



Full Body Strength	Rep-Range	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Front Squat or Goblet Squat	10			10		7	
	10			10		7	
	10			7		7	
	10			7		7	
				7		7	
Glute Bridges	3 x 10			4 x 10		4 x 7	
*Hand Release Push Ups	3 x 5-10 (good reps)			4 x 5-10			
Single Arm Dumbbell Row	3 x 10			4 x 10			
Facepulls (band or cable machine)	3 x 15					4 x 15	
Core							
Straight Plank	3 x 20"			3 x 30"			
Leg Lifts	3 x 10			3 x 10 alternating legs			

Full Body Strength	Rep-Range	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Dead Lift	10					10	
Options	10					10	
Straight Bar / Trap Bar Dumbbell	7					7	
	7					7	
						7	
Step-Ups	3 x 7 each leg					4 x 7 each	
Assisted Chin-Ups	5 x 3					5 x 5	
Kneeling DB or KB Press	3 x 10					4 x 10	
T's & Y's (light weight)	3 x 5-7 each						
Core							
Hanging Knee lifts	3 x 10						
Penguin Taps	3 x 20"						

Full Body Strength	Rep-Range	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
DB Pullover	2 x 10						
DB Bench Press (neutral grip)	3 x 10			4 x 10			
Overhead Banded Row w/ 3" Hold	3 x 10			4 x 10			
Back Step Lunges	3 x 10 each			4 x 10			
DB RDL	3 x 10						
Core							
Palof Press	3 x 10 each side						
Bicycles	3 x 20"						

*Hand Release Push ups - MUST BE PERFECT FORM / Chest to ground / If too easy you can substitute for Weighted Push Ups

* Incline T's & Y's must be done with light weight - can be done laying flat or on an incline

*Step-ups and Lunges should be done with body weight first before adding weight

*If you can't get light dumbbells, Most exercises can be done with other items. You will have to get creative

*I highly recommend everyone get a few different weighted bands (amazon has a million cheap options). Get normal resistance bands and also smaller bands to go around knees.

Glute Activation Routine - Perform BEFORE Jumps

3 Rep Slow 3 Rep Fast:

Firehydrant / Straight Leg Extensions / Side laying Abduction / Back laying Hip Flexion

Banded Side Steps

Place band right above knee. keep knees over pinky toes / hips back (athletic stance) / step out to side with one foot, other foot steps back to neutral position. Work your way out ~30ft and back

Banded Monster Walks

Same band position as side steps. Shoulder width feet. Walk forward slowly while keeping knees from caving in. Keep feet distance. Walk ~30ft and back

Basic Jumping Routine (perform 2x per week)

Pogo Jumps

Ankles Only	2 x 10 sec rounds
Hips Included	2 x 10 sec rounds

Skater Jumps

Small	2 x 10 sec round
Medium	2 x 10 sec round
Large	1 x 5 each leg (must stick the landing)

Broad Jump

Max Jump - properly stick the landing	2 x 3
---------------------------------------	-------

Box Jump

Walk-in Jump - properly stick the landing	1 x 5
Hop to Jump	1 x 5