

Badass

1. Bench Press: Set 1 _____, 2, _____ 3 _____	Timed ONE-MILE Run: beat each week and record
2. Flat Dumbbell Press: 2 X Max Reps (20-25 reps is the target in each set)	Side Lying external rotation
3 A. Seated Overhand Grip Cable Rows	Banded Terminal Knee extensions (TKE's)
3 B. Cable Triceps Pushdown (Straight Bar)	Shoulder capsule stretch
4 A. Dumbbell Shrugs (2sec Holds): 3x15	Y,T,I - thumbs up add 2.5 lbs/hand (option)
5 B. Dumbbell Lateral Raises: 3x15	Wrist Roller
6. Barbell Complex: (deadlifts, bent rows, hang cleans,push press, back squat)	Banded step over side leg lifts
1. Dumbbell Squat Jumps	Stairs walk down and jog up.
2. Single Leg Squat or Trap Bar Deadlift:	1. Chin-ups (total reps) Chin up max + 50%
3a. Iron Cross Banded Good Mornings	2a. Front Lat Pulldowns (Wide, overhand): 2 x Max Reps (20-25 Reps 1 st Set, 10-20 2 nd Set)
3b. Seated Med. Ball Twists:	2b. Standing DB Military Press: 2 x Max Reps (15-20 Reps 1 st Set, 10-15 2 nd Set)
	3a. <u>"Rolling" triceps extensions</u>
1. Pogo Jumps	3b. Hammer Curls (both arms same time)
2. Hurdle Hops	4. Static Plank and side plank variations
3. Front foot elevated Split Squats	2 x Max or 100 push-ups -whichever is less as fast as possible: (Record the time it took you to complete the amount.
4. Swiss Ball Ham Curls - hips elevated	
5. Standing Band resisted twists	
6. Plank with alternating shoulder touches	

Body Comp

1a plank	1. 5 Pt. stationary toe reach
1b side plank	2. Munford Mov't Patterns Neutral/Inside and Outside
2a split squat, front foot elevated	3. Groiners with a pause at the top to open the hips
2b inverted row	4. Mt Climbers with arm reach and twist each rep
3a Straight Leg Deadlift	5. Side plank against the wall with leg lift
3b push ups	6. Standing fwd & bkwd leg swings angle in and out
4 burpees	7. Standing step over banded leg raises
	8. Stairs for some extra intervals
Side Lying External Rotation	
Banded Terminal Knee extensions (TKE's)	1a Standing Core Routine
Shoulder capsule stretch	1b side plank
Y,T,I - thumbs up	2a split squat, front foot elevated
Hex Dumbbell Holds	2b inverted row
Cook Hip Lift	3a Straight Leg Deadlift
Standing step over banded leg raises	3b push ups (Toughest you can do)
Stairs for some extra intervals	4 burpees
stretching and cool down	stretching and cool down

Muscle Mass

1a plank with alternating shoulder touches	anti-rotation static hold(band or cable)
1b side plank	elevated plank
TRX Rows or Inverted Barbell Rows	KBell Jump Squats
TRX Chest Press/BBell Bench/DBell Bench	Trap Bar Deadlift or Box Squats
3 way shoulder raises (Front,side,rear)	Rear Foot Elevated Split Squats
Tricep Press Downs	TRX Hamstring Curls - heels in cradles
Iso Hold Dumbbell Curls	STAIRS - walk down and jog up
Push Ups (full range)	stretching and cooldown

Side Lying External Rotation	Push Up Walk outs with hands
Banded Terminal Knee extensions (TKE's)	Dumbbell or barbell bench Press/Opposite of Day 1
Shoulder capsule stretch	Seated Row
Y,T,I - thumbs up	Seated Military Press
Hex Dumbbell Holds	Wide Grip Lat Pull Downs
Cook Hip Lift	Rolling Tricep Extensions
Standing step over banded leg raises	Chin Ups - use bands or gravitron if needed
Stairs for some extra intervals	
Kneeling Jumps	
Standing Core Routine	
Standing Cable Choppers	
Front/Goblet Squats	
dbell single-leg deadlift	
DBell Reverse Lunges	
Swiss Ball Hamstring Curls - single leg if possible	

ATHLETE**Agility Activation video clip**

<http://www.galasso.ca/powerfit/powerfit/Power Fit Blog/Entries/2011/2/27 Spring training Agility video.html>

Cook Hip Lift	Dot Drill
RFE Split Squats Dbell, KBell	Buddy System Resisted Running
TRX Ham Curls	Buddy System Resisted Running
KBell Hip Snaps	Plank
TRX Knee Tuck Scorpions	Dynamic Band Stretching
Ab Wheel Roll outs - in wt room	Pogo Jumps
Dynamic Band Stretching	Agility Ladder
	Hurdle Hops

Push Ups 3 x Max reps in 30s	Chair Blasts
Wide Grip Lat Pull Downs	Standing Core Routine
3 Point DBell Row	Plank with alternating shoulder touches
3 Way Shoulder Shocker	Stairs - every other step as fast as you can
Standing Side FAKE Med Ball Toss(with a step)	KBell Hip Snaps
Body Weight Complex	Dbell Single leg Deadlift
	Pull Ups - use gravitron if necessary
	Wide Grip Seated Rows
	TRX Y,T,W,L
	Munford Matrix
	Dynamic Band Stretching

West Side

1. DIPS– Weighted or Gravitron – work up to 5 rep max	1. Trap Bar Deadlift Work up to 5 Rep Max
2A. Alternating Incline DBell Press	2. Hamstring Curls (ball or TRX)
2B. Dumbbell Rows	3. Pogo Jumps
3. YTW shoulders - TRX	4. DBell Reverse Lunges
4. Front Plate Raises	5. KBell Front Squats
5. TRX Walk out planks	6. Plank & Mat walk overs
1. Pogo Jumps	1. Chin Ups Body weight or Gravitron
2. Hurdle Hops	2. Dumbbell Push Ups
3. Front foot elevated Split Squats	3. Lateral Raises
4. Swiss Ball Ham Curls - hips elevated	4. Iso Hold Dbell Curls
5. Standing Band resisted twists	5. Alternating Rolling Dumbbell press
6. Plank with alternating shoulder touches	6. Hex Dumbbell Hold