

DAY 1

Purpose	Order	Exercise	Sets	Repetitions	Weight	Comments
Warm-Up: Self-Myofascial Release	A1	Pick one self-massage technique from each category under Self-Myofascial Release	1	10	n/a	Using Foam Roll/Massage Ball/Massage Stick
Warm-Up: Mobility/Stability	B1	Pick the most basic exercise from each category under Correctives	1	6-8	n/a	
Stability (Core: Anti-Sagittal Plane)	C1	Pick the most basic exercise from the Core Stability: Anti-Sagittal Plane category	1	20-40 seconds	See Rule #1 and #2 at the bottom of this page	
Stability (Core: Anti-Frontal Plane)	C2	Pick the most basic exercise from the Core Stability: Anti-Frontal Plane category	1	20-40 seconds	See Rule #1 and #2 at the bottom of this page	
Stability (Core: Anti-Transverse Plane)	C3	Pick the most basic exercise from the Core Stability: Anti-Transverse Plane category	1	6-10	See Rule #1 and #2 at the bottom of this page	
Agility	D1	Pick the most basic exercise from the Agility-Linear category	2-3	1	See Rule #1 and #2 at the bottom of this page	
Power (Upper Body)	E1	Pick the most basic exercise from the Power-Upper Body-Linear category	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Power (Lower Body)	E2	Pick the most basic exercise from the Power-Lower Body . Pick from either the Bodyweight (Linear Jump/Linear Hop) or Bodyweight + External Load category	2-3	8-10 (for Bodyweight) 4-6 (for Bodyweight + External Load)	See Rule #1 and #2 at the bottom of this page	
Strength (Hip Dominant)	F1	Pick the most basic exercise from Strength-Hip Dominant category.	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Strength (Horizontal Push)	F2	Pick the most basic exercise from Strength-Horizontal Push category	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Strength (Knee Dominant)	G1	Pick the most basic exercise from Strength-Knee Dominant category	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Strength (Horizontal Pull)	G2	Pick the most basic exercise from Strength-Horizontal Pull category	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Metabolic Conditioning	H1	Pick one option under Metabolic Conditioning category	8-10	10 seconds, 20 seconds, or 60 seconds	n/a	Can be performed the same day as the above workout, or between workouts

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DAY 2

Purpose	Order	Exercise	Sets	Repetitions	Weight	Comments
Warm-Up: Self-Myofascial Release	A1	Pick one self-massage technique from each category under Self-Myofascial Release	1	10	n/a	Using Foam Roll/Massage Ball/Massage Stick
Warm-Up: Mobility/Stability	B1	Pick the most basic exercise from each category under Correctives	1	6-8	n/a	
Stability (Core: Anti-Sagittal Plane)	C1	Pick the most basic exercise from the Core Stability: Anti-Sagittal Plane category	1	20-40 seconds	See Rule #1 and #2 at the bottom of this page	
Stability (Core: Anti-Frontal Plane)	C2	Pick the most basic exercise from the Core Stability: Anti-Frontal Plane category	1	20-40 seconds	See Rule #1 and #2 at the bottom of this page	
Stability (Core: Anti-Transverse Plane)	C3	Pick the most basic exercise from the Core Stability: Anti-Transverse Plane category	1	6-10	See Rule #1 and #2 at the bottom of this page	
Agility	D1	Pick the most basic exercise from the Agility-Lateral category	2-3	1	See Rule #1 and #2 at the bottom of this page	
Power (Upper Body)	E1	Pick the most basic exercise from the Power-Upper Body-Rotational category	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Power (Lower Body)	E2	Pick the most basic exercise from the Power-Lower Body Pick from either the Bodyweight (Medial Hops, Lateral Hops, or Bounds) or Bodyweight + External Load category	2-3	8-10 (for Bodyweight) 4-6 (for Bodyweight + External Load)	See Rule #1 and #2 at the bottom of this page	
Strength (Bent Knee Hip Dominant)	F1	Pick the most basic exercise from Strength-Bent Knee Hip Dominant category.	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Strength (Vertical Push)	F2	Pick the most basic exercise from Strength-Vertical Push category or Strength-Shoulder Dominant-Dynamic	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Strength (Knee Dominant)	G1	Pick the most basic exercise from Strength-Knee Dominant category	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Strength (Vertical Pull)	G2	Pick the most basic exercise from Strength-Vertical Pull category	2-3	6-10	See Rule #1 and #2 at the bottom of this page	
Metabolic Conditioning	H1	Pick one option under Metabolic Conditioning category	8-10	10 seconds, 20 seconds, or 60 seconds	n/a	Can be performed the same day as the above workout, or between workouts

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Rule #1: Add loads (i.e., 5lbs) to the current exercise only if it looks good, and is pain-free

Rule #2: Pick the next exercise progression only if the current exercise looks good, and is pain-free

Rule #3: You will notice letters next to exercises (i.e., A1, B1, B2, C1, C2 etc.). This provides a sequence to complete exercises; complete “A” exercises before moving to “B” exercises, complete “B” exercises before moving to “C” exercises etc... You will also notice most exercises are *paired* (i.e., B1 and B2, then C1 and C2 etc...). This implies that you cycle back and forth between the exercises with the same letters. I.e., complete one set of B1, then perform one set of B2. If a *pair* (i.e., D1, D2) of exercises prescribes 3 sets to be completed, perform the pairing as follows:

D1 complete a set

Then

D2 complete a set

Then

D1 complete a set

Then

D2 complete a set

Then

D1 complete a set

Then

D2 complete a set

In the end, 3 sets are performed for each exercise within the pair. Pairings are prescribed to **save time**. Instead of resting after a set of an exercise is completed, you simply move to the next exercise within that pairing as described above. This **compresses** more exercises in the same amount of time, making your workouts much more efficient.

