



Strength, Speed, and Conditioning

Progression B

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

OVERACHIEVE

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Overview of Program

| Category | Time |
|----------------------------------|-------------|
| * 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

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 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)

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

| | |
|--|------|
| Hip Hinge | 2x12 |
| PVC or Banded OH Squat | 2x12 |
| Bent Over T-Spine Rotation | 2x12 |

HIP MOBILITY

For athletes with limited Hip IR

| | |
|--|----------|
| Supine Reverse Clams w/ Hip Flexion and Roller | 2x8/side |
| Side Lying Reverse Clams w/ Band | 2x8/side |

For athletes with limited Hip ER

| | |
|---|----------|
| Side Lying Banded Clamshell | 2x8/side |
| 90/90 Hip ER Against Band | 2x8/side |

* Band Around Front Leg Ankle and Rear Leg Quad

BALANCE/PROPRIOCEPTION

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

OH ATHLETE

| | |
|---|----------------|
| Back to Wall Shoulder Flexion | 2x10 |
| Forearm Wall Slides at 135 Degrees w/ Liftoff | 2x10 |
| External Rotations Holds to Wall | 2x3x5 sec/side |
| Med Ball Program | 3x3/side |

REACTIVITY

| | |
|---------------------------|--|
| Jump Rope | 5x30 seconds on both 1 foot and 2 feet |
|---------------------------|--|

ANKLE MOBILITY

| | |
|---|-----------|
| Half Kneeling Dorsiflexion Against Wall | 2x10/side |
| Split Stance Ankle Dorsiflexion On Box | 2x10/side |

* Keep Heel On Ground Or Box

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 B (Month 1)

Day 1

[A1\) Tempo Yoke/Barbell Squat \(Core\)](#)

*Tempo 3/1/1

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 8 | 7 or 8 |

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

| Sets | Reps |
|------|------|
| 4 | 5 |

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

| Sets | Reps |
|------|------|
| 4 | 10 |

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

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 8 | 7 or 8 |

[B2\) Tempo DB Suitcase Step-ups \(Core\)](#)

* Leave Foot On Box w/ Knee Drive

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

[C1\) Pull-ups w/ Adductor Squeeze & Ball \(Core\)](#)

| Sets | Reps |
|------|------|
| 3 | 8 |

[C2\) Hamstring Curls w/ Sliders](#)

* Slow to fast, use a band if easy

| Sets | Reps |
|------|------|
| 3 | 12 |

[C3\) Half Kneeling OH KB Press \(Core\)](#)

* Can use DB

| Sets | Reps |
|------|------|
| 3 | 8 |

[D1\) Forwards Bear Crawl \(Core\)](#)

| Sets | Reps |
|------|----------|
| 4 | 20 yards |

[Forearms 1](#)

* For Baseball Athletes After Bearcrawls

Optional Recovery Work

Day 2

[A1\) DB Bench Press](#)

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 8 | 7 or 8 |

[A2\) Standing Bent Over Plate Rows](#)

| Sets | Reps |
|------|------|
| 4 | 8 |

[B1\) 2 Feet Henny Yoke Bar Hack Squat](#)

*Alternative- DB Goblet Split Squat

3x8/side

| Sets | Reps |
|------|------|
| 3 | 12 |

[B2\) Reverse Clams](#)

| Sets | Reps |
|------|---------|
| 3 | 10/side |

[C1\) Half Kneeling Banded/Cable 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 yds |

[Hypertrophy 1](#)

* For Athletes that need hypertrophy and are not doing speed

Optional Recovery Work

Day 3

[A1\) Sumo KB or Trapbar Deadlifts](#)

*Tempo 1/1/3

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 10 | 7 or 8 |

[A2\) DB Squat Jumps](#)

| Sets | Reps |
|------|------|
| 4 | 4 |

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

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[B2\) Standing DB Shoulder Press](#)

* Light to Moderate Weight

| Sets | Reps | RPE |
|------|--------|--------|
| 3 | 8/side | 7 or 8 |

[C1\) Birddog](#)

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C2\) TRX or Banded Y's](#)

| Sets | Reps |
|------|------|
| 3 | 10 |

[C3\) Side Planks](#)

| Sets | Reps |
|------|-----------|
| 3 | 20 sec/sd |

[C4\) Standing Banded Hip Flexor](#)

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[D1\) Plate Pushes](#)

| Sets | Reps |
|------|----------|
| 4 | 40 yards |

[Neck 1](#)

* For Combat Sport Athletes Before Plate Pushes

Optional Recovery Work

Progression B (Month 2)

Day 1

[A1\) Bosu Adductor Hold to Yoke or Barbell Squat \(Core\)](#)

* Alternative- med ball adductor squeeze

| Sets | Reps | RPE |
|------|------|-----|
| 4 | 5 | 8 |

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

| Sets | Reps |
|------|------|
| 4 | 4 |

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

| Sets | Reps |
|------|------|
| 3 | 12 |

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

* Must get at least 10 on last set

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 12 | 8 or 9 |

[B2\) King Deadlift \(Core\)](#)

* Use foam pad for knee if available

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C1\) Pull-ups w/ Adductor Squeeze & Ball \(Core\)](#)

* 3x8, 1x5 w/ 5 Second Eccentric

| Sets | Reps |
|------|------|
| 3,1 | 8,5 |

[C2\) Hamstring Curls w/ Sliders](#)

* Slow to fast, use a band if easy

| Sets | Reps |
|------|------|
| 3 | 12 |

[C3\) Half Kneeling OH KB Press \(Core\)](#)

* Can use DB

| Sets | Reps |
|------|------|
| 3 | 8 |

[D1\) Forwards Bear Crawl \(Core\)](#)

| Sets | Reps |
|------|----------|
| 5 | 20 yards |

[Forearms 1](#)

* For Baseball Athletes After Bearcrawls

Optional Recovery Work

Day 2

[A1\) DB Bench Press](#)

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 5 | 8 or 9 |

[A2\) Standing Bent Over Plate Rows](#)

| Sets | Reps |
|------|------|
| 4 | 8 |

[B1\) SL Henny Yoke Bar Hack Squat](#)

* Alternative- DB Goblet Split Squat
3x8/side

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[B2\) Reverse Clams](#)

| Sets | Reps |
|------|---------|
| 3 | 10/side |

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

* Use a Band or Cable

| Sets | Reps |
|------|---------|
| 3 | 10/side |

[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 |

[Hypertrophy 1](#)

* For Athletes that need hypertrophy and are not doing speed

Optional Recovery Work



Day 3

[A1\) Trapbar Deadlift](#)

* Alternative- Squatmax Sumo DL

| Sets | Reps | RPE |
|------|--------|-----|
| 4 | 5 to 8 | 8 |

[A2\) Depth Jumps from 15-18 Inch Box](#)

| Sets | Reps |
|------|------|
| 4 | 4 |

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

* 3 Second Eccentric

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

[B2\) Standing DB Shoulder Push Press](#)

* Moderate Weight

| Sets | Reps |
|------|------|
| 3 | 5 |

[C1\) Modified Reverse Hypers](#)

| Sets | Reps |
|------|------|
| 3 | 10 |

[C2\) Standing Banded Hip Flexor](#)

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C3\) TRX Facepulls](#)

| Sets | Reps |
|------|------|
| 3 | 10 |

[C4\) Side Planks](#)

| Sets | Reps |
|------|-----------|
| 3 | 30 sec/sd |

[D1\) Plate Pushes](#)

| Sets | Reps |
|------|----------|
| 4 | 40 yards |

[Neck 1](#)

* For Combat Sport Athletes Before Plate Pushes

Optional Recovery Work

Progression B (Month 3)

Day 1

[A1\) Tempo Yoke Bar Split Squat \(Core\)](#)

* or Supramaxial Split Squat

Tempo 3/0/1

| Sets | Reps | RPE |
|------|--------|-----|
| 4 | 4/side | 7 |

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

| Sets | Reps |
|------|------|
| 4 | 5 |

[A3\) TRX T \(Core\)](#)

| Sets | Reps |
|------|------|
| 3 | 10 |

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

* Alternative- DB Bench or Floor Press

Variation

| Sets | Reps |
|------|------|
| 4 | 8 |

[B2\) SL Box Squat \(Core\)](#)

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C1\) Weighted Pull-ups w/ Med \(Core\)](#)

*or BW Pull-ups 3x8-10 w/Ball

| Sets | Reps |
|------|------|
| 4 | 5 |

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

| Sets | Reps |
|------|---------|
| 3 | 15/side |

[C3\) Hamstring Curls w/ Sliders](#)

* Slow to fast, use a band if easy

| Sets | Reps |
|------|------|
| 3 | 12 |

[C4\) 1-arm Bottoms-up KB Carry \(Core\)](#)

| Sets | Reps |
|------|----------|
| 3 | 20 yd/sd |

[D1\) Lateral Bear Crawl \(Core\)](#)

* 80 yards total

| Sets | Reps |
|------|-----------|
| 4 | 10yd/side |

[Forearms 2](#)

* For Baseball Athletes After Bearcrawls

Optional Recovery Work

Day 2

[A1\) DB or Barbell Floor Press](#)

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 8 | 8 or 9 |

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

* Alternative- Bent Over Plate Rows 4x12

| Sets | Reps |
|------|------|
| 4 | 12 |

[B1\) Belt Squat with Plate](#)

* Tempo 1/2/1

* Hold 10lb Plate/DB

| Sets | Reps | RPE |
|------|------|-----|
| 4 | 8 | 8 |

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

* Use a Band or Cable

| Sets | Reps |
|------|---------|
| 3 | 10/side |

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

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C2\) Standing Adductors w/ Band](#)

| Sets | Reps |
|------|---------|
| 3 | 10/side |

[C3\) Bent Knee Lateral DB Walks](#)

* Stay on Balls of Feet, DB Goblet

| Sets | Reps |
|------|-----------|
| 3 | 15 yds/sd |

[Hypertrophy 2](#)

* For Athletes that need hypertrophy and are not doing speed

Optional Recovery Work

Day 3

[A1\) Trapbar or Squatmax Sumo DL](#)

| Sets | Reps | RPE |
|------|--------|--------|
| 5 | 3 to 5 | 8 or 9 |

[A2\) Depth Jumps from 15-18 Inch Box](#)

| Sets | Reps |
|------|------|
| 4 | 3 |

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

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[B2\) Henny Standing Overhead Press](#)

* Alternative- DB Shoulder or Landmine Press Variation

| Sets | Reps |
|------|------|
| 3 | 8 |

[C1\) Modified Reverse Hypers](#)

| Sets | Reps |
|------|------|
| 3 | 12 |

[C2\) Standing Banded Hip Flexor](#)

* Hold at top, control eccentric

| Sets | Reps |
|------|---------|
| 3 | 10/side |

[C3\) Banded Facepulls](#)

| Sets | Reps |
|------|------|
| 3 | 10 |

[D1\) Henny Glute Kickbacks](#)

* Alternative- King Deadlift Variation

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[D2\) Side Planks](#)

| Sets | Reps |
|------|-----------|
| 3 | 40 sec/sd |

[E1\) Plate Pushes](#)

| Sets | Reps |
|------|----------|
| 5 | 40 yards |

[Neck 2](#)

* For Combat Sport Athletes Before Plate Pushes

Optional Recovery Work

Progression B (Month 4)

Day 1

A1) Tantrums to Yoke Bar Split Squats

(Core)

* Tantrums 4x10 seconds before squats

| Sets | Reps | RPE |
|------|--------|-----|
| 4 | 5/side | 8 |

A2) Single Leg DB Box Jumps (Core)

| Sets | Reps |
|------|-------|
| 4 | 3/leg |

A3) Lying DB Shoulder ER (Core)

| Sets | Reps |
|------|---------|
| 3 | 10/side |

B1) Henny Split Stance Press (Core)

* Alternative- Resisted/Banded Push-up

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 8 | 8 to 9 |

B2) SL Box Squat (Core)

* Hold weight if easy

| Sets | Reps | Tempo |
|------|-------|-------|
| 3 | 8/leg | 3/0/1 |

C1) Chin-ups with Ball (Core)

* Underhand Grip, add weight if possible

| Sets | Reps |
|------|------|
| 3 | 8-12 |

C2) Banded Side Leg Lifts

| Sets | Reps |
|------|---------|
| 3 | 10/side |

C3) Split Stance OH KB Press (Core)

| Sets | Reps |
|------|------|
| 3 | 8 |

D1) Forward/Backward Bear Crawl

10yds forward + 10yds backwards = 1set

| Sets | Reps |
|------|----------|
| 4 | 20 yards |

Forearms 2

* For Baseball Athletes After Bearcrawls

Optional Recovery Work

Day 2

A1) DB or Barbell Floor Press

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 8 | 8 or 9 |

A2) Henny Wide Grip Squat Rows

* Alternative- SA DB Bench Row

| Sets | Reps |
|------|------|
| 4 | 8 |

B1) Belt Squat w/ Weighted High Hold

* Hold Plate or DB

| Sets | Reps |
|------|------|
| 4 | 8 |

B2) Rotational Banded Rows

* Use red or green 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) Eccentric Nordic Curls

* 5 seconds down, push off ground

| Sets | Reps | Tempo |
|------|------|-------|
| 4 | 6-8 | 5/1/1 |

D1) Seated DB Bent Knee Heel Raises

| Sets | Reps |
|------|------|
| 3 | 12 |

Hypertrophy 2

* For Athletes that need hypertrophy and are not doing speed

Optional Recovery Work

Day 3

A1) High Rep DB Deadlift

* Alternative- Squatmax or Trapbar DL 4x5

* Use 12" boxes

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 15 | 7 or 8 |

A2) DB Squat Jumps

| Sets | Reps |
|------|------|
| 4 | 5 |

B1) Crossover Step-ups

| Sets | Reps |
|------|--------|
| 3 | 8/side |

B2) Split Stance Landmine Press

* Alternative- DB Shoulder Press Variation

| Sets | Reps |
|------|--------|
| 3 | 8/side |

C1) Good Mornings

* Use a Yoke Bar or Plate

| Sets | Reps |
|------|------|
| 3 | 12 |

C2) Hindu Push-ups

| Sets | Reps |
|------|------|
| 3 | 90% |

C3) Banded W's

| Sets | Reps |
|------|------|
| 3 | 10 |

D1) Henny Glute Kickbacks

* Alternative- King Deadlift Variation

| Sets | Reps |
|------|--------|
| 3 | 8/side |

D2) Side Planks w/ Top Leg Pulses

| Sets | Reps |
|------|---------|
| 3 | 12/side |

E1) Plate Pushes

| Sets | Reps |
|------|----------|
| 5 | 40 yards |

Neck 2

* For Combat Sport Athletes Before Plate Pushes

Optional Recovery Work

Progression B (Month 5)

Day 1

[A1\) Barbell or Yoke Squats \(Core\)](#)

| Sets | Reps | RPE |
|------|------|--------|
| 5 | 5 | 8 or 9 |

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

| Sets | Reps |
|------|-------|
| 4 | 5/leg |

[A3\) TRX Row w/ KB Rotation \(Core\)](#)

| Sets | Reps |
|------|--------|
| 3 | 8/side |

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

| Sets | Reps |
|------|------|
| 3 | 90% |

[B2\) Henny or Banded Step-ups \(Core\)](#)

* both feet on ground, no knee drive

| Sets | Reps |
|------|--------|
| 3 | 5/side |

[C1\) Weighted Pull-ups w/ Ball \(Core\)](#)

* 3x5 Weighted, 1 Set BW to Failure

| Sets | Reps |
|------|--------|
| 3,1 | 5, MAX |

[C2\) SL Glute Bridge w/ Hip Flexor](#)

* Band Around Foot

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C3\) KB Bottoms-Up Walk \(Core\)](#)

| Sets | Reps |
|------|-----------|
| 3 | 15yd/side |

[D1\) Backwards Bear Crawl w/ Plate](#)

| Sets | Reps |
|------|-----------|
| 3 | 10yd/side |

[Forearms 3](#)

* For Baseball Athletes After Bearcrawls

Optional Recovery Work

Day 2

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

* Alternative- DB Bench or Floor Press

* Use box to step onto

| Sets | Reps | RPE |
|------|--------|--------|
| 4 | 4/side | 8 or 9 |

[A2\) Henny SL Rows](#)

* Alternative- SA DB Bench Row

| Sets | Reps |
|------|-------|
| 3 | 8/leg |

[B1\) Isometric DB Bulgarian Split Squat](#)

| Sets | Reps |
|------|------------|
| 3 | 20sec/side |

[B2\) Good Mornings](#)

*with water bag if available

| Sets | Reps |
|------|------|
| 3 | 15 |

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

* Use a Band

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C1\) Stir the Pot](#)

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C2\) Standing Banded Adductors](#)

| Sets | Reps |
|------|---------|
| 3 | 10/side |

[C3\) Yoke Bar High Knee March](#)

* Stay on balls of feet

| Sets | Reps |
|------|--------|
| 3 | 20 yds |

[Hypertrophy 3](#)

* For Athletes that need hypertrophy and are not doing speed

Optional Recovery Work

Day 3

[A1\) Henny Launch Squat Presses](#)

* Alternative- DB or Barbell Hang Clean

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 5 | 7 or 8 |

[A2\) TRX Y](#)

| Sets | Reps |
|------|------|
| 4 | 10 |

[B1\) Henny Standing Overhead Press](#)

* Alternative- DB Shoulder or Landmine Press Variation

| Sets | Reps |
|------|------|
| 3 | 8 |

[B2\) Banded Lateral Push Lunge](#)

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C1\) Hanging Knee Raises](#)

| Sets | Reps |
|------|------|
| 3 | 12 |

[C2\) Backwards Butt Walks](#)

| Sets | Reps |
|------|---------|
| 3 | 5 yards |

[C3\) Side Planks](#)

| Sets | Reps |
|------|----------|
| 3 | 30sec/sd |

[D1\) Plate Pushes](#)

| Sets | Reps |
|------|----------|
| 5 | 40 yards |

[Neck 1](#)

* For Combat Sport Athletes Before Plate Pushes

Optional Recovery Work

Progression B (Month 6)

Day 1

[A1\) Single Leg Lateral Box Jumps](#)

* 3 reps in both directions on each leg

| Sets | Reps |
|------|-------|
| 3 | 3/way |

[A2\) DB Goblet Bulgarian Split Squats](#)

* Use small box or bench

| Sets | Reps |
|------|--------|
| 4 | 5/side |

[A3\) Lying DB Shoulder ER](#)

| Sets | Reps |
|------|---------|
| 3 | 10/side |

[B1\) Plyo Push-ups + Decline Push-ups](#)

* Use med ball or low box for plyo push-up

* Use ball for decline push-ups

| Sets | Reps |
|------|------|
| 3, 2 | 90% |

[B2\) Reverse Nordic Curls](#)

| Sets | Reps |
|------|------|
| 3 | 12 |

[C1\) Bodyweight Chin-ups w/ Ball](#)

| Sets | Reps |
|------|----------|
| 3 | 10 to 20 |

[C2\) Reverse Clams](#)

| Sets | Reps |
|------|---------|
| 3 | 10/side |

[C3\) Tall kneeling KB Hold to Stand](#)

* Hold KB in Bottoms-up Position

| Sets | Reps |
|------|------|
| 3 | 6 |

[C4\) Yoke Bar High Knee March](#)

* Stay on balls of feet

| Sets | Reps |
|------|--------|
| 3 | 20 yds |

[D1\) Backwards Bear Crawl w/ Plate](#)

| Sets | Reps |
|------|-----------|
| 3 | 10yd/side |

[Forearms 3](#)

* For Baseball Athletes After Bearcrawls

Optional Recovery Work

Day 2

[A1\) Barbell Floor Press](#)

* Alternative- DB Bench Press

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 5 | 8 or 9 |

[A2\) Trapbar Landmine Rows](#)

* Alternative- Bent Over Plate Rows

| Sets | Reps |
|------|------|
| 4 | 8 |

[B1\) DB Offset Step-Ups](#)

| Sets | Reps |
|------|--------|
| 3 | 5/side |

[B2\) Hamstring Tantrums](#)

| Sets | Reps |
|------|--------|
| 3 | 10 sec |

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

* Use band or cable

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C1\) Barbell Landmine Chops](#)

| Sets | Reps |
|------|--------|
| 3 | 8/side |

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

* Use a Band + Slider

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[C3\) DB Hammer Curls](#)

| Sets | Reps |
|------|------|
| 3 | 8 |

[Hypertrophy 3](#)

* For Athletes that need hypertrophy and are not doing speed

Optional Recovery Work



Day 3

[A1\) Henny Launch Squat Presses](#)

* Alternative- DB or Barbell Hang Clean

| Sets | Reps | RPE |
|------|------|--------|
| 4 | 5 | 7 or 8 |

[A2\) Contrast DB Squat Jumps](#)

* 2 w/ DBs, 2 w/out DBs

| Sets | Reps |
|------|------|
| 4 | 4 |

[B1\) Henny Lateral Push Lunge](#)

* Alternative- Banded or DB Goblet Lateral Lunge

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[B2\) Henny Standing Overhead Press](#)

* Alternative- DB Shoulder or Landmine Press Variation

| Sets | Reps |
|------|------|
| 3 | 8 |

[C1\) Modified Reverse Hypers](#)

| Sets | Reps |
|------|------|
| 3 | 10 |

[C2\) Supine Banded Hip Flexor](#)

* 5 Second Eccentric

| Sets | Reps | Tempo |
|------|--------|-------|
| 3 | 8/side | 1/1/5 |

[C3\) TRX Y](#)

| Sets | Reps |
|------|------|
| 3 | 10 |

[D1\) King Deadlift w/ Reach](#)

* Reach to Outside of Standing Leg

| Sets | Reps |
|------|--------|
| 3 | 8/side |

[D2\) Side Planks w/ Top Leg Pulses](#)

| Sets | Reps |
|------|-----------|
| 3 | 30 sec/sd |

[E1\) Plate Pushes](#)


| Sets | Reps |
|------|----------|
| 5 | 40 yards |

[Neck 2](#)

* For Combat Sport Athletes Before Plate Pushes

Optional Recovery Work

Progression B:

| Day 1 | Day 2 | Day 3 | | | | | | | | | | | | | | | | | | |
|--|-------|--|------|------|--|--|---|---|------|------|--|--|--|---|------|------|--|--|--|--|
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| Sets | Reps | | | | | | | | | | | | | | | | | | | |
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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 |

OVERACHIEVE

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 |
|--|--|---|
| <p style="text-align: center;">Weeks 1-6</p> <p>High Knees 3x10 yds Butt Kicks 3x10 yds High Knee Marches 3x15yds Power Skips for height 3x20yds Power Skips for Distance 3x20yds Broad Jumps 3x20yds Vertical Jumps 2x10yds Lateral Broad Jumps 2x20 yards</p> <p>60 Yards Gears: 0-20yds 50%, 20-40yds 75%, 40-60yds 100% repeat 5-8 times w/ ~90 seconds rest between sets</p> | <p style="text-align: center;">Weeks 7-12</p> <p>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 https://www.youtube.com/watch?v=6W5CIQU67Y8</p> <p>Max Effort Backwards Sprints 5x20yds w/ 60sec rest Max Effort Acceleration 5x20yds w/ 60sec rest</p> | <p style="text-align: center;">Weeks 13-18</p> <p>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 https://youtu.be/U_VHBesuSm0</p> <p>180 yards of max effort backwards running 9x20 with at least 30 secs rest between reps</p> |
| <u>Intensive Plyos 1:</u> | <u>Intensive Plyos 2</u> | <u>Wickets</u> |
| <p>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)</p> | <p>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 https://www.youtube.com/watch?v=AupuECvAe2g 200 yards of acceleration (5x10 and 5x20)</p> | <p>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 https://youtu.be/wUiQV61006c</p> |
| Acceleration 1 (40-60-yd Dash Prep) | Acceleration 2 (Game Acceleration): Weeks 7-12 | |
| <p style="text-align: center;">Weeks 1-6</p> <p>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 https://youtu.be/JFKpfw90ro%20</p> | <p>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 https://www.youtube.com/watch?v=zYINeoE1d7g</p> | |
| <u>Lateral Speed 1 (COD/Positioning):</u> | <u>Lateral Speed 2: Stability</u> | <u>Lateral Speed 3:</u> |
| <p>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 https://www.youtube.com/watch?v=H7szG5VeF08</p> | <p>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</p> | <p>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) https://www.youtube.com/watch?v=1eUyfGo45Qo</p> <p style="text-align: center;">Optional Hip Turn Series: https://www.youtube.com/watch?v=bHudLZAMQuU 3 reps per side (shuffles/crossovers).</p> |
| 100's | | |
| <p>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</p> | | |
| <u>Low Box Drills</u> | <u>Jump Rope Series</u> | <u>Fast Feet Hurdle Drills</u> |
| <p>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</p> | <p>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)</p> | <p>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)</p> |
| Conditioning 1: 100yd Sprints | Conditioning 2: 300yd Shuttle Runs | Conditioning 3: Jingle Jangles |
| <p>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 https://youtu.be/F5yFPIz0tWQ</p> | <p>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. https://youtu.be/zj83QSLjwOA</p> | <p>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.</p> |

OVERACHIEVE

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| Day: | Date | | | | |
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| Month: |

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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 | | |
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| | Sets | Reps | Weight | Sets | Reps | Weight | Sets | Reps | Weight |
| Monday | | | | | | | | | |
| 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 |
| Friday | | | | | | | | | |
| 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.

OVERACHIEVE

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| Name: | Progression: | | | | Week # | Week 1 | Week 2 | Week 3 | Week 4 |
| Month: | Month: | | | | BW | | | | |

| Day 1 | | | | | Day 2 | | | | | Day 3 | | | | |
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| | Week 1 | Week 2 | Week 3 | Week 4 | | Week 1 | Week 2 | Week 3 | Week 4 | | Week 1 | Week 2 | Week 3 | Week 4 |
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| Set 5 | | | | | Set 5 | | | | | Set 5 | | | | |
| Optional Recovery Work | | | | | Optional Recovery Work | | | | | Optional Recovery Work | | | | |

Exercise Index

Exercise

Link

Warm-ups

4 Way Stabilization Hurdles
90 Degree ER Holds Against Wall
Back-to-Wall Shoulder Flexion
Bent Over T-Spine Rotation
External Rotations to Wall
Forearm Wall Slides at 135 Degrees
Forearm Wall Slides at 135 Degrees w/ Liff
Half Kneeling Ankle Dorsiflexion Against Wall
Half Kneeling Windmill
Hip Hinge with PVC
Med Ball Program- Rotational Med Ball Scoop Toss
Med Ball Program- Rotational Med Ball Shotput
Med Ball Program- Split Stance Overhead Med Ball Stomp
Overhead Squat
Quadruped 1 Arm Lat Stretch w/ Band
Single Leg Balance
Single Leg Balance on Balls of Feet
Single Leg Thoracic Rotation with Med Ball
Single leg with diagonal chop
Split Stance Ankle Dorsiflexion on Box
Walking Spidermans w/ Hip Lift and Reach

https://www.youtube.com/watch?v=F9tU_eJn_RA
<https://www.youtube.com/watch?v=mpjaqY8DEIM>
<https://youtu.be/Qt4RNqK35hc?t=91>
<https://www.youtube.com/watch?v=M2f16ryZcew>
<https://www.youtube.com/watch?v=equHiqEk9yo&t=2s>
<https://youtu.be/Qt4RNqK35hc?t=194>
<https://www.youtube.com/watch?v=bFSf66t5aKo>
<https://www.youtube.com/watch?v=or472L4JGD0>
<https://www.youtube.com/watch?v=ljaUm1Mvlk4>
<https://www.youtube.com/watch?v=EasehFdcwM>
<https://www.youtube.com/watch?v=KN-ilhAvEes>
<https://www.youtube.com/watch?v=GTK8P0IOCTI>
<https://www.youtube.com/watch?v=ighhBWdl9OI>
<https://www.youtube.com/watch?v=urZyyVKeaCU>
<https://www.youtube.com/watch?v=g8Jmp96lQWs>
<https://www.youtube.com/watch?v=E3zPrZgUMCE>
<https://www.youtube.com/watch?v=dVwlaNNosZl>
<https://www.youtube.com/watch?v=QPUyqFpCpX8>
<https://www.youtube.com/watch?v=xkaPHrEcZg>
<https://www.youtube.com/watch?v=UpKlI0vsZYg>
<https://www.youtube.com/watch?v=g7fQov3HxEo>

Henny Exercises

Henny 1 arm Coil Press
Henny 4 Way Forearm Circuit
Henny 45° SL Isometric barbell hold
Henny Band Reverse Lunge w/ Slider
Henny Barbell Row Thrust
Henny Barbell Standing Shoulder Press
Henny Bear Crawl 1 Arm Iso Hold w/ Shoulder Flexion
Henny Bear Crawl 1 Arm Overhead Pres
Henny Bear Crawl 1 Arm Row
Henny Glute Kickbacks
Henny Hack Squat with Yoke bar
Henny Half Kneeling 1 Arm Chest Press
Henny Half Kneeling Pronation/Supination w/ PVC
Henny Half Kneeling Rotational Shot Put Press
Henny High Knee March
Henny Launch Squat Press with bands
Henny Launch Squat Presses
Henny Low to High Rotational Lift
Henny Offset-Load split stance Press
Henny OH Shoulder Press
Henny Press with Step
Henny Quadruped 1 Arm Overhead Press
Henny Quadruped 1 Arm Serratus Floor Slides
Henny Reverse Lunge w/ Belt
Henny Rotational Scoop Toss
Henny Row Squat Stance (wide grip)
Henny SL Barbell row (hold BB)
Henny SL Horizontal box jumps
Henny SL Launch Squat Press
Henny SL Standing Press
Henny Split Stance 1 Arm Cuff Press
Henny Split Stance 1 Arm Eccentric Grip Catches
Henny Split Stance 1 Arm Lat Stretch
Henny Split Stance 1 Arm Overhead Cuff Press
Henny Split Stance 1 Arm Rotational Row

https://youtu.be/U_Ev3XBhhcc
<https://www.youtube.com/watch?v=AYmqix8nT5g>
<https://www.youtube.com/watch?v=SmDq-MlIfPw>
<https://www.youtube.com/watch?v=yYdUzp8VrmY>
<https://www.youtube.com/watch?v=XbgRcyeMBVs>
<https://www.youtube.com/watch?v=ZlZgqrHiUPM>
<https://www.youtube.com/watch?v=Cv7OPNq6Oyk>
<https://www.youtube.com/watch?v=mh9YkygIL50>
<https://www.youtube.com/watch?v=FTcu70RSnbo>
<https://www.youtube.com/watch?v=PP8UjFze4oo>
<https://www.youtube.com/watch?v=l4GNvUDRIu8>
<https://www.youtube.com/watch?v=aRHgWkEBDqI>
<https://www.youtube.com/watch?v=rMCuRvANtl4>
https://www.youtube.com/watch?v=GZdBU6R_Vy4
https://www.youtube.com/watch?v=JfvhPU_nS0
https://www.youtube.com/watch?v=zuSj2A3l_lw
<https://www.youtube.com/watch?v=sPdwfGwGwyk>
https://www.youtube.com/watch?v=uvqPQ4SV_U8&t=3s
<https://www.youtube.com/watch?v=8qE8ivrvCgM>
<https://www.youtube.com/watch?v=OPyycjswfss>
<https://www.youtube.com/watch?v=yWEDYrUHP10>
<https://www.youtube.com/watch?v=qFJBGDdQS7w>
https://www.youtube.com/watch?v=_jz9Wj4PUPw
<https://www.youtube.com/watch?v=vX4qKlBHYuM>
<https://www.youtube.com/watch?v=XQhLtNU3Rio>
<https://www.youtube.com/watch?v=DIm8P-sbUIY>
<https://www.youtube.com/watch?v=5f81OpjWQc>
https://www.youtube.com/watch?v=zuSj2A3l_lw
https://www.youtube.com/watch?v=5uQ_6EU080o
<https://www.youtube.com/watch?v=JqVmzpePnwI>
<https://www.youtube.com/watch?v=wGTPlzjuUhw>
<https://www.youtube.com/watch?v=sqdJzQomf4Y>
<https://www.youtube.com/watch?v=PLhuL7eQXak>
<https://www.youtube.com/watch?v=K1jBDLf6U40>

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=Ny0boIYeTG4>
<https://youtu.be/MMt-zp62XbE>
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=-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=8einv6iCuwg>
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=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=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=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=011J9wTelmY>
<https://www.youtube.com/watch?v=LevByXiYpHk>
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<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=rnqjpoF4gjo>
<https://www.youtube.com/watch?v=1EqFtbl7Gi4>
<https://youtu.be/Qt4RNqK35hc?t=44>
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[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>
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<https://www.youtube.com/watch?v=l9VUG78k9pM&feature=youtu.be>
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<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>
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<https://www.youtube.com/watch?v=tNiGNFDbyGg>
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<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
Upper Body
Upper Traps with Neck Rotation

<https://www.youtube.com/watch?v=rdxqQSQnj3U>
<https://www.youtube.com/watch?v=9nOI3nk93dE>
<https://www.youtube.com/watch?v=7Mlv3mg7rm8&t=696s>
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<https://www.youtube.com/watch?v=es687Mk2C5s>
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<https://www.youtube.com/watch?v=Sn7jhGaG03o>
<https://www.youtube.com/watch?v=NmKI73CdUUK>
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<https://www.youtube.com/watch?v=6DIOe-kU5Uw>
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<https://www.youtube.com/watch?v=8x7qEH6t200>
<https://www.youtube.com/watch?v=BCxqDGjJ0ZE>
<https://www.youtube.com/watch?v=ZfQBpla3tMQ>
<https://www.youtube.com/watch?v=uZewplnvaTk>