

Workout: JUNE - Day 1

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								
	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			1 Set of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	Pogo Jumps			2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	3 Sets of 12 Reps	<input type="checkbox"/>
	Box Jumps			2 Sets of 5 Reps	<input type="checkbox"/>	3 Sets of 5 Reps	<input type="checkbox"/>	3 Sets of 6 Reps	<input type="checkbox"/>
Resistance Training	1A: Dumbbell Squats: Warm-Up 1st Set (50% Weight X 5-6 Reps)	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"/>
	1B: Dumbbell Bench Press: Warm-Up 1st Set (50% Weight X 5-6 Reps)	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"/>
	2A: 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"/>
	2B: 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"/>
	3A: Dumbbell Step-ups (Each Leg)	1 Set 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"/>	1 Set of 8-10 Reps	<input type="checkbox"/>
	3B: Dumbbell Overhead Press	1 Set 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"/>	1 Set of 8-10 Reps	<input type="checkbox"/>
	4A: Cable twist	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"/>
	4B: Inverted Row	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"/>
	5: 1 Leg Weighted Dorsiflexion (Each Leg)	1 Set of 15-20 Reps	<input type="checkbox"/>	1 Set of 15-20 Reps	<input type="checkbox"/>	1 Set of 15-20 Reps	<input type="checkbox"/>	1 Set of 15-20 Reps	<input type="checkbox"/>
	6: Medicine Ball Slams	2 Sets of 12 Reps	<input type="checkbox"/>	2 Sets of 12 Reps	<input type="checkbox"/>	2 Sets of 12 Reps	<input type="checkbox"/>	2 Sets of 12 Reps	<input type="checkbox"/>
Finisher	Plate Push Suicides	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<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: JUNE – 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 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"/>
	Bodyweight Squat	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<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			1 Set of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	2 Foot Bounds			2 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	3 Sets of 5 Reps	<input type="checkbox"/>
	Power Skips (Each Leg)			2 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	3 Sets of 5 Reps	<input type="checkbox"/>
Resistance Training	1: Dumbbell 3 Way Lunges (Forward, Lateral, Reverse)	2 Sets of 5 Reps Each Direction	<input type="checkbox"/>	3 Sets of 5 Reps Each Direction	<input type="checkbox"/>	3 Sets of 5 Reps Each Direction	<input type="checkbox"/>	2 Sets of 5 Reps Each Direction	<input type="checkbox"/>
	2A: Barbell Incline: Warm-Up 1st Set (50% Weight X 5-6 Reps)	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: 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"/>
	3A: Dumbbell Row (Each Arm)	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 Dumbbell Calf Raises (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
	4A: Dips	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: Dumbbell Push-up Row	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>
Finisher	Static Plate Hold	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: JUNE – Day 3

Activity		Week 1	<input checked="" type="checkbox"/>	Week 2	<input checked="" type="checkbox"/>	Week 3	<input checked="" type="checkbox"/>	Week 4	<input checked="" type="checkbox"/>
Warm-Up	Dynamic Flexibility: Knee Hugs, Quad Stretch, Lateral Hamstring Rocker, Forward Leg Swings, Hip Circles								
	Bodyweight Squat	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<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"/>
Resistance Training	1A: Dumbbell Squat Press: Warm-Up 1st Set (50% Weight X 5-6 Reps)	2 Sets of 8-10 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	1B: Medicine Ball Side Wall Throws	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>
	2A: 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"/>
	2B: Single Leg Dumbbell RDL (Each Leg)	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<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: Woodchoppers 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"/>

