

Not Just Faster Not Just Stronger
ATHLETE EVERYTHING



From The Foundation to Freaky Results
6 Week Program

Week 1

Day 1

		Sets	Reps	Notes
Warm Up	Ground Based Rolling Sequence	1	3 each	Allow for passive range of motion. Keep chin tucked as you roll back.
	Quadruped SFT Taps	1	3 each	Keep knees 2" off the ground with shoulders and hips aligned. Stabilize through the shoulder and rotate to find positions for touches.
	Quadruped 4 Way Hip Series	1	5 each	Emphasis movement from the hip. Limit upper torso moving.
	Tall Plank to Active Deep Squat	1	3 each	Step feet outside hands and keep hips low as up come into squat position.
	Spiderman to Cossack	1	5	Find a rhythm and explore fluidity and range of motion.
	Tall Plank Shoulder Taps	1	20	Keep hips and shoulders square to floor. Pause at the top of each shoulder tap for 1 second count.
	Split Squat Iso Hold w/Ball Pass Variations	1	20 Passes each	Keep back knee off the ground 2". Explore different variations with the passes.
	Double Leg SFT Line Hops	1	10 Seconds each	Bounce off of ground and 85% foot contact with feet. Flip hips for the transverse hops variation.
Speed-Gymnastics	Stationary Inchworm w/Push Up	1	3	Keep legs straight and active shoulders as you walk feet in.
	Low Amplitude Skip (Forwards/Backwards)	1	10 yrds	Emphasis rhythm and snap leg back into the ground. Push yourself in the direction you want to go.
	Bear Crawl (Forwards/Backwards)	1	10 yrds	Keep knees 2" off the ground with shoulders and hips at same level. Move with opposite hand and foot, with knees under hips.

	Power Skips For Height	1	3-4 Skips each leg	Push hard into the ground and extension of the hip. Get as tall and high as possible with each skip.
	Frog Hops	1	10 yrds	Jump feet outside hands. Goal to land flat footed and press strong through shoulders.
	Progressive High Knees	1	15 yrds	Initiate and move from your hips. Start with low knees and progressive bring them to higher position.
	Standing Broad Jump to Stick	2	3	Focus on pushing the ground away, and landing soft each rep.
	Lateral Standing Broad Jump to Stick	2	3	Focus on pushing the ground away, and landing soft each rep.
	3 Step, 5 Step, 7 Step Projection Acceleration	2	1 each	Set up with balance and knees in front of toes, creating a positive shin angle. Push long and strong back into the ground, projecting your hips and shoulders forward.
	10 yrd Acceleration Sprint From Tall Push Up Position	3	5	Rest 2 Minutes Between Sets (Add an object to throw and retrieve if want)
Strength	1A) 3 Position Pause Squat Variation (Bodyweight, Goblet, Barbell Front Squat, DB Front Squat)	2	4-6	Balance and position first. Keep tension and pause in each position for 2 count. Goal is to own each position and range of motion. Feel your legs push into the ground to bring you back up to standing position.
	1B) Horizontal Row Variation (Choose one) Inverted Row or Supine Ring Row , Seated Banded Row	2	8	Maintain straight line from shoulders to feet. Keep elbows down and pull yourself to bar or rings/handles. For banded row keep tall position and pull towards hip bones.
	2A) Pause Push Up (1/4, 1/2, 3/4, Bottom) * Push Up Tutorial	2	6-10	Pause in each position for 2 seconds. Emphasis strong aligned position. Bend from the elbow to lower towards ground. If need to perform on an elevated surface or from the knees do so.

	2B) Hamstring Walks	2	5-8	Pull heels into the ground. Walk feet out as far as possible while you maintain hips off the ground.
	3A) Knees Over Toes Wall Sit w/Iso Calf Raise Hold	2	20-30 Seconds	Bring feet behind your knees as you sit down to squat position on wall. Press your hips and shoulders into wall, while you pull your heels off the floor. Emphasis pressure into the ground and wall. Don't run from the shake
	3B) Deadbug Sit Up	2	20-30 Seconds	Press lower back into the ground. Each rep pull shoulders off the floor. Alternate legs that you extend and reach arms and shoulder back at the same time.
	3C) Plank Lift Variations or Plank Ball Juggle Variation	2	20-30 Seconds	Focus on position first. Keep engagement and play around with different variations.

Day 2

	Warm Up	Sets	Reps	Notes
Warm Up	Jump Rope or Plate Hop Sequence *Try Different Variations For the Jump Rope	1	2 Minutes	Plate Hop Sequence Perform 2 Sets of 10-15 Seconds Each
	SFT Pivots	1	3 each	Open and flow through each position.
	Romanov Wrist/Elbow Sequence	1	3 each	Extend elbows and explore different positions with hands and wrist.
	9 Position Squat Protocol	1	3 each	Goal is to keep the movement the same despite different foot positioning. Balance across your feet and maintain knees in good alignment in all positions.
	Walking Lunge w/Ball Pass Under (Forwards + Backwards)	1	10 yds each	Maintain balance with each step. Load your legs as you step, don't just lean over.
	Quadruped-Reverse Plank w/Reach	1	3 each	Press into the ground with your feet and extend as you reach.
	Alternating Walking Lateral Lunge w/Ball Pass Under	1	10 yds	Keep tall chest and long straight leg on opposite side. Explore limiting positions and maintain balance.
	Ball Toss Get Up Variation to Single Leg Balance	1	5 each	Play with different variations. If you have a ball or object you want to incorporate feel free to do so.
	Supine Neck Strength Series (Flex/Ext-Lateral-Rotate-Diagonal)	1	10 each	Keep head 1" off the ground and move with a controlled speed and through as much range of motion as you can.
	Locomotion 1	1	10 yds	Create a rhythm with your movement. Keep shoulders square on lateral movement.
	2 Tier 8 Pt. Jops (High + Medium Tier) *Pause in each position for a 1 second count	1	2 each	Take your time, push and load into each position.
	2 Tier 2-1 8 Pt. Jops (High + Medium Tier) *Pause in each position for a 1 second count	1	2 each	Take your time, push and load into each position.

COD Gymnastics	Duck Walk (Forwards/Backwards)	1	5 yrds	Sit low and explore knees over toes and feet flat position.
	Accelerate-Decelerate-Accelerate *Perform Decelerate in Bilateral Position. Hold for 1 second count at each decelerate.	1	20 yards	Decelerate and pause every 5 yards. Perform at 40-60% (light jog).
	Accelerate-180 Degree Decelerate-Accelerate *Hold for 1 second count at each decelerate.	1	20 yards	Accelerate 5 yards. Pivot, crossover step into heavy plant step. Goal is to decelerate and stop on line with balance. Decelerate and pause every 5 yards, alternating directions. Emphasis smooth transition and perform at 40-60%
	Crab Walk (Forwards/Backwards)	1	5-10 yrds	Maintain hips off the ground and press hands and feet into floor.
	Lateral Shuffle-Decelerate-Lateral Shuffle	2	20 yrds	Sit into athletic position. Push and pull into Decel and Pause Every 5 yrds
	Drop Step to Lateral Push	1	10 yrds each	Drop onto support leg and emphasis a strong push into the ground. Land soft and stick landing.
	Accelerate-Lateral Shuffle-Accelerate-Lateral Shuffle	2	20 yrds	Alternate between acceleration and shuffle every 5 yrds.
	Lateral Monkey	1	5 yrds each	Start in squatted position. Place hands outside of feet and hips. Punch the ground and push hip laterally.
	Backpedal-Decelerate Pause-Backpedal	2	20 yrds	Decel and Stop Every 5 yrds
	Tempo Backpedal	2	20 yrds	Change Tempo Every 5 yrds. Focus on fluid movement and controlling speeds.
	5 yard Backpedal to Pause Acceleration	2	6 reps	Alternate feet that you decelerate and stop with. Explore stopping with you back foot turned out and foot straight ahead.

	Back Pedal- Lateral Shuffle-Backpedal	2	20 yrds	Smooth is fast. Focus on smooth movement and transitions between back pedal and shuffles.
Power Strength	1A) Altitude Drops Variations	4	4	2 reps land high and stiff. 2 reps land with absorption into bottom. Start with height at 50% of your max standing vertical jump.
	1B) Seated Box Jump or Seated Vertical Jump or Pause Squat Vertical Jump	4	4	Push long and strong into the ground, emphasizing a push with the legs.
	1C) Single Step (Penultimate Step) to Box Jump or Penultimate Step to Vertical Jump	4	4 (2/2)	Practice step with both legs. Coordinate loading sequence and rhythm into jump.
	2A) 3 Position Iso Lunge Hold (Split Squat, Lateral, Curtsy)	2	20 Seconds each	Balance between front and back leg. Keep tall chest and load the legs in positions of deceleration.
	2B) Eccentric Only Dips w/3-5 Second Lower (Stationary , Box/Chair , Bench , Parallette)	2	3-7	Only perform the lower phase of the movement. Goal is to build strength and control for the lowering phase of the movement. Use assistance if needed.
	2C) Hamstring Bridge Iso Hold w/Ball Pass Under	2	30-45 Seconds	Perform with knees slightly bent and pull heels into the ground as hard as possible. Keep tension through midline and pass ball or object under your hips.
	2D) Prone Superman Lifts w/3 Second Pause at Top	2	Max Reps	Focus on getting long as you lift and pull yourself off the ground. Pull chest and thighs off the ground.
	2E) Lateral Lean Iso Calf Raise Hold	2	15-20 Seconds (each)	Push into the wall. Pull your heel bone off the floor as high as possible.
	2F) Side Lying Clamshell w/Hip Thrust Iso Hold	2	15-30 Seconds	Keep hips and shoulders aligned. Press bottom knee into the ground and drive hips forwards. Try to lift top hip above top ear.

Day 3

		Sets	Reps	Notes
Warm Up	3D Cat-Camel	1	5 each	Open and create as much range of motion as possible.
	Side Lying Windmill	1	3	Breath out as you move through areas of restriction. Goal is to keep hand/fingers in contact with floor for entire movement.
	Tall Kneeling Heel to Butt-Reverse Nordic	1	3 each	Press tops of the feet into the floor. If you're tight and struggle with knee issues, perform with shoulders in front of knees.
	Push Up-Plus-Plus	1	5 each	Control each movement.
	Prone Scorpion/Supine Eagle	1	5 each	Press shoulders and hands into the ground. Emphasize rotation of lower lumbar.
	4 Way Hip Strength Series	1	10 each	Glute bridge = push into the ground. Hamstring bridge = pull heels into the ground. Hip Adduction = pull inside ankle bone to the ceiling. Hip Abduction = Turn top foot toes down towards floor. Lift heel to the ceiling.
	Bear Walk (Forwards/Backwards) (A-Frame)	1	5 yds each	Keep legs straight and hip high. Press through shoulders
	Inverted Quad Stretch to SFT Reaches	1	3 each	Long reach and create rotation.
	Bear to Crab Switch	1	3 each	Stay low, keep knees and hips off the floor.
	Drop-Lunge-Switch	1	3 each	Drop into athletic position, then into lunge, then quick switch of legs to lunge on other side.

	Headstand Knee on Elbow Iso Holds (Forward/Backwards Roll Progression)	1	5	Press into the ground with hands. Keep much of your weight in your hands. Take your time and quality over speed.
	4 Way Low Amplitude Skip	1	10 yds each	Focus on rhythm and <u>punch</u> your foot into the ground propelling you in the direction you want to go. (Don't cross over step on lateral skips)
	Crow Pose Rocks	1	3-5	Press into the ground and feel pressure in hands.
Speed Hand Eye Coordination	4 Way Rudiment Hops (High + Medium Tier)	1	10 yds	Keep a full foot landing, and stiff ankle. Find a rhythm that allows you to bounce and use your knees + hips.
	Single Leg 2 Tier Rudiment Hops (High + Medium Tier)	1	5 yds each	Keep a full foot landing, find a bounce and rhythm.
	4 Way 2 Pogo Hops to 2 Low Hops	1	5 yds each	Focus on tall position for Pogo and smooth transition into low position.
	Dribbles Progression (Ankle, Calf, Knee) Ankle Dribble , Calf Dribble , Knee Dribble	1	15 yds each	Emphasis bounce and 85% contract with foot. Movement should come from the hip. To move forward push into ground. Cycle at the height of indication.
	Prime Times (Long , Short)	1	15 yds	Start with a bounce and movement from hip. Pull leg back and down into ground.
	30 yard Build Ups (Every 10 yards increase intensity)	2	1	Set 1 = 65-75-85% Set 2 = 70-80-90%

	30 yard Timed Sprint	3	1	Rest 3 Minutes Between Sets
	During Rest Perform Different Tennis Ball Juggling Variations . Use both hands, single hands, toss the ball up, bounce it. Explore different positions and challenges.			Test and play with different variations of juggling. Start with variations you feel comfortable with and progress from there. Try from different positions well (kneeling, ½ kneeling).
Strength	1A) Tempo Split Squat Variation w/3 Seconds Lower (Goblet , Dumbbell , Front Rack , Back Rack , Bodyweight)	2	10 each	Keep tall torso tall and balance between feet. Control the lowering phase and push into the ground to bring you back to standing position.
	1B) Iso Chin Over Bar Hold Variation (Choose One) (Pronated Grip , Supinated Grip) or Banded Pull Downs or Doorway Towel Pull Up Iso Hold or Doorway Towel Supine Row Iso Hold	2	10-20 Seconds Hold or 10-15 Reps	Adjust height of bar or use assistance as needed.
	1C) Standing Single Leg Hip Flexion Iso Hold (Alternate Between Knee Bent and Knee Extended)	2	20 Seconds	Stand Tall and Upright. Keep Supporting Leg Strong and Straight. Alternate Knee Bent and Knee Extended Every 5 Seconds, Accumulate 20 Seconds Total.)
	2A) Feet Elevated Iso Handstand Hold or Banded Shoulder Press	2	10-20 Seconds Hold or 10-15 Reps	Start with low box or object for you feet. Adjust height to scale up or down. Stack hips on shoulders as much as possible. For banded shoulder press, press long to the ceiling.

	2B) Side Plank w/Hip Adduction Iso Hold	2	10-15 Seconds each	Stack shoulders on top of you elbow. Keep hips inline. Pull top foot into ground and support load. If needed perform in shorter time sequences and accumulate designated time.
	2C) Iso Knee to Elbow Rocks	2	Max Reps	Keep constant contact with knees and elbows. If unable too, place a ball or other object between knees and elbows.

Week 2

Day 1

		Sets	Reps	Notes
Warm Up	Ground Based Rolling Sequence	1	4 each	Allow for passive range of motion. Keep chin tucked as you roll back.
	Quadruped SFT Taps	1	4 each	Keep knees 2" off the ground with shoulders and hips aligned. Stabilize through the shoulder and rotate to find positions for touches.
	Quadruped 4 Way Hip Series	1	5 each	Emphasis movement from the hip. Limit upper torso moving.
	Tall Plank to Active Deep Squat	1	3 each	Step feet outside hands and keep hips low as up come into squat position.
	Spiderman to Cossack	1	5	Find a rhythm and explore fluidity and range of motion.
	Tall Plank Shoulder Taps	1	20	Keep hips and shoulders square to floor. Pause at the top of each shoulder tap for 1 second count.
	Split Squat Iso Hold w/Ball Pass Variations	1	25 Passes each	Keep back knee off the ground 2". Explore different variations with the passes.
	Double Leg SFT Line Hops	1	10 Seconds each	Bounce off of ground and 85% foot contact with feet. Land and Flip hips for the transverse hops variation.
Speed-Gymnastics	Stationary Inchworm w/Push Up	1	5	Keep legs straight and active shoulders as you walk feet in.
	Low Amplitude Skip (Forwards/Backwards)	1	10 yrds	Emphasis rhythm and snap leg back into the ground. Push yourself in the direction you want to go.
	Bear Crawl (Forwards/Backwards)	1	10 yrds	Keep knees 2" off the ground with shoulders and hips at same level. Move with opposite hand and foot, with knees under hips.

	Power Skips For Height	1	3-4 Skips each leg	Push hard into the ground and extension of the hip. Get as tall and high as possible with each skip.
	Frog Hops	1	10 yds	Jump feet outside hands. Goal to land flat footed and press strong through shoulders.
	Progressive High Knees	1	15 yds	Initiate and move from your hips. Start with low knees and progressive bring them to higher position.
	Standing Broad Jump to Stick	2	4	Focus on pushing the ground away, and landing soft each rep.
	Lateral Standing Broad Jump to Stick	2	4	Focus on pushing the ground away, and landing soft each rep.
	3 Step, 5 Step, 7 Step Projection Acceleration	2	1 each	Set up with balance and knees in front of toes, creating a positive shin angle. Push long and strong back into the ground, projecting your hips and shoulders forward.
	10 yrd $\frac{1}{2}$ Kneeling Acceleration Sprint From $\frac{1}{2}$ Kneeling Position (Change Direction You Face Each Set. Forwards, Lateral, Lateral)	3	6	Rest 2 Minutes Between Sets (Add an object to throw and retrieve if want)
Strength	1A) 3 Position Pause Squat Variation (Bodyweight, Goblet, Barbell Front Squat, DB Front Squat)	2	6-8	Balance and position first. Keep tension and pause in each position for 2 count. Goal is to own each position and range of motion. Feel your legs push into the ground to bring you back up to standing position.
	1B) Inverted Row or Supine Ring Row , Seated Banded Row	2	10	Maintain straight line from shoulders to feet. Keep elbows down and pull yourself to bar or rings/handles. For banded row keep tall position and pull towards hip bones.
	2A) Pause Push Up (1/4, 1/2, 3/4, Bottom) * Push Up Tutorial	2	6-10	Pause in each position for 2 seconds. Emphasis strong aligned position. Bend from the elbow to

				lower towards ground. If need to perform on an elevated surface or from the knees do so.
	2B) Hamstring Walks	2	5-8	Pull heels into the ground. Walk feet out as far as possible while you maintain hips off the ground.
	3A) Knees Over Toes Wall Sit w/Iso Calf Raise Hold	2	30-40 Seconds	Bring feet behind your knees as you sit down to squat position on wall. Press you hips and shoulders into wall, while you pull your heels off the floor. Emphasis pressure into the ground and wall. Don't run from the shake
	3B) Deadbug Sit Up	2	20	Press lower back into the ground. Each rep pull shoulders off the floor. Alternate legs that you extend and reach arms and shoulder back at the same time.
	3C) Plank Lift Variations or Plank Ball Juggle Variation	2	20-30 Seconds	Focus on position first. Keep strong engagement and play with different variations.

Day 2

		Sets	Reps	Notes
Warm Up	Jump Rope or Plate Hop Sequence *Try Different Variations For the Jump Rope	1	2 Minutes	Plate Hop Sequence Perform 2 Sets of 10-15 Seconds Each Variation
	SFT Pivots	1	3 each	Open and flow through each position.
	Romanov Wrist/Elbow Sequence	1	3 each	Extend elbows and explore different positions with hands and wrist.
	9 Position Squat Protocol	1	3 each	Goal is to keep the movement the same despite different foot positioning. Balance across your feet and maintain knees in good alignment in all positions.
	Walking Lunge w/Ball Pass Under (Forwards + Backwards)	1	10 yds each	Maintain balance with each step. Load your legs as you step, don't just lean over.
	Quadruped-Reverse Plank w/Reach	1	3 each	Press into the ground with your feet and extend as you reach.
	Alternating Walking Lateral Lunge w/Ball Pass Under	1	10 yds	Keep tall chest and long straight leg on opposite side. Explore limiting positions and maintain balance.
	Ball Toss Get Up Variation to Single Leg Balance	1	5 each	Play with different variations. If you have a ball or object you want to incorporate feel free to do so.
	Supine Neck Strength Series (Flex/Ext-Lateral-Rotate-Diagonal)	1	10 each	Keep head 1" off the ground and move with a controlled speed and through as much range of motion as you can.
	Locomotion 1	1	10 yds	Create a rhythm with your movement. Keep shoulders square on lateral movement.
	2 Tier 8 Pt. Jops (High + Medium Tier)	1	2 each	Take your time, push and load into each position.
	2 Tier 2-1 8 Pt. Jops (High + Medium Tier)	1	2 each	Take your time, push and load into each position.

Duck Walk (Forwards/Backwards)	1	5 yards each	Sit low and explore knees over toes and feet flat position.
Accelerate-Decelerate-Accelerate *Perform Decelerate in Bilateral Position. Hold for 1 second count at each decelerate.	1	20 yards	Decelerate and pause every 5 yards. Perform at 50-70% (Increase speed from last week)
Accelerate-180 Degree Decelerate-Accelerate *Hold for 1 second count at each decelerate.	1	20 yards	Accelerate 5 yards. Pivot, crossover step into heavy plant step. Goal is to decelerate and stop on line with balance. Decelerate and pause every 5 yards, alternating directions. Emphasis smooth transition and perform at 50-70% (Increase speed from last week)
Crab Walk (Forwards/Backwards)	1	5-10 yds each	Maintain hips off the ground and press hands and feet into floor.
Lateral Shuffle-Decelerate-Lateral Shuffle	2	20 yds	Sit into athletic position. Push and pull into Decel and Pause Every 5 yds
Drop Step to Lateral Push	1	10 yds each	Drop onto support leg and emphasis a strong push into the ground. Land soft and stick landing.
Accelerate-Lateral Shuffle-Accelerate-Lateral Shuffle	2	20 yds	Alternate between acceleration and shuffle every 5 yds.
Lateral Monkey	1	5 yds each	Start in squatted position. Place hands outside of feet and hips. Punch the ground and push hip laterally.
Backpedal-Decelerate Pause-Backpedal	2	20 yds	Decel and Stop Every 5 yds
Tempo Backpedal	2	20 yds	Change Tempo Every 5 yds. Focus on fluid movement and controlling speeds.
5 yard Backpedal to Pause Acceleration	2	6 reps	Alternate feet that you decelerate and stop with. Explore stopping with you back foot turned out and foot straight ahead.

	Back Pedal- Lateral Shuffle-Backpedal	2	20 yrds	Smooth is fast. Focus on smooth movement and transitions between back pedal and shuffles.
Power Strength	1A) Altitude Drops Variations	4	4	2 reps land high and stiff. 2 reps land with absorption into bottom. Start with height at 50% of your max standing vertical jump.
	1B) Seated Box Jump or Seated Vertical Jump or Pause Squat Vertical Jump	4	4	Push long and strong into the ground, emphasizing a push with the legs.
	1C) Single Step (Penultimate Step) to Box Jump or Penultimate Step to Vertical Jump	4	4 (2/2)	Practice step with both legs. Coordinate loading sequence and rhythm into jump.
	2A) 3 Position Iso Lunge Hold (Split Squat, Lateral, Curtsy)	2	25 Seconds each	Balance between front and back leg. Keep tall chest and load the legs in positions of deceleration.
	2B) Eccentric Only Dips w/3-5 Seconds Lower (Stationary , Box/Chair , Bench , Parallette)	2	3-9	Only perform the lower phase of the movement. The goal is to build strength and control for the lowering phase of the movement. Use assistance if needed.
	2C) Hamstring Bridge Iso Hold w/Ball Pass Under	2	30-45 Seconds	Perform with knees slightly bent and pull heels into the ground as hard as possible. Keep tension through midline and pass ball or object under your hips.
	2D) Prone Superman Lifts w/3 Second Pause at Top	2	Max Reps	Focus on getting long as you lift and pull yourself off the ground. Pull chest and thighs off the ground.
	2E) Lateral Lean Iso Calf Raise Hold	2	15-20 Seconds (each)	Push into the wall. Pull your heel bone off the floor as high as possible.
	2F) Side Lying Clamshell w/Hip Thrust Iso Hold	2	15-25 Seconds each	Keep hips and shoulders aligned. Press bottom knee into the ground and drive hips forwards. Try to lift top hip above top ear.

Day 3

		Sets	Reps	Notes
Warm Up	3D Cat-Camel	1	5 each	Open and create as much range of motion as possible.
	Side Lying Windmill	1	3	Breath out as you move through areas of restriction. Goal is to keep hand/fingers in contact with floor for entire movement.
	Tall Kneeling Heel to Butt-Reverse Nordic	1	3 each	Press tops of the feet into the floor. If you're tight and struggle with knee issues, perform with shoulders in front of knees.
	Push Up-Plus-Plus	1	5 each	Control each movement.
	Prone Scorpion/Supine Eagle	1	5 each	Press shoulders and hands into the ground. Emphasize rotation of lower lumbar.
	4 Way Hip Strength Series	1	10 each	Glute bridge = push into the ground. Hamstring bridge = pull heels into the ground. Hip Adduction = pull inside ankle bone to the ceiling. Hip Abduction = Turn top foot toes down towards floor. Lift heel to the ceiling.
	Bear Walk (Forwards/Backwards) (A-Frame)	1	5 yds each	Keep legs straight and hip high. Press through shoulders
	Inverted Quad Stretch to SFT Reaches	1	3 each	Long reach and create rotation.
	Bear to Crab Switch	1	3 each	Stay low, keep knees and hips off the floor.
	Drop-Lunge-Switch	1	3 each	Drop into athletic position, then into lunge, then quick switch of legs to lunge on other side.

	Headstand Knee on Elbow Iso Holds (Forward/Backwards Roll Progression)	1	5	Press into the ground with hands. Keep much of your weight in your hands. Take your time and quality over speed.
	4 Way Low Amplitude Skip	1	10 yds each	Focus on rhythm and punch your foot into the ground propelling you in the direction you want to go. (Don't cross over step on lateral skips)
	Crow Pose Rocks	1	3-5	Press into the ground and feel pressure in hands.
Speed Hand Eye Coordination	4 Way Rudiment Hops (High + Medium Tier)	1	10 yds	Keep a full foot landing, and stiff ankle. Find a rhythm that allows you to bounce and use your knees + hips.
	Single Leg 2 Tier Rudiment Hops (High + Medium Tier)	1	5 yds each	Keep a full foot landing, find a bounce and rhythm.
	4 Way 2 Pogo Hops to 2 Low Hops	1	5 yds each	Focus on tall position for Pogo and smooth transition into low position.
	Dribbles Progression (Ankle, Calf, Knee) Ankle Dribble , Calf Dribble , Knee Dribble	1	15 yds each	Emphasis bounce and 85% contract with foot. Movement should come from the hip. To move forward push into ground. Cycle at the height of indication.
	Prime Times (Long , Short)	1	15 yds	Start with a bounce and movement from hip. Pull leg back and down into ground.
	30 yard Build Ups (Every 10 yards increase intensity)	2	1	Set 1 = 65-75-85% Set 2 = 70-80-90%

	30 yard Timed Sprint	3	1	Rest 3 Minutes Between Sets
	During Rest Perform Different Tennis Ball Juggling Variations . Use both hands, single hands, toss the ball up, bounce it. Explore different positions and challenges.			Test and play with different variations of juggling. Start with variations you feel comfortable with and progress from there. Try from different positions well (kneeling, ½ kneeling).
Strength	1A) Tempo Split Squat Variation w/3 Seconds Lower (Goblet , Dumbbell , Front Rack , Back Rack , Bodyweight)	2	8 each	Keep tall torso tall and balance between feet. Control the lowering phase and push into the ground to bring you back to standing position.
	1B) Iso Chin Over Bar Hold Variation (Choose One) (Pronated Grip , Supinated Grip) or Banded Pull Downs or Doorway Towel Supine Row Iso Hold	2	10-20 Seconds Hold or 10-15 Reps	Adjust height of bar or use assistance as needed.
	1C) Standing Single Leg Hip Circles	2	10 Each	Stand Tall and Upright. Keep Supporting Leg Strong and Straight. Focus on Big Range of Motion, Use Hand Support if Needed.
	2A) Feet Elevated Iso Handstand Hold or Banded Shoulder Press	2	10-20 Seconds Hold or 10-15 Reps	Start with low box or object for you feet. Adjust height to scale up or down. Stack hips on shoulders as much as possible. For banded shoulder press, press long to the ceiling.

	2B) Side Plank w/Hip Adduction Iso Hold	2	10-15 Seconds each	Stack shoulders on top of you elbow. Keep hips inline. Pull top foot into ground and support load. If needed perform in shorter time sequences and accumulate designated time.
	2C) Iso Knee to Elbow Rocks	2	Max Reps	Keep constant contact with knees and elbows. If unable too, place a ball or other object between knees and elbows.

Week 3

Day 1

		Sets	Reps	Notes
Warm Up	Ground Based Rolling Sequence	1	4 each	Allow for passive range of motion. Keep chin tucked as you roll back.
	Quadruped SFT Taps	1	4 each	Keep knees 2" off the ground with shoulders and hips aligned. Stabilize through the shoulder and rotate to find positions for touches.
	Quadruped 4 Way Hip Series	1	5 each	Emphasis movement from the hip. Limit upper torso moving.
	Tall Plank to Active Deep Squat	1	3 each	Step feet outside hands and keep hips low as up come into squat position.
	Spiderman to Cossack	1	5	Find a rhythm and explore fluidity and range of motion.
	Tall Plank Shoulder Taps	1	20	Keep hips and shoulders square to floor. Pause at the top of each shoulder tap for 1 second count.
	Split Squat Iso Hold w/Ball Pass Variations	1	25 Passes each	Keep back knee off the ground 2". Explore different variations with the passes.
	Double Leg SFT Line Hops	1	10 Seconds each	Bounce off of ground and 85% foot contact with feet. Flip hips for the transverse hops variation.
Speed-Gymnastics	Stationary Inchworm w/Push Up	1	5	Keep legs straight and active shoulders as you walk feet in.
	Low Amplitude Skip (Forwards/Backwards)	1	10 yrds	Emphasis rhythm and snap leg back into the ground. Push yourself in the direction you want to go.
	Bear Crawl (Forwards/Backwards)	1	10 yrds	Keep knees 2" off the ground with shoulders and hips at same level. Move with opposite hand and foot, with knees under hips.

	Power Skips For Height	1	3-4 Skips each leg	Push hard into the ground and extension of the hip. Get as tall and high as possible with each skip.
	Frog Hops	1	10 yrds	Jump feet outside hands. Goal to land flat footed and press strong through shoulders.
	Progressive High Knees	1	15 yrds	Initiate and move from your hips. Start with low knees and progressive bring them to higher position.
	Standing Broad Jump to Stick	2	5	Focus on pushing the ground away, and landing soft each rep.
	Lateral Standing Broad Jump to Stick	2	5	Focus on pushing the ground away, and landing soft each rep.
	3 Step, 5 Step, 7 Step Projection Acceleration	2	1 each	Set up with balance and knees in front of toes, creating a positive shin angle. Push long and strong back into the ground, projecting your hips and shoulders forward.
	10 yrd Acceleration Sprint From 2 Point Stance or Ball Toss Reactive Acceleration	3	6	Rest 2 Minutes Between Sets (Add an object to throw and retrieve if want)
Strength	1A) 3 Position Pause Squat Variation (Bodyweight , Goblet , Barbell Front Squat , DB Front Squat)	2	8-10	Balance and position first. Keep tension and pause in each position for 2 count. Goal is to own each position and range of motion. Feel your legs push into the ground to bring you back up to standing position.
	1B) Inverted Row or Supine Ring Row , Seated Banded Row	2	10	Maintain straight line from shoulders to feet. Keep elbows down and pull yourself to bar or rings/handles. For banded row keep tall position and pull towards hip bones.
	2A) Pause Push Up (1/4, 1/2, 3/4, Bottom)	2	6-10	Pause in each position for 2 seconds. Emphasis strong aligned position. Bend from the elbow to lower towards ground. If need to perform on an elevated surface or from the knees do so.

	2B) Hamstring Walks	2	5-8	Pull heels into the ground. Walk feet out as far as possible while you maintain hips off the ground.
	3A) Knees Over Toes Wall Sit w/Iso Calf Raise Hold	2	30-50 Seconds	Bring feet behind your knees as you sit down to squat position on wall. Press your hips and shoulders into wall, while you pull your heels off the floor. Emphasis pressure into the ground and wall. Don't run from the shake
	3B) Deadbug Sit Up	2	20	Press lower back into the ground. Each rep pull shoulders off the floor. Alternate legs that you extend and reach arms and shoulder back at the same time.
	3C) Plank Lift Variations or Plank Ball Juggle Variation	2	30-40 Seconds	Focus on position first. Keep strong engagement, play around with different variations.

Day 2

		Sets	Reps	Notes
Warm Up	Jump Rope or Plate Hop Sequence *Try Different Variations For the Jump Rope	1	2 Minutes	Plate Hop Sequence Perform 2 Sets of 10-15 Seconds Each
	SFT Pivots	1	3 each	Open and flow through each position.
	Romanov Wrist/Elbow Sequence	1	3 each	Extend elbows and explore different positions with hands and wrist.
	9 Position Squat Protocol	1	3 each	Goal is to keep the movement the same despite different foot positioning. Balance across your feet and maintain knees in good alignment is all positions.
	Walking Lunge w/Ball Pass Under (Forwards + Backwards)	1	10 yds each	Maintain balance with each step. Load your legs as you step, don't just lean over.
	Quadruped-Reverse Plank w/Reach	1	3 each	Press into the ground with your feet and extend as you reach.
	Alternating Walking Lateral Lunge w/Ball Pass Under	1	10 yds	Keep tall chest and long straight leg on opposite side. Explore limiting positions and maintain balance.
	Ball Toss Get Up Variation to Single Leg Balance	1	5 each	Play with different variations. If you have a ball or object you want to incorporate feel free to do so.
	Supine Neck Strength Series (Flex/Ext-Lateral-Rotate-Diagonal)	1	10 each	Keep head 1" off the ground and move with a controlled speed and through as much range of motion as you can.
	Locomotion 1	1	10 yds	Create a rhythm with your movement. Keep shoulders square on lateral movement.
COD Gymnastics	Duck Walk (Forwards/Backwards)	1	10 yds each	Sit low and explore knees over toes and feet flat position.
	2 Tier 8 Pt. Jops (High + Medium Tier)	1	2 each	Take your time, push and load into each position.

2 Tier 2-1 8 Pt. Jops (High + Medium Tier)	1	2 each	Take your time, push and load into each position.
Duck Walk (Forwards/Backwards)	1	5 yrds each	Sit low and explore knees over toes and feet flat position.
Accelerate-Decelerate-Accelerate *Perform Decelerate in Bilateral Position. Hold for 1 second count at each decelerate.	1	28 yrds	Decelerate and pause every 7 yards. Perform at 60-80% (Increase speed from last week)
Accelerate-180 Degree Decelerate-Accelerate *Hold for 1 second count at each decelerate.	1	28 yrds	Accelerate 7 yards. Pivot, crossover step into heavy plant step. Goal is to decelerate and stop on line with balance. Decelerate and pause every 7 yards, alternating directions. Emphasis smooth transition and perform at 60-80% (Increase speed from last week)
Crab Walk (Forwards/Backwards)	1	5-10 yrds	Maintain hips off the ground and press hands and feet into floor.
Lateral Shuffle-Decelerate-Lateral Shuffle	2	20 yrds	Sit into athletic position. Push and pull into Decel and Pause Every 5 yrds
Drop Step to Lateral Push	1	10 yrds each	Drop onto support leg and emphasis a strong push into the ground. Land soft and stick landing.
Accelerate-Lateral Shuffle-Accelerate-Lateral Shuffle	2	20 yrds	Alternate between acceleration and shuffle every 5 yrds.
Lateral Monkey	1	5 yrds each	Start in squatted position. Place hands outside of feet and hips. Punch the ground and push hip laterally.
Backpedal-Decelerate Pause-Backpedal	2	20 yrds	Decel and Stop Every 5 yrds
Tempo Backpedal	2	20 yrds	Change Tempo Every 5 yrds. Focus on fluid movement and controlling speeds.

	5 yard Backpedal to Pause Acceleration	2	6 reps	Alternate feet that you decelerate and stop with. Explore stopping with you back foot turned out and foot straight ahead.
	Back Pedal- Lateral Shuffle-Backpedal	2	20 yrds	Smooth is fast. Focus on smooth movement and transitions between back pedal and shuffles.
Power Strength	1A) Altitude Drops Variations	4	4	2 reps land high and stiff. 2 reps land with absorption into bottom. Start with height at 50% of your max standing vertical jump.
	1B) Seated Box Jump or Seated Vertical Jump or Pause Squat Vertical Jump	4	4	Push long and strong into the ground, emphasizing a push with the legs.
	1C) Single Step (Penultimate Step) to Box Jump or Penultimate Step to Vertical Jump	4	4 (2/2)	Practice step with both legs. Coordinate loading sequence and rhythm into jump.
	2A) 3 Position Iso Lunge Hold (Split Squat, Lateral, Curtsy)	2	30 Seconds each	Balance between front and back leg. Keep tall chest and load the legs in positions of deceleration.
	2B) Eccentric Only Dips w/3-5 Seconds Lower (Stationary , Box/Chair , Bench , Parallette)	2	4-10	Only perform the lower phase of the movement. The goal is to build strength and control for the lowering phase of the movement. Use assistance if needed.
	2C) Hamstring Bridge Iso Hold w/Ball Pass Under	2	30-45 Seconds	Perform with knees slightly bent and pull heels into the ground as hard as possible. Keep tension through midline and pass ball or object under your hips.
	2D) Prone Superman Lifts w/3 Second Pause at Top	2	Max Reps	Focus on getting long as you lift and pull yourself off the ground. Pull chest and thighs off the ground.
	2E) Lateral Lean Iso Calf Raise Hold	2	15-25 Seconds (each)	Push into the wall. Pull your heel bone off the floor as high as possible.

	2F) Side Lying Clamshell w/Hip Thrust Iso Hold	2	15-25 Seconds each	Keep hips and shoulders aligned. Press bottom knee into the ground and drive hips forwards. Try to lift top hip above top ear.
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Day 3

		Sets	Reps	Notes
Warm Up	3D Cat-Camel	1	5 each	Open and create as much range of motion as possible.
	Side Lying Windmill	1	3	Breath out as you move through areas of restriction. Goal is to keep hand/fingers in contact with floor for entire movement.
	Tall Kneeling Heel to Butt-Reverse Nordic	1	3 each	Press tops of the feet into the floor. If you're tight and struggle with knee issues, perform with shoulders in front of knees.
	Push Up-Plus-Plus	1	5 each	Control each movement.
	Prone Scorpion/Supine Eagle	1	5 each	Press shoulders and hands into the ground. Emphasize rotation of lower lumbar.
	4 Way Hip Strength Series	1	10 each	Glute bridge = push into the ground. Hamstring bridge = pull heels into the ground. Hip Adduction = pull inside ankle bone to the ceiling. Hip Abduction = Turn top foot toes down towards floor. Lift heel to the ceiling.
	Bear Walk (Forwards/Backwards) (A-Frame)	1	5 yds each	Keep legs straight and hip high. Press through shoulders
	Inverted Quad Stretch to SFT Reaches	1	3 each	Long reach and create rotation.
	Bear to Crab Switch	1	3 each	Stay low, keep knees and hips off the floor.
	Drop-Lunge-Switch	1	3 each	Drop into athletic position, then into lunge, then quick switch of legs to lunge on other side.

	Headstand Knee on Elbow Iso Holds (Forward/Backwards Roll Progression)	1	5	Press into the ground with hands. Keep much of your weight in your hands. Take your time and quality over speed.
	4 Way Low Amplitude Skip	1	10 yds each	Focus on rhythm and punch your foot into the ground propelling you in the direction you want to go. (Don't cross over step on lateral skips)
	Crow Pose Rocks	1	3-5	Press into the ground and feel pressure in hands.
Speed Hand Eye Coordination	4 Way Rudiment Hops (High + Medium Tier)	1	10 yds	Keep a full foot landing, and stiff ankle. Find a rhythm that allows you to bounce and use your knees + hips.
	Single Leg 2 Tier Rudiment Hops (High + Medium Tier)	1	5 yds each	Keep a full foot landing, find a bounce and rhythm.
	4 Way 2 Pogo Hops to 2 Low Hops	1	5 yds each	Focus on tall position for Pogo and smooth transition into low position.
	Dribbles Progression (Ankle, Calf, Knee) Ankle Dribble , Calf Dribble , Knee Dribble	1	15 yds each	Emphasis bounce and 85% contract with foot. Movement should come from the hip. To move forward push into ground. Cycle at the height of indication.
	Prime Times (Long , Short)	1	15 yds	Start with a bounce and movement from hip. Pull leg back and down into ground.
	30 yard Build Ups (Every 10 yards increase intensity)	2	1	Set 1 = 65-75-85% Set 2 = 70-80-90%

	30 yard Timed Sprint	3	1	Rest 3 Minutes Between Sets
	During Rest Perform Different Tennis Ball Juggling Variations . Use both hands, single hands, toss the ball up, bounce it. Explore different positions and challenges.			Test and play with different variations of juggling. Start with variations you feel comfortable with and progress from there. Try from different positions well (kneeling, ½ kneeling).
Strength	1A) Tempo Split Squat Variation w/3 Seconds Lower (Goblet , Dumbbell , Front Rack , Back Rack , Bodyweight)	2	8 each	Keep tall torso tall and balance between feet. Control the lowering phase and push into the ground to bring you back to standing position.
	1B) Iso Chin Over Bar Hold Variation (Choose One) (Pronated Grip , Supinated Grip) or Banded Pull Downs or Doorway Towel Pull Up Iso Hold or Doorway Towel Pull Up Iso Hold or Doorway Towel Supine Row Iso Hold	2	10-20 Seconds Hold or 10-15 Reps	Adjust height of bar or use assistance as needed.
	1C) Standing Single Leg Hip Circles	2	10 Each	Stand Tall and Upright. Keep Supporting Leg Strong and Straight. Focus on Big Range of Motion, Use Hand Support if Needed.
	2A) Feet Elevated Iso Handstand Hold or Banded Shoulder Press	2	10-20 Seconds Hold or 10-15 Reps	Start with low box or object for you feet. Adjust height to scale up or down. Stack hips on shoulders as much as possible. For banded shoulder press, press long to the ceiling.

	2B) Side Plank w/Hip Adduction Iso Hold	2	10-15 Seconds each	Stack shoulders on top of you elbow. Keep hips inline. Pull top foot into ground and support load. If needed perform in shorter time sequences and accumulate designated time.
	2C) Iso Knee to Elbow Rocks	2	Max Reps	Keep constant contact with knees and elbows. If unable too, place a ball or other object between knees and elbows.

Week 4

Day 1

		Sets	Reps	Notes
Warm Up	Ground Based Rolling Sequence 2	1	4 each	Allow for passive range of motion. Keep chin tucked as you roll back.
	Reverse Bridge SFT Taps	1	4 each	Keep hips up and press supporting hand into the ground. Lift the opposite hand and foot off the ground and meet in the middle as you tap.
	Kneeling Heel to Butt-Reverse Nordic	1	5 each	Knee tall with tops of your feet towards the floor and big toes pressed together. Sit hips back towards heels. If you're unable to touch or if it's uncomfortable keep shoulders over knees. As you perform the Reverse Nordic, press your shins into the ground as if you're performing a knee extension.
	Tall Plank to Active Deep Squat	1	3 each	Step feet outside hands and keep hips low as up come into squat position.
	Knee Hug-Elbow to Instep-3 Way Hamstring	1	5	Find a rhythm and explore fluidity and range of motion.
	Tall Plank Shoulder Taps	1	20	Keep hips and shoulders square to floor. Pause at the top of each shoulder tap for 1 second count.
	Long Lunge-Calf Raise Iso w/Ball Pass/Juggle Variation	1	20 Passes each	Keep back knee off the ground 2". Explore different variations with the passes.
	Moving SFT Line Hops	1	5 yrds each	Bounce off of ground and 85% foot contact with feet. Flip hips for the transverse hops variation.
	Moving Single Leg SFT Line Hops		5 yards each	
Speed-Gymnastics	Inchworm to Supine Scorpion	1	3-5	Keep legs straight and active shoulders as you walk feet in.

Low Amplitude Skip (Forwards/Backwards)	1	10 yds	Emphasis rhythm and snap leg back into the ground. Push yourself in the direction you want to go.
Lateral Bear Crawl	1	10 yds	Keep knees 2" off the ground with shoulders and hips at same level. Move the same side hand and foot together, with knees under hips.
Power Skips For Height	1	4-5 Skips each leg	Push hard into the ground and extension of the hip. Get as tall and high as possible with each skip.
Crossover Quadruped Crawl	1	10 yds	Keep hips low and inline with shoulders. Press through your hands and step outside foot across your body. Allow hips to rotate as you find balance on your foot.
Power Skips For Distance	1	20 yds	Keep your rhythm on the skip. Emphasis punching you knee out and forwards. Push the ground away and extend strong projecting as far forward as you can.
Progressive High Knees	1	15 yds	Initiate and move from your hips. Start with low knees and progressive bring them to higher position.
Single Leg Broad Jump to Double Leg Landing	2	3 each	Focus on pushing the ground away, and landing soft each rep.
Single Leg Standing Lateral Broad Jump	2	3 each	Be aggressive and extend as you push into the ground. Goal is to cover as much ground as possible.
3 Step, 5 Step, 7 Step Projection into Deceleration Stop	1	1 each	Set up and project your hips and shoulders forward like you have on the previous weeks. This time we're going to combine the projection acceleration and deceleration. For each of the written step count. Push long and strong projecting yourself forwards, once you reach the given step count drop your hips and perform a quick deceleration stop.

	Rolling Start 15 yrd Acceleration Sprint *Perform rep every 30 seconds and rest 2 minutes between sets	3	6	Find balance between your feet. Slowly shift weight forwards. As your knees transfer in front of your toes (positive shin angle). Push into the ground, with a back to front 2-1 punch. Rest
Strength	1A) Heels Elevated Pause Squat Variation w/3 Seconds Pause in Bottom (Goblet , Barbell Front Squat , DB Front Squat , Bodyweight)	2	10	Emphasis good position a form. There's not prescribed tempo lowering but perform with control. Pause and hold position in the bottom, then push with your legs, raising your hips and shoulders to rise at the same time.
	1B) Horizontal Row Variation 3 Position Inverted Row or 3 Position Supine Ring Row or Seated Banded Row or Doorway Towel Supine Row	2	4-6 each	Choose one variation to perform. Maintain straight line from shoulders to feet. Keep your elbows down and pull yourself to bar or rings/handles. For banded row keep tall position and pull towards hip bones.
	2A) Push Ups (If you're unable to perform at least 8-10 reps, perform an Elevated Push Up variation) Push Up Tutorial	2	Max Reps (RIR 1-2. Leave 1-2 Reps in the Tank Each Set)	Emphasis strong aligned position. Bend from the elbow to lower towards ground, then extend elbows to push back up. Ensure that both hips and shoulders lower and rise at the same rate. If need to perform on an elevated surface or from the knees do so.
	2B) Floor Slider Bilateral Eccentric Hamstring Curl	2	5-8	Laying flat on your back with heels placed close to you hips. Place feet on an object that can slide along the floor. It can be a floor slider, furniture mover, plastic plate, or hand towel on a hardwood floor. Pull your heels into the slider engaging your hamstrings and bring hips off the floor. As slow and controlled as you can extend your legs, using your hamstrings to control the speed.
	3A) Knees Over Toes Wall Sit w/Iso Calf Raise Hold	2	40-60 Seconds	Bring feet behind your knees as you sit down to squat position on wall. Press you hips and shoulders into wall, while you pull your heels off the floor.

				Emphasis pressure into the ground and wall. Don't run from the shake
	<p>3B) AMRAP in 2 Minutes</p> <p>3 V-Up or Knee Tuck Ups</p> <p>Hollow to Superman Roll</p> <p>3 Superman Lifts</p> <p>Hollow to Superman Roll</p>	2	AMRAP	<p>Starting on your back, sit up and pull feet or knees towards your chest. Sit and meet in the middle. For the hollow to superman rolls, stay as active as possible. Press low back into the floor, and pull chest and feet off the ground. Roll laterally and simultaneously pull chest and thighs off the ground. For the superman lifts, keep and long body position, and actively pull your chest and thighs off the ground maintaining as active position as possible.</p>

Day 2

		Sets	Reps	Notes
Warm Up	Single Leg Jump Rope or Single Leg Plate Hop Sequence *Try Different Variations For the Jump Rope	1	2 Minutes	Plate Hop Sequence Perform 2 Sets of 10-15 Seconds Each
	SFT Hip Flow	1	3 each	Open and flow through each position.
	Active Range of Motion Ankle Circles	1	4 each	Focus on slow controlled movement. Try to take 3-4 seconds to perform each circle. Emphasis movement coming from your heel.
	Single Leg Wall Sit	1	15-20 + 15-20 seconds	Set up single leg wall sit with ankle directly under knee. If you're unable to perform single leg, perform with a B-Stance .
	Kick Through Toe Touches	1	3-5 each each	Keep hips and shoulders aligned. Rotate as you kick through. If unable to touch toes, start with knees or shins.
	8 Point Cross In Front/Cross In Back	1	2	Take your time and allow for smooth feet transfers and transitions.
	Hands Free Get Ups	1	6	Challenge yourself and play with different variations. Try hands placed across your chest, on your head, on your hips, and around you back. Try from as seated position, laying on back or stomach.

	Supine Neck Strength Series (Flex/Ext-Lateral-Rotate-Diagonal)	1	12 each	Keep head 1” off the ground and move with a controlled speed and through as much range of motion as you can.
COD Gymnastics	90 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	135 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	45 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	180 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	Lateral Duck Walk	1	5 yds each	Sit low and explore knees over toes and feet flat position.
	Accelerate-Decelerate-Accelerate *Perform Decelerate in Bilateral Position (Feet Side By Side). Hold for 1 second count at each decelerate.	2	28 yds	Alternate Every 7 yards. Your speed will be faster entering your deceleration. Work on you timing along with planting you foot with a heavy first step and dropping your hips to decelerate. Perform at 65-85% (Increase speed from last week)

	Accelerate-180 Degree Decelerate-Accelerate *Hold for 1 second count at each decelerate.	2	28 yards	Accelerate 7 yards. Pivot, crossover step into heavy plant step. Goal is to decelerate and stop on line with balance. Emphasis smooth transition and perform at 65-85% (Increase speed from last week)
	Crab Walk (Lateral)	1	5-10 yrds	Maintain hips off the ground and press hands and feet into floor.
	Accelerate-Cross In Front Lateral Run-Accelerate	2	20 yrds	Alternate between acceleration and lateral run every 5 yrds.
	Lateral Monkey	1	5 yrds each	Start in squatted position. Place hands outside of feet and hips. Punch the ground and push hip laterally.
	Backpedal-Decelerate Pause-Backpedal	1	20 yrds	Decel and Stop Every 5 yrds
	Backpedal Weave	2	10 yrds	Sit low and emphasize using hips to direct you in the direction you want to weave. Feel your balance shift as you push and step back.
	10 yard Accelerate-Decelerate-5 yard Backpedal	2	3-5 reps	Accelerate 10 yards, decelerate and transition into backpedal for 5 yards. Focus on heavy 1 st step on deceleration, play with different foot position when transitioning from backpedal to acceleration.
	Accelerate-Glide Pivot-Backpedal-Accelerate	2	20 yrds	Accelerate 5 yrds, glide pivot into backpedal 5 yrds equals 1 rep. Perform 2 reps so total of 20 yards each set.
Power Strength	1A) Crossover Step Up w/2-3 seconds lower	2	8 each	Keep shoulders square. Cross outside foot cross the body and step up onto object. Emphasize using step up leg as the working leg. Control you lower back to the ground. Add weight if able, focus on quality.

	1B) Dips w/1 Seconds Lower (Stationary , Box/Chair , Bench , Parallette)	2	6-8	Control the lowering phase of the movement. Use assistance if needed.
	2C) Supine Single Leg Wall Hamstring Bridge	2	30-45 Seconds	Laying on your back place your foot on the wall. Perform with knees slightly bent. Apply pressure into the wall and simultaneously pull down towards the ground activating your hamstring.
	2D) Prone YTW Raise Iso Hold	2	15 Seconds each	Focus on raising from the shoulders and shoulder blades. Keep an active hold at end range.
	2E) Lateral Lean Iso Calf Raise Hold	2	15-25 Seconds (each)	Push into the wall. Pull your heel bone off the floor as high as possible.
	2F) Side Plank Star Iso Hold	2	10-20 Seconds each	If need to scale back and perform with supporting knee on ground do so. Keep hips and shoulders aligned. Try to lift top hip above top ear.

Day 3

		Sets	Reps	Notes
Warm Up	Standing SFT Leg Swings	1	3-5 each	Stand tall and use support. Actively swing leg in both directions (pull up/push down). Allow yourself to create more range of motion with each swing.
	SFT Upper Body Swings	1	3	Move and flow through each swing. Create more range of motion with each swing.
	Stationary Inchworm-Prone Scorpion	1	3 each	Keep legs straight and press through shoulders and hands as you walkout. Lay chest and arms flat to ground and rotate lower body bringing opposite foot towards opposite hand.
	4 Way Hip Strength Series	1	10 each	Glute bridge = push into the ground. Hamstring bridge = pull heels into the ground. Hip Adduction = pull inside ankle bone to the ceiling. Hip Abduction = Turn top foot toes down towards floor. Lift heel to the ceiling.
	Bear Walk (Forwards/Backwards) (A-Frame)	1	5 yds each	Keep legs straight and hip high. Press through shoulders
	Snappy Long Lunge	1	10 yds	Step long and create separation on the lunge, step through and snap knee up into flexed position.
	Bear to Crab Switch	1	3 each	Stay low, keep knees and hips off the floor.

	4 Way Low Amplitude Skip	1	10 yds each	Focus on rhythm and punch your foot into the ground propelling you in the direction you want to go. (Don't cross over step on lateral skips)
	Crow Pose Rocks	1	3-5	Press into the ground and feel pressure in hands.
Speed	Single Leg 2 Tier Rudiment Hops (High + Medium Tier)	1	5 yds each	Keep a full foot landing, find a bounce and rhythm.
	4 Way 2 Pogo Hops to 2 Low Hops	1	5 yds each	Focus on tall position for Pogo and smooth transition into low position.
	Dribbles Progression (Ankle, Calf, Knee) Ankle Dribble , Calf Dribble , Knee Dribble	1	15 yds each	Emphasis bounce and 85% contract with foot. Movement should come from the hip. To move forward push into ground. Cycle at the height of indication.
	Prime Times (Long , Short , Long to Stride Out) *Perform short prime times for 10 yds.	1	15 yds	Start with a bounce and movement from hip. Pull leg back and down into ground.
	Hand Eye Coordination			
	2 Sets: 20 Yard Sprint Rest 2 Minutes 30 yard Sprint Rest 3 Minutes 40 yard Sprint Rest 4 Minutes	2	1	Time and record each sprint.
	During Rest Perform Different Tennis Ball Juggling Variations , and Headstand Knee on Elbow Iso Holds (Forward/Backwards Roll Progression)			Test and play with different variations of juggling and rolling. Start with variations you feel comfortable with and progress

	<p>rolling variations. Use both hands, single hands, toss the ball up, bounce it. Explore different positions and challenges.</p> <p>Forward Roll, Backwards Roll, Shoulder Roll, Side Lateral Roll, Seat Roll</p>			<p>from there. Try from different positions well (kneeling, ½ kneeling), make sure to keep chin tucked on your rolls.</p>
	<p>1A) Tempo Split Squat Variation w/3 Seconds Lower (Goblet, Dumbbell, Front Rack, Back Rack, Bodyweight)</p>	2	8 each	<p>Keep tall torso tall and balance between feet. Control the lowering phase and push into the ground to bring you back to standing position.</p>
Strength	<p>1B) Pull Up Variation w/3 Seconds Lower (Pronated Grip, Supinated Grip) or Banded Pull Downs or Doorway Towel Pull Up or Doorway Towel Supine Row</p>	2	4-8	<p>Choose one variation to perform. Adjust height of bar or use assistance as needed. You can perform a jumping variation to help get above the bar or object. Emphasize a controlled lower motion. If you can not maintain 3 seconds lower, cut the set.</p>
	<p>1C) Standing Single Leg Hip Circles</p>	2	10 Each	<p>Stand Tall and Upright. Keep Supporting Leg Strong and Straight. Focus on Big Range of Motion, Use Hand Support if Needed.</p>
	<p>2A) Overhead Press Variation Pike Push Up, Feet Elevated Handstand Push Up, Banded Shoulder Press, DB Shoulder Press</p>	2	5-7	<p>Choose one variation to perform. For pike push up or handstand push up variations. Prioritize controlling the lowering phase of the movement and making a tripod position between your hands and head position. Press yourself up and back as you press strong through your shoulders.</p>

	2B) Copenhagen Variation Iso Hold	2	15-20 Seconds each	Stack shoulders on top of you elbow. Keep hips inline. Pull top foot into elevated platform and load. If needed perform in shorter time sequences and accumulate designated time.
	2C) Spring Ankle Position 2 & 5 Iso Hold	2	20 -30 Seconds Each	Keep constant contact with knees and elbows. If unable too, place a ball or other object between knees and elbows.

Week 5

Day 1

		Sets	Reps	Notes
Warm Up	Ground Based Rolling Sequence 2	1	4 each	Allow for passive range of motion. Keep chin tucked as you roll back.
	Reverse Bridge SFT Taps	1	4 each	Keep hips up and press supporting hand into the ground. Lift the opposite hand and foot off the ground and meet in the middle as you tap.
	Kneeling Heel to Butt-Reverse Nordic	1	5 each	Knee tall with tops of your feet towards the floor and big toes pressed together. Sit hips back towards heels. If you're unable to touch or if it's uncomfortable keep shoulders over knees. As you perform the Reverse Nordic, press your shins into the ground as if you're performing a knee extension.
	Tall Plank to Active Deep Squat	1	3 each	Step feet outside hands and keep hips low as you come into squat position.
	Knee Hug-Elbow to Instep-3 Way Hamstring	1	5	Find a rhythm and explore fluidity and range of motion.
	Tall Plank Shoulder Taps	1	20	Keep hips and shoulders square to floor. Pause at the top of each shoulder tap for 1 second count.
	Long Lunge-Calf Raise Iso w/Ball Pass/Juggle Variation	1	25 Passes each	Keep back knee off the ground 2". Explore different variations with the passes.
	Moving SFT Line Hops	1	5 yds each	Bounce off of ground and 85% foot contact with feet. Flip hips for the transverse hops variation.
	Moving Single Leg SFT Line Hops		5 yards each	Bounce off of ground and 85% foot contact with feet. Flip hips for the transverse hops variation.
Speed-Gymnastics	Inchworm to Supine Scorpion	1	3-5	Keep legs straight and active shoulders as you walk feet in.

Low Amplitude Skip (Forwards/Backwards)	1	10 yds	Emphasis rhythm and snap leg back into the ground. Push yourself in the direction you want to go.
Lateral Bear Crawl	1	10 yds	Keep knees 2" off the ground with shoulders and hips at same level. Move the same side hand and foot together, with knees under hips.
Power Skips For Height	1	4-5 Skips each leg	Push hard into the ground and extension of the hip. Get as tall and high as possible with each skip.
Crossover Quadruped Crawl	1	10 yds	Keep hips low and inline with shoulders. Press through your hands and step outside foot across your body. Allow hips to rotate as you find balance on your foot.
Power Skips For Distance	1	20 yds	Keep your rhythm on the skip. Emphasis punching you knee out and forwards. Push the ground away and extend strong projecting as far forward as you can.
Progressive High Knees	1	15 yds	Initiate and move from your hips. Start with low knees and progressive bring them to higher position.
Single Leg Standing Broad Jump to Double Leg Landing	2	4 each	Focus on pushing the ground away, and landing soft each rep.
Single Leg Standing Lateral Broad Jump	2	4 each	Be aggressive and extend as you push into the ground. Goal is to cover as much ground as possible.
3 Step, 5 Step, 7 Step Projection into Deceleration Stop	1	1 each	Set up and project your hips and shoulders forward like you have on the previous weeks. This time we're going to combine the projection acceleration and deceleration. For each of the written step count. Push long and strong projecting yourself forwards, once you reach the given step count drop your hips and perform a quick deceleration stop.

	Fall Forwards 15 yard Acceleration *Perform rep every 30 seconds and rest 2 minutes between sets	3	8	Find balance between your feet. Slowly shift weight forwards. As your knees transfer in front of your toes (positive shin angle). Push into the ground, with a back to front 2-1 punch.
Strength	1A) Heels Elevated Pause Squat Variation w/3 Seconds Pause in Bottom (Goblet , Barbell Front Squat , DB Front Squat , Bodyweight)	2	8	Emphasis good position a form. There's not prescribed tempo lowering but perform with control. Pause and hold position in the bottom, then push with your legs, raising your hips and shoulders to rise at the same time.
	1B) Horizontal Row Variation 3 Position Inverted Row or 3 Position Supine Ring Row or Seated Banded Row or Doorway Towel Supine Row	2	5-7 each	Choose one variation to perform. Maintain straight line from shoulders to feet. Keep elbows down and pull yourself to bar or rings/handles. For banded row keep tall position and pull towards hip bones.
	2A) Push Ups (If you're unable to perform at least 8-10 reps, perform an Elevated Push Up variation) Push Up Tutorial	2	Max Reps (RIR 1-2. Leave 1-2 Reps in the Tank Each Set)	Emphasis strong aligned position. Bend from the elbow to lower towards ground, then extend elbows to push back up. Ensure that both hips and shoulders lower and rise at the same rate. If need to perform on an elevated surface or from the knees do so.
	2B) Floor Slider Bilateral Eccentric Hamstring Curl	2	6-9	Laying flat on your back with heels placed close to you hips. Place feet on an object that can slide along the floor. It can be a floor slider, furniture mover, plastic plate, or hand towel on a hardwood floor. Pull your heels into the slider engaging your hamstrings and bring hips off the floor. As slow and controlled as you can extend your legs, using your hamstrings to control the speed.
	3A) Knees Over Toes Wall Sit w/Iso Calf Raise Hold	2	40-60 Seconds	Bring feet behind your knees as you sit down to squat position on wall. Press you hips and shoulders into wall, while you pull your heels off the floor.

				Emphasis pressure into the ground and wall. Don't run from the shake
	<p>3B) AMRAP in 2 Minutes</p> <p>5 V-Up or Knee Tuck Ups</p> <p>Hollow to Superman Roll</p> <p>5 Superman Lifts</p> <p>Hollow to Superman Roll</p>	2	AMRAP	<p>Starting on your back, sit up and pull feet or knees towards your chest. Sit and meet in the middle. For the hollow to superman rolls, stay as active as possible. Press low back into the floor, and pull chest and feet off the ground. Roll laterally and simultaneously pull chest and thighs off the ground. For the superman lifts, keep and long body position, and actively pull your chest and thighs off the ground maintaining as active position as possible.</p>

Day 2

		Sets	Reps	Notes
Warm Up	Single Leg Jump Rope or Single Leg Plate Hop Sequence *Try Different Variations For the Jump Rope	1	2 Minutes	Plate Hop Sequence Perform 2 Sets of 10-15 Seconds Each
	SFT Hip Flow	1	3 each	Open and flow through each position.
	Active Range of Motion Ankle Circles	1	4 each	Focus on slow controlled movement. Try to take 3-4 seconds to perform each circle. Emphasis movement coming from your heel.
	Single Leg Wall Sit	1	15-25 seconds	Set up single leg wall sit with ankle directly under knee. If you're unable to perform single leg, perform with a B-Stance .
	Kick Through Toe Touches	1	3-5 each each	Keep hips and shoulders aligned. Rotate as you kick through. If unable to touch toes, start with knees or shins.
	8 Point Cross In Front/Cross In Back	1	2 each	Take your time and allow for smooth feet transfers and transitions.
	Hands Free Get Ups	1	8	Challenge yourself and play with different variations. Try hands placed across your chest, on your head, on your hips, and around you back. Try from as seated position, laying on back or stomach.

	Supine Neck Strength Series (Flex/Ext-Lateral-Rotate-Diagonal)	1	12-15 each	Keep head 1” off the ground and move with a controlled speed and through as much range of motion as you can.
COD Gymnastics	90 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	135 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	45 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	180 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	Lateral Duck Walk	1	5 yrds each	Sit low and explore knees over toes and feet flat position.
	Accelerate-Decelerate-Accelerate *Perform Decelerate in Bilateral and Staggered Stance Position (Feet Side By Side). Hold for 1 second count at each decelerate.	2	40 yrds	Alternate Every 10 yards. Your speed will be faster entering your deceleration. Work on you timing along with planting you foot with a heavy first step and dropping your hips to decelerate. Perform at 70-90% (Increase speed from last week)

	Accelerate-180 Degree Decelerate-Accelerate *Hold for 1 second count at each decelerate.	2	40 yards	Accelerate 10 yards. Pivot, crossover step into heavy plant step. Goal is to decelerate and stop online with balance. Emphasis smooth transition and perform at 70-90% (Increase speed from last week)
	Crab Walk (Lateral)	1	5-10 yrds	Maintain hips off the ground and press hands and feet into floor.
	Accelerate-Cross In Front Lateral Run-Accelerate	2	20 yrds	Alternate between acceleration and lateral run every 5 yrds.
	Lateral Monkey	1	5 yrds each	Start in squatted position. Place hands outside of feet and hips. Punch the ground and push hip laterally.
	Backpedal-Decelerate Pause-Backpedal	1	20 yrds	Decel and Stop Every 5 yrds
	Backpedal Weave	2	10 yrds	Sit low and emphasize using hips to direct you in the direction you want to weave. Feel your balance shift as you push and step back.
	10 yard Accelerate-Decelerate-5 yard Backpedal	2	20 yrds	Accelerate 10 yards, decelerate and transition into backpedal for 5 yards. Focus on heavy 1 st step on deceleration, play with different foot position when transitioning from backpedal to acceleration.
	Accelerate-Glide Pivot-Backpedal-Accelerate	2	20 yrds	Accelerate 5 yrds, glide pivot into backpedal 5 yrds equals 1 rep. Perform 2 reps so total of 20 yards each set.
Power Strength	1A) Crossover Step Up w/2-3 seconds lower	2	6 each	Keep shoulders square. Cross outside foot cross the body and step up onto object. Emphasize using step up leg as the working leg. Control you lower back to the ground. Add weight if able, focus on quality.

	1B) Dips w/1 Seconds Lower (Stationary , Box/Chair , Bench , Parallette)	2	6-12	Control the lowering phase of the movement. Use assistance if needed.
	2C) Supine Single Leg Wall Hamstring Bridge	2	40-60 Seconds	Laying on your back place your foot on the wall. Perform with knees slightly bent. Apply pressure into the wall and simultaneously pull down towards the ground activating your hamstring.
	2D) Prone YTW Raise Iso Hold	2	15 -25 Seconds each	Focus on raising from the shoulders and shoulder blades. Keep an active hold at end range.
	2E) Lateral Lean Iso Calf Raise Hold	2	15-25 Seconds (each)	Push into the wall. Pull your heel bone off the floor as high as possible.
	2F) Side Plank Star Iso Hold	2	15-25 Seconds each	If need to scale back and perform with supporting knee on ground do so. Keep hips and shoulders aligned. Try to lift top hip above top ear.

Day 3

		Sets	Reps	Notes
Warm Up	Standing SFT Leg Swings	1	3-5 each	Stand tall and use support. Actively swing leg in both directions (pull up/push down). Allow yourself to create more range of motion with each swing.
	SFT Upper Body Swings	1	3	Move and flow through each swing. Create more range of motion with each swing.
	Stationary Inchworm-Prone Scorpion	1	3 each	Keep legs straight and press through shoulders and hands as you walkout. Lay chest and arms flat to ground and rotate lower body bringing opposite foot towards opposite hand.
	4 Way Hip Strength Series	1	10 each	Glute bridge = push into the ground. Hamstring bridge = pull heels into the ground. Hip Adduction = pull inside ankle bone to the ceiling. Hip Abduction = Turn top foot toes down towards floor. Lift heel to the ceiling.
	Bear Walk (Forwards/Backwards) (A-Frame)	1	5 yds each	Keep legs straight and hip high. Press through shoulders
	Snappy Long Lunge	1	10 yds	Step long and create separation on the lunge, step through and snap knee up into flexed position.
	Bear to Crab Switch	1	3 each	Stay low, keep knees and hips off the floor.

	4 Way Low Amplitude Skip	1	10 yds each	Focus on rhythm and punch your foot into the ground propelling you in the direction you want to go. (Don't cross over step on lateral skips)
	Crow Pose Rocks	1	3-5	Press into the ground and feel pressure in hands.
Speed	Single Leg 2 Tier Rudiment Hops (High + Medium Tier)	1	5 yds each	Keep a full foot landing, find a bounce and rhythm.
	4 Way 2 Pogo Hops to 2 Low Hops	1	5 yds each	Focus on tall position for Pogo and smooth transition into low position.
	Dribbles Progression (Ankle, Calf, Knee) Ankle Dribble , Calf Dribble , Knee Dribble	1	15 yds each	Emphasis bounce and 85% contract with foot. Movement should come from the hip. To move forward push into ground. Cycle at the height of indication.
	Prime Times (Long , Short , Long to Stride Out) *Perform short prime times for 10 yds.	1	15 yds	Start with a bounce and movement from hip. Pull leg back and down into ground.
	Hand Eye Coordination			
	2 Sets: 20 Yard Sprint Rest 2 Minutes 30 yard Sprint Rest 3 Minutes 40 yard Sprint Rest 4 Minutes	2	1	Time and record each sprint.
	During Rest Perform Different Tennis Ball Juggling Variations , and Headstand Knee on Elbow Iso Holds (Forward/Backwards Roll Progression)			Test and play with different variations of juggling and rolling. Start with variations you feel comfortable with and progress

	<p>rolling variations. Use both hands, single hands, toss the ball up, bounce it. Explore different positions and challenges.</p> <p>Forward Roll, Backwards Roll, Shoulder Roll, Side Lateral Roll, Seat Roll</p>			<p>from there. Try from different positions well (kneeling, ½ kneeling), make sure to keep chin tucked on your rolls.</p>
	<p>1A) Tempo Split Squat Variation w/3 Seconds Lower (Goblet, Dumbbell, Front Rack, Back Rack, Bodyweight)</p>	2	8 each	<p>Keep tall torso tall and balance between feet. Control the lowering phase and push into the ground to bring you back to standing position.</p>
Strength	<p>1B) Pull Up Variation w/2 Seconds Lower (Pronated Grip, Supinated Grip) or Banded Pull Downs or Doorway Towel Pull Up or Doorway Towel Supine Row</p>	2	4-8	<p>Choose one variation to perform. Adjust height of bar or use assistance as needed. You can perform a jumping variation to help get above the bar or object. Emphasize a controlled lower motion. If you can not maintain 3 seconds lower, cut the set.</p>
	<p>1C) Standing Single Leg Hip Circles</p>	2	10 Each	<p>Stand Tall and Upright. Keep Supporting Leg Strong and Straight. Focus on Big Range of Motion, Use Hand Support if Needed.</p>
	<p>2A) Overhead Press Variation Pike Push Up, Feet Elevated Handstand Push Up, Banded Shoulder Press, DB Shoulder Press</p>	2	6-8	<p>Choose one variation to perform. For pike push up or handstand push up variations. Prioritize controlling the lowering phase of the movement and making a tripod position between your hands and head position. Press yourself up and back as you press strong through your shoulders.</p>

	2B) Copenhagen Variation Iso Hold	2	15-25 Seconds each	Stack shoulders on top of you elbow. Keep hips inline. Pull top foot into elevated platform and load. If needed perform in shorter time sequences and accumulate designated time.
	2C) Spring Ankle Position 2 & 5 Iso Hold	2	20 -30 Seconds Each	Keep constant contact with knees and elbows. If unable too, place a ball or other object between knees and elbows.

Week 6

Day 1

		Sets	Reps	Notes
Warm Up	Ground Based Rolling Sequence 2	1	4 each	Allow for a passive range of motion. Keep chin tucked as you roll back.
	Reverse Bridge SFT Taps	1	4 each	Keep hips up and press supporting hand into the ground. Lift the opposite hand and foot off the ground and meet in the middle as you tap.
	Kneeling Heel to Butt-Reverse Nordic	1	5 each	Knee tall with tops of your feet towards the floor and big toes pressed together. Sit hips back towards heels. If you're unable to touch or if it's uncomfortable keep shoulders over your knees. As you perform the Reverse Nordic, press your shins into the ground as if you're performing a knee extension.
	Tall Plank to Active Deep Squat	1	3 each	Step feet outside hands and keep hips low as up come into squat position.
	Knee Hug-Elbow to Instep-3 Way Hamstring	1	5	Find a rhythm and explore fluidity and range of motion.
	Tall Plank Shoulder Taps	1	20	Keep hips and shoulders square to floor. Pause at the top of each shoulder tap for 1 second count.
	Long Lunge-Calf Raise Iso w/Ball Pass/Juggle Variation	1	30 Passes each	Keep back knee off the ground 2". Explore different variations with the passes.
	Moving SFT Line Hops	1	5 yrds each	Bounce off of ground and 85% foot contact with feet. Flip hips for the transverse hops variation.
	Moving Single Leg SFT Line Hops		5 yards each	Bounce off of ground and 85% foot contact with feet. Flip hips for the transverse hops variation.
Speed-Gymnastics	Inchworm to Supine Scorpion	1	3-5	Keep legs straight and active shoulders as you walk feet in.

Low Amplitude Skip (Forwards/Backwards)	1	10 yds	Emphasis rhythm and snap leg back into the ground. Push yourself in the direction you want to go.
Lateral Bear Crawl	1	5 yds	Keep knees 2" off the ground with shoulders and hips at same level. Move the same side hand and foot together, with knees under hips.
Power Skips For Height	1	4-6 Skips each leg	Push hard into the ground and extension of the hip. Get as tall and high as possible with each skip.
Crossover Quadruped Crawl	1	10 yds	Keep hips low and inline with shoulders. Press through your hands and step outside foot across your body. Allow hips to rotate as you find balance on your foot.
Power Skips For Distance	1	20 yds	Keep your rhythm on the skip. Emphasis punching you knee out and forwards. Push the ground away and extend strong projecting as far forward as you can.
Progressive High Knees	1	15 yds	Initiate and move from your hips. Start with low knees and progressive bring them to higher position.
Single Leg Standing Broad Jump to Double Leg Landing	2	5 each	Focus on pushing the ground away, and landing soft each rep.
Single Leg Standing Lateral Broad Jump	2	5 each	Be aggressive and extend as you push into the ground. Goal is to cover as much ground as possible.
3 Step, 5 Step, 7 Step Projection into Deceleration Stop	1	1 each	Set up and project your hips and shoulders forward like you have on the previous weeks. This time we're going to combine the projection acceleration and deceleration. For each of the written step count. Push long and strong projecting yourself forwards, once you reach the given step count drop your hips and perform a quick deceleration stop.

	Jump Back 15 yard Acceleration *Perform rep every 30 seconds and rest 2 minutes between sets	3	10	Set up with feet under your hips. Jump slightly back, land and push into the ground. Play with different landing positions of your feet. Back foot forwards, back foot turned out, etc.
Strength	1A) Heels Elevated Pause Squat Variation w/3 Seconds Pause in Bottom (Goblet , Barbell Front Squat , DB Front Squat , Bodyweight)	2	6	Emphasis good position a form. There's not prescribed tempo lowering but perform with control. Pause and hold position in the bottom, then push with your legs, raising your hips and shoulders to rise at the same time. Goal is to increase load from last week.
	1B) Horizontal Row Variation 3 Position Inverted Row or 3 Position Supine Ring Row or Seated Banded Row or Doorway Towel Supine Row	2	6-8 each	Choose one variation to perform. Maintain straight line from shoulders to feet. Keep elbows down and pull yourself to bar or rings/handles. For banded row keep tall position and pull towards hip bones.
	2A) Push Ups (If you're unable to perform at least 8-10 reps, perform an Elevated Push Up variation) Push Up Tutorial	2	Max Reps (RIR 1-2. Leave 1-2 Reps in the Tank Each Set)	Emphasis strong aligned position. Bend from the elbow to lower towards ground, then extend elbows to push back up. Ensure that both hips and shoulders lower and rise at the same rate. If need to perform on an elevated surface or from the knees do so.
	2B) Floor Slider Bilateral Eccentric Hamstring Curl	2	7-10	Laying flat on your back with heels placed close to you hips. Place feet on an object that can slide along the floor. It can be a floor slider, furniture mover, plastic plate, or hand towel on a hardwood floor. Pull your heels into the slider engaging your hamstrings and bring hips off the floor. As slow and controlled as you can extend your legs, using your hamstrings to control the speed.
	3A) Knees Over Toes Wall Sit w/Iso Calf Raise Hold	2	40-60 Seconds	Bring feet behind your knees as you sit down to squat position on wall. Press you hips and shoulders into wall, while you pull your heels off the floor.

				Emphasis pressure into the ground and wall. Don't run from the shake
	<p>3B) AMRAP in 2 Minutes</p> <p>7 V-Up or Knee Tuck Ups</p> <p>Hollow to Superman Roll</p> <p>7 Superman Lifts</p> <p>Hollow to Superman Roll</p>	2	AMRAP	<p>Starting on your back, sit up and pull feet or knees towards your chest. Sit and meet in the middle. For the hollow to superman rolls, stay as active as possible. Press low back into the floor, and pull chest and feet off the ground. Roll laterally and simultaneously pull chest and thighs off the ground. For the superman lifts, keep and long body position, and actively pull your chest and thighs off the ground maintaining as active position as possible.</p>

Day 2

		Sets	Reps	Notes
Warm Up	Single Leg Jump Rope or Single Leg Plate Hop Sequence *Try Different Variations For the Jump Rope	1	2 Minutes	Plate Hop Sequence Perform 2 Sets of 10-15 Seconds Each
	SFT Hip Flow	1	3 each	Open and flow through each position.
	Active Range of Motion Ankle Circles	1	4 each	Focus on slow controlled movement. Try to take 3-4 seconds to perform each circle. Emphasis movement coming from your heel.
	Single Leg Wall Sit	1	15-25 seconds	Set up single leg wall sit with ankle directly under knee. If you're unable to perform single leg, perform with a B-Stance .
	Kick Through Toe Touches	1	3-5 each each	Keep hips and shoulders aligned. Rotate as you kick through. If unable to touch toes, start with knees or shins.
	8 Point Cross In Front/Cross In Back	1	2 each	Take your time and allow for smooth feet transfers and transitions.
	Hands Free Get Ups	1	8	Challenge yourself and play with different variations. Try hands placed across your chest, on your head, on your hips, and around you back. Try from as seated position, laying on back or stomach.

	Supine Neck Strength Series (Flex/Ext-Lateral-Rotate-Diagonal)	1	12 each	Keep head 1” off the ground and move with a controlled speed and through as much range of motion as you can.
COD Gymnastics	90 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	135 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	45 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	180 Degree Bilateral Vector Jump	1	3 each	Emphasize pushing with both legs. Make sure to use feet and legs to direct you towards the direction you want to go. Don't just turn in the air. Direct yourself by pushing into the ground.
	Lateral Duck Walk	1	5 yds each	Sit low and explore knees over toes and feet flat position.
	Accelerate-Decelerate-Accelerate *Perform Decelerate in Bilateral Position (Feet Side By Side). Hold for 1 second count at each decelerate.	2	40 yds	Alternate Every 10 yards. Your speed will be faster entering your deceleration. Work on you timing along with planting you foot with a heavy first step and dropping your hips to decelerate. Perform at 70-90% (Increase speed from last week)

	Accelerate-180 Degree Decelerate-Accelerate *Hold for 1 second count at each decelerate.	2	40 yards	Accelerate 10 yards. Pivot, crossover step into heavy plant step. Goal is to decelerate and stop online with balance. Emphasis smooth transition and perform at 70-90% (Increase speed from last week)
	Crab Walk (Lateral)	1	5-10 yrds	Maintain hips off the ground and press hands and feet into floor.
	Accelerate-Cross In Front Lateral Run-Accelerate	2	20 yrds	Alternate between acceleration and lateral run every 5 yrds.
	Lateral Monkey	1	5 yrds each	Start in squatted position. Place hands outside of feet and hips. Punch the ground and push hip laterally.
	Backpedal-Decelerate Pause-Backpedal	1	20 yrds	Decel and Stop Every 5 yrds
	Backpedal Weave	2	10 yrds	Sit low and emphasize using hips to direct you in the direction you want to weave. Feel your balance shift as you push and step back.
	10 yard Accelerate-Decelerate-5 yard Backpedal	2	20 yrds	Accelerate 10 yards, decelerate and transition into backpedal for 5 yards. Focus on heavy 1 st step on deceleration, play with different foot position when transitioning from backpedal to acceleration.
	Accelerate-Glide Pivot-Backpedal-Accelerate	2	20 yrds	Accelerate 5 yrds, glide pivot into backpedal 5 yrds equals 1 rep. Perform 2 reps so total of 20 yards each set.
Power Strength	1A) Crossover Step Up w/2-3 seconds lower	2	7 each	Keep shoulders square. Cross outside foot cross the body and step up onto object. Emphasize using step up leg as the working leg. Control you lower back to the ground. Add weight if able, focus on quality.

	1B) Dips w/1 Seconds Lower (Stationary , Box/Chair , Bench , Parallette)	2	6-10	Control the lowering phase of the movement. Use assistance if needed.
	2C) Supine Single Leg Wall Hamstring Bridge	2	40-60 Seconds	Laying on your back place your foot on the wall. Perform with knees slightly bent. Apply pressure into the wall and simultaneously pull down towards the ground activating your hamstring.
	2D) Prone YTW Raise Iso Hold	2	15 -20 Seconds each	Focus on raising from the shoulders and shoulder blades. Keep an active hold at end range.
	2E) Lateral Lean Iso Calf Raise Hold	2	15-25 Seconds (each)	Push into the wall. Pull your heel bone off the floor as high as possible.
	2F) Side Plank Star Iso Hold	2	20-30 Seconds each	If need to scale back and perform with supporting knee on ground do so. Keep hips and shoulders aligned. Try to lift top hip above top ear.

Day 3

		Sets	Reps	Notes
Warm Up	Standing SFT Leg Swings	1	3-5 each	Stand tall and use support. Actively swing leg in both directions (pull up/push down). Allow yourself to create more range of motion with each swing.
	SFT Upper Body Swings	1	3	Move and flow through each swing. Create more range of motion with each swing.
	Stationary Inchworm-Prone Scorpion	1	3 each	Keep legs straight and press through shoulders and hands as you walkout. Lay chest and arms flat to ground and rotate lower body bringing opposite foot towards opposite hand.
	4 Way Hip Strength Series	1	10 each	Glute bridge = push into the ground. Hamstring bridge = pull heels into the ground. Hip Adduction = pull inside ankle bone to the ceiling. Hip Abduction = Turn top foot toes down towards floor. Lift heel to the ceiling.
	Bear Walk (Forwards/Backwards) (A-Frame)	1	5 yds each	Keep legs straight and hip high. Press through shoulders
	Snappy Long Lunge	1	10 yds	Step long and create separation on the lunge, step through and snap knee up into flexed position.
	Bear to Crab Switch	1	3 each	Stay low, keep knees and hips off the floor.

	4 Way Low Amplitude Skip	1	10 yds each	Focus on rhythm and punch your foot into the ground propelling you in the direction you want to go. (Don't cross over step on lateral skips)
	Crow Pose Rocks	1	3-5	Press into the ground and feel pressure in hands.
Speed	Single Leg 2 Tier Rudiment Hops (High + Medium Tier)	1	5 yds each	Keep a full foot landing, find a bounce and rhythm.
	4 Way 2 Pogo Hops to 2 Low Hops	1	5 yds each	Focus on tall position for Pogo and smooth transition into low position.
	Dribbles Progression (Ankle, Calf, Knee) Ankle Dribble , Calf Dribble , Knee Dribble	1	15 yds each	Emphasis bounce and 85% contract with foot. Movement should come from the hip. To move forward push into ground. Cycle at the height of indication.
	Prime Times (Long , Short , Long to Stride Out) *Perform short prime times for 10 yds.	1	15 yds	Start with a bounce and movement from hip. Pull leg back and down into ground.
	Hand Eye Coordination			
	2 Sets: 20 Yard Sprint Rest 2 Minutes 30 yard Sprint Rest 3 Minutes 40 yard Sprint Rest 4 Minutes	2	1	Time and record each sprint.
	During Rest Perform Different Tennis Ball Juggling Variations , and Headstand Knee on Elbow Iso Holds (Forward/Backwards Roll Progression)			Test and play with different variations of juggling and rolling. Start with variations you feel comfortable with and progress

	<p>rolling variations. Use both hands, single hands, toss the ball up, bounce it. Explore different positions and challenges.</p> <p>Forward Roll, Backwards Roll, Shoulder Roll, Side Lateral Roll, Seat Roll</p>			<p>from there. Try from different positions well (kneeling, ½ kneeling), make sure to keep chin tucked on your rolls.</p>
	<p>1A) Tempo Split Squat Variation w/3 Seconds Lower (Goblet, Dumbbell, Front Rack, Back Rack, Bodyweight)</p>	2	8 each	<p>Keep tall torso tall and balance between feet. Control the lowering phase and push into the ground to bring you back to standing position.</p>
Strength	<p>1B) Pull Up Variation w/1 Seconds Lower (Pronated Grip, Supinated Grip) or Banded Pull Downs or Doorway Towel Pull Up or Doorway Towel Supine Row</p>	2	4-8	<p>Choose one variation to perform. Adjust height of bar or use assistance as needed. You can perform a jumping variation to help get above the bar or object. Emphasize a controlled lower motion. If you can not maintain 3 seconds lower, cut the set.</p>
	<p>1C) Standing Single Leg Hip Circles</p>	2	10 Each	<p>Stand Tall and Upright. Keep Supporting Leg Strong and Straight. Focus on Big Range of Motion, Use Hand Support if Needed.</p>
	<p>2A) Overhead Press Variation Pike Push Up, Feet Elevated Handstand Push Up, Banded Shoulder Press, DB Shoulder Press</p>	2	7-10	<p>Choose one variation to perform. For pike push up or handstand push up variations. Prioritize controlling the lowering phase of the movement and making a tripod position between your hands and head position. Press yourself up and back as you press strong through your shoulders.</p>

	2B) Copenhagen Variation Iso Hold	2	20-30 Seconds each	Stack shoulders on top of you elbow. Keep hips inline. Pull top foot into elevated platform and load. If needed perform in shorter time sequences and accumulate designated time.
	2C) Spring Ankle Position 2 & 5 Iso Hold	2	20-30 Seconds Each	Keep constant contact with knees and elbows. If unable too, place a ball or other object between knees and elbows.