

# LOWER BODY STRENGTH

## DAY# 1

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Stationary Squat	10		1	
B	Prone Leg Overs	20		1	10 Each Leg
C	Walking Knee Hug		25YDS	1	
D	Bear Crawl		25YDS	1	
E	High Knees		25YDS	1	
F	Butt-Kickers		25YDS	1	
G	Squat Drops	10		1	
H	Split Squat Drops	10		1	10 Each Leg
Tier 2	Task Specific Warm-up Complete 1 set of exercise A-D, repeat from A.				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Reverse Lunge w/ Hamstring Curl	2	5		5 Each Leg
B	Groiners	2	5		5 Each Leg
C	Prone Superman	2	5		
D	Hex Bar Deadlift	2	10	Medium	
Rest 30 to 90 sec Between Rounds					
Tier 3	Complete Movement A for Prescribed # of Sets and Then Complete 1 set B-C Repeat from B				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Triple Extension	5	3	60%	
B	Hex Bar Deadlift	5	5	70%	
C	Pistol Box Squat	5	5		Body Weight on to Knee High Box
Rest 1:30 to 2 min Between Sets					
Tier 4	Auxiliary Exercises: Complete 1 set of exercise A-D, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Sandbag Front Squat	3	10	HEAVY	
B	Box Jump	3	5		
C	Flutter Kicks	3	20SEC		
D	Kettlebell Swing	3	20SEC	MEDIUM	
E	Barbell Curtsy Lunge	3	10	MEDIUM	5 Each Leg
Rest 1min Between Rounds					
Tier 5	Optional Finisher				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Turkish Get-ups	1	20	MEDIUM	10 Each Side
B					
Tier 6	Flexibility and Foam Rolling				
Order	EXERCISE	SETS	TIME	NOTES	
A	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
B	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
C	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
D	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left
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# UPPER BODY STRENGTH

## DAY# 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Arm Circles	20		2	20 Forward/20 Reverse
B	Side Straddle Hops	10		1	
C	Bear Crawl		25YDS	1	
D	Inchworm		25YDS	1	
E	Carioca		25YDS	1	
F	Lateral Skip		25YDS	1	
G	Eight Count Body Builder	5		1	
H	Mountain Climbers	20		1	10 Each leg
Tier 2	Task Specific Warm-up Complete 1 set of exercise A-D, repeat from A.				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	TRX T-Spine Rotation	2	5		5 Each Side
B	Knee to Elbow Push-up	2	5		5 Each Side
C	Walking Plank	2	5		5 Each Way
D	Dumbbell Bench Press	2	10	Medium	
Rest 30 to 90 sec Between Rounds					
Tier 3	Complete Movement A for Prescribed # of Sets and Then Complete 1 set B-C Repeat from Exercise B				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Scarecrow	5	4	Light	
B	Barbell Bench Press	5	5	70%	
C	Clap Push-up	5	5		
Rest 1:30 to 2 min Between Sets					
Tier 4	Auxiliary Exercises; Complete 1 set of exercise A-D, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Dumbbell Shoulder press	3	10	HEAVY	
B	Dead Hang Pull-up	3	10		
C	Landmine Rotation	3	10	MEDIUM	10 Each Way
D	French Press	3	10	MEDIUM	
Rest 1min Between Rounds					
Tier 5	Optional Finisher				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Ammo Can Press	1	Max		Max Reps in 2min
B					
Tier 6	Flexibility and Foam Rolling				
Order	EXERCISE	SETS	TIME	NOTES	
A	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
B	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
C	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
D	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left

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# MOBILITY / RECOVERY

## DAY# 3

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### DYNAMIC WARM-UP

	EXERCISE	REPS	DISTANCE	SETS	NOTES
	Long Strider	20		1	
	Split jack Forward	20		1	
	Cross-Over Lunge		25YDS	2	
	Walking lunge w/ Twist		25YDS	1	
	Carioca		25YDS	2	
	Lateral Shuffle		25YDS	2	
	Squat Drops	10		1	
	Groiners	20		1	10 Each Leg
	Supine Leg Overs	20		1	10 Each Leg
	Plank Leg Extension	20		1	10 Each Leg
	Walking Quad Stretch		25YDS	1	

### UPPER BODY

	ROLLING	REPS	SETS	NOTES	
A	Linebacker w/ Lax Ball	30SEC	2		
B	Roll Lats	30SEC	2		
C	Stick on Forearm	30SEC	2		
D	Roll T-Spine	30SEC	2		
	MOBILITY/STABILITY	REPS	SETS	HOLD	NOTES
A	PVC pipe forward to backward	10	2		
B	Super 6 on foam roller	5	2		
C	Scare crows	10	2		
D	Rotator cuff bands	15	2		

Do Rolling Exercise A Followed by Mobility/Stability Exercise A

### TOTAL BODY

	EXERCISE	REPS	SETS	HOLD	NOTES
A	KB rotation with breathing	5	2		
B	Warrior stretch	10	2		

### LOWER BODY

	ROLLING	REPS	SETS	NOTES	
A	Roll Hamstring	30SEC	2		
B	Roll Glute	30SEC	2		
C	Roll Quads	30SEC	2		
D	Roll Hip Flexor	30SEC	2		
	MOBILITY/STABILITY	REPS	SETS	HOLD	NOTES
A	1/2 Kneeling Hip Flexor	10	2		
B	3 Way Knee To Wall	10	2		
C	Body Saw	10	2		
D	Slant board		2	60sec	

Do Rolling Exercise A Followed by Mobility/Stability Exercise A

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# AGILITY & THRESHOLD TRAINING

## DAY# 4

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Tier 1	Dynamic Warm-up					
Order A B C D E F G H I J K L	EXERCISE		REPS	DISTANCE	SETS	NOTES
	Long Strider		20		1	
	Split jack Forward		20		1	
	Walking Knee Hug			25YDS	1	
	Walking Quad Stretch			25YDS	1	
	Inchworm			25YDS	1	
	Supine Leg Overs		20		1	10 Each Leg
	Mountain Climbers		20		1	10 Each Leg
	Speed Skaters		20		1	10 Each Leg
	Squat Drops		10		1	
	High Knees			25YDS	1	
	Butt-Kickers			25YDS	1	
	Carioca w/ Knee Drive			25YDS	2	Down=1Set/Back=1Set
Tier 2	Linear Speed Mechanics					
Order A B C D	EXERCISE		SETS	REPS	DISTANCE	NOTES
	Wall Drill Series		3	6	25yds	6 "Switch" Commands=1 Set
	3 hop Starts		3	2	20yds	Down & Back =1Set
	Assisted/Over speed Sprints		3	2	40yds	Down & Back =1Set
	Sprints		3	2	40yds	Down & Back =1Set
	Linear Speed; Complete all sets for A, then B, then C, then D					
Tier 3	Agility					
Order A B C	EXERCISE		SETS	NOTES		
	Ladder Carioca		4	2 Right Leg Lead/2 Left Leg Lead		
	Hurdle Crossover Skip		4	2 Right Leg Lead/2 Left Leg Lead		
	Cone J-Hook Reverse Sprint		4	2 Cones 20 Yards Apart		
	Agility; Complete 1 set of A-C repeat from A					
Tier 4	Lactic Acid Threshold					
Order A B	EXERCISE		SETS	DISTANCE	NOTES	
	300yds Shuttle		4		Rest 2min Between	
	Reverse Sled Pull		5	50YDS	Rest 60sec Between Sets	
	Rest 3min Between A and B					
Tier 5	Flexibility and Foam Rolling					
Order A B C D	EXERCISE		SETS	TIME	NOTES	
	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
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**CHALLENGE CARD #1****Day# 5**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Long Strider	20		1	
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Butt-Kickers		25yds	1	
F	Carioca w/ Knee Drive		25yds	2	
G	Mountain Climbers	20		1	
H	Burpees	10		1	

**WORKOUT**

10 BURPPES  
 9 BURPEES  
 8 BURPEES  
 7 BURPEES  
 6 BURPEES  
 5 BURPEES  
 4 BURPEES  
 3 BURPEES  
 2 BURPEES  
 1 BURPEE

BEAR CRAWL 10YDS DOWN AND REVERSE BEAR CRAWL BACK TO START  
 BEAR CRAWL 10YDS DOWN AND REVERSE BEAR CRAWL BACK TO START  
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 BEAR CRAWL 10YDS DOWN AND REVERSE BEAR CRAWL BACK TO START  
 BEAR CRAWL 10YDS DOWN AND REVERSE BEAR CRAWL BACK TO START

TIME: \_\_\_\_\_

**FLEXIBILTY**

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Cross Body Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC