

WEEK 1 - DAY 1 COUPLING

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	—
1 - BUTT TO WALL TOE LIFTS	3	X	20	20-40SEC.
2 - MAT EDGE ANKLE HOPS	3	X	40SEC.	20-40SEC.
3 - LAYING KNEE UP MICROEXTENSIONS	2	X	10EACH	20-40SEC.
4 - 90 DEGREE HEEL DOWNS ALTERNATING EXTENSIONS (18-24")	2	X	10EACH	20-40SEC.
5 - PRONE RESISTIVE QUAD-RESISTED-HAMMY-CURL	2	X	10EA (3030TEMPO)	20-40SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	—

WEEK 1 - DAY 2 CORE

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	—
1 - FEET TO WALL TABLE HOLD	3	X	40SEC.	20-40SEC.
2 - CAT COW	3	X	10EACH	20-40SEC.
3 - BIRD DOGS TOE GLIDE	3	X	10EACH	20-40SEC.
4 - SIDE BRIDGE HOLD	3	X	20SEC. EACH	20-40SEC.
5 - 1/2 CZECH ROLL	3	X	10EACH	20-40SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	—

WEEK 1 - DAY 3 DOUBLE KNEE ROM & VOLUME

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	—
1 - NARROW SQUAT TO KOT & BACK	2	X	10	40-60SEC.
2 - DEEP WALL ASSISTED KOT SQUAT	4	X	10	40-60SEC.
3 - KNEELING REVERSE NORDICS TOES TUCKED	2	X	10	40-60SEC.
4 - SQUAT ETK, HINGE, DROP & STAND	2	X	10	40-60SEC.
5 - 3 HEIGHT SQUAT HOLD	2	X	20s+20s+20s	40-60SEC.
CL - ROLLOUT & STRETCH	-	X	-	—

WEEK 1 - DAY 4 POSTERIOR CHAIN

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	—
1 - TABLE TOP FOOT TO WALL NORDIC GOOD MORNINGS	3	X	10	40-60SEC.
2 - HEEL GLIDE HIP UP HAMMY ECC. SS ALT HEEL GLIDES	2	X	10+20EACH	40-60SEC.
3 - FOOT FLAT SL HIP UPS (18-24")	2	X	10EACH	40-60SEC.
4 - HEEL DOWN DORSIFLEX SL HIP UPS (18-24")	2	X	10EACH	40-60SEC.
5 - PRONE HAMMY ALT CURL 100BPM SS DOUBLE TIME	2	X	10EACH+20EACH	40-60SEC.
CL - WALL MOBILITY	-	X	-	—

WEEK 1 - DAY 5 MOBILITY & ACTIVATION

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	—
1 - HALF KNEEL HIP FLEXOR WAVE STRETCH	2	X	10EACH	20-40SEC.
2 - HALF KNEELING 90-90 ISO HOLD IN & AWAY	2	X	30SIN 30SAW EACH	20-40SEC.
3 - SIT-IN-BLOCKS STANCE ROLL BACKS	2	X	10EACH	20-40SEC.
4 - CONTRALATERAL HAND UNDER TOE HAMMY STRETCH	2	X	10EACH	20-40SEC.
5 - GROUND BASED QUAD RIPPER	2	X	10SEC.HOLD+10EA	20-40SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	—

WEEK 1 - DAY 6 SINGLE LEG STRENGTH

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	—
1 - STATIC FWD LUNGE KOT (REACH TO WALL, FULL ROM)	3	X	10EACH	40-60SEC.
2 - KNEE TO HEEL LUNGE (BODY UPRIGHT)	3	X	10EACH	40-60SEC.
3 - SINGLE LEG 90DEG BOX SQUATS	2	X	15EACH	40-60SEC.
4 - KNEE DOWN TO BLOCK/TOWEL (ASSISTED IF NEEDED)	2	X	15EACH	40-60SEC.
5 - CONTROLLED HEEL DOWNS	2	X	15EACH	40-60SEC.
CL - ROLLOUT & STRETCH	-	X	-	—

WEEK 1 - DAY 7 SPEED ENDURANCE

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	—
1 - HEEL TOE WALK, TIP TOE WALK, TAP TOE WALK	2	X	(15EACH)EACH	20-40SEC.
2 - POSE A WALK, A-SNAP, 1-2-SNAP	2	X	(15EACH)EACH	20-40SEC.
3 - A-POGOS TO ACCEL (50%)	2	X	20YD+20YD	40-60SEC.
4 - HIGH A SKIPS TO ACCEL (50%)	2	X	20YD+20YD	40-60SEC.
5 - BOUND TO ACCEL (50%)	2	X	20YD+20YD	40-60SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	—

WEEK 2 - DAY 1 COUPLING

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - BUTT TO WALL TOE LIFTS	3	X	25	20-40SEC.
2 - MAT EDGE ANKLE HOPS	3	X	45SEC.	20-40SEC.
3 - LAYING KNEE UP MICROEXTENSIONS	3	X	10EACH	20-40SEC.
4 - 90 DEGREE HEEL DOWNS ALTERNATING EXTENSIONS (18-24")	3	X	10EACH	20-40SEC.
5 - PRONE RESISTIVE QUAD-RESISTED-HAMMY-CURL	3	X	10EA (3030TEMPO)	20-40SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

WEEK 2 - DAY 2 CORE

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - FEET TO WALL TABLE HOLD	3	X	60SEC.	20-40SEC.
2 - CAT COW	2	X	15EACH	20-40SEC.
3 - BIRD DOGS TOE GLIDE	2	X	15EACH	20-40SEC.
4 - SIDE BRIDGE HOLD	2	X	30SEC. EACH	20-40SEC.
5 - 1/2 CZECH ROLL	2	X	15EACH	20-40SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

WEEK 2 - DAY 3 DOUBLE KNEE ROM & VOLUME

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - NARROW SQUAT TO KOT & BACK	2	X	15	40-60SEC.
2 - DEEP WALL ASSISTED KOT SQUAT	4	X	10	40-60SEC.
3 - KNEELING REVERSE NORDICS TOES TUCKED	4	X	10	40-60SEC.
4 - SQUAT ETK, HINGE, DROP & STAND	3	X	10	40-60SEC.
5 - 3 HEIGHT SQUAT HOLD	3	X	20s+20s+20s	40-60SEC.
CL - ROLLOUT & STRETCH	-	X	-	-

WEEK 2 - DAY 4 POSTERIOR CHAIN

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - TABLE TOP FOOT TO WALL NORDIC GOOD MORNINGS	2	X	15	40-60SEC.
2 - HEEL GLIDE HIP UP HAMMY ECC. SS ALT HEEL GLIDES	3	X	10+20EACH	40-60SEC.
3 - FOOT FLAT SL HIP UPS (18-24")	3	X	10EACH	40-60SEC.
4 - HEEL DOWN DORSIFLEX SL HIP UPS (18-24")	3	X	10EACH	40-60SEC.
5 - PRONE HAMMY ALT CURL 100BPM SS DOUBLE TIME	3	X	10EACH+20EACH	40-60SEC.
CL - WALL MOBILITY	-	X	-	-

WEEK 2 - DAY 5 MOBILITY & ACTIVATION

MOVEMENT	SETS/ROUNDS		REPS	REST
<u>WU</u> - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - HALF KNEEL HIP FLEXOR WAVE STRETCH	2	X	10EACH	20-40SEC.
2 - HALF KNEELING 90-90 ISO HOLD IN & AWAY	2	X	30SIN 30SAW EACH	20-40SEC.
3 - SIT-IN-BLOCKS STANCE ROLL BACKS	2	X	10EACH	20-40SEC.
4 - CONTRALATERAL HAND UNDER TOE HAMMY STRETCH	2	X	10EACH	20-40SEC.
5 - GROUND BASED QUAD RIPPER	2	X	10SEC.HOLD+10EA	20-40SEC.
<u>CL</u> - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

WEEK 2 - DAY 6 SINGLE LEG STRENGTH

MOVEMENT	SETS/ROUNDS		REPS	REST
<u>WU</u> - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - STATIC FWD LUNGE KOT (REACH TO WALL, FULL ROM)	2	X	15EACH	40-60SEC.
2 - KNEE TO HEEL LUNGE (BODY UPRIGHT)	2	X	15EACH	40-60SEC.
3 - SINGLE LEG 90DEG BOX SQUATS	2	X	20EACH	40-60SEC.
4 - KNEE DOWN TO BLOCK/TOWEL (ASSISTED IF NEEDED)	2	X	20EACH	40-60SEC.
5 - CONTROLLED HEEL DOWNS	2	X	20EACH	40-60SEC.
<u>CL</u> - ROLLOUT & STRETCH	-	X	-	-

WEEK 2 - DAY 7 SPEED ENDURANCE

MOVEMENT	SETS/ROUNDS		REPS	REST
<u>WU</u> - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - HEEL TOE WALK, TIP TOE WALK, TAP TOE WALK	2	X	(20EACH)EACH	20-40SEC.
2 - POSE A WALK, A-SNAP, 1-2-SNAP	2	X	(20EACH)EACH	20-40SEC.
3 - A-POGOS TO ACCEL (70%)	2	X	20YD+20YD	40-60SEC.
4 - HIGH A SKIPS TO ACCEL (70%)	2	X	20YD+20YD	40-60SEC.
5 - BOUND TO ACCEL (70%)	2	X	20YD+20YD	40-60SEC.
<u>CL</u> - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

THEOREM

OPTIMIZE

WEEK 3 - DAY 1 COUPLING

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - BUTT TO WALL TOE LIFTS	2	X	35	45SEC.
2 - HEEL-TOE CALVE RAISE SS POGOS	3	X	15+25	45SEC.
3 - LAYING KNEE UPS SS MICROEXTENSIONS	2	X	(15+25)EACH	45SEC.
4 - 90 DEGREE HEEL DOWNS ALTERNATING EXTENSIONS (18-24")	2	X	15EACH	45SEC.
5 - PRONE RESISTIVE QUAD-RESISTED-HAMMY-CURL	2	X	15EA (3030TEMPO)	45SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

WEEK 3 - DAY 2 CORE

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - FEET TO WALL TABLE HOLD	2	X	90SEC.	20-40SEC.
2 - CAT COW HIP PIKE UP	2	X	15EACH	20-40SEC.
3 - BIRD DOGS	2	X	10EACH	20-40SEC.
4 - SIDE BRIDGE HIP UP	2	X	10EACH	20-40SEC.
5 - DEADBUGS SS ROLL OVER TOE DOWNS	2	X	5EA+5EA	20-40SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

WEEK 3 - DAY 3 DOUBLE KNEE ROM & VOLUME

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - SISSY SQUATS	2	X	10	40-60SEC.
2 - DEEP KOT SQUAT (UPRIGHT)	4	X	10	40-60SEC.
3 - KNEELING REVERSE NORDICS FEET FLAT	4	X	10	40-60SEC.
4 - BELOW 90 ABOVE 90 (3131 TEMPO) SQUATS	2	X	10	40-60SEC.
5 - BALL BEHIND BACK, WALL SQUAT TOE LIFTS	2	X	20	40-60SEC.
CL - ROLLOUT & STRETCH	-	X	-	-

WEEK 3 - DAY 4 POSTERIOR CHAIN

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - PRISONER FOOT TO WALL NORDIC GOOD MORNINGS	3	X	10	40-60SEC.
2 - HEEL GLIDE HIP UP HAMMY ECC. SS ALT HEEL GLIDES	2	X	15+30EACH	40-60SEC.
3 - FOOT FLAT SL HIP UPS (18-24")	2	X	15EACH	40-60SEC.
4 - HEEL DOWN DORSIFLEX SL HIP UPS (18-24")	2	X	15EACH	40-60SEC.
5 - PRONE HAMMY ALT CURL 100BPM SS DOUBLE TIME	2	X	15EACH+30EACH	40-60SEC.
CL - WALL MOBILITY	-	X	-	-

WEEK 3 - DAY 5 MOBILITY & ACTIVATION

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - HALF KNEEL HIP FLEXOR WAVE STRETCH	2	X	10EACH	20-40SEC.
2 - HALF KNEELING 90-90 ISO HOLD IN & AWAY	2	X	30SIN 30SAW EACH	20-40SEC.
3 - SIT ON HEEL TIB STRETCH SS HIGH BEAR WALKED OUT CALVE	2	X	10EACH+10EACH	20-40SEC.
4 - ANKLE HOLD LEG BACKS	2	X	10EACH	20-40SEC.
5 - WALL BASED QUAD RIPPER	2	X	10SEC.HOLD+10EA	20-40SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

WEEK 3 - DAY 6 SINGLE LEG STRENGTH

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - STATIC FWD LUNGE KOT (REACH TO WALL, FULL ROM)	3	X	15EACH	40-60SEC.
2 - KNEE TO HEEL LUNGE (BODY UPRIGHT)	3	X	15EACH	40-60SEC.
3 - SINGLE LEG ASSISTED PISTOL SQUATS	2	X	15EACH	40-60SEC.
4 - RFE LUNGE	2	X	15EACH	40-60SEC.
5 - SL RDL TO CONTROLLED HEEL DOWNS	2	X	15EACH	40-60SEC.
CL - ROLLOUT & STRETCH	-	X	-	-

WEEK 3 - DAY 7 SPEED ENDURANCE

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - HEEL TOE WALK, TIP TOE WALK, TAP TOE WALK	2	X	(20EACH)EACH	20-40SEC.
2 - POSE A WALK, A-SNAP, 1-2-SNAP	2	X	(20EACH)EACH	20-40SEC.
3 - A-POGOS SS ROLL START ACCEL (80%)	2	X	20YD+20YD	40-60SEC.
4 - HIGH A SKIPS SS ROLL START ACCEL (80%)	2	X	20YD+20YD	40-60SEC.
5 - BOUND SS ROLL START ACCEL (80%)	2	X	20YD+20YD	40-60SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

THEOREM

OPTIMIZE

WEEK 4 - DAY 1 COUPLING

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - BUTT TO WALL TOE LIFTS	2	X	45	45-60SEC.
2 - HEEL-TOE CALVE RAISE SS POGOS	3	X	20+40	45-60SEC.
3 - LAYING KNEE UPS SS MICROEXTENSIONS	3	X	(15+25)EACH	45-60SEC.
4 - 90 DEGREE HEEL DOWNS ALTERNATING EXTENSIONS (18-24")	2	X	20EACH	45-60SEC.
5 - PRONE RESISTIVE QUAD-RESISTED-HAMMY-CURL	2	X	15EA (3030TEMPO)	45-60SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

WEEK 4 - DAY 2 CORE

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - FEET TO WALL TABLE HOLD		X	2-4MIN	40-60SEC.
2 - CAT COW HIP PIKE UP	2	X	15EACH	40-60SEC.
3 - BIRD DOGS	2	X	15EACH	40-60SEC.
4 - SIDE BRIDGE HIP UP	2	X	15EACH	40-60SEC.
5 - DEADBUGS SS ROLL OVER TOE DOWNS	2	X	10EA+10EA	40-60SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

WEEK 4 - DAY 3 DOUBLE KNEE ROM & VOLUME

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - SISSY SQUATS	2	X	15	40-60SEC.
2 - DEEP KOT SQUAT (UPRIGHT)	3	X	15	40-60SEC.
3 - KNEELING REVERSE NORDICS FEET FLAT	3	X	15	40-60SEC.
4 - BELOW 90 ABOVE 90 (3131 TEMPO) SQUATS	3	X	10	40-60SEC.
5 - BALL BEHIND BACK, WALL SQUAT TOE LIFTS	2	X	25	40-60SEC.
CL - ROLLOUT & STRETCH	-	X	-	-

WEEK 4 - DAY 4 POSTERIOR CHAIN

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - PRISONER FOOT TO WALL NORDIC GOOD MORNINGS	2	X	15	40-60SEC.
2 - HEEL GLIDE HIP UP HAMMY ECC. SS ALT HEEL GLIDES	2	X	15+30EACH	40-60SEC.
3 - FOOT FLAT SL HIP UPS (18-24")	2	X	18EACH	40-60SEC.
4 - HEEL DOWN DORSIFLEX SL HIP UPS (18-24")	2	X	16EACH	40-60SEC.
5 - PRONE HAMMY ALT CURL 100BPM SS DOUBLE TIME	3	X	15EACH+30EACH	40-60SEC.
CL - WALL MOBILITY	-	X	-	-

WEEK 4 - DAY 5 MOBILITY & ACTIVATION

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - HALF KNEEL HIP FLEXOR WAVE STRETCH	2	X	10EACH	20-40SEC.
2 - HALF KNEELING 90-90 ISO HOLD IN & AWAY	2	X	30SIN 30SAW EACH	20-40SEC.
3 - SIT ON HEEL TIB STRETCH SS HIGH BEAR WALKED OUT CALVE	2	X	10EACH+10EACH	20-40SEC.
4 - ANKLE HOLD LEG BACKS	2	X	10EACH	20-40SEC.
5 - WALL BASED QUAD RIPPER	2	X	10SEC.HOLD+10EA	20-40SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-

WEEK 4 - DAY 6 SINGLE LEG STRENGTH

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - STATIC FWD LUNGE KOT (REACH TO WALL, FULL ROM)	2	X	25EACH	40-60SEC.
2 - KNEE TO HEEL LUNGE (BODY UPRIGHT)	2	X	25EACH	40-60SEC.
3 - SINGLE LEG ASSISTED PISTOL SQUATS	3	X	10EACH	40-60SEC.
4 - RFE LUNGE	3	X	15EACH	40-60SEC.
5 - SL RDL TO CONTROLLED HEEL DOWNS	3	X	15EACH	40-60SEC.
CL - ROLLOUT & STRETCH	-	X	-	-

WEEK 4 - DAY 7 SPEED ENDURANCE

MOVEMENT	SETS/ROUNDS		REPS	REST
WU - DYNAMIC & ACTIVE STRETCH	-	X	-	-
1 - HEEL TOE WALK, TIP TOE WALK, TAP TOE WALK	2	X	(20EACH)EACH	20-40SEC.
2 - POSE A WALK, A-SNAP, 1-2-SNAP	2	X	(20EACH)EACH	20-40SEC.
3 - A-POGOS SS ROLL START ACCEL (90%)	2	X	20YD+20YD	40-60SEC.
4 - HIGH A SKIPS SS ROLL START ACCEL (90%)	2	X	20YD+20YD	40-60SEC.
5 - BOUND SS ROLL START ACCEL (90%)	2	X	20YD+20YD	40-60SEC.
CL - JOG DOWN (5-10MIN) & STRETCH	-	X	-	-