

WARM-UP		Jump rope		300	
MOBILITY/ACTIVATION		Bretzel Breathing		6 per side	
		Roll/Release Lats		60-90s per side	
		Cookie Trays		10	
		Supersperson w/ ISO hold		10 w/ 2s hold at top	
		Single Leg Glute Bridge w/ ISO hold		10 w/ 2s hold at top	
		RKC (super tight) Plank		3 x 10s (10s rest in between)	
DAY THREE					
MOVEMENT		SETS	REPS	REST	NOTES
A	Bear Crawl	2	12/12	45s	12 forward per arm; 12 backward per arm; back stays flat
B1	Single Leg Hip Thrust	3	10 per leg		bench hits just under shoulder blades; 90° of knee at top
B2	Valslide Swimmers		15 per arm		chin tucked and head raised; shoulder blades down and in
B3	Benson Adductor Plank		20s per side	60s	choose variation that is most challenging but doable for 20s
C1	Good Morning	2	10		knees soft but legs straight; hinge at hips; use weight if you can
C2	Broad Jump		6	60s	distance and soft landing; reset each time
D1	Hurdle Steps + Skater Hop	2	4 per leg		knees high and quick feet as you hurdle; skater hop for distance
D2	Transverse Lunge		10 per side		keep steps small to start; use (light) weight if you have it
D3	SL Glute Bridge Swith Jump		8 per side	as needed	hips stay up during quick switch; feet land softly (pad if needed)
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					