



YOUTH  
**OFF-SEASON  
DOMINATION<sup>23</sup>**



# PHASE 1



## WARM-UP

### 1 STRETCH 30 SECS PER SIDE

Spiderman

Kneeling Quad

Pigeon

Knee to Knee

### 3 STABILITY 8 EACH

2-Leg Hip Lift

Plank w/ T Rotation

Prone Y

### 2 MOBILITY 8 REPS PER SIDE

Wall Ankle Mobility

Pigeon w/ Reach Across

Box Quad w/ Overhead Reach

Lateral Kneeling Adductor w/ ER

Spiderman T-Spine Rotation

Cross Body Lat w/ Reach Under

### 4 DYNAMIC 10 YARDS EACH

Jump Rope x 5min

OR Jumping Jack Circuit x 2:

Jumping Jacks 30s

Split Jacks 30s

Squat Jacks 30s

Split Squat Jacks 30s

## COOLDOWN

EACH MOVEMENT IS DONE FOR 5 BREATHS WITH A

↓ 4 SEC inhalation

↓ 8 SEC exhalation

↑ 4 SEC hold

Box Quad

Pigeon

V-Stance

## NOTES

- The warm-up and the cooldown are mandatory and are meant to be completed before and after each training session, respectively.
- Perform the above warm-up one time before beginning your workout. Don't rest in between each movement but pace yourself, so you're moving at a medium intensity.
- Do not skip anything in the warm-up or cooldown. This is all of your mobility and stability training in your program, and each piece is important to prepare you to jump right into the training session at a higher intensity.
- Do not add anything to the warm-up or cooldown. This is meant to be a minimal dosage to prepare the body but not fatigue it. We want to stimulate, not annihilate.



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**PHASE 1 PEAKPOWER A****LOWER BODY ISOMETRIC STRENGTH****Depth Drop (Start At 18 Inches)**

<b>A1</b>											
WEEK 1	N/A	3 x 5	30s								
WEEK 2	N/A	3 x 5	30s								
WEEK 3	N/A	4 x 5	30s								
WEEK 4	N/A	4 x 5	30s								

**Side Plank**

<b>A2</b>											
WEEK 1	N/A	2 x 20s/side	60s								
WEEK 2	N/A	2 x 20s/side	60s								
WEEK 3	N/A	3 x 25s/side	60s								
WEEK 4	N/A	3 x 30s/side	60s								

**Prisoner Front Foot Elevated Split Squat Hold (Rest Between Legs And Before B2)**

<b>B1</b>											
WEEK 1	N/A	3 x 20s/side	60s								
WEEK 2	N/A	3 x 25s/side	60s								
WEEK 3	N/A	3 x 30s/side	60s								
WEEK 4	N/A	4 x 30s/side	60s								

**1-Leg Feet Elevated Hip Lift Hold**

<b>B2</b>											
WEEK 1	N/A	3 x 20s/side	60s								
WEEK 2	N/A	3 x 25s/side	60s								
WEEK 3	N/A	3 x 30s/side	60s								
WEEK 4	N/A	4 x 30s/side	60s								

**Toes Elevated 1-Leg Calf Raise**

<b>C1</b>											
WEEK 1	3-0-0	2 x 20/side	30s								
WEEK 2	3-0-0	2 x 20/side	30s								
WEEK 3	3-0-0	3 x 20/side	30s								
WEEK 4	3-0-0	3 x 20/side	30s								

**Wall Supported Anterior Tib Raise**

<b>C2</b>											
WEEK 1	3-0-0	2 x 20	30s								
WEEK 2	3-0-0	2 x 20	30s								
WEEK 3	3-0-0	3 x 20	30s								
WEEK 4	3-0-0	3 x 20	30s								

**Tall Kneel Wall Anti-Rotation Press Hold**

<b>C3</b>											
WEEK 1	N/A	2 x 15s/side	60s								
WEEK 2	N/A	3 x 15s/side	60s								
WEEK 3	N/A	3 x 20s/side	60s								
WEEK 4	N/A	3 x 20s/side	60s								

TEMPO	SETS X REPS	REST	WEIGHT LOG
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**PHASE 1 PEAKPOWER B****UPPER BODY ISOMETRIC STRENGTH****Hands Elevated Push Up Hold**

<b>A1</b>											
WEEK 1	N/A	3 x 20s	60s								
WEEK 2	N/A	3 x 25s	60s								
WEEK 3	N/A	3 x 30s	60s								
WEEK 4	N/A	4 x 30s	60s								

**Reverse Fly Hip Lift Hold**

<b>A2</b>											
WEEK 1	N/A	3 x 30s	60s								
WEEK 2	N/A	3 x 45s	60s								
WEEK 3	N/A	3 x 60s	60s								
WEEK 4	N/A	4 x 60s	60s								

**Front Plank**

<b>A3</b>											
WEEK 1	N/A	2 x 30s	60s								
WEEK 2	N/A	3 x 30s	60s								
WEEK 3	N/A	3 x 45s	60s								
WEEK 4	N/A	3 x 60s	60s								

**Bent Over Y**

<b>B1</b>											
WEEK 1	3-0-0	2 x 8	10s								
WEEK 2	3-0-0	2 x 10	10s								
WEEK 3	3-0-0	3 x 10	10s								
WEEK 4	3-0-0	3 x 12	10s								

**Bent Over T**

<b>B2</b>											
WEEK 1	3-0-0	2 x 8	10s								
WEEK 2	3-0-0	2 x 10	10s								
WEEK 3	3-0-0	3 x 10	10s								
WEEK 4	3-0-0	3 x 12	10s								

**Bent Over W**

<b>B3</b>											
WEEK 1	3-0-0	2 x 8	60s								
WEEK 2	3-0-0	2 x 10	60s								
WEEK 3	3-0-0	3 x 10	60s								
WEEK 4	3-0-0	3 x 12	60s								

**Conditioning: 15-Second Tempo Run (75% Effort)**

<b>WEEK 1</b>	N/A	1 x 10	45s								
<b>WEEK 2</b>	N/A	1 x 12	45s								
<b>WEEK 3</b>	N/A	1 x 14	45s								
<b>WEEK 4</b>	N/A	1 x 14	45s								

TEMPO

SETS X REPS

REST

WEIGHT LOG

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# PHASE 1 PEAKPOWER C

## TOTAL BODY ISOMETRIC STRENGTH



### A1 Lateral Depth Drop (Start At 12 Inches)

WEEK 1	N/A	3 x 3/side	30s						
WEEK 2	N/A	3 x 3/side	30s						
WEEK 3	N/A	4 x 3/side	30s						
WEEK 4	N/A	4 x 3/side	30s						

### A2 Side Plank

WEEK 1	N/A	2 x 20s/side	60s						
WEEK 2	N/A	2 x 20s/side	60s						
WEEK 3	N/A	3 x 25s/side	60s						
WEEK 4	N/A	3 x 30s/side	60s						

### B1 Prisoner Rear Foot Elevated Split Squat Hold (Rest Between Legs And Before B2)

WEEK 1	N/A	3 x 20s/side	60s						
WEEK 2	N/A	3 x 25s/side	60s						
WEEK 3	N/A	3 x 30s/side	60s						
WEEK 4	N/A	4 x 30s/side	60s						

### B2 Shoulders Elevated 1-Leg Hip Lift Hold

WEEK 1	N/A	3 x 30s/side	60s						
WEEK 2	N/A	3 x 45s/side	60s						
WEEK 3	N/A	3 x 60s/side	60s						
WEEK 4	N/A	4 x 60s/side	60s						

### C1 Feet Elevated Push Up Hold

WEEK 1	N/A	3 x 20s	60s						
WEEK 2	N/A	3 x 25s	60s						
WEEK 3	N/A	3 x 30s	60s						
WEEK 4	N/A	4 x 30s	60s						

### C2 Chin Up Hold (Or) Towel Underhand Inverted Row Hold

WEEK 1	N/A	3 x 20s	60s						
WEEK 2	N/A	3 x 25s	60s						
WEEK 3	N/A	3 x 30s	60s						
WEEK 4	N/A	4 x 30s	60s						

### C3 Tall Kneel Wall Anti-Rotation Press Hold

WEEK 1	N/A	2 x 15s/side	60s						
WEEK 2	N/A	3 x 15s/side	60s						
WEEK 3	N/A	3 x 20s/side	60s						
WEEK 4	N/A	3 x 20s/side	60s						

TEMPO      SETS X REPS      REST      WEIGHT LOG



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# PHASE 2



## WARM-UP

### 1 STRETCH 30 SECS PER SIDE

- Spiderman
- Kneeling Quad
- Pigeon
- Knee to Knee

### 3 STABILITY 8 EACH

- 2-Leg Hip Lift w/ Groin Squeeze
- Side Plank (15s)
- Prone T

### 2 MOBILITY 8 REPS PER SIDE

- Anterior Ankle Stretch
- Seated 90-90 ER
- 1/2 Kneel Hip Flexor w/ T-Spine Rotation
- 1/2 Kneel Short Adductor
- V-Stance T-Spine Rotation
- Wall Pec Mob

### 4 DYNAMIC 10 YARDS EACH

- High Knees
- Butt Kicks
- Shuffle w/ Arm Swing
- Carioca
- Side Start Turn to Backpedal
- Pogo Jump 5x to Sprint

## COOLDOWN

EACH MOVEMENT IS DONE FOR **5 BREATHS** WITH A

↓ **4 SEC** inhala

↓ **8 SEC** exhala

↑ **4 SEC** hold

Spiderman

Seated 90-90 ER

Wide Knee Adductor

## NOTES

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## PHASE 2 PEAKPOWER A

### LOWER BODY ECCENTRIC STRENGTH



#### A1 10-Yard Sprint (1/2 Kneel Start) (Or) Squat Jump W/ 3s Hold (5 Reps)

WEEK 1	N/A	2 x 1/side	30s						
WEEK 2	N/A	3 x 1/side	30s						
WEEK 3	N/A	3 x 1/side	30s						
WEEK 4	N/A	4 x 1/side	30s						

#### A2 Deadbug Crunch

WEEK 1	N/A	2 x 20s	60s						
WEEK 2	N/A	3 x 20s	60s						
WEEK 3	N/A	3 x 25s	60s						
WEEK 4	N/A	3 x 30s	60s						

#### B1 Heels Elevated Prisoner Squat

WEEK 1	10-0-0	3 x 5	30s						
WEEK 2	10-0-0	3 x 5	30s						
WEEK 3	10-0-0	4 x 5	30s						
WEEK 4	10-0-0	4 x 6	30s						

#### B2 Hand Plank

WEEK 1	N/A	2 x 30s	60s						
WEEK 2	N/A	3 x 30s	60s						
WEEK 3	N/A	3 x 45s	60s						
WEEK 4	N/A	3 x 60s	60s						

#### C1 Towel Leg Curl

WEEK 1	6-0-0	3 x 6	30s						
WEEK 2	6-0-0	3 x 7	30s						
WEEK 3	6-0-0	3 x 8	30s						
WEEK 4	6-0-0	4 x 8	30s						

#### C2 1/2 Kneel Wall Anti-Rotation Press (Inside Leg Forward)

WEEK 1	N/A	2 x 15s/side	60s						
WEEK 2	N/A	3 x 15s/side	60s						
WEEK 3	N/A	3 x 20s/side	60s						
WEEK 4	N/A	3 x 20s/side	60s						

#### CONDITIONING: 15-Second Tempo Run (75% Effort)

WEEK 1	N/A	1 x 10	45s						
WEEK 2	N/A	1 x 12	45s						
WEEK 3	N/A	1 x 14	45s						
WEEK 4	N/A	1 x 14	45s						

TEMPO

SETS X REPS

REST

WEIGHT LOG



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## PHASE 2 PEAKPOWER B

### UPPER BODY ECCENTRIC STRENGTH



#### A1 1-Leg Depth Drop

WEEK 1	N/A	3 x 3/side	30s						
WEEK 2	N/A	3 x 3/side	30s						
WEEK 3	N/A	4 x 3/side	30s						
WEEK 4	N/A	4 x 3/side	30s						

#### A2 Side Plank W/ Reach Through

WEEK 1	1-0-0	2 x 8	60s						
WEEK 2	1-0-0	2 x 8	60s						
WEEK 3	1-0-0	3 x 8	60s						
WEEK 4	1-0-0	3 x 8	60s						

#### B1 Push Up - Up Fast! (Go Down To Knees Or Elevate Hands If Needed)

WEEK 1	6-0-0	3 x 5	30s						
WEEK 2	6-0-0	3 x 5	30s						
WEEK 3	6-0-0	4 x 5	30s						
WEEK 4	6-0-0	4 x 6	30s						

#### B2 Bent Over T

WEEK 1	1-0-0	2 x 8	60s						
WEEK 2	1-0-0	2 x 10	60s						
WEEK 3	1-0-0	2 x 12	60s						
WEEK 4	1-0-0	3 x 12	60s						

#### C1 Eccentric Only Chin Up (Or) Towel Underhand Inverted Row

WEEK 1	6-0-0	3 x 5	30s						
WEEK 2	6-0-0	3 x 5	30s						
WEEK 3	6-0-0	4 x 5	30s						
WEEK 4	6-0-0	4 x 6	30s						

#### C2 Lying 90-90 Chin Tuck W/ 2-Arm Reach

WEEK 1	0-5-0	3 x 8	30s						
WEEK 2	0-5-0	3 x 10	30s						
WEEK 3	0-5-0	3 x 12	30s						
WEEK 4	0-5-0	3 x 15	30s						

#### C3 Wall External Rotation Hold (Elbow By Side)

WEEK 1	N/A	2 x 15s/side	60s						
WEEK 2	N/A	3 x 15s/side	60s						
WEEK 3	N/A	3 x 20s/side	60s						
WEEK 4	N/A	3 x 20s/side	60s						

TEMPO

SETS X REPS

REST

WEIGHT LOG



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## PHASE 2 PEAKPOWER C

### TOTAL BODY ECCENTRIC STRENGTH



#### 10-Yard Sprint (Lateral 1/2 Kneel Start) (Or) Split Squat Jump W/ 3s Hold (3 Reps/Side)

A1	WEEK 1	N/A	2 x 1/side	30s						
	WEEK 2	N/A	3 x 1/side	30s						
	WEEK 3	N/A	3 x 1/side	30s						
	WEEK 4	N/A	4 x 1/side	30s						

#### 1-Leg Lateral Depth Drop

A2	WEEK 1	N/A	3 x 3/side	30s						
	WEEK 2	N/A	3 x 3/side	30s						
	WEEK 3	N/A	4 x 3/side	30s						
	WEEK 4	N/A	4 x 3/side	30s						

#### Alt. Leg Lower W/ Arms Down

A3	WEEK 1	0-5-0	3 x 4/side	60s						
	WEEK 2	0-5-0	3 x 5/side	60s						
	WEEK 3	0-5-0	3 x 6/side	60s						
	WEEK 4	0-5-0	3 x 6/side	60s						

#### Prisoner Rear Foot Elevated Split Squat

B1	WEEK 1	10-0-0	3 x 5/side	30s						
	WEEK 2	10-0-0	3 x 5/side	30s						
	WEEK 3	10-0-0	4 x 5/side	30s						
	WEEK 4	10-0-0	4 x 6/side	30s						

#### 1/2 Kneel Wall Anti-Rotation Press (Outside Leg Forward)

B2	WEEK 1	N/A	2 x 15s/side	60s						
	WEEK 2	N/A	3 x 15s/side	60s						
	WEEK 3	N/A	3 x 20s/side	60s						
	WEEK 4	N/A	3 x 20s/side	60s						

#### 1-Leg Towel Leg Curl

C1	WEEK 1	6-0-0	3 x 4/side	60s						
	WEEK 2	6-0-0	3 x 5/side	60s						
	WEEK 3	6-0-0	4 x 5/side	60s						
	WEEK 4	6-0-0	4 x 6/side	60s						

#### Feet Elevated Push Up

C2	WEEK 1	6-0-0	3 x 5	60s						
	WEEK 2	6-0-0	3 x 5	60s						
	WEEK 3	6-0-0	4 x 5	60s						
	WEEK 4	6-0-0	4 x 6	60s						

#### CONDITIONING: 15-Second Tempo Run (75% Effort)

WEEK 1	N/A	1 x 10	45s							
WEEK 2	N/A	1 x 12	45s							
WEEK 3	N/A	1 x 14	45s							
WEEK 4	N/A	1 x 14	45s							

TEMPO

SETS X REPS

REST

WEIGHT LOG



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# PHASE 3



## WARM-UP

### 1 STRETCH 30 SECS PER SIDE

- Spiderman
- Kneeling Quad
- Pigeon
- Knee to Knee

### 2 MOBILITY 8 REPS PER SIDE

- 3-Way Wall Ankle Mobility
- Quadruped Posterior Hip Mob
- Box Quad w/ T-Spine Rotation
- Lateral Kneeling Adductor w/ Reach Under
- Side Lying T-Spine Rotation
- Yoga Table

### 3 STABILITY 8 EACH

- 2-Leg Hip Lift on Roller
- Side Plank w/ Reach Through
- Prone W

### 4 DYNAMIC 10 YARDS EACH

- Linear Skip
- Straight Leg Skip
- Lateral Skip
- Power Skip Height)
- 2-Shuffle to Backpedal
- Alt. Crossover 3x to Sprint

## COOLDOWN

EACH MOVEMENT IS DONE FOR **5 BREATHS** WITH A

↓ **4 SEC**  
inhalation

↓ **8 SEC**  
exhalation

↑ **4 SEC**  
hold

1/2 Kneel Quad

Seated Figure 4

Lateral Kneeling Adductor

## NOTES

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# PHASE 3 PEAKPOWER A

## LOWER BODY HYPERTROPHY



### A1 10-Yard Sprint (2-Point Start) (Or) Continuous Squat Jump (5 Reps)

WEEK 1	N/A	2 x 1/side	30s						
WEEK 2	N/A	3 x 1/side	30s						
WEEK 3	N/A	3 x 1/side	30s						
WEEK 4	N/A	4 x 1/side	30s						

### A2 Same Side Deadbug

WEEK 1	0-5-0	2 x 4/side	60s						
WEEK 2	0-5-0	3 x 4/side	60s						
WEEK 3	0-5-0	3 x 5/side	60s						
WEEK 4	0-5-0	3 x 6/side	60s						

### B1 Walking Lunge

WEEK 1	3-0-0	3 x 8/side	30s						
WEEK 2	3-0-0	3 x 10/side	30s						
WEEK 3	3-0-0	3 x 12/side	30s						
WEEK 4	3-0-0	4 x 12/side	30s						

### B2 Towel Body Saw

WEEK 1	1-0-0	2 x 8	30s						
WEEK 2	1-0-0	2 x 10	30s						
WEEK 3	1-0-0	2 x 12	30s						
WEEK 4	1-0-0	3 x 12	30s						

### C1 Towel Leg Curl

WEEK 1	3-0-0	3 x 8	60s						
WEEK 2	3-0-0	3 x 10	60s						
WEEK 3	3-0-0	3 x 12	60s						
WEEK 4	3-0-0	4 x 12	60s						

### C2 Standing Wall Anti-Rotation Press Hold

WEEK 1	N/A	2 x 15s/side	60s						
WEEK 2	N/A	3 x 15s/side	60s						
WEEK 3	N/A	3 x 20s/side	60s						
WEEK 4	N/A	3 x 20s/side	60s						

### CONDITIONING: 15-Second Tempo Run (75% Effort)

WEEK 1	N/A	2 x 6	45s/2min						
WEEK 2	N/A	2 x 7	45s/2min						
WEEK 3	N/A	2 x 8	45s/2min						
WEEK 4	N/A	2 x 8	45s/2min						

TEMPO      SETS X REPS      REST      WEIGHT LOG



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## PHASE 3 PEAKPOWER B

### UPPER BODY HYPERTROPHY



#### A1 1-Leg Lateral Depth Drop

WEEK 1	N/A	3 x 5/side	30s						
WEEK 2	N/A	3 x 5/side	30s						
WEEK 3	N/A	4 x 5/side	30s						
WEEK 4	N/A	4 x 5/side	30s						

#### A2 Short Side Plank W/ Leg Lift

WEEK 1	3-0-0	2 x 8/side	60s						
WEEK 2	3-0-0	2 x 10/side	60s						
WEEK 3	3-0-0	2 x 12/side	60s						
WEEK 4	3-0-0	3 x 12/side	60s						

#### B1 Push Up

WEEK 1	3-0-0	3 x 8	30s						
WEEK 2	3-0-0	3 x 10	30s						
WEEK 3	3-0-0	3 x 12	30s						
WEEK 4	3-0-0	4 x 12	30s						

#### B3 Bent Over Y

WEEK 1	1-0-0	2 x 8	60s						
WEEK 2	1-0-0	2 x 10	60s						
WEEK 3	1-0-0	2 x 12	60s						
WEEK 4	1-0-0	3 x 12	60s						

#### C1 Eccentric Only Chin Up (Or) Towel Assisted Chin Up

WEEK 1	3-0-0	3 x 6	30s						
WEEK 2	3-0-0	3 x 7	30s						
WEEK 3	3-0-0	3 x 8	30s						
WEEK 4	3-0-0	4 x 8	30s						

#### C2 Bear Position Chin Tuck

WEEK 1	0-5-0	3 x 6	30s						
WEEK 2	0-5-0	3 x 7	30s						
WEEK 3	0-5-0	3 x 8	30s						
WEEK 4	0-5-0	4 x 8	30s						

#### C3 Wall External Rotation Hold (Elbow Up)

WEEK 1	N/A	2 x 15s/side	60s						
WEEK 2	N/A	3 x 15s/side	60s						
WEEK 3	N/A	3 x 20s/side	60s						
WEEK 4	N/A	3 x 20s/side	60s						

TEMPO

SETS X REPS

REST

WEIGHT LOG



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# PHASE 3 PEAKPOWER C

## TOTAL BODY HYPERTROPHY



### 10-Yard Sprint (Lateral 1/2 Kneel Start) (Or) Continuous Alt. Split Squat Jump (3 Reps/side)

A1	WEEK 1	N/A	2 x 1/side	30s						
	WEEK 2	N/A	3 x 1/side	30s						
	WEEK 3	N/A	3 x 1/side	30s						
	WEEK 4	N/A	4 x 1/side	30s						

### 90-Degree Rotational Depth Drop

A2	WEEK 1	N/A	3 x 3/side	30s						
	WEEK 2	N/A	3 x 3/side	30s						
	WEEK 3	N/A	4 x 3/side	30s						
	WEEK 4	N/A	4 x 3/side	30s						

### Alt. Leg Lower W/ Arms Up

A3	WEEK 1	0-5-0	3 x 4/side	60s						
	WEEK 2	0-5-0	3 x 5/side	60s						
	WEEK 3	0-5-0	3 x 6/side	60s						
	WEEK 4	0-5-0	3 x 6/side	60s						

### Prisoner Rear Foot Elevated Split Squat

B1	WEEK 1	3-0-0	3 x 8/side	30s						
	WEEK 2	3-0-0	3 x 10/side	30s						
	WEEK 3	3-0-0	3 x 12/side	30s						
	WEEK 4	3-0-0	4 x 12/side	30s						

### Standing Wall Anti-Rotation Press Hold

B2	WEEK 1	N/A	2 x 15s/side	60s						
	WEEK 2	N/A	3 x 15s/side	60s						
	WEEK 3	N/A	3 x 20s/side	60s						
	WEEK 4	N/A	3 x 20s/side	60s						

### Offset Push Up

C1	WEEK 1	1-0-0	3 x 4/side	30s						
	WEEK 2	1-0-0	3 x 5/side	30s						
	WEEK 3	1-0-0	3 x 6/side	30s						
	WEEK 4	1-0-0	4 x 6/side	30s						

### Towel 1-Arm Inverted Row

C2	WEEK 1	1-0-0	3 x 4/side	60s						
	WEEK 2	1-0-0	3 x 4/side	60s						
	WEEK 3	1-0-0	4 x 4/side	60s						
	WEEK 4	1-0-0	4 x 5/side	60s						

### CONDITIONING: 15-Second Tempo Run (75% Effort)

WEEK 1	N/A	2 x 6	45s/2min							
WEEK 2	N/A	2 x 7	45s/2min							
WEEK 3	N/A	2 x 8	45s/2min							
WEEK 4	N/A	2 x 8	45s/2min							



TEMPO

SETS X REPS

REST

WEIGHT LOG



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 4



## WARM-UP

### 1 STRETCH 30 SECS PER SIDE

- Spiderman
- Kneeling Quad
- Pigeon
- Knee to Knee

### 2 MOBILITY 8 REPS PER SIDE

- Anterior Ankle w/ T-Spine Rotation
- Seated 90-90 ER w/ Reach Across
- 1/2 Kneel Hip Flexor w/ Arm Arc
- 1/2 Kneel Short Adductor w/ OH Reach
- V-Stance w/ Reach Under
- Lat Hang

### 3 STABILITY 8 EACH

- 1-Leg Hip Lift w/ Opposite Knee Push
- Short Side Plank w/ Leg Lift
- Arm Arc

### 4 DYNAMIC 10 YARDS EACH

- High Knees
- Butt Kicks
- 2-Shuffle to 1-Leg Stick
- Carioca (Short--> Long)
- Back Facing Hip Turn 3x to Shuffle
- Diagonal Bound 3x to Sprint

## COOLDOWN

EACH MOVEMENT IS DONE FOR **5 BREATHS** WITH A

↓ 4 SEC inhalation

↓ 8 SEC exhalation

↑ 4 SEC hold

Box Quad

Pigeon

V-Stance

## NOTES

- The warm-up and the cooldown are mandatory and are meant to be completed before and after each training session, respectively.
- Perform the above warm-up one time before beginning your workout. Don't rest in between each movement but pace yourself, so you're moving at a medium intensity.
- Do not skip anything in the warm-up or cooldown. This is all of your mobility and stability training in your program, and each piece is important to prepare you to jump right into the training session at a higher intensity.
- Do not add anything to the warm-up or cooldown. This is meant to be a minimal dosage to prepare the body but not fatigue it. We want to stimulate, not annihilate.



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 4 PEAKPOWER A

## LOWER BODY POWER



### 15-Yard Sprint (2-point Start) (Or) Broad Jump (5 Reps)

A1

WEEK 1	N/A	2 x 1/side	30s					
WEEK 2	N/A	3 x 1/side	30s					
WEEK 3	N/A	3 x 1/side	30s					
WEEK 4	N/A	4 x 1/side	30s					

### Opposite Side Deadbug

A2

WEEK 1	0-5-0	2 x 4/side	60s					
WEEK 2	0-5-0	3 x 4/side	60s					
WEEK 3	0-5-0	3 x 5/side	60s					
WEEK 4	0-5-0	3 x 6/side	60s					

### Towel Split Squat Hold (First Set Warm Up With No Superset)

B1

WEEK 1	N/A	4 x 10s/side	30s					
WEEK 2	N/A	4 x 10s/side	30s					
WEEK 3	N/A	4 x 10s/side	30s					
WEEK 4	N/A	4 x 10s/side	30s					

### Split Squat Jump (Pause @ Bottom)

B2

WEEK 1	0-3-0	3 x 3/side	30s					
WEEK 2	0-3-0	3 x 3/side	30s					
WEEK 3	0-3-0	3 x 3/side	30s					
WEEK 4	0-3-0	3 x 3/side	30s					

### Towel Body Saw Hold

B3

WEEK 1	0-5-0	2 x 4	60s					
WEEK 2	0-5-0	2 x 5	60s					
WEEK 3	0-5-0	2 x 6	60s					
WEEK 4	0-5-0	3 x 6	60s					

### Towel 2 To 1 Leg Curl

C1

WEEK 1	3-0-0	3 x 4/side	30s					
WEEK 2	3-0-0	3 x 5/side	30s					
WEEK 3	3-0-0	3 x 6/side	30s					
WEEK 4	3-0-0	4 x 6/side	30s					

### Towel Stride Recovery

C2

WEEK 1	N/A	2 x 8/side	60s					
WEEK 2	N/A	2 x 8/side	60s					
WEEK 3	N/A	2 x 8/side	60s					
WEEK 4	N/A	3 x 8/side	60s					

### CONDITIONING: 50-Yard Shuttle Run (Or) 10-Second Continuous Squat Jump

WEEK 1	N/A	1 x 8	50s					
WEEK 2	N/A	1 x 10	50s					
WEEK 3	N/A	1 x 12	50s					
WEEK 4	N/A	1 x 12	50s					

TEMPO

SETS X REPS

REST

WEIGHT LOG



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 4 PEAKPOWER B

## UPPER BODY POWER



### 1-Leg Rotational Snapdown

A1	WEEK 1	N/A	3 x 5/side	30s					
	WEEK 2	N/A	3 x 5/side	30s					
	WEEK 3	N/A	4 x 5/side	30s					
	WEEK 4	N/A	4 x 5/side	30s					

### Side Plank W/ Leg Lift

A2	WEEK 1	3-0-0	2 x 8/side	60s					
	WEEK 2	3-0-0	2 x 10/side	60s					
	WEEK 3	3-0-0	2 x 12/side	60s					
	WEEK 4	3-0-0	3 x 12/side	60s					

### Towel Push Up Hold (First Set Warm Up With No Superset)

B1	WEEK 1	N/A	4 x 10s	30s					
	WEEK 2	N/A	4 x 10s	30s					
	WEEK 3	N/A	4 x 10s	30s					
	WEEK 4	N/A	4 x 10s	30s					

### Hands Elevated Explosive Push Up

B2	WEEK 1	N/A	3 x 5	30s					
	WEEK 2	N/A	3 x 5	30s					
	WEEK 3	N/A	3 x 5	30s					
	WEEK 4	N/A	3 x 5	30s					

### Bent Over W

B3	WEEK 1	1-0-0	2 x 8	60s					
	WEEK 2	1-0-0	2 x 10	60s					
	WEEK 3	1-0-0	2 x 12	60s					
	WEEK 4	1-0-0	3 x 12	60s					

### Pull Up (Or) Overhand Towel Inverted Row

C1	WEEK 1	1-0-0	3 x 4	30s					
	WEEK 2	1-0-0	3 x 5	30s					
	WEEK 3	1-0-0	3 x 6	30s					
	WEEK 4	1-0-0	4 x 6	30s					

### Bear Position Alt. Arm Reach

C2	WEEK 1	0-5-0	3 x 4/side	30s					
	WEEK 2	0-5-0	3 x 5/side	30s					
	WEEK 3	0-5-0	3 x 6/side	30s					
	WEEK 4	0-5-0	4 x 6/side	30s					

### Wall Internal Rotation Hold (Elbow By Side)

C3	WEEK 1	N/A	2 x 15s/side	60s					
	WEEK 2	N/A	3 x 15s/side	60s					
	WEEK 3	N/A	3 x 20s/side	60s					
	WEEK 4	N/A	3 x 20s/side	60s					

TEMPO	SETS X REPS	REST	WEIGHT LOG
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Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 4 PEAKPOWER C

## TOTAL BODY POWER



### A1 10-yard Sprint (Lateral Cross Under Start) (Or) Lateral Bound Stick (3 Reps/side)

WEEK 1	N/A	2 x 1/side	30s					
WEEK 2	N/A	3 x 1/side	30s					
WEEK 3	N/A	3 x 1/side	30s					
WEEK 4	N/A	4 x 1/side	30s					

### A2 90-degree Rotational Jump

WEEK 1	N/A	3 x 5/side	30s					
WEEK 2	N/A	3 x 5/side	30s					
WEEK 3	N/A	4 x 5/side	30s					
WEEK 4	N/A	4 x 5/side	30s					

### A3 Alt. Leg Lower W/ Arms Overhead

WEEK 1	0-3-0	2 x 6/side	60s					
WEEK 2	0-3-0	3 x 6/side	60s					
WEEK 3	0-3-0	3 x 6/side	60s					
WEEK 4	0-3-0	3 x 6/side	60s					

### B1 Towel Deadlift Hold (First Set Warm Up With No Superset)

WEEK 1	N/A	4 x 10s	30s					
WEEK 2	N/A	4 x 10s	30s					
WEEK 3	N/A	4 x 10s	30s					
WEEK 4	N/A	4 x 10s	30s					

### B2 Squat Jump (Pause @ Bottom)

WEEK 1	0-3-0	3 x 5	30s					
WEEK 2	0-3-0	3 x 5	30s					
WEEK 3	0-3-0	3 x 5	30s					
WEEK 4	0-3-0	3 x 5	30s					

### B3 Split Squat Wall Anti-Rotation Press Hold

WEEK 1	N/A	2 x 15s/side	60s					
WEEK 2	N/A	3 x 15s/side	60s					
WEEK 3	N/A	3 x 20s/side	60s					
WEEK 4	N/A	3 x 20s/side	60s					

### C1 Towel 1-Arm Push Up

WEEK 1	1-0-0	3 x 3/side	30s					
WEEK 2	1-0-0	3 x 3/side	30s					
WEEK 3	1-0-0	4 x 3/side	30s					
WEEK 4	1-0-0	4 x 4/side	30s					

### C2 Towel 1-Arm Inverted Row

WEEK 1	1-0-0	3 x 5/side	60s					
WEEK 2	1-0-0	3 x 5/side	60s					
WEEK 3	1-0-0	4 x 5/side	60s					
WEEK 4	1-0-0	4 x 6/side	60s					

### CONDITIONING: 75-Yard Shuttle Run (Or) 15-Second Continuous Alt. Split Squat Jump

WEEK 1	N/A	1 x 8	45s					
WEEK 2	N/A	1 x 10	45s					
WEEK 3	N/A	1 x 12	45s					
WEEK 4	N/A	1 x 12	45s					

TEMPO

SETS X REPS

REST

WEIGHT LOG



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 5



## WARM-UP

### 1 STRETCH 30 SECS PER SIDE

- Spiderman
- Kneeling Quad
- Pigeon
- Knee to Knee

### 2 MOBILITY 8 REPS PER SIDE

- Straight Leg Wall Ankle Mobility
- Lying Alt. Knee to Knee
- 1/2 Kneel Quad Mob
- Lateral Kneeling Adductor w/ T-Spine Rotation
- Quadruped Position w/ Reach Under
- 1/2 Kneel Pec Mob

### 3 STABILITY 8 EACH

- 1-Leg Hip Lift on Roller
- Side Plank w/ Leg Lift
- Bent Over Y,T,W

### 4 DYNAMIC 10 YARDS EACH

- Linear Skip
- Straight Leg Skip
- Lateral Cross Under Skip
- Power Skip (Distance)
- Backpedal 5 Yards Turn to Shuffle
- Alt. Crossover 2x to Backpedal

## COOLDOWN

EACH MOVEMENT IS DONE FOR **5 BREATHS** WITH A

↓ 4 SEC inhalation

↓ 8 SEC exhalation

↑ 4 SEC hold

Spiderman

Seated 90-90 ER

Wide Knee Adductor

## NOTES

- The warm-up and the cooldown are mandatory and are meant to be completed before and after each training session, respectively.
- Perform the above warm-up one time before beginning your workout. Don't rest in between each movement but pace yourself, so you're moving at a medium intensity.
- Do not skip anything in the warm-up or cooldown. This is all of your mobility and stability training in your program, and each piece is important to prepare you to jump right into the training session at a higher intensity.
- Do not add anything to the warm-up or cooldown. This is meant to be a minimal dosage to prepare the body but not fatigue it. We want to stimulate, not annihilate.



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 5 PEAKPOWER A

## LOWER BODY POWER



### 5-Yard Shuffle To 15-Yard Sprint (Or) Continuous Broad Jump (3 Reps/Side)

A1

WEEK 1	N/A	2 x 1/side	30s					
WEEK 2	N/A	3 x 1/side	30s					
WEEK 3	N/A	3 x 1/side	30s					
WEEK 4	N/A	4 x 1/side	30s					

### Double Deadbug

A2

WEEK 1	N/A	2 x 20s	60s					
WEEK 2	N/A	2 x 25s	60s					
WEEK 3	N/A	2 x 30s	60s					
WEEK 4	N/A	3 x 30s	60s					

### Speed Eccentric Rear Foot Elevated Split Squat

B1

WEEK 1	0-0-0	3 x 6/side	30s					
WEEK 2	0-0-0	3 x 7/side	30s					
WEEK 3	0-0-0	3 x 8/side	30s					
WEEK 4	0-0-0	4 x 8/side	30s					

### Step Up Jump

B2

WEEK 1	N/A	3 x 3/side	30s					
WEEK 2	N/A	3 x 3/side	30s					
WEEK 3	N/A	3 x 3/side	30s					
WEEK 4	N/A	4 x 3/side	30s					

### Towel Body Saw On Hands

B3

WEEK 1	1-0-0	2 x 8	60s					
WEEK 2	1-0-0	2 x 10	60s					
WEEK 3	1-0-0	2 x 12	60s					
WEEK 4	1-0-0	3 x 12	60s					

### 1-Leg Towel Leg Curl

C1

WEEK 1	3-0-0	3 x 4/side	30s					
WEEK 2	3-0-0	3 x 5/side	30s					
WEEK 3	3-0-0	3 x 6/side	30s					
WEEK 4	3-0-0	4 x 6/side	30s					

### Towel Stride Recovery

C2

WEEK 1	N/A	2 x 8/side	60s					
WEEK 2	N/A	2 x 8/side	60s					
WEEK 3	N/A	2 x 8/side	60s					
WEEK 4	N/A	3 x 8/side	60s					

### CONDITIONING: 50-Yard Shuttle Run (Or) 10-Second Continuous Alt. Split Squat Jump

WEEK 1	N/A	2 x 6	50s/2min					
WEEK 2	N/A	2 x 7	50s/2min					
WEEK 3	N/A	2 x 8	50s/2min					
WEEK 4	N/A	2 x 8	50s/2min					



TEMPO

SETS X REPS

REST

WEIGHT LOG



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 5 PEAKPOWER B

## UPPER BODY POWER



### 1-Leg 90-Degree Rotational Hop

A1	WEEK 1	N/A	3 x 5/side	30s					
	WEEK 2	N/A	3 x 5/side	30s					
	WEEK 3	N/A	4 x 5/side	30s					
	WEEK 4	N/A	4 x 5/side	30s					

### Side Plank W/ Leg Lift

A2	WEEK 1	N/A	2 x 20s/side	60s					
	WEEK 2	N/A	2 x 25s/side	60s					
	WEEK 3	N/A	2 x 30s/side	60s					
	WEEK 4	N/A	3 x 30s/side	60s					

### Speed Eccentric Push Up

B1	WEEK 1	0-0-0	3 x 6	30s					
	WEEK 2	0-0-0	3 x 7	30s					
	WEEK 3	0-0-0	3 x 8	30s					
	WEEK 4	0-0-0	4 x 8	30s					

### Explosive Push Up

B2	WEEK 1	N/A	3 x 5	30s					
	WEEK 2	N/A	3 x 5	30s					
	WEEK 3	N/A	3 x 5	30s					
	WEEK 4	N/A	4 x 5	30s					

### Bent Over Y, T, W

B3	WEEK 1	1-0-0	2 x 8	60s					
	WEEK 2	1-0-0	2 x 10	60s					
	WEEK 3	1-0-0	2 x 12	60s					
	WEEK 4	1-0-0	3 x 12	60s					

### Speed Towel Inverted Row

C1	WEEK 1	0-0-0	3 x 6	30s					
	WEEK 2	0-0-0	3 x 7	30s					
	WEEK 3	0-0-0	3 x 8	30s					
	WEEK 4	0-0-0	4 x 8	30s					

### Bear Crawl Transition

C2	WEEK 1	1-0-0	2 x 8/side	60s					
	WEEK 2	1-0-0	2 x 10/side	60s					
	WEEK 3	1-0-0	2 x 12/side	60s					
	WEEK 4	1-0-0	3 x 12/side	60s					

### Wall Internal Rotation Hold (Elbow Up)

C3	WEEK 1	N/A	2 x 15s/side	60s					
	WEEK 2	N/A	3 x 15s/side	60s					
	WEEK 3	N/A	3 x 20s/side	60s					
	WEEK 4	N/A	3 x 20s/side	60s					

TEMPO

SETS X REPS

REST

WEIGHT LOG



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 5 PEAKPOWER C

## TOTAL BODY POWER



### A1 5-Yard Backpedal Turn To Sprint (Or) Continuous Diagonal Bound (3 Reps/Side)

WEEK 1	N/A	2 x 1/side	30s					
WEEK 2	N/A	3 x 1/side	30s					
WEEK 3	N/A	3 x 1/side	30s					
WEEK 4	N/A	4 x 1/side	30s					

### A2 180-Degree Depth Drop

WEEK 1	N/A	3 x 3/side	30s					
WEEK 2	N/A	3 x 3/side	30s					
WEEK 3	N/A	4 x 3/side	30s					
WEEK 4	N/A	4 x 3/side	30s					

### A3 Double Leg Lower W/ Arms Down

WEEK 1	0-3-0	2 x 6/side	60s					
WEEK 2	0-3-0	3 x 6/side	60s					
WEEK 3	0-3-0	3 x 6/side	60s					
WEEK 4	0-3-0	3 x 6/side	60s					

### B1 Speed Eccentric Rear Foot Elevated Split Squat

WEEK 1	0-0-0	3 x 6/side	30s					
WEEK 2	0-0-0	3 x 7/side	30s					
WEEK 3	0-0-0	3 x 8/side	30s					
WEEK 4	0-0-0	4 x 8/side	30s					

### B2 Continuous Alt. Split Squat Jump

WEEK 1	N/A	3 x 3/side	30s					
WEEK 2	N/A	3 x 3/side	30s					
WEEK 3	N/A	3 x 3/side	30s					
WEEK 4	N/A	4 x 3/side	30s					

### B3 Lateral Squat Wall Anti-Rotation Press Hold

WEEK 1	N/A	2 x 15s/side	60s					
WEEK 2	N/A	3 x 15s/side	60s					
WEEK 3	N/A	3 x 20s/side	60s					
WEEK 4	N/A	3 x 20s/side	60s					

### C1 Pike Push Up

WEEK 1	1-0-0	3 x 5	60s					
WEEK 2	1-0-0	3 x 5	60s					
WEEK 3	1-0-0	4 x 5	60s					
WEEK 4	1-0-0	4 x 6	60s					

### C2 Pull Up (Or) Towel Assisted Pull Up

WEEK 1	1-0-0	3 x 5	60s					
WEEK 2	1-0-0	3 x 5	60s					
WEEK 3	1-0-0	4 x 5	60s					
WEEK 4	1-0-0	4 x 6	60s					

### CONDITIONING: 75-Yard Shuttle Run (Or) 10-Second Continuous Alt. Split Squat Jump

WEEK 1	N/A	2 x 6	45s/2min					
WEEK 2	N/A	2 x 7	45s/2min					
WEEK 3	N/A	2 x 8	45s/2min					
WEEK 4	N/A	2 x 8	45s/2min					

TEMPO

SETS X REPS

REST

WEIGHT LOG



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 6



## WARM-UP

### 1 STRETCH 30 SECS PER SIDE

- Spiderman
- Kneeling Quad
- Pigeon
- Knee to Knee

### 2 MOBILITY 8 REPS PER SIDE

- Anterior Ankle w/ Side Bend
- Alt. Seated 90-90 ER w/ Reach Across
- Alt. Spiderman to Hamstring
- Wide Knee Short Adductor Mob
- Quadruped T-Spine Rotation
- 1-Arm Yoga Table w/ Reach

### 3 STABILITY 8 EACH

- 1-Leg Hip Lift w/ Fallout
- Side Plank w/ Leg Lift Hold and Reach Through
- Bent Over Alt. Arm Arc

### 4 DYNAMIC 10 YARDS EACH

- High Knees
- Butt Kicks
- 2-Shuffle Forward 1-Shuffle Back
- Caricoa --> Shuffle
- Back Facing Hip Turn 3x to Sprint
- Lateral Line Hop 10x to Sprint

## COOLDOWN

EACH MOVEMENT IS DONE FOR **5 BREATHS** WITH A

↓ 4 SEC inhalation

↓ 8 SEC exhalation

↑ 4 SEC hold

1/2 Kneel Quad

Seated Figure 4

Lateral Kneeling Adductor

## NOTES

- The warm-up and the cooldown are mandatory and are meant to be completed before and after each training session, respectively.
- Perform the above warm-up one time before beginning your workout. Don't rest in between each movement but pace yourself, so you're moving at a medium intensity.
- Do not skip anything in the warm-up or cooldown. This is all of your mobility and stability training in your program, and each piece is important to prepare you to jump right into the training session at a higher intensity.
- Do not add anything to the warm-up or cooldown. This is meant to be a minimal dosage to prepare the body but not fatigue it. We want to stimulate, not annihilate.



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 6 PEAKPOWER A



## LOWER BODY SPEED

### 2-Shuffle Backwards To 15-Yard Sprint (Or) 2-Shuffle 1-Leg Stick (3 Reps/side)

A1

WEEK 1	N/A	2 x 1/side	30s					
WEEK 2	N/A	2 x 1/side	30s					
WEEK 3	N/A	3 x 1/side	30s					
WEEK 4	N/A	3 x 1/side	30s					

### 90-Degree 1-Leg Rotational Hop

A2

WEEK 1	N/A	2 x 5/side	30s					
WEEK 2	N/A	2 x 5/side	30s					
WEEK 3	N/A	3 x 5/side	30s					
WEEK 4	N/A	3 x 5/side	30s					

### 2-Shuffle To 15-Yard Sprint (Or) Continuous Lateral Bound (3 Reps/side)

B1

WEEK 1	N/A	2 x 1/side	30s					
WEEK 2	N/A	2 x 1/side	30s					
WEEK 3	N/A	3 x 1/side	30s					
WEEK 4	N/A	3 x 1/side	30s					

### Hollow Hold

B2

WEEK 1	N/A	2 x 20s	60s					
WEEK 2	N/A	2 x 25s	60s					
WEEK 3	N/A	2 x 30s	60s					
WEEK 4	N/A	3 x 30s/side	60s					

### Speed Rear Foot Elevated Split Squat

C1

WEEK 1	0-0-0	3 x 10s/side	30s					
WEEK 2	0-0-0	4 x 10s/side	30s					
WEEK 3	0-0-0	4 x 10s/side	30s					
WEEK 4	0-0-0	4 x 10s/side	30s					

### Body Saw Hold On Hands

C2

WEEK 1	0-5-0	2 x 4	60s					
WEEK 2	0-5-0	3 x 4	60s					
WEEK 3	0-5-0	3 x 5	60s					
WEEK 4	0-5-0	3 x 6	60s					

### CONDITIONING A: Heels Elevated Squat Hold

WEEK 1	N/A	3 x 30s/side	30s					
WEEK 2	N/A	3 x 40s/side	30s					
WEEK 3	N/A	3 x 50s/side	30s					
WEEK 4	N/A	3 x 60s/side	30s					

### CONDITIONING B: 6-Second Sprint (Or) 6-Second Continuous Lateral Bound

WEEK 1	N/A	2 x 6	24s/2min					
WEEK 2	N/A	2 x 7	24s/2min					
WEEK 3	N/A	2 x 8	24s/2min					
WEEK 4	N/A	2 x 8	24s/2min					

TEMPO	SETS X REPS	REST	WEIGHT LOG					



Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 6 PEAKPOWER B

## UPPER BODY SPEED



### 5-Yard Backpedal Backwards To 15-Yard Sprint (Or) 1-Leg Broad Jump 2-Leg Stick (3 Reps/side)

A1

WEEK 1	N/A	2 x 1/side	30s					
WEEK 2	N/A	2 x 1/side	30s					
WEEK 3	N/A	3 x 1/side	30s					
WEEK 4	N/A	3 x 1/side	30s					

### 90-Degree 1-Leg Rotational Hop

A2

WEEK 1	N/A	2 x 5/side	30s					
WEEK 2	N/A	2 x 5/side	30s					
WEEK 3	N/A	3 x 5/side	30s					
WEEK 4	N/A	3 x 5/side	30s					

### 5-Yard Backpedal Turn To 15-Yard Sprint (Or) Diagonal Bound Stick (3 Reps/side)

B1

WEEK 1	N/A	2 x 1/side	30s					
WEEK 2	N/A	2 x 1/side	30s					
WEEK 3	N/A	3 x 1/side	30s					
WEEK 4	N/A	3 x 1/side	30s					

### Bear Crawl Forward/Backward

B2

WEEK 1	1-0-0	2 x 8/side	60s					
WEEK 2	1-0-0	2 x 10/side	60s					
WEEK 3	1-0-0	2 x 12/side	60s					
WEEK 4	1-0-0	3 x 12/side	60s					

### Speed Push Up

C1

WEEK 1	0-0-0	3 x 10s	30s					
WEEK 2	0-0-0	4 x 10s	30s					
WEEK 3	0-0-0	4 x 10s	30s					
WEEK 4	0-0-0	4 x 10s	30s					

### Hand Plank W/ Y,T,W Hold

C2

WEEK 1	N/A	3 x 10s/side	60s					
WEEK 2	N/A	3 x 10s/side	60s					
WEEK 3	N/A	3 x 10s/side	60s					
WEEK 4	N/A	3 x 10s/side	60s					

### CONDITIONING A: Split Squat Hold (Rest Between Legs And Each Set)

WEEK 1	N/A	3 x 20s/side	30s					
WEEK 2	N/A	3 x 30s/side	30s					
WEEK 3	N/A	3 x 40s/side	30s					
WEEK 4	N/A	3 x 45s/side	30s					

### CONDITIONING B: 12-Second Sprint (Or) 12-Second Continuous Lateral Bound

WEEK 1	N/A	2 x 6	33s/2min					
WEEK 2	N/A	3 x 7	33s/2min					
WEEK 3	N/A	3 x 8	33s/2min					
WEEK 4	N/A	3 x 8	33s/2min					



TEMPO

SETS X REPS

REST

WEIGHT LOG

Scan/Tap The QR Code

Hold phone camera up to the image to view our video demonstrations for each exercise.

# PHASE 6 PEAKPOWER C

## TOTAL BODY CIRCUIT



	TEMPO	SETS X REPS	REST	WEIGHT LOG							
<b>A1</b>											
<b>A2</b>											
<b>A3</b>											
<b>A4</b>											
<b>A5</b>											
<b>A6</b>											
<b>A7</b>											
<b>A8</b>											



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