

## Workout: August - Day 1

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Tucks, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge								
	Jump Rope (10 Seconds Quick, 10 Slow)	3 Minutes	<input type="checkbox"/>	3 Minutes	<input type="checkbox"/>	3 Minutes	<input type="checkbox"/>	3 Minutes	<input type="checkbox"/>
	Bodyweight Squat	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
	1 Leg Balance And Reach	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>
	Over the Fence	10 Reps Each	<input type="checkbox"/>	10 Reps Each	<input type="checkbox"/>	10 Reps Each	<input type="checkbox"/>	10 Reps Each	<input type="checkbox"/>
Plyometrics	Low Box Drop Landings	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	1 Sets of 6 Reps	<input type="checkbox"/>
	Knee Tuck Jumps	3 Sets of 6 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 5 Reps	<input type="checkbox"/>
	Split Squat Jumps	3 Sets of 8 Reps	<input type="checkbox"/>	4 Sets of 6 Reps	<input type="checkbox"/>	4 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>
Resistance Training	<b>1A:</b> Barbell Zercher Squats: Warm-Up 1st Set (50% Weight X 5-6 Reps, 75% X 2 Reps)	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	<b>1B:</b> Barbell Overhead Press: Warm-Up 1st Set (50% Weight X 5-6 Reps)	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>2A:</b> Dumbbell Lateral Lunge	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>
	<b>2B:</b> Pull-ups	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 4-6 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>3A:</b> Dumbbell Forward Lunge (Each Leg)	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	1 Set of 8-10 Reps	<input type="checkbox"/>
	<b>3B:</b> Basketball Pushups (2 Balls)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	3 Sets of 10-15 Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>
	<b>4A:</b> Cable Twist (Each Side)	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>
	<b>4B:</b> Wall Dorsiflexion	2 Sets of 30 Seconds	<input type="checkbox"/>	2 Sets of 30 Seconds	<input type="checkbox"/>	2 Sets of 45 Seconds	<input type="checkbox"/>	1 Set of 1 Minute	<input type="checkbox"/>
Finisher	<b>4C:</b> Single Leg Dumbbell Calf Raise (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	3 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>
	Dumbbell Farmers Walk	1 Minute	<input type="checkbox"/>	1 Minute 15 Seconds	<input type="checkbox"/>	1 Minute 30 Seconds	<input type="checkbox"/>	1 Minute	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring, Groin, Low Back / It Band, Quad / Hip Flexors, Heel Drop	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>



## Workout: August - Day 2

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Side to Side Lunges, Frankenstein March, Pointers, Quad Stretch, Shin Grabs								
	Glute Bridge	2 Set of 10 Reps	<input type="checkbox"/>	2 Set of 10 Reps	<input type="checkbox"/>	2 Set of 10 Reps	<input type="checkbox"/>	2 Set of 10 Reps	<input type="checkbox"/>
	Bodyweight Squat (Normal, Wide, Narrow, Staggered)	5 Reps Each	<input type="checkbox"/>	5 Reps Each	<input type="checkbox"/>	5 Reps Each	<input type="checkbox"/>	5 Reps Each	<input type="checkbox"/>
	3 Spot Balance and Reach (Each Leg)	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>
Plyometrics	Low Box Drop Landings	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	1 Sets of 6 Reps	<input type="checkbox"/>
	Lateral Bounds	3 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	Forward Lateral Bounds	3 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	Step-up Jumps	1 Set of 8 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>		
Resistance Training	<b>1A:</b> Leg Press	3 Sets of 8 Reps	<input type="checkbox"/>	3 Sets of 8 Reps	<input type="checkbox"/>	3 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>1B:</b> Heel Drop (Each Leg)	20 Second Hold	<input type="checkbox"/>	20 Second Hold	<input type="checkbox"/>	20 Second Hold	<input type="checkbox"/>	20 Second Hold	<input type="checkbox"/>
	<b>2A:</b> Barbell Bench Press: Warm-Up 1st Set (50% Weight X 5-6 Reps, 75% X 2 Reps)	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>2B:</b> Low Back Extension	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>3A:</b> Cable Row	3 Sets of 8-10 Reps	<input type="checkbox"/>	3 Sets of 10-12 Reps	<input type="checkbox"/>	4 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>3B:</b> Single Leg DB Calf Raise (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
	<b>3C:</b> Hip Circuit (3 Moves)	2 Sets of 45 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>	2 Sets of 1 Minute Each	<input type="checkbox"/>	2 Sets of 1 Minute Each	<input type="checkbox"/>
	<b>4A:</b> Dumbbell Pushup Row (Each Arm)	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>4B:</b> Underhand Pulldown	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>5:</b> Stability Ball Iron Bridge Rollout	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	3 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
Finisher	Wall Sit	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring / Calf Stretch, 90 / 90 Hip Stretch, Lunge Stretch, Angled Lunge Stretch, Standing Groin Stretch	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>



## Workout: August - Day 3

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Quad Stretch, Lateral Hamstring Rocker, Forward Leg Swings, Hip Circles								
	Heel Drops (Each Leg)	2 Sets of 20 Seconds	<input type="checkbox"/>	2 Sets of 20 Seconds	<input type="checkbox"/>	2 Sets of 20 Seconds	<input type="checkbox"/>	2 Sets of 20 Seconds	<input type="checkbox"/>
	Pushups	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
Resistance Training	<b>* 1: Barbell Complex:</b> ↓ Barbell Squat Press ↓ Barbell Row ↓ Barbell Deadlift ↓ Barbell Reverse Lunge	5 Reps Each for 3 Rounds  1 Minute Rest Between Rounds	<input type="checkbox"/>	5 Reps Each for 3 Rounds  45 Seconds Rest Between Rounds	<input type="checkbox"/>	5 Reps Each for 4 Rounds  30 Seconds Rest Between Rounds	<input type="checkbox"/>	5 Reps Each for 2 Rounds  30 Seconds Rest Between Rounds	<input type="checkbox"/>
	<b>2A:</b> Dips	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>2B:</b> Stability Ball Leg Curl (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>
	<b>3A:</b> 1 Arm Standing Cable Row	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
	<b>3B:</b> Basketball Core: Over / Unders and Side Twists	2 Sets of 30 Seconds Each	<input type="checkbox"/>	3 Sets of 30 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring, Groin, Low Back / It Band, Quad / Hip Flexors, Heel Drop	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>

**\*NOTE:** Before you begin the Barbell Complex, warm-up by going through it with some light dumbbells. It is recommended to start with a light weight to be sure that you can make it through the entire series without stopping. Attempt to move to each exercise consecutively with no rest. There is a prescribed rest at the end of each round.

