



Name: _____

Date: _____

Program Goal: _____

Day of Week: _____

Phase: **Foundation**

STEP 1			
Flexibility			
0-4 SMR & Static	1-2		30 sec
Action	Sets	Reps	Duration

STEP 2				
A. Core				
2-4 Stab Exercises	1-3	12-20		0-90s
Exercise	Sets	Reps	Weight	Rest

STEP 3			
Speed, Agility, & Quickness			
Exercise	Sets	Reps	Rest
N/A			

B. Balance				
1-2 Stab Exercises	1-3	12-20		0-90s
Exercise	Sets	Reps	Weight	Rest

C. Reactive				
0-2 Stab Exercises	1-2	5-10		0-90s
Exercise	Sets	Reps	Weight	Rest

Resistance Training					
STEP 4	4-6 Stab Exercises @ 60% Intensity	1-3	12-20		0-90s
	Exercise	Sets	Reps	Weight	Rest

STEP 5 Cardiovascular	
Exercise	Duration

Additions/Observations:



Name: _____

Date: _____

Program Goal: _____

Day of Week: _____

Phase: **Conditioning**

*Note: In this progression, reps *decrease* as sets and intensity *increase* .

STEP 1			
Flexibility			
0-4 SMR & Static	1-2		30 sec
Action	Sets	Reps	Duration

STEP 2				
A. Core				
2-3 Strength Exercises	2-3	12-8		0-60s
Exercise	Sets	Reps	Weight	Rest
B. Balance				
1-2 Strength Exercises	2-3	12-8		0-60s
Exercise	Sets	Reps	Weight	Rest
C. Reactive				
1-3 Strength Exercises	2-3	8-10		0-60s
Exercise	Sets	Reps	Weight	Rest

STEP 3			
Speed, Agility, & Quickness			
Exercise	Sets	Reps	Rest
N/A			

Resistance Training				
STEP 4	Super Set 2-4 Strength/Stab Exercises @ 70-80% Intensity			
		2-4	12/12-8/8	0-60s
	Exercise	Sets	Reps	Weight

STEP 5 Cardiovascular	
Exercise	Duration

Additions/Observations:



Name: _____

Date: _____

Program Goal: _____

Day of Week: _____

Phase: **Muscle Enhancement**

*Note: In this progression, reps *decrease* as sets and intensity *increase*

STEP 1			
Flexibility			
0-4 SMR & Static	1-2		30 sec
Action	Sets	Reps	Duration

STEP 2				
A. Core				
1-4 Strength Exercises	2-3	12-8		0-60s
Exercise	Sets	Reps	Weight	Rest

STEP 3			
Speed, Agility, & Quickness			
Exercise	Sets	Reps	Rest
N/A			

B. Balance				
0-2 Strength Exercises	2-3	12-8		0-60s
Exercise	Sets	Reps	Weight	Rest

C. Reactive				
0-2 Strength Exercises	2-3	8-10		0-60s
Exercise	Sets	Reps	Weight	Rest

Resistance Training					
STEP 4	2-4 Strength Per Body Part @ 75-85% Intensity				0-60s
		3-5	12-6		
	Exercise	Sets	Reps	Weight	Rest

STEP 5 Cardiovascular	
Exercise	Duration

Additions/Observations:



Name: _____

Date: _____

Program Goal: _____

Day of Week: _____

Phase: **Strength Enhancement**

*Note: In this progression, reps *decrease* as sets and intensity *increase*

STEP 1			
Flexibility			
0-4 SMR & Static	1-2		30 sec
Action	Sets	Reps	Duration

STEP 2				
A. Core				
0-2 Strength Exercises	2-3	12-8		0-60s
Exercise	Sets	Reps	Weight	Rest
B. Balance				
0-2 Strength Exercises	2-3	12-8		0-60s
Exercise	Sets	Reps	Weight	Rest
C. Reactive				
0-3 Strength Exercises	2-3	8-10		0-60s
Exercise	Sets	Reps	Weight	Rest

STEP 3			
Speed, Agility, & Quickness			
Exercise	Sets	Reps	Rest
N/A			

Resistance Training					
STEP 4	2-4 Strength Exercises	@	4-6	5-3	3-5 min
	85-93% Intensity				
	Exercise	Sets	Reps	Weight	Rest

STEP 5 Cardiovascular	
Exercise	Duration

Additions/Observations:



Name: _____

Date: _____

Program Goal: _____

Day of Week: _____

Phase: **Performance**

*Note: In this progression, reps *decrease* as sets and intensity *increase*

STEP 1			
Flexibility			
3-5 SMR & Dynamic	1	10-15	
Action	Sets	Reps	Duration

STEP 2				
A. Core				
0-2 Power Exercises	2-3	12-8		0-60s
Exercise	Sets	Reps	Weight	Rest
B. Balance				
0-2 Power Exercises	2-3	12-8		0-60s
Exercise	Sets	Reps	Weight	Rest
C. Reactive				
0-2 Power Exercises	2-3	8-10		0-60s
Exercise	Sets	Reps	Weight	Rest

STEP 3			
Speed, Agility, & Quickness			
0-2 Exercises	3-5	n/a	0-90s
Exercise	Sets	Reps	Rest

Resistance Training				
STEP 4	Super Set 2-4 Strength/Power @ 85-93% Strength/2-10% BW Power	3-5	5-3 Str/10-8 P	Rest: 1-2min bt pairs/3-5min bt circuits
	Exercise	Sets	Reps	Weight

STEP 5 Cardiovascular	
Exercise	Duration

Additions/Observations: