Pulldown

KEY:

Recip Reciprocal (One going up as one is coming down)
Rot Rotate
SB Swiss Ball (Physio Ball)
Sup Supine (on your back)

TM Treadmill
Uni Unilateral (One Arm/Leg)