

WARM-UP						Jump rope	300
MOBILITY/ACTIVATION						Bretzel Breathing	6 per side
						Roll Thoracic Spine	60-90s
						Roll Pecs (preferably with ball)	60-90s per side
						Band Pull Apart	20
						Bear Crawl	10 crawls per arm
						Kettlebell Bottoms Up Carry	30s per side
DAY ONE							
MOVEMENT		SETS	REPS	REST	NOTES		
A	Turkish Get Up	1	MAX in 5m	as needed	start with bodyweight to learn; add light weight to challenge		
B1	B-Stance Romanian Deadlift	3	12-15		most weight on front leg; hips push back; add weight if you have it		
B2	Front Plank		30s		push up position, not on elbows; quads and glutes stay tight		
B3	Negative Push Ups		6-10	60s	3s lower; quads and glutes stay tight; elbows at 45° to body		
C1	Explosive Step Ups	2	10 per side		focus on strong push off front leg and soft landing at the bottom		
C2	Band Snatch Grip High Pull		10	60s	power move, make sure to extend through joints; no-band option		
D1	Skater Hop + Hold	2	4 per leg		hold for 2s; coil down into the landing leg then spring out not up		
D2	SL Drop Downs		5 per leg		soft landings and coiling into your landing leg; low height box		
D3	Medial Lateral Hurdle Hop		2 rounds per leg	as needed	hey! more landings; 4 hops in each direction = 1 round		
SET & REP CHANGES							
Week 1 = ease in period; do all sets and reps as written above							
Weeks 2 = increase circuit (exercises C1-C4) to 3 rounds							
Week 3 = increase strength superset B (exercises B1-B3) to 4 sets; circuit stays at 3 rounds							
Week 4 = strength set B stays at 4 sets; increase strength superset C (exercises C1 & C2 to 3 sets); increase circuit to 4 rounds							
Week 5 = deload; do all sets and reps as written above							