

Workout: JULY - Day1

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	Dynamic Flexibility: Knee Hugs, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge								
	Jump Rope (15 Seconds Quick, 15 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	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
Plyometrics	Low Box Drop Landings	2 Set of 6 Reps	<input type="checkbox"/>	2 Set of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	1 Sets of 6 Reps	<input type="checkbox"/>
	Pogo Jumps	2 Set of 10 Reps	<input type="checkbox"/>	3 Sets of 15 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>		
	Box Jumps	2 Set of 8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 5 Reps	<input type="checkbox"/>		
	Knee Tuck Jumps							2 Sets of 5 Reps	<input type="checkbox"/>
	Split Squat Jumps							2 Sets of 10 Reps	<input type="checkbox"/>
Resistance Training	1A: Barbell Front 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"/>
	1B: Barbell Bench 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"/>
	2A: Single Leg Dumbbell RDL	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"/>
	2B: Underhand Pulldown	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"/>
	3A: Dumbbell Split Squat (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"/>
	3B: 1 Arm DB Overhead Press (Each Arm)	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 6 Reps	<input type="checkbox"/>	1 Set of 8-10 Reps	<input type="checkbox"/>
	4: Pull-ups	1 Set of Max Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>
	5A: Medicine Ball Side Slams (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"/>
	5B: 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"/>
	5C: 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"/>	3 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>
Finisher	Reverse 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: July - Day 2

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	Dynamic Flexibility: 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"/>
	Pushups	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<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"/>
	2 Foot Bounds	2 Sets of 6 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 5 Reps	<input type="checkbox"/>		
	Power Skips (Each Leg)	2 Sets of 6 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 5 Reps	<input type="checkbox"/>		
	Lateral Bounds							2 Sets of 6 Reps	<input type="checkbox"/>
	Forward Lateral Bounds							2 Sets of 6 Reps	<input type="checkbox"/>
Resistance Training	1A: Barbell Reverse Lunge (Each Leg)	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"/>
	1B: 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"/>
	2A: Dumbbell Incline Press	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"/>
	2B: Machine Leg Curl	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"/>
	3A: Inverted Row	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>
	3B: Single Leg DB Calf Raises (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"/>
	3C: Plate Hip Adduction (Each Leg)	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 12 Reps	<input type="checkbox"/>	2 Sets of 15 Reps	<input type="checkbox"/>	2 Sets of 15 Reps	<input type="checkbox"/>
	4A: Dumbbell Bench Press	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"/>
	4B: Straight Arm 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"/>
	5: 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	1 Arm Farmers Walk	2 Sets of 30 Seconds	<input type="checkbox"/>	2 Sets of 30 Seconds	<input type="checkbox"/>	1 Sets of 45 Seconds	<input type="checkbox"/>	1 Set of 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: July - Day 3

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	Dynamic Flexibility: 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	* 1: Barbell Complex: ↓ Barbell Squats ↓ Barbell Shoulder Press ↓ Barbell Lateral Lunge ↓ Barbell Stiff Legged Deadlift ↓ Barbell Row	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"/>
	2A: 1 Arm Standing Cable Press (Each Arm)	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"/>
	2B: 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"/>
	2C: Hip Circuit (3 Moves)	2 Sets of 30 Seconds Each	<input type="checkbox"/>	2 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"/>
	3A: Underhand Pulldown	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"/>
	3B: Basketball Core: Planks and Side Holds	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.