



**Strength, Speed, and Conditioning**

**Progression A**

**Owner: Brian Henesey**

**Phone: (267)-218-4042**

**brianhenesey@overachievesportsandspeed.com**

**320 S. Henderson Road**

**King of Prussia, PA 19406**

**<https://www.overachievesportsandspeed.com/home>**

*"Helping athletes reach their short-term goals  
and chase their long term dreams!"*

# OVERACHIEVE

## Table of Contents:

Warm-Up .....	3
RPE, % Training, and Tempo Description .....	4
Strength Training Supplements .....	5
High School Testing Sheet .....	6
Progressions (Months 1-6) .....	7-12
Blank Progression Form .....	13
Bootcamp Workout .....	14
Post-Workout Supersets .....	15
Accessory Speed Work .....	16
Daily Tracking Sheet .....	17
Monthly Tracking Sheet .....	18
Med Ball Program .....	19
Exercise Index .....	20-25

## Overview of Program

<b>Category</b>	<b>Time</b>
* Mobility and Stability	15 min
* Performed On Own Time	
Acceleration, Agility, and Power	25 min
Strength	40 min
Metabolic Conditioning	10 min

## **Supplemental Sessions**

Cardio

Top End Speed Mechanics

Fast Feet Or Additional Lateral Speed

Arm Care, Hip, and Ankle Mobility

\* Athletes Have the Advantage to Set Up Their Training Times As Needed, Potential For 6 Days of Programming

## Warm-up

- \* Athletes should arrive 15-20 minutes prior to scheduled group session to complete individualized warm-up
- \* All athletes will complete the movement prep section of the warm-up
- \* Athletes are encouraged to perform individual correctives before and after the training session
- \* For example, a baseball player would complete the movement prep section and OH athlete section of the warm-up before starting the scheduled training session
- \* **Click on any of the exercises for video**

### Movement Prep

<a href="#">Hip Hinge</a>	2x12
<a href="#">PVC or Banded OH Squat</a>	2x12
<a href="#">Bent Over T-Spine Rotation</a>	2x12

### HIP MOBILITY

*For athletes with limited Hip IR*

<a href="#">Supine Reverse Clams w/ Hip Flexion and Roller</a>	2x8/side
<a href="#">Side Lying Reverse Clams w/ Band</a>	2x8/side

*For athletes with limited Hip ER*

<a href="#">Side Lying Banded Clamshell</a>	2x8/side
<a href="#">90/90 Hip ER Against Band</a>	2x8/side

\* Band Around Front Leg Ankle and Rear Leg Quad

### BALANCE/PROPRIOCEPTION

<a href="#">Stabilization Hurdles</a>	x3 for all 3 directions on each leg
* Backwards direction can be added by coach	
<a href="#">Single Leg Balance</a>	30 seconds/leg w/ 1/4 squat and eyes closed
<a href="#">Single Leg Balance on Balls of Feet</a>	30 seconds/leg w/ 1/4 squat and eyes closed
<a href="#">Single Leg Thoracic Rotations</a>	2x8/side
<a href="#">Single Leg Diaganol Chops</a>	2x8/side

### OH ATHLETE

<a href="#">Back to Wall Shoulder Flexion</a>	2x10
<a href="#">Forearm Wall Slides at 135 Degrees w/ Liftoff</a>	2x10
<a href="#">External Rotations Holds to Wall</a>	2x3x5 sec/side
Med Ball Program	3x3/side

### REACTIVITY

<a href="#">Jump Rope</a>	5x30 seconds on both 1 foot and 2 feet
---------------------------	--

### ANKLE MOBILITY

<a href="#">Half Kneeling Dorsiflexion Against Wall</a>	2x10/side
<a href="#">Split Stance Ankle Dorsiflexion On Box</a>	2x10/side

\* Keep Heel On Ground Or Box

## Explanation of RPE, % Based Training, and Tempo

### **Autoregulation: Adjusting training volume and/or load to work in the proper intensity zone**

Based on performance, not necessarily feel

How we use it: By prescribing RPE (Rate of Perceived Exertion) and % based volume to determine the weight and # of repetitions performed during an exercise

Why we use it: A combination of RPE and % based training helps prevent undertraining and overtraining, while assisting in long-term development

#### Examples of Autoregulation

– 5 sets of 5 at 75% of a 1 rep max (1 RM=100%)

– 4 sets of 8 at RPE 8 (This means perform 4 sets of 8 at a weight you can do for a set of 10 reps)

### **RPE= Rate of Perceived Exertion (1-10)**

Dictates the amount of weight used during an exercise and ensures one is working in the proper intensity zone for an exercise

RPE 8 = 2 reps left in the tank, RPE 7 = 3 reps left in tank

How we use it: To determine the weight used during an exercise

#### Examples of RPE Based Training

– 4 sets of 6 at RPE 9

(This means perform 4 sets of 6 at a weight you can do for a set of 7 reps)

(This means do not use a weight you know you can get for 8 reps)

\* Fatigue can alter the weight used during a set of RPE based training

For example on the 3rd or 4th set the same individual may have to drop the weight to ensure an RPE of 9 is being followed

### **% Based Training (0-100%)**

Can dictate the # of repetitions performed and the amount of weight used during an exercise

In it's simplest form: Leaving a couple reps to spare

How we use it: To determine the # of repetitions during a set

#### Examples of % Based Training

– 4 sets of Push-ups @ 90%

(This means perform 4 sets at 90% of the maximum # of repetitions you can do)

(This means if you can do a maximum of 20 push-ups, perform sets of 18 reps)

\* Fatigue can alter the # of repetitions one can perform

For example: On the 3rd or 4th set of push-ups the same individual may only be able to perform 15 push-ups, so 90% of 15 would be around 13-14 repetitions

### **Tempo**

Tempo is the rate/speed an exercise is performed during all phases of a lift

There will be 3 numbers that represent the amount of seconds you take during each phase:

First number = the first movement you do (concentric or eccentric)

Second number = the hold between movements (isometric)

Third Number = the last movement you do to get into your starting position (concentric or eccentric)

The concentric and eccentric movements are determined by the exercise (See example below)

Tempo Explanation Video

#### **RPE Based Training**

A vertical scale of 10 questions with 'NO' on the left and 'YES' on the right. Each 'YES' response is linked to a red box containing an RPE value. Below the scale, it states 'RPE for this set was @10 – maximal effort'.

Was this too easy to count as a true work set?	YES	@5.5
Was this fairly easy like a warm-up weight?	YES	@6
Was this a borderline warm-up weight?	YES	@6.5
Was the speed fairly quick like an easy opener?	YES	@7
Could you have MAYBE done 3 more reps?	YES	@7.5
Could you have DEFINITELY done 2 more reps?	YES	@8
Could you have MAYBE done 2 more reps?	YES	@8.5
Could you have DEFINITELY done 1 more rep?	YES	@9
Could you have MAYBE done 1 more rep?	YES	@9.5

RPE for this set was @10 – maximal effort

% Based Training	
%	# of Reps
100	MAX
95	MAX*.95
90	MAX*.90
85	MAX*.85
80	MAX*.80
75	MAX*.75
70	MAX*.70
65	MAX*.65
60	MAX*.60
55	MAX*.55
50	MAX*.50
45	MAX*.45
40	MAX*.40
35	MAX*.35
30	MAX*.30
25	MAX*.25
20	MAX*.20
15	MAX*.15
10	MAX*.10

#### **Tempo Examples:**

A1) Yoke or Barbell Squat (Core)

Sets	Reps	Tempo
4	8	3/1/1

3/3/1 = 3 seconds down (eccentric)  
1 second hold (isometric)  
1 second up (concentric)

C1) Eccentric Pull-ups (Core)

Sets	Reps	Tempo
3	8	1/0/5

1/0/5 = 1 second up (concentric)  
0 second hold (isometric)  
5 seconds down (eccentric)

# Strength Training Supplements

## **Arm/Shoulder Care**

### **Dynamic Shoulder Stability Routine**

Standing 90/90 Dynamic Ball Pass 2x10/side  
Bottoms Up KB Walk 2x15yd/side  
Side-Lying ER Ball Toss 2x10sec/side  
Dynamic J-Band Shoulder ER 2x10/side

### **Blackburns Series**

2x10/each, hold each rep for 2-3 seconds  
T's (Palms Down)  
Y's (Palms Down)  
A's or "Skydivers"  
W's or "Touchdowns"  
T's (Thumbs Up)  
\*Do Not Perform Y's with thumbs up

## **Rotational Prehab Series**

### **Series #1- 3x8/side for each exercise**

[Lunge Series \(Rotation, Chop, & OH\)](#)

[Split Stance Posterior Sling Row](#)

### **Series #2- 3x8/side for each exercise**

[Spiral Line Chop](#)

[Rotational Banded Rows](#)

## **Core/Anti-Rotational Series**

### **Series #1**

[Pallof Hold 3x15sec/side](#)

[Body Saws 3x10-12](#)

### **Series #2**

[Pallof Press 3x8/side](#)

[Hollow Hold 3x20-30 seconds](#)

### **Series #3**

[Dead Bugs 3x8/side](#)

[Side Plank w/Top Leg Pulse 3x12/side](#)

## **Hip Strength Protocol**

### **Series #1**

[Side Lunge w/ Slider 3x10/side](#)

[Standing Banded Hip Flexor 3x10/side](#)

[Standing Side Leg Lift w/ band 3x10/side](#)

### **Series #2**

[Standing Banded Adduction 3x10/side](#)

[Standing Hip Flexor w/ Plate 3x8/side](#)

[Standing Side Leg Lift w/ band 3x10/side](#)

### **Hip Mobility Exercises**

Hip/T-Spine Mobility Stretch

1/2 Kneeling Hip Flexor Stretch

Dynamic Adductor Stretch

Quadruped Hip CARs

Posterior Hip Stretch

\* 2x5/side, hold each for 2-3 seconds

### **Shoulder Hypertrophy**

Leaning DB Lateral Raises 3x12/side

DB/Plate Frontal Raises 3x12

DB Bent Over Reverse Flies 3x12

or Banded Reverse Flies 3x12

DB Shrugs 3x12-15

\* 30 seconds rest between sets

# OA High School Testing Sheet

Athlete's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

20yd Time Attempt (1): \_\_\_\_\_ Attempt (2): \_\_\_\_\_ (Take Best of two)

## 20 Yard Dash Averages by Age

\*All times are hand timed\*

### 13-14.5

< 3.0 - Top Shelf

3.0 - 3.3 - Above Average

3.3 - 3.6 - Average

### HS Varsity Boys

< 2.5 - Top Shelf

2.5 - 2.8 - Above Average

2.8 - 3.1 - Average

### HS Varsity Girls

< 2.8 - Top Shelf

2.8 - 3.1 Above Average

3.1 - 3.4 - Average

Original Baseline 20yard Dash: \_\_\_\_\_

## Pro-Agility (5-10-5)

### Boys (Foot Touch)

<4.3 seconds - Top Shelf

4.3 - 4.65 - Above Average

4.65 - 4.95 - Average

### Girls (Foot Touch)

<4.5 seconds - Top Shelf

4.5 - 4.8 - Above Average

4.8 - 5.2 - Average

Start Left: \_\_\_\_\_

Start Right: \_\_\_\_\_

Original Baseline: Start Left: \_\_\_\_\_

Start Right: \_\_\_\_\_

### Question:

Why do you measure the 20-yard dash versus longer distances such as the 40-yard dash?

### Answer:

Unlike in a track event, the majority of team sports rely on the ability of their athletes to accelerate and get to top speed within short distances. For example, the majority of key plays such as loose balls in basketball and 50-50 balls in soccer occur at distances at 20 yards or less.

Additionally, when trying to improve your 40-60-yard dash time, the first 20 yards (drive phase -> acceleration phase) is the area where the greatest improvement can occur.

## Progression A (Month 1)

### Day 1

[A1\) DB Goblet Squat \(Core\)](#)

\*Tempo 3/2/1, use bench/box

Sets	Reps	RPE
4	10	7 or 8

[A2\) DB Box Jumps \(Core\)](#)

Sets	Reps
4	5

[A3\) Band Pull Aparts \(Core\)](#)

Sets	Reps
3	12

[B1\) Decline Push-ups \(Core\)](#)

\*3-12 inch box or Exercise Ball

Sets	Reps
4	90%

[B2\) DB Goblet Reverse Lunge w/](#)

**Slider (Core)**

Sets	Reps
3	8/side

[C1\) Assisted Pull-ups \(Core\)](#)

Sets	Reps
3	8

[C2\) Side Leg Lifts w/out Band](#)

Sets	Reps
3	12/side

[C3\) Standing Hip Flexor](#)

\* Light Band, Full Range of Motion

Sets	Reps
3	8/side

[D1\) Split Stance Landmine Press](#)

**(Core)**

Sets	Reps
3	8/side

[D2\) DB Walks on Balls of Feet](#)

\* 20yd Forward + 20yd Backward= 1 set

Sets	Reps
3	40 yards

[E1\) Forward Bear Crawls \(Core\)](#)

Sets	Reps
3	20 yards

**Optional Recovery Work**

### Day 2

[A1\) Push-ups](#)

\* Bodyweight or Assisted

Sets	Reps
4	90%

[A2\) TRX Inverted Rows](#)

Sets	Reps
4	10

[B1\) DB Goblet Step-ups](#)

\* With Knee Drive, Keep Foot on Box

Sets	Reps	Tempo
3	8/side	37622

[B2\) Supine Glute Bridge](#)

Sets	Reps
3	12

[C1\) Half Kneeling Banded Chops](#)

Sets	Reps
3	10/side

[C2\) Side Lunge w/ Adduction](#)

\* Use a Band + Slider

Sets	Reps
3	8/side

[C3\) Heel Walks](#)

Sets	Reps
3	40 yards

**Optional Recovery Work**

### Day 3

[A1\) KB Sumo Deadlift on Box](#)

\* Novice use KB, Others use Squatmax

\* 3 Second Eccentric, RPE 8

Sets	Reps	Tempo
4	10	1/1/3

[A2\) DB Squat Jumps](#)

Sets	Reps
4	4

[B1\) Side Step-ups](#)

Sets	Reps
3	6/side

[B2\) Half Kneeling Overhead KB Press](#)

Sets	Reps
3	8

[C1\) Supine Banded Hip Flexor](#)

Sets	Reps
3	10/side

[C2\) Birdog](#)

Sets	Reps
3	8/side

[C3\) Side Planks](#)

Sets	Reps
3	20 sec/sd

[D1\) Single Leg Hammer Curls](#)

\* Opposite arm, opposite leg

Sets	Reps
3	8/side

[D2\) Banded Tricep Pushdowns](#)

Sets	Reps
3	8

[E1\) Plate Pushes](#)

Sets	Reps
3	40 yards

**Optional Recovery Work**

## Progression A (Month 2)

### Day 1

[A1\) DB Goblet Squat or Yoke/Barbell](#)

**(Core)**

\* Advanced College/HS Can Use a Bar

Sets	Reps	RPE
4	8	8

[A2\) DB Box Jumps \(Core\)](#)

Sets	Reps
4	5

[A3\) Banded W's \(Core\)](#)

Sets	Reps
3	12

[B1\) Decline Push-ups \(Core\)](#)

\* 3-12 inch box or Exercise Ball

Sets	Reps
4	90%

[B2\) Opp Arm/Opp Leg King Deadlift](#)

**(Core)**

\* 3 Second Eccentric

Sets	Reps
3	8/side

[C1\) Assisted Pull-ups \(Core\)](#)

\* 3x8, 1x5 w/ 5 Second Eccentric

Sets	Reps
3,1	8,5

[C2\) Banded Side Leg Lifts](#)

Sets	Reps
3	10/side

[C3\) Standing Banded Hip Flexor](#)

Sets	Reps
3	8/side

[D1\) Split Stance Landmine Press](#)

**(Core)**

Sets	Reps
3	8/side

[D2\) Lateral DB Walks on Balls of Feet](#)

\* 10yds Each Direction= 20 yds= 1 set

Sets	Reps
3	20 yards

[E1\) Forward Bear Crawls \(Core\)](#)

Sets	Reps
4	20 yards

**Optional Recovery Work**

### Day 2

[A1\) Push-ups](#)

\* Bodyweight, Assisted, or Resisted

Sets	Reps
4	90%

[A2\) TRX Inverted Rows](#)

Sets	Reps
4	12

[B1\) DB Goblet Step-ups](#)

\* No Knee Drive, Foot Start on Ground

Sets	Reps
3	8/side

[B2\) Hamstring Curls w/ Sliders](#)

\* 3 Second Eccentric

Sets	Reps	Tempo
3	12	1/1/3

[C1\) Diagonal Plate Chop with Press](#)

Sets	Reps
3	8/side

[C2\) Side Lunge w/ Adduction](#)

\* Use a Band + Slider

Sets	Reps
3	8/side

[C3\) Heel Walks](#)

Sets	Reps
3	40 yards

**Optional Recovery Work**

### Day 3

[A1\) KB Sumo Deadlift on Box](#)

\* Novice use KB, Others use Squatmax

Sets	Reps	RPE
4	10	8

[A2\) DB Squat Jumps](#)

Sets	Reps
4	4

[B1\) Side Step-ups](#)

\* 3 second hold, 3 second eccentric

Sets	Reps	Tempo
3	5/side	1/3/3

[B2\) Split Stance Overhead KB Press](#)

Sets	Reps
3	8

[C1\) Supine Banded Hip Flexors](#)

Sets	Reps
3	10/side

[C2\) Birddog](#)

Sets	Reps
3	8/side

[C3\) Side Planks](#)

Sets	Reps
3	30 sec/sd

[D1\) Single Leg Hammer Curls](#)

\* Opposite arm, opposite leg

Sets	Reps
3	8/side

[D2\) Banded Tricep Pushdowns](#)

Sets	Reps
3	12

[E1\) Plate Pushes](#)

Sets	Reps
3	40 yards

**Optional Recovery Work**



## Progression A (Month 3)

### Day 1

[A1\) DB Goblet Squat Box w/ Iso Hold](#)

**(Core)**

\* Perform 5 reps, hold last rep to failure

Sets	Reps
4	5 + Hold

[A2\) Single Leg DB Box Jumps \(Core\)](#)

\* Land On 2 Legs

Sets	Reps
3	3/side

[A3\) TRX Face Pulls](#)

Sets	Reps
3	10

[B1\) DB Incline Bench Press \(Core\)](#)

Sets	Reps
4	8

[B2\) King Deadlift w/ 2 DBs \(Core\)](#)

Sets	Reps
3	8/side

[C1\) Pull-ups \(Core\)](#)

\* 3x8, 1x5 w/ 5 Second Eccentric

Sets	Reps
3,1	8,5

[C2\) Lateral Monster Walks](#)

Sets	Reps
3	15 yd/sd

[C3\) SL Glute Bridge w/ Band Hip](#)

**Flexor (Core)**

Sets	Reps
3	8/side

[D1\) Standing DB Shoulder Press \(Core\)](#)

\* Lighter Weight

Sets	Reps
3	8

[D2\) Seated DB Heel Raises](#)

Sets	Reps
3	10

[E1\) Bear Crawls \(Core\)](#)

\* Forwards and Backwards

Sets	Reps
5	20 yards

**Optional Recovery Work**

### Day 2

[A1\) Split Stance Henny Press](#)

\* Alternative- DB Bench or Floor Press Variation

Sets	Reps	RPE
4	8	8

[A2\) TRX Inverted Rows](#)

\* Add chain if easy

Sets	Reps
4	12

[B1\) SL Box Squats](#)

\* Alternative- Goblet Step-ups 3x8/side

Sets	Reps
3	10/side

[B2\) Hamstring Curls w/ Sliders](#)

Sets	Reps
3	10

[C1\) Squat to Diagonal Plate Chop](#)

Sets	Reps
3	8/side

[C2\) Side Lunge w/ Adduction](#)

\* Use a Band + Slider

Sets	Reps
3	10/side

[C3\) DB Heel Walks](#)

Sets	Reps
3	40 yards

**Optional Recovery Work**

### Day 3

[A1\) Squatmax Sumo Deadlift](#)

\*4 Second Eccentric, RPE 8

\* Alternative- Trap Bar or KB Sumo DL

Sets	Reps	Tempo
4	8	1/1/4

[A2\) DB Squat Jumps](#)

Sets	Reps
4	5

[B1\) Side Step-ups](#)

Sets	Reps
3	8/side

[B2\) Split Stance Overhead KB Press](#)

Sets	Reps
3	8

[C1\) Henny or Banded Hip Flexor](#)

Sets	Reps	Tempo
3	8/side	1/2/5

[C2\) Reverse Plank Hold](#)

Sets	Reps
3	15 sec

[C3\) Side Planks](#)

Sets	Reps
3	30 sec/sd

[D1\) Hammer Curls](#)

Sets	Reps
3	8

[D2\) Cable Tricep Pushdowns](#)

Sets	Reps
3	8

[E1\) Plate Pushes](#)

Sets	Reps
4	40 yards

**Optional Recovery Work**

## Progression A (Month 4)

### Day 1

[A1\) Yoke Bar or DB Goblet Split Squat](#)

**(Core)**

\* Must be in HS & Goblet Squat >70lbs for yoke bar

Sets	Reps	RPE
4	8/side	8

[A2\) Single Leg DB Box Jumps \(Core\)](#)

\* Land On 2 Legs

Sets	Reps
3	3/side

[A3\) TRX Face Pulls](#)

Sets	Reps
3	10

[B1\) DB Incline Bench Press \(Core\)](#)

Sets	Reps
4	8

[B2\) Reverse Nordic Curls](#)

Sets	Reps
3	12

[C1\) Negative Pull-ups \(Core\)](#)

\* 5 Second Eccentric

Sets	Reps	Tempo
3	6	1/1/5

[C2\) Banded Side Leg Lifts](#)

Sets	Reps
3	10/side

[C3\) SL Glute Bridge w/ Band Hip](#)

**Flexor (Core)**

Sets	Reps
3	10/side

[D1\) Standing DB Shoulder Press \(Core\)](#)

Sets	Reps
3	8

[D2\) Seated DB Heel Raises](#)

Sets	Reps
3	12

[E1\) Bear Crawls \(Core\)](#)

\* Forwards, Backwards, and Lateral

Sets	Reps
6	20 yards

**Optional Recovery Work**

### Day 2

[A1\) Split Stance Henny Press](#)

\* Alternative- DB Bench or Resisted Push Ups 4x90%

Sets	Reps	RPE
4	8	8 or 9

[A2\) Henny Split Stance Rows](#)

\* Alternative- Bent Over Row Variation

Sets	Reps
4	8

[B1\) SL Box Squats](#)

Sets	Reps
3	8/side

[B2\) Nordic Curls](#)

\* Regular or Assisted

\* Alternative- Tantrums 3x10secs

Sets	Reps
3	8

[B3\) Split Stance Posterior Sling Rows](#)

\* Use a Band

Sets	Reps
3	8/side

[C1\) Iso Split Squat Diagonal Plate Chop](#)

\* Hold a Med Ball or Plate

Sets	Reps
3	8/side

[C2\) Side Lunge w/ Adduction](#)

\* Use a Band + Slider

Sets	Reps
3	10/side

[C3\) Single Leg Banded Pallof Press](#)

Sets	Reps
3	10/side

**Optional Recovery Work**

### Day 3

[A1\) Squatmax Sumo Deadlift](#)

\* Alternative- Trap Bar DL

Sets	Reps	RPE
4	5	8 or 9

[A2\) Depth Jump from 12 Inch Box](#)

Sets	Reps
4	5

[B1\) Crossover Step-up](#)

Sets	Reps
3	8/side

[B2\) Bottoms-Up KB Carry](#)

Sets	Reps
3	15 yd/sd

[C1\) Deadbug Banded Hip Flexor](#)

\* Use Mini Monster Band

Sets	Reps
3	10/side

[C2\) Modified Reverse Hypers](#)

Sets	Reps	Tempo
3	12	1/2/1

[C3\) Side Planks w/ Top Leg Pulses](#)

Sets	Reps
3	12/side

[D1\) Hammer Curls](#)

Sets	Reps
3	8

[D2\) Cable Tricep Pushdowns](#)

Sets	Reps
3	8

[E1\) Plate Pushes](#)

Sets	Reps
4	40 yards

**Optional Recovery Work**

## Progression A (Month 5)

### Day 1

[A1\) Yoke Bar or DB Goblet Split Squat](#)

**(Core)**

\* Must be in HS & Goblet Squat >70lbs for yoke bar

Sets	Reps	RPE
4	5/side	8

[A2\) Contrast DB Box Jumps \(Core\)](#)

\* 3 w/ DBs, Followed by 3 Over Hurdle

Sets	Reps
4	6

[A3\) TRX Y](#)

Sets	Reps
3	10

[B1\) Henny Split Stance Press \(Core\)](#)

\* Alternative- DB Bench or Floor Press Variation

Sets	Reps
4	10

[B2\) Henny Glute Kickbacks \(Core\)](#)

\* Alternative- King Deadlift Variation

Sets	Reps
3	8/side

[C1\) Pull-ups \(Core\)](#)

\* Bodyweight or Assisted

Sets	Reps
3	8

[C2\) Banded Side Leg Lifts](#)

Sets	Reps
3	10/side

[C3\) SL Glute Bridge w/ Band Hip](#)

**Flexor (Core)**

Sets	Reps
3	8/side

[D1\) Henny Shoulder Press \(Core\)](#)

\* Alternative- DB Shoulder Press Variation

Sets	Reps
3	8

[D2\) Seated DB Heel Raises](#)

Sets	Reps
3	12

[E1\) Bear Crawls \(Core\)](#)

\* Forwards, Backwards, and Lateral

Sets	Reps
6	20 yards

**Optional Recovery Work**

### Day 2

[A1\) Single Leg Henny Press](#)

\* Alternative- DB Bench or Floor Press Variation

Sets	Reps	RPE
4	6/side	8 or 9

[A2\) Henny Split Stance Rows](#)

\* Alternative- Bent Over Row Variation

Sets	Reps
4	8

[B1\) Bosu Ball Adductor Squeeze](#)

Sets	Reps
3	10sec

[B2\) Belt Squats](#)

\* Alternative- DB Offset Step-Up

Sets	Reps
4	8

[B3\) Split Stance Posterior Sling Rows](#)

\* Use a Band

Sets	Reps
3	8/side

[C1\) Nordic Curls](#)

\* 4-5 Second Eccentric

\* Alternative- Tantrums 3x10secs

Sets	Reps	Tempo
3	8	5/1/1

[C2\) Stir the Pot on Exercise Ball](#)

Sets	Reps
3	6/side

**Optional Recovery Work**



### Day 3

[A1\) Henny Launch w/ Press](#)

\* Alternative- Squatmax or Trapbar Deadlift

Sets	Reps	RPE
4	5 to 8	7 or 8

[A2\) Contrast Squat Jumps](#)

\* 2 w/ DBs Followed by 2 w/out

Sets	Reps
4	4

[B1\) Lateral Lunge Push w/ Band](#)

Sets	Reps
3	10/side

[B2\) Bottoms-Up KB Carry](#)

Sets	Reps
3	20 yd/sd

[C1\) Deadbug Banded Hip Flexor](#)

\* Use Mini Monster Band

Sets	Reps
3	10/side

[C2\) Modified Reverse Hypers](#)

Sets	Reps
3	12

[C3\) Side Planks w/ Top Leg Pulses](#)

Sets	Reps
3	15/side

[D1\) Straight Bar Reverse Curls](#)

Sets	Reps	Tempo
3	8	1/1/5

[D2\) Close Grip Plate Floor Press](#)

Sets	Reps
3	90%

[E1\) Plate Pushes](#)

Sets	Reps
5	40 yards

**Optional Recovery Work**

## Progression A (Month 6)

### Day 1

[A1\) Yoke Bar or DB Goblet Step-ups](#)

**(Core)**

\* Must be in HS & Goblet Squat >70lbs for yoke bar

Sets	Reps	RPE
4	6/side	7 or 8

[A2\) Contrast DB Box Jumps \(Core\)](#)

\* 3 w/ DBs, Followed by 3 Over Hurdle

Sets	Reps
4	6

[A3\) TRX Y](#)

Sets	Reps
3	10

[B1\) Henny Split Stance Press \(Core\)](#)

\* Alternative- DB Bench or Floor Press Variation

Sets	Reps
4	10

[B2\) King Deadlift w/ 2 DBs \(Core\)](#)

Sets	Reps
3	8/side

[C1\) Pull-ups \(Core\)](#)

\* Bodyweight or Assisted

Sets	Reps
3	10

[C2\) Banded Side Leg Lifts](#)

Sets	Reps
3	10/side

[C3\) SL Glute Bridge w/ Band Hip Flexor \(Core\)](#)

Sets	Reps
3	8/side

[D1\) Henny Shoulder Press \(Core\)](#)

\* Alternative- DB Shoulder or Landmine Press Variation

Sets	Reps
3	8

[D2\) Single Leg Heel Raises](#)

Sets	Reps
3	10

[E1\) Bear Crawls \(Core\)](#)

\* Forwards, Backwards, and Lateral

Sets	Reps
6	20 yards

**Optional Recovery Work**

### Day 2

[A1\) DB Bench Press](#)

Sets	Reps	RPE
4	8	7 or 8

[A2\) Single Leg Henny Rows](#)

\* Alternative- Bent Over Row Variation

Sets	Reps
4	8

[B1\) Belt Squat](#)

\* Hold a Plate or Barbell

Sets	Reps
4	5

[B2\) Split Stance Posterior Sling Rows](#)

\* Use a Band or Henny

Sets	Reps
3	8/side

[C1\) Hamstring Curls w/ Sliders](#)

\* Use a Light Band as Resistance

Sets	Reps
4	10

[C2\) Spiral Line Chops](#)

Sets	Reps
3	8/side

[C3\) Standing Banded Adductors](#)

Sets	Reps
3	10/side

[C4\) Bent Knee Lateral DB Walk](#)

\* Stay on the Balls of Your Feet

Sets	Reps
3	15 yd/sd

**Optional Recovery Work**

**OVERACHIEVE**

### Day 3

[A1\) Henny Launch w/ Press](#)

\* Alternative- Squatmax or Trapbar

Deadlift

Sets	Reps	RPE
4	5 to 8	7 or 8

[A2\) Contrast Squat Jumps](#)

\* 2 w/ DBs Followed by 2 w/out

Sets	Reps
4	4

[B1\) Lateral Lunge Push w/ Band](#)

Sets	Reps
3	10/side

[B2\) Split Stance Overhead KB Press](#)

Sets	Reps
3	8/side

[C1\) Standing Isometric Hip Flexor Hold](#)

\* Hold Plate

Sets	Reps
3	15 sec/sd

[C2\) 1 KB RDLs or Barbell RDLs](#)

Sets	Reps
3	12

[C3\) Side Planks w/ Top Leg Pulses](#)

Sets	Reps
3	30 sec/sd

[D1\) Staright Bar Reverse Curls](#)

Sets	Reps
3	8

[D2\) Cable Tricep Pushdowns](#)

Sets	Reps
3	15

[E1\) Plate Pushes](#)

Sets	Reps
5	40 yards

**Optional Recovery Work**

# Progression A:

Day 1

Day 2

Day 3

A1)

Sets	Reps	

A2)

Sets	Reps	

A3)

Sets	Reps	

B1)

Sets	Reps	

B2)

Sets	Reps	

C1)

Sets	Reps	

C2)

Sets	Reps	

C3)

Sets	Reps	

D1)

Sets	Reps	

D2)

Sets	Reps	

E1)

Sets	Reps	

Optional Recovery Work

A1)

Sets	Reps	

A2)

Sets	Reps	

B1)

Sets	Reps	

B2)

Sets	Reps	

B3)

Sets	Reps	

C1)

Sets	Reps	

C2)

Sets	Reps	

C3)

Sets	Reps	

Optional Recovery Work



A1)

Sets	Reps	

A2)

Sets	Reps	

B1)

Sets	Reps	

B2)

Sets	Reps	

C1)

Sets	Reps	

C2)

Sets	Reps	

C3)

Sets	Reps	

D1)

Sets	Reps	

D2)

Sets	Reps	

E1)

Sets	Reps	

Optional Recovery Work

**Day 1- Option B**

**Bootcamp Circuit (300 Reps)**

**A1) DB Goblet Squats**

Sets	Reps
5	15 to 20

**A2) TRX Inverted Rows**

Sets	Reps
5	8 to 15

**A3) Decline Push-ups**

Sets	Reps
5	8 to 15

**A4) DB Shrugs**

Sets	Reps
5	10

**A5) Bear Crawls**

Sets	Reps
5	20yds

**\* Rest 2 Minutes and  
Perform until 300 total  
reps met**

**Optional Recovery Work**

**Day 2- Option B**

**Bootcamp Circuit (300 Reps)**

**A1) DB Goblet Step-ups**

Sets	Reps
5	15 to 20

**A2) Push-ups**

Sets	Reps
5	8 to 15

**A3) Hamstring Curls w/ Sliders**

Sets	Reps
3	10

**A4) Band Pull Aparts**

Sets	Reps
5	10

**A5) Plate Pushes**

Sets	Reps
5	40yds

**\* Rest 2 Minutes and  
Perform until 300 total  
reps met**

**Optional Recovery Work**

## Supplemental Supersets

### Hypertrophy 1,2,3

#### Hypertrophy 1

##### A1) Hammer Curls

Sets	Reps
3	12

##### A2) Cable Tricep Pushdowns

Sets	Reps
3	12

##### A3) DB Shrugs

Sets	Reps
3	12

\*30 seconds rest between sets

#### Hypertrophy 2

##### A1) Straight Bar Reverse Curl

Sets	Reps	Tempo
3	8 to 10	1/1/2003

##### A2) Weighted or Bodyweight Dips

Sets	Reps
3	10 to 12

\*30 seconds rest between sets

#### Hypertrophy 3

##### A1) Alternating DB Curls

Sets	Reps
3	10/side

##### A2) Close Grip Plate Floor Press

Sets	Reps
3	90%

\*30 seconds rest between sets

### Forearms 1,2,3

#### Forearms 1

##### A1) Reverse Curls

Sets	Reps
3	8

##### A2) Plate Pinch Walks

\* Or DB Pronation/Supination 3x12/side

Sets	Reps	Weight
3	20-40 yds	10 lbs

#### Forearms 2

##### A1) Straight Arm Roll Ups

\* Rolling it Up and Down= 1 rep

Sets	Reps	Weight
3	3	5-10 lbs

##### A2) DB or Trapbar Farmer's Carry

Sets	Reps
3	40 Yards

#### Forearms 3

##### A1) DB Wrist Flexion

Sets	Reps
3	10

##### A2) DB Wrist Extension

Sets	Reps
3	10

##### A3) Plate Pinch Walks

Sets	Reps
3	40 yds

### Neck 1,2

#### Neck 1

##### A1) Neck Flexion w/ Plate

\* On Incline

Sets	Reps
2	15

##### A2) Neck Lateral Flexion w/ Plate

\* On Incline

Sets	Reps
2	15/side

##### A3) Neck Extension w/ Plate

\* On Incline

Sets	Reps
2	15

#### Neck 2

##### A1) Henny Neck Flexion Iso Hold

\* W/ Belt on Forehead, Tuck Chin

Sets	Reps
3	30 sec

##### A2) Henny Neck Extension Iso Hold

\* W/ Belt Behind Head, Tuck Chin

Sets	Reps
3	30 sec

## Speed and Plyometrics Program with Accessory Speed Work

Extensive Plyo 1 w/ Gears	Extensive Plyo 2 w/ Backwards Sprints	Extensive Plyo 3 w/ Backwards Sprints
<b>Weeks 1-6</b>	<b>Weeks 7-12</b>	<b>Weeks 13-18</b>
High Knees 3x10 yds Butt Kicks 3x10 yds High Knee Marches 3x15yds <a href="#">Power Skips for height 3x20yds</a> <a href="#">Power Skips for Distance 3x20yds</a> <a href="#">Broad Jumps 3x20yds</a> <a href="#">Vertical Jumps 2x10yds</a> <a href="#">Lateral Broad Jumps 2x20 yards</a>  60 Yards Gears: 0-20yds 50%, 20-40yds 75%, 40-60yds 100% repeat 5-8 times w/ ~90 seconds rest between sets	Reactive Hurdle Jump Series (3 rounds) 2 feet linear down & back SL Linear down & back 2 feet lateral down & back SL Lateral (outside leg) * *Advanced, start with cones or low hurdle <a href="https://www.youtube.com/watch?v=6W5CIQU67Y8">https://www.youtube.com/watch?v=6W5CIQU67Y8</a>  Max Effort Backwards Sprints 5x20yds w/ 60sec rest Max Effort Acceleration 5x20yds w/ 60sec rest	Pogo hops on DL 3x10 yds Pogo hop on SL 3x10 yds/leg Hop forward to broad jump (DL) 3x5 Hop backwards to broad jump (DL) 3x5 Single leg (SL) long jump (land on 2) 3x20 yds/leg Transverse Jumps 3x4/leg Backwards long jumps continuous 3x20 yds <a href="https://youtu.be/U_VHBesuSm0">https://youtu.be/U_VHBesuSm0</a>  180 yards of max effort backwards running 9x20 with at least 30 secs rest between reps
<b>Intensive Plyos 1:</b>	<b>Intensive Plyos 2</b>	<b>Wickets</b>
SL Power Bounds 4x4/leg- go into 5-yard sprint after bounds, 60 seconds rest Continuous Broad Jumps 4x3- jump and land on 2, rest 60 seconds 200 yards of acceleration (5x10 and 5x20)	Pogo Jumps SL 2x10 yards each leg 3 Bounds to Long Jump 3x3/leg SL Depth Drop to SL Broad Jump 3x3/leg, 45 seconds rest <a href="https://www.youtube.com/watch?v=AupuECvAe2g">https://www.youtube.com/watch?v=AupuECvAe2g</a> 200 yards of acceleration (5x10 and 5x20)	GOAL: Cycling of the legs, feeling proper sprint technique, build into muscle memory Attack 6 step acceleration hard into the wickets Strike ground in-between wickets hard and with good maximal velocity mechanics: Upright position, shoulders over hips, hips over knees, strike ground directly under hips Don't let knees go out/lateral, feel long strides and do not let feet go in front of knees  <a href="https://youtu.be/wUjQV61006c">https://youtu.be/wUjQV61006c</a>
<b>Acceleration 1 (40-60-yd Dash Prep)</b>	<b>Acceleration 2 (Game Acceleration): Weeks 7-12</b>	
<b>Weeks 1-6</b>		
Max effort acceleration (can use baseball or 3-point stance as applicable): 8x10yds with at least 75 seconds rest 6x20yds with at least 75 seconds rest <a href="https://youtu.be/JFKpfkw90ro%20">https://youtu.be/JFKpfkw90ro%20</a>	2-point (athletic position) starts 5x10yds Push-up Starts 5x10yds Hop back to split stance starts 3x10yds/side (alternate front landing leg) Backpedal 5yds to 10-yard sprint 5x10yds <a href="https://www.youtube.com/watch?v=zYINeoE1d7g">https://www.youtube.com/watch?v=zYINeoE1d7g</a>	
<b>Lateral Speed 1 (COD/Positioning):</b>	<b>Lateral Speed 2: Stability</b>	<b>Lateral Speed 3:</b>
Lateral SL Broad Jump (land on 2) 2x20yds/side Lateral Transverse Jump 2x15/side Continuous Shuffles 3x10 seconds Shuffle 5yds to Sprint 10yds 3x15/side Crossover to Sprint 10yds 3x15/side Half Circle to 10 yds acceleration 3 reps/side <a href="https://www.youtube.com/watch?v=H7szG5VeF08">https://www.youtube.com/watch?v=H7szG5VeF08</a>	Lateral High knees 3x10 yds Backwards High Knees 3x10 yds Lateral Skaters to stick 3x8 (sticks per set) Lateral Skater 1-2 Quick Sticks 3x5/side Lateral Skaters Continuous Bounds 3x10 secs 45° skaters 2x20yds forwards w/stick 45° skaters 2x20yds forward continuous- push to spot versus reach 45° skaters 2x20yds backwards w/stick 45° skaters 2x20yds backward continuous- push to spot versus reach Lateral Crossover continuous 4x10 secs	Lateral SL Broad Jump (Land on 2) 2x20yds/side* Lateral Transverse Jump 2x15/side Quick Feet over Hurdles 3x10sec Crossover 5yds to Sprint 15yds 3x20/side 5-10-5 or 3 Cone Drill- 3 rounds on each side, 6 total w/ at least 60 seconds each set *Intensive Lateral Plyo Options SL Depth Drop to SL Lateral Jump 3x3/leg or 45 degree 1 leg reactive hurdle hop (see video below) <a href="https://www.youtube.com/watch?v=1eUyfGo45Qo">https://www.youtube.com/watch?v=1eUyfGo45Qo</a>  <b>Optional Hip Turn Series:</b> <a href="https://www.youtube.com/watch?v=bHudLZAMQuU">https://www.youtube.com/watch?v=bHudLZAMQuU</a> 3 reps per side (shuffles/crossovers).
<b>100's</b>		
High knees & Butt Kicks 3x10 yds of each Run 6-10 100 yard sprints 0-20 80%, 20-80 95%, 80-100 80%. Rest a Full 2-3 minutes between reps After 5-6 minute recovery, run 4 40-60yd Sprints		
<b>Low Box Drills</b>	<b>Jump Rope Series</b>	<b>Fast Feet Hurdle Drills</b>
3 sets of each, 10 seconds on, 20-30 seconds off - Soccer goalie lateral box drill (12 to 15" box, may be able to work up to using 18" box) - Forward facing- Fast feet-On, On, Off Off - Ali Shuffle - Forward/Backward Linear hops (1 and 2 feet) - Straddle lateral skaters- On, On, Off Off - Side/Lateral Hops Up/down (1 and 2 feet) - Wide outs	Jumps should be reactive (think human pogo stick). Stiff lower leg, with minimal knee bend, 3 sets of each: - Jump Forwards & backwards x 15yds up and 15yds back (20 secs recovery between reps) - Jump laterally on 2 feet up and back x 15 yards - SL Forward and backwards x 15 yards - SL Lateral w/ both legs x 10 yards (use outside leg) - Rotational jumps forwards and backwards x 10 yards (knees together, rotating hips only) - SL Rotational forwards and backwards x 10 yards Finish with 5 to 8 mins of stationary (in place) full speed rope jumping, 10 to 15 sec bouts (1 foot and 2 feet)	Set 10 mini hurdles up 3 feet apart, perform 4 sets of each, at least 20 seconds between sets. For single leg movements, be sure to do both legs 1-Step 2-Step 1 and 2 feet Hops 3 Hops to Run (do 3 hops, then go into 1-Step) Side Step (feet forward and push off outside leg) Crossover Step 3-Step (Focus and get into a rhythm, advanced)
<b>Conditioning 1: 100yd Sprints</b>	<b>Conditioning 2: 300yd Shuttle Runs</b>	<b>Conditioning 3: Jingle Jangles</b>
Best done on track or field, sprint 100yds and jog back in time for next sprint. Perform 14-19 rounds - Males: 100yds in 16 seconds, back in 59 seconds - Females: 100yds in 19 seconds, back in 59 seconds 19 reps should be final target. Increase each week  <a href="https://youtu.be/F5yFPlz0tWQ">https://youtu.be/F5yFPlz0tWQ</a>	Can be done on field or court, 25 yards x 6 (up and back) 300yds. Perform 3-5 rounds - Complete under 75 secs with 2 mins recovery Increase to 5 rounds as you improve.  <a href="https://youtu.be/zj83QSLjwOA">https://youtu.be/zj83QSLjwOA</a>	Can be done on field or court, 10 yards up and back, 10 times = 200yds, perform 4-8 rounds - 62 seconds to complete with 60 seconds recovery Increase total reps as you improve.



# OVERACHIEVE

<b>Name:</b>	<b>Week #</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Day:</b>	<b>Date</b>				
	<b>BW</b>				

<b>Progression:</b>
<b>Month:</b>

--

Week	Sets	Reps	RPE	Tempo
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5

--

Week	Sets	Reps	RPE	Tempo
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5

--

Week	Sets	Reps	RPE	Tempo
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5

--

Week	Sets	Reps	RPE	Tempo
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5

--

Week	Sets	Reps	RPE	Tempo
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5

--

Week	Sets	Reps	RPE	Tempo
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5

--

Week	Sets	Reps	RPE	Tempo
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5

--

Week	Sets	Reps	RPE	Tempo
1				
2				
3				
4				

Set 1	Set 2	Set 3	Set 4	Set 5

**OVERACHIEVE**

Name:		Progression:																Week #	Week 1	Week 2	Week 3	Week 4				
Month:		Month:																BW								
		<b>Day 1</b>																								
		Date	Week 1	Week 2	Week 3	Week 4																	Week 1	Week 2	Week 3	Week 4
		<b>Day 2</b>																								
		Date	Week 1	Week 2	Week 3	Week 4																	Week 1	Week 2	Week 3	Week 4
		<b>Day 3</b>																								
		Date	Week 1	Week 2	Week 3	Week 4																	Week 1	Week 2	Week 3	Week 4
Sets																										
Reps																										
RPE																										
Set 1																										
Set 2																										
Set 3																										
Set 4																										
Set 5																										
Sets																										
Reps																										
RPE																										
Set 1																										
Set 2																										
Set 3																										
Set 4																										
Set 5																										
Sets																										
Reps																										
RPE																										
Set 1																										
Set 2																										
Set 3																										
Set 4																										
Set 5																										
		Optional Recovery Work				Optional Recovery Work																Optional Recovery Work				

## Med Ball Routine

### Exercise Cues:

- Rotational Med Ball Shot Put <https://www.youtube.com/watch?v=GTK8P0IOCTI>
  - o Keep elbow up and throw straight or slightly down
  - o “Push” don’t “throw”: use hips and rotation for momentum without using too much of the shoulder and upper body
  - o Be explosive and use maximum effort with each rep
- Rotational Med Ball Scoop Throw <https://www.youtube.com/watch?v=KN-ilhAvEes>
  - o Load the back hip and completely transfer weight to front hip, finish with no load on back hip. Don’t just use upper body, swing hips through and use as momentum
  - o Explode out and throw hips forward with max power
  - o Start close to wall to eliminate upper body influences on power, move away from wall each set as long as form looks good
- Split Stance Overhead Stomp <https://www.youtube.com/watch?v=jghhBWdl9OI>
  - o “Get Tall”- Fully extend hips and legs on balls of feet on the way up, have ball overhead completely overhead
  - o Front foot stability, kick back leg back when throwing down, finish on front foot
  - o Maximal effort and power; throw down as hard as possible

### Exercise Description:

- Rotational Med Ball Shot Put:
  - o Athlete should be about 4-6 feet away from the wall with med ball slightly below their chest and feet slightly wider than shoulder-width apart
  - o The hand closest to the wall should be holding the med ball, and the other hand behind the med ball with the elbow up
  - o Shift weight onto back leg and load up that back hip, then starting at the legs, transfer that weight from the back hip to the front hip and push the ball straight out or lower. Do not throw ball upwards, means elbow is down
  - o Make sure to be doing more of a “push” rather than a “throw”; the main goal is hip to hip transfer and torso rotation, shouldn’t be throwing out shoulder
- Rotational Med Ball Scoop
  - o Athlete should be about 4-6 feet away from the wall with med ball slightly below their chest and feet slightly wider than shoulder-width apart
  - o The ball should be at the back hip with both hands holding it from opposite sides of the ball
  - o Shift weight and load onto back hip and turn the med ball to behind the hip, then starting at the back leg, swing the hips through and transfer load from back hip to front hip
  - o Follow through with the arms, scoop the ball forward throwing it straight into the wall
    - § Make sure the athlete is completely transferring their weight onto the front hip and not keeping any of the load back
    - § Make sure athlete is not just bringing the weight forward and releasing the med ball using the upper body; look for strong rotation of the hips
    - § If the athlete is making either of these mistakes, start the athlete closer to the wall (~1-2 feet) which takes the upper body out of the exercise and focuses the shift in weight from back to front hip and hip/torso rotation
- Split Stance Overhead stomps
  - o Start in a split stance position with both hands holding the ball on opposite sides at waist
  - o Lift med ball overhead, full extending knees, hips, and flexing shoulders on balls of feet, then slam the ball in front of front foot into the ground

	Weeks 1-4			Weeks 5-8			Weeks 9-12		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
<b>Monday</b>									
Rotational Med Ball Shot Put	3	3	10-12lbs	3	3	8-10lbs	3	3	6-8lbs
Rotational Med Ball Scoop Throw	3	3	10-12lbs	3	3	8-10lbs	3	3	6-8lbs
Split Stance Overhead Stomp	3	3	10-12lbs	3	3	8-10lbs	3	3	6-8lbs
<b>Friday</b>									
Rotational Med Ball Shot Put	3	3	10-12lbs	3	3	8-10lbs	3	3	6-8lbs
Rotational Med Ball Scoop Throw	3	3	10-12lbs	3	3	8-10lbs	3	3	6-8lbs
Split Stance Overhead Stomp	3	3	10-12lbs	3	3	8-10lbs	3	3	6-8lbs

### \*DO EVERYTHING WITH INTENT\*

\* After completing the 12 week med ball program, look at the med ball progressions and ask a coach. The athlete should progress each exercise and begin the program format again, by starting with the weight used during weeks 1-4.

# Exercise Index

<u>Exercise</u>	<u>Link</u>
<b>Warm-ups</b>	
4 Way Stabilization Hurdles	<a href="https://www.youtube.com/watch?v=F9tU_eJn_RA">https://www.youtube.com/watch?v=F9tU_eJn_RA</a>
90 Degree ER Holds Against Wall	<a href="https://www.youtube.com/watch?v=mpjaqY8DEIM">https://www.youtube.com/watch?v=mpjaqY8DEIM</a>
Back-to-Wall Shoulder Flexion	<a href="https://youtu.be/Qt4RNqK35hc?t=91">https://youtu.be/Qt4RNqK35hc?t=91</a>
Bent Over T-Spine Rotation	<a href="https://www.youtube.com/watch?v=M2f16ryZcew">https://www.youtube.com/watch?v=M2f16ryZcew</a>
External Rotations to Wall	<a href="https://www.youtube.com/watch?v=equHiqEk9yo&amp;t=2s">https://www.youtube.com/watch?v=equHiqEk9yo&amp;t=2s</a>
Forearm Wall Slides at 135 Degrees	<a href="https://youtu.be/Qt4RNqK35hc?t=194">https://youtu.be/Qt4RNqK35hc?t=194</a>
Forearm Wall Slides at 135 Degrees w/ Liff	<a href="https://www.youtube.com/watch?v=bFSf66t5aKo">https://www.youtube.com/watch?v=bFSf66t5aKo</a>
Half Kneeling Ankle Dorsiflexion Against Wall	<a href="https://www.youtube.com/watch?v=or472L4JGD0">https://www.youtube.com/watch?v=or472L4JGD0</a>
Half Kneeling Windmill	<a href="https://www.youtube.com/watch?v=ljaUm1Mvlk4">https://www.youtube.com/watch?v=ljaUm1Mvlk4</a>
Hip Hinge with PVC	<a href="https://www.youtube.com/watch?v=EasehFdgqWM">https://www.youtube.com/watch?v=EasehFdgqWM</a>
Med Ball Program- Rotational Med Ball Scoop Toss	<a href="https://www.youtube.com/watch?v=KN-ilhAvEes">https://www.youtube.com/watch?v=KN-ilhAvEes</a>
Med Ball Program- Rotational Med Ball Shotput	<a href="https://www.youtube.com/watch?v=GTK8P0IOCTI">https://www.youtube.com/watch?v=GTK8P0IOCTI</a>
Med Ball Program- Split Stance Overhead Med Ball Stomp	<a href="https://www.youtube.com/watch?v=ighhBWdl9OI">https://www.youtube.com/watch?v=ighhBWdl9OI</a>
Overhead Squat	<a href="https://www.youtube.com/watch?v=urZyyVKeaCU">https://www.youtube.com/watch?v=urZyyVKeaCU</a>
Quadruped 1 Arm Lat Stretch w/ Band	<a href="https://www.youtube.com/watch?v=g8Jmp96lQWs">https://www.youtube.com/watch?v=g8Jmp96lQWs</a>
Single Leg Balance	<a href="https://www.youtube.com/watch?v=E3zPrZgUMCE">https://www.youtube.com/watch?v=E3zPrZgUMCE</a>
Single Leg Balance on Balls of Feet	<a href="https://www.youtube.com/watch?v=dVwlaNNosZl">https://www.youtube.com/watch?v=dVwlaNNosZl</a>
Single Leg Thoracic Rotation with Med Ball	<a href="https://www.youtube.com/watch?v=QPUyqFpCpX8">https://www.youtube.com/watch?v=QPUyqFpCpX8</a>
Single leg with diagonal chop	<a href="https://www.youtube.com/watch?v=xkaPHHrEcZg">https://www.youtube.com/watch?v=xkaPHHrEcZg</a>
Split Stance Ankle Dorsiflexion on Box	<a href="https://www.youtube.com/watch?v=UpKlI0vsZYg">https://www.youtube.com/watch?v=UpKlI0vsZYg</a>
Walking Spidermans w/ Hip Lift and Reach	<a href="https://www.youtube.com/watch?v=g7fQov3HxEo">https://www.youtube.com/watch?v=g7fQov3HxEo</a>
<b>Henny Exercises</b>	
Henny 1 arm Coil Press	<a href="https://youtu.be/U_Ev3XBhhcc">https://youtu.be/U_Ev3XBhhcc</a>
Henny 4 Way Forearm Circuit	<a href="https://www.youtube.com/watch?v=AYmqix8nT5g">https://www.youtube.com/watch?v=AYmqix8nT5g</a>
Henny 45° SL Isometric barbell hold	<a href="https://www.youtube.com/watch?v=SmDq-MlIfPw">https://www.youtube.com/watch?v=SmDq-MlIfPw</a>
Henny Band Reverse Lunge w/ Slider	<a href="https://www.youtube.com/watch?v=yYdUzp8VrmY">https://www.youtube.com/watch?v=yYdUzp8VrmY</a>
Henny Barbell Row Thrust	<a href="https://www.youtube.com/watch?v=XbgRcyeMBVs">https://www.youtube.com/watch?v=XbgRcyeMBVs</a>
Henny Barbell Standing Shoulder Press	<a href="https://www.youtube.com/watch?v=ZlZgqrHiUPM">https://www.youtube.com/watch?v=ZlZgqrHiUPM</a>
Henny Bear Crawl 1 Arm Iso Hold w/ Shoulder Flexion	<a href="https://www.youtube.com/watch?v=Cv7OPNq6Oyk">https://www.youtube.com/watch?v=Cv7OPNq6Oyk</a>
Henny Bear Crawl 1 Arm Overhead Pres	<a href="https://www.youtube.com/watch?v=mh9YkygIL50">https://www.youtube.com/watch?v=mh9YkygIL50</a>
Henny Bear Crawl 1 Arm Row	<a href="https://www.youtube.com/watch?v=FTcu70RSnbo">https://www.youtube.com/watch?v=FTcu70RSnbo</a>
Henny Glute Kickbacks	<a href="https://www.youtube.com/watch?v=PP8UjFze4oo">https://www.youtube.com/watch?v=PP8UjFze4oo</a>
Henny Hack Squat with Yoke bar	<a href="https://www.youtube.com/watch?v=l4GNvUDRIu8">https://www.youtube.com/watch?v=l4GNvUDRIu8</a>
Henny Half Kneeling 1 Arm Chest Press	<a href="https://www.youtube.com/watch?v=aRHgWkEBDqI">https://www.youtube.com/watch?v=aRHgWkEBDqI</a>
Henny Half Kneeling Pronation/Supination w/ PVC	<a href="https://www.youtube.com/watch?v=rMCuRvANtI4">https://www.youtube.com/watch?v=rMCuRvANtI4</a>
Henny Half Kneeling Rotational Shot Put Press	<a href="https://www.youtube.com/watch?v=GZdBU6R_Vy4">https://www.youtube.com/watch?v=GZdBU6R_Vy4</a>
Henny High Knee March	<a href="https://www.youtube.com/watch?v=JfvhPU_nS0">https://www.youtube.com/watch?v=JfvhPU_nS0</a>
Henny Launch Squat Press with bands	<a href="https://www.youtube.com/watch?v=zuSj2A3l_lw">https://www.youtube.com/watch?v=zuSj2A3l_lw</a>
Henny Launch Squat Presses	<a href="https://www.youtube.com/watch?v=sPdwfGwGwyk">https://www.youtube.com/watch?v=sPdwfGwGwyk</a>
Henny Low to High Rotational Lift	<a href="https://www.youtube.com/watch?v=uvqPQ4SV_U8&amp;t=3s">https://www.youtube.com/watch?v=uvqPQ4SV_U8&amp;t=3s</a>
Henny Offset-Load split stance Press	<a href="https://www.youtube.com/watch?v=8qE8ivrvCgM">https://www.youtube.com/watch?v=8qE8ivrvCgM</a>
Henny OH Shoulder Press	<a href="https://www.youtube.com/watch?v=OPyycjswfss">https://www.youtube.com/watch?v=OPyycjswfss</a>
Henny Press with Step	<a href="https://www.youtube.com/watch?v=yWEDYrUHP10">https://www.youtube.com/watch?v=yWEDYrUHP10</a>
Henny Quadruped 1 Arm Overhead Press	<a href="https://www.youtube.com/watch?v=qFJBGDdQS7w">https://www.youtube.com/watch?v=qFJBGDdQS7w</a>
Henny Quadruped 1 Arm Serratus Floor Slides	<a href="https://www.youtube.com/watch?v= jz9Wj4PUPw">https://www.youtube.com/watch?v= jz9Wj4PUPw</a>
Henny Reverse Lunge w/ Belt	<a href="https://www.youtube.com/watch?v=vX4qKlbHYuM">https://www.youtube.com/watch?v=vX4qKlbHYuM</a>
Henny Rotational Scoop Toss	<a href="https://www.youtube.com/watch?v=XQhLtNU3Rio">https://www.youtube.com/watch?v=XQhLtNU3Rio</a>
Henny Row Squat Stance (wide grip)	<a href="https://www.youtube.com/watch?v=DIm8P-sbUIY">https://www.youtube.com/watch?v=DIm8P-sbUIY</a>
Henny SL Barbell row (hold BB)	<a href="https://www.youtube.com/watch?v=5f81OpjWQc">https://www.youtube.com/watch?v=5f81OpjWQc</a>
Henny SL Horizontal box jumps	<a href="https://www.youtube.com/watch?v=zuSj2A3l_lw">https://www.youtube.com/watch?v=zuSj2A3l_lw</a>
Henny SL Launch Squat Press	<a href="https://www.youtube.com/watch?v=5uQ_6EU080o">https://www.youtube.com/watch?v=5uQ_6EU080o</a>
Henny SL Standing Press	<a href="https://www.youtube.com/watch?v=JqVmzpEpnwI">https://www.youtube.com/watch?v=JqVmzpEpnwI</a>
Henny Split Stance 1 Arm Cuff Press	<a href="https://www.youtube.com/watch?v=wGTPlzjuUhw">https://www.youtube.com/watch?v=wGTPlzjuUhw</a>
Henny Split Stance 1 Arm Eccentric Grip Catches	<a href="https://www.youtube.com/watch?v=sqJzQomf4Y">https://www.youtube.com/watch?v=sqJzQomf4Y</a>
Henny Split Stance 1 Arm Lat Stretch	<a href="https://www.youtube.com/watch?v=PLhuL7eQXak">https://www.youtube.com/watch?v=PLhuL7eQXak</a>
Henny Split Stance 1 Arm Overhead Cuff Press	<a href="https://www.youtube.com/watch?v=K1jBDLf6U40">https://www.youtube.com/watch?v=K1jBDLf6U40</a>
Henny Split Stance 1 Arm Rotational Row	

Henny Split Stance 1 Arm Serratus Slides  
Henny Split stance posterior sling row  
Henny Split Stance Row  
Henny Split Stance Standing Press  
Henny Standing 1 Arm Anti-rotation Shot Put Press  
Henny Standing Kickback  
Henny standing kickbacks with slant-board  
Henny Step-Up with hip belt  
Henny Tall Kneeling 1 Arm Shoulder Flexion  
Henny Tall Kneeling Offset Chest Press  
Henny Tall Kneeling Offset Shoulder Flexion  
Henny Wall Slides  
Henny Yoga Push-up  
Lateral Lunge Push w/Henny  
Single Leg Henny Press  
SL Henny Rows  
SL Henny Yoke Bar Hack Squat  
Supine Henny Hip Flexor

### Hip Exercises

90/90 ER/IR Hip Switches  
90/90 Hip ER Against Band  
Alternating Glute Bridge March  
Banded Clamshells  
Copenhagen Adductor Holds  
Couch Stretch  
Dead Bug / Banded Hip Flexor  
Hip IR with Band  
Reverse Clams  
Side leg lifts with and without band and Standing Hip Flexor  
Side Lunge with Adduction \*use slider and band  
SL Glute Bridge with Band Hip Flexor  
Standing Abductors (Side Leg Lifts)  
Standing Banded Hip Flexor  
Standing Hip Flexor with Plate  
Supine 90 Degree Hip Flexion w/ Hip IR  
Supine Banded Hip Flexor  
Supine Glute Bridge  
Split Stance Hip Abduction End-Range Lift-Of

### Shoulder Health Exercises

Band Pull Apart  
Banded Face Pulls  
Banded Shoulder Flexion on Roller  
Bottoms-up 90 Degree 1 arm KB Carry (2nd)  
Bottoms-up Half Kneeling 90 Degree Iso Hold (1st)  
Bottoms-up Waiter Walk (3rd)  
Chest Flys with Shoulder Flexion  
DB Reverse Flys  
Dumbbell Lateral Raise  
Face Pulls  
Front Plate Raise  
Overhead KB Press Variations  
J Band Chest Flys and Reverse Flys  
J Band Internal / External Rotation  
J Band Pronation to Supination  
J Band Supination to Pronation  
J Band T w/ Upward Rotation  
KB Bottoms Up 90 degree Iso Hold  
Lying DB Shoulder ER  
Pails/Rails Sleeper Stretch  
Plank Walk  
Plyo Box Forward/Backward Hand Switches

<https://www.youtube.com/watch?v=zCEV3RIOF5A>  
<https://www.youtube.com/watch?v=Ny0boLYeTG4>  
<https://youtu.be/MMt-zp62XbE>  
[https://www.youtube.com/watch?v=O10sMy-rt\\_M](https://www.youtube.com/watch?v=O10sMy-rt_M)  
<https://www.youtube.com/watch?v=VfPeLxfAubo>  
<https://www.youtube.com/watch?v=8iz65WMaCpY>  
<https://www.youtube.com/watch?v=51yNpvsFnmM>  
[https://www.youtube.com/watch?v=adPfO8\\_qEFg](https://www.youtube.com/watch?v=adPfO8_qEFg)  
<https://www.youtube.com/watch?v=-EO7YjLL97s>  
<https://www.youtube.com/watch?v=qsWJJB75uHc>  
<https://www.youtube.com/watch?v=asIJ2KFqNcw>  
<https://youtu.be/PUV3MKIDewQ>  
[https://www.youtube.com/watch?v=UAz\\_VUDFykk](https://www.youtube.com/watch?v=UAz_VUDFykk)  
<https://www.youtube.com/watch?v=8einv6iCuwg>  
[https://www.youtube.com/watch?v=5uQ\\_6EU080o](https://www.youtube.com/watch?v=5uQ_6EU080o)  
<https://www.youtube.com/watch?v=ZcAGG1wi6NY>  
<https://youtu.be/4g5srBW1XRU>  
<https://www.youtube.com/watch?v=H0o24L6pkBw>  
  
<https://www.youtube.com/watch?v=BaJRLcJ3A48>  
<https://www.youtube.com/watch?v=84CO2cG--MQ>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=570s>  
<https://www.youtube.com/watch?v=Yo8xfPVuP9k>  
<https://www.youtube.com/watch?v=SIeQdyRHj2g>  
<https://www.youtube.com/watch?v=galYnvooaCU>  
<https://www.youtube.com/watch?v=gLxvcKlrS9o>  
<https://www.youtube.com/watch?v=PKEfKruEjiY>  
<https://www.youtube.com/watch?v=Bo3O2dNkock>  
[https://www.youtube.com/watch?v=dIXkSjJb\\_bI](https://www.youtube.com/watch?v=dIXkSjJb_bI)  
<https://www.youtube.com/watch?v=8c6YI2FcLvY>  
<https://www.youtube.com/watch?v=utuLEVPTYTE>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1426s>  
<https://www.youtube.com/watch?v=fkUuXsvjBhQ>  
[https://www.youtube.com/watch?v=JIEc3igl\\_PM](https://www.youtube.com/watch?v=JIEc3igl_PM)  
[https://www.youtube.com/watch?v=gfP\\_nC0djAl](https://www.youtube.com/watch?v=gfP_nC0djAl)  
<https://www.youtube.com/watch?v=4z1bnLieJVs>  
<https://www.youtube.com/watch?v=Q1pidoNnZvE>  
[https://www.youtube.com/watch?v=WB9\\_LYbvawY](https://www.youtube.com/watch?v=WB9_LYbvawY)  
  
<https://www.youtube.com/watch?v=69Ly9f3ZoDQ>  
<https://youtu.be/pnSedXmBkxl?t=7>  
<https://www.youtube.com/watch?v=LrOk1R-aAPY>  
<https://youtu.be/Wht5TIZaUVM?t=7>  
<https://www.youtube.com/watch?v=Wht5TIZaUVM>  
<https://www.youtube.com/watch?v=Wht5TIZaUVM>  
<https://www.youtube.com/watch?v=O5ye3DVETPQ>  
<https://www.youtube.com/watch?v=i1Uk9y9WIC4>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=550s>  
<https://www.youtube.com/watch?v=iETzUZhZKzs>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=892s>  
[https://www.youtube.com/watch?v=011J9wTelM\\_Y](https://www.youtube.com/watch?v=011J9wTelM_Y)  
<https://www.youtube.com/watch?v=LevByXiYpHk>  
<https://www.youtube.com/watch?v=-Mo0fgKWk-c>  
<https://www.youtube.com/watch?v=XcPwIjBvrxq>  
<https://www.youtube.com/watch?v=CnYblBRWEHs>  
<https://www.youtube.com/watch?v=Vlb6a8kwpBq>  
<https://www.youtube.com/watch?v=Wht5TIZaUVM>  
<https://www.youtube.com/watch?v=Uu2v2ugunzM>  
<https://www.youtube.com/watch?v=vpbl9gviN5Q>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1184s>  
<https://www.youtube.com/watch?v=76tttbEke8>

Quadruped 1 Arm Serratus Floor Slides  
Quadruped Rock Back 1 Arm Y  
Side Lying Windmill  
Split Stance 1 KB OH Press (Bottoms Up)  
Split Stance ER End Range Liftoffs  
Supinated Band Pull Aparts  
Tall Kneeling Offset KB Hold to Stand  
TRX Ys, Ws, and Ts  
Upward Tosses w/ Weighted Ball  
Wall Slides

### Low Back/Core/ Rotational Exercises

Backwards Butt Walks  
Barbell Landmine Chops  
Barbell Low to High Woodchop  
Bear Crawl  
Bird Dog  
Bosu Ball Adductor Squeeze  
Good Mornings (w/ water bag)  
Good Mornings (w/ yoke and barbell)  
Hollow Body Hold  
KB Sumo Deadlift on Box  
Kneeling Band Chop  
Landmine Chop  
Lateral Bear Crawl  
Modified Renegade Rows  
Modified Reverse Hyper  
Pallof Press  
Plank  
Reverse Plank hold  
Side Plank with Top Leg Pulses  
Split stance with thoracic rotation (1 or 2 legs or lunge)  
Squat with diagonal chop  
Stir The Pot

### Lower Leg Exercises

Bent Knee DB Walk on Balls of Feet / Off set DB walk  
Dumbbell Walk on Balls of Feet  
Heel Walks (BW and DB)  
Seated bent knee with heel raises (put DB on knees)  
Single Leg Calf Raise  
Standing Ankle Dorsiflexion on Plates  
Wall Ankle Mobilization

### Single Leg Exercises

Bulgarian Squats  
Crossover Step-Ups  
DB Goblet Reverse Lunge with Slider  
Dumbbell Step-ups (opp. Arm/ opp. Leg)  
Goblet Step-ups  
King Deadlift with 2 DBs  
King Deadlift with Cross Body Reach  
King Deadlift with Pad  
Lateral lunge push w/ band  
Side Step-ups  
Single Leg Box Squat  
Single Leg Hammer Curl  
SL Paloff Press

### Plyometric Exercises

Band Assisted Jumps  
Box Jumps  
Broad Jumps

<https://www.youtube.com/watch?v=rnqjpoF4gj0>  
<https://www.youtube.com/watch?v=1EqFtbl7Gi4>  
<https://youtu.be/Qt4RNqK35hc?t=44>  
<https://www.youtube.com/watch?v=1YZ41iXyDWs>  
<https://www.youtube.com/watch?v=XukMcXa7p4c>  
<https://www.youtube.com/watch?v=69Ly9f3ZoDQ>  
<https://www.youtube.com/watch?v=xgAnLUEhB6M>  
<https://www.youtube.com/watch?v=MCfAAqYbsU>  
<https://www.youtube.com/watch?v=3Y5OYWQXf7U>  
[https://www.youtube.com/watch?v=Qt4RNqK35hc \(3:03\)](https://www.youtube.com/watch?v=Qt4RNqK35hc)

<https://www.youtube.com/watch?v=bDTB0CEoYM8&feature=youtu.be>  
<https://www.youtube.com/watch?v=fpaCGiQTmJY>  
<https://www.youtube.com/watch?v=U2-Y4vjiHSs&feature=youtu.be>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1208s>  
<https://www.youtube.com/watch?v=wgOuR7YrwtM>  
<https://www.youtube.com/watch?v=7zpe7A6JQo>

<https://www.youtube.com/watch?v=QwPyOtCV4yo>  
<https://www.youtube.com/watch?v=m20WH9dn3ws>  
<https://www.youtube.com/watch?v=ZXK4piv8s5k>  
<https://www.youtube.com/watch?v=8gu5U580aM8>  
<https://www.youtube.com/watch?v=l9VUG78k9pM&feature=youtu.be>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1230s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1132s>  
<https://www.youtube.com/watch?v=Sv08TZtPUi8>  
<https://www.youtube.com/watch?v=KJW7r81Ff4U>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1166s>  
<https://www.youtube.com/watch?v=STCe7-aZ-o8>  
[https://www.youtube.com/watch?v=DR5zd\\_vAKQI](https://www.youtube.com/watch?v=DR5zd_vAKQI)  
[https://www.youtube.com/watch?v=c\\_c7dCzC-gk](https://www.youtube.com/watch?v=c_c7dCzC-gk)  
<https://www.youtube.com/watch?v=mOoZgKfsC9k>  
<https://www.youtube.com/watch?v=0MooJESwZ4>

<https://www.youtube.com/watch?v=VG91yxS4SyQ>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=654s>  
<https://www.youtube.com/watch?v=9Qboy6pOyGg>  
<https://www.youtube.com/watch?v=8Vc4cx7nF4Y>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=936s>  
<https://www.youtube.com/watch?v=tXN3H9CeCbl>  
[https://www.youtube.com/watch?v=BNFcl\\_mzyh0](https://www.youtube.com/watch?v=BNFcl_mzyh0)

<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=442s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1102s>  
<https://www.youtube.com/watch?v=TblsrrO8F98>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=375s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=350s>  
<https://www.youtube.com/watch?v=SnvV7xnKgDU>  
<https://youtu.be/EUVgNIECX0o?t=13>  
<https://www.youtube.com/watch?v=Glbyu8o8r1k>  
<https://www.youtube.com/watch?v=HEaCR9ZzGTQ>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=418s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=728s>  
<https://www.youtube.com/watch?v=vaQ6f5AECBU>  
<https://www.youtube.com/watch?v=zAFbLIR294s>

<https://www.youtube.com/watch?v=fGdf9bJc3bQ>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=216s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1295s>

Bulgarian Squat Jumps  
DB Squat Jumps  
Depth Jump  
Dumbbell Box Jumps  
Dumbbell Bulgarian Squat Jumps  
Jump Shrugs  
Jumping Mechanics  
Jumps For Height  
Lateral Jumps for Distance  
Plyo Push-ups  
Power Skips for Distance  
Power Skips for Height  
Single leg Box Jumps  
Single leg Dumbbell Box Jumps  
Single Leg Medial / Lateral Hurdles  
Single Leg Quarter Turns

### Upper Body Exercises

Assisted Pull-Ups  
Band Resisted Push-Ups  
Banded / Cable Tricep Pushdowns  
Chins Ups  
Clap Push-ups  
Close grip press with footplate  
DB / Plate Pinch Walks  
DB / Trapbar Farmer's Carry  
DB Incline Press  
DB Shrugs  
Decline Push-ups (Feet on Ball)  
Decline Push-ups (Feet on Box)  
Dips  
Dumbbell Bench Press  
Dumbbell Incline Row  
Dumbbell Shrugs  
Floor Press Variations  
Hammer Curls  
Hindu Push-up  
Inverted Rows  
Inverted Rows  
Landmine Press (Lunge Position)  
Neutral Grip Shoulder Press  
Opp. Arm/ Opp. Leg Hammer Curls  
Parallel to Floor Press  
Plyo Push-ups Onto Plate  
Plyo Push-ups Onto Platform  
Pull-Ups  
Push-Ups  
Resistive and Assistive Push-ups  
Split Stance Posterior Sling Row  
Standing Bent Over Plate Rows  
Standing DB Shoulder Press  
Straight Arm Roll Ups  
Straight Bar Reverse Curl  
Tall Kneeling Offset KB Hold to Stand

### Lower Body Exercises

Belt Squats  
Dumbbell RDL  
Front Squats  
Goblet Box Squats  
Goblet Squats  
Hamstring Curls (on ball)  
Hamstring Curls (on furniture sliders)

<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=320s>  
<https://www.youtube.com/watch?v=CPeic6cvqAE>  
<https://www.youtube.com/watch?v=kjJZse7g680>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=241s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=336s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=297s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1250s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1316s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1335s>  
<https://www.youtube.com/watch?v=MRliJYOfOLU>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1382s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1353s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=263s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=281s>  
[https://www.youtube.com/watch?v=nkK-3\\_3wEYM](https://www.youtube.com/watch?v=nkK-3_3wEYM)  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=189s>

<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=615s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=820s>  
<https://www.youtube.com/watch?v=QBJVTWBXSBA>  
[https://www.youtube.com/watch?v=lcLc8XAGv\\_Q](https://www.youtube.com/watch?v=lcLc8XAGv_Q)  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1065s>  
<https://www.youtube.com/watch?v=vvll-vppams>  
<https://www.youtube.com/watch?v=javVFkfHZHM>  
<https://www.youtube.com/watch?v=uS1VO3tgvw8>  
<https://www.youtube.com/watch?v=WGtmcarsnY>  
<https://www.youtube.com/watch?v=q4sMZwfES44>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=976s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=961s>  
<https://www.youtube.com/watch?v=DI4hnDsXaDk>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=465s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1077s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=914s>  
[https://www.youtube.com/watch?v=qsE3w2\\_X5m4](https://www.youtube.com/watch?v=qsE3w2_X5m4)  
[https://www.youtube.com/watch?v=TQaupC\\_F0I0](https://www.youtube.com/watch?v=TQaupC_F0I0)  
<https://www.youtube.com/watch?v=nBLy1IGtSJ8>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=869s>  
<https://www.youtube.com/watch?v=3Ylhs9nEH0c>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=505s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=528s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=633s>  
<https://youtu.be/soayUM8OGq4>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1050s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1058s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=588s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=800s>  
<https://www.youtube.com/watch?v=rYslVlqPH2U>  
<https://www.youtube.com/watch?v=RmE2IDVY3wg>  
<https://www.youtube.com/watch?v=DRBpG9Zdq2s>  
<https://www.youtube.com/watch?v=tNiGNFDbYGg>  
<https://www.youtube.com/watch?v=2Xb4fstuKgY>  
[https://www.youtube.com/watch?v=AjY4Gt\\_0CEE](https://www.youtube.com/watch?v=AjY4Gt_0CEE)  
<https://www.youtube.com/watch?v=xgAnLUEhB6M>

<https://www.youtube.com/watch?v=o11oUvYNC4A>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1397s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=841s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=752s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=774s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=987s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=1010s>

Hamstring Tantrum  
Lateral Lunge Push with Band  
Lateral Monster Walk  
Linear Monster Walk  
Nordic Curls  
Plate Pushes  
Squatmax Sumo Deadlift  
Suitcase 1 DB Step-ups  
Trapbar Deadlift

### Supplements

Forearms 1  
Forearms 2  
Forearms 3  
Hypertrophy 1  
Hypertrophy 2  
Hypertrophy 3  
Neck 1  
Neck 2

### Speed/Agility

Crossover Step Cues  
Single Leg Start Bounds

### Fast Feet

Quick Feet Warm-up

### SMR

Adductors  
Gluteus Medius / Minimus / Abductors  
Infraspinatus / Rotator Cuff  
Rhomboids with Roller  
SCM with Neck Rotation  
Subclavius and Pec Minor with Shoulder Flexion

<https://www.youtube.com/watch?v=rdxqQSQnj3U>  
<https://www.youtube.com/watch?v=9nOI3nk93dE>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=696s>  
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=713s>  
<https://www.youtube.com/watch?v=es687Mk2C5s>  
<https://www.youtube.com/watch?v=syt4k2-lkq0>  
<https://www.youtube.com/watch?v=Sn7jhGaG03o>  
<https://www.youtube.com/watch?v=NmKI73CdUUK>  
<https://www.youtube.com/watch?v=698h7qgx OE>

<https://www.youtube.com/watch?v=yKL5quillzPs>  
<https://www.youtube.com/watch?v=26zvEyd-KY0>  
<https://www.youtube.com/watch?v=u03wt89v-aQ>  
<https://www.youtube.com/watch?v=C-1rnHlb814>  
<https://www.youtube.com/watch?v=BnwwyadcSc8>  
<https://www.youtube.com/watch?v=6DIOe-kU5Uw>  
<https://www.youtube.com/watch?v=od3leQMuoYU>  
<https://www.youtube.com/watch?v=CZaUU0HK1Mk>

<https://youtu.be/FD-14TMFhUk>  
<https://www.youtube.com/watch?v=MWNlkpa4vAU&app=desktop>

<https://www.youtube.com/watch?v=ZKa2WC7N68Y>

<https://www.youtube.com/watch?v=hxeqUy3H9mk>  
<https://www.youtube.com/watch?v=h9CWsycycTY>  
<https://www.youtube.com/watch?v=25ZJ9HFJEIQ>  
<https://www.youtube.com/watch?v=vGtcSQG5D8c>  
<https://www.youtube.com/watch?v=8x7qEH6t2O0>  
<https://www.youtube.com/watch?v=BCxqDGjJ0ZE>