

**Day 1: SQUAT Strength - Legs / Core**

**\*Dynamic Warm Up - 2 x 10**

- Swoops
- Walking Lunges
- 3 Leg Dog Hip Openers

**-STRETCH AS NEEDED-**

**\*Warm up \*2 x 15-20**

- Abductor
- Adductor
- Calf raise

**/// \*4 x 12-8-6-6**

- Squats

**/// \*3 x 4**

- Pause Squats (3 second hold)
- Dead Hang

**/// \*4 x 12**

- Straight Leg Oblique Crunch (feet elevated)
- Power Toe Touch

**/// \*4 x 8**

- Single Leg Press

**/// \*3 x 12**

- Farmers March
- Lunges

**-COOL DOWN + STRETCH-**

**Day 2: *BENCH Strength - Chest / Triceps / Back / Shoulders***

*\*Dynamic Warm Up - 2 x 5 (slow)*

- Cat Cow
- Elbow Circles
- Scap Push Ups (Core Activation)

**-STRETCH AS NEEDED-**

*\*Warm up \*3 x 12 (pause reps)*

- Lat Pull Over
- Chest Flys
- Scap Pull Ups / Hanging Knee Raises

*/// \*5 x 12-8-6-6-4*

- Bench Press

*/// \*4 x 12 (pause reps)*

- Close Grip Pulldown

*/// \*4 x 10-8-8-8*

- Incline DB Press

*/// \*3 x 12*

- Bent Over Mid Back Row
- Arnold Shoulder Press
- Hammer Press

*/// \*3 x 12 (pause reps)*

- Face Pull
- Tricep Extensions

**-COOL DOWN + STRETCH-**

**Day 3: DEADLIFT Strength - Back / Legs / Core**

**\*Dynamic Warm Up - 2 x 10**

- Swoops
- Knee Hugs
- Walking Lunges

**-STRETCH AS NEEDED-**

**\*Warm up \*2 x 10**

- Bicycle Crunch
- Waterfall Leg Lifts
- Roll > Toe Touch

**/// \*5 x 10-6-6-3-3**

- Deadlift (sumo or conventional)

**/// \*3 x 12**

- Chest Supported Row
- DB RDL

**/// \*3 x amrap / 12**

- Chin Ups -or- Underhand Lat Pulldowns

**/// \*5 x 12**

- Single Leg RDL
- Single Arm Row

**/// \*5 x 12**

- Bicep Curls
- 6 Inch Leg Lifts

**-COOL DOWN + STRETCH-**

**Day 4: ACTIVE REST - Movement + Mobility**

Movement 30 minutes	Stretch 30 minutes
↓ Suggestions ↓	
Run / Walk / Bike / Hike	Dynamic Warm Ups
Rower / Stairs / Elliptical	Seated / Lying Stretches
Sports	Holding (1-2 minutes)
Skate	Deep Breathing
Get Outside	Foam Rolling
Light Resistance Training (Focus on weaknesses)	Listen to your body
Yoga Routine	

**Day 5: SQUAT Form - Legs / Core / Balance**

*\*Dynamic Warm Up - 2 x 10*

- Walkouts
- Lizard Twists
- Figure 4 Rocks

**-STRETCH AS NEEDED-**

*\*Warm up \*2 x 20*

- Walking Lunges
- Power Toe Touch

*/// \*3 x 10*

- Hip Thrusts

*/// \*4 x 8-8-6-4*

- Box Squats

*/// \*3 x 12*

- Leg Press (close stance)

*/// \*3 x 10*

- Single Leg RDL
- Lunge > Knee Drive

*/// \*3 x 10*

- Plank Jacks
- Half Burpee
- Body Squat

**-COOL DOWN + STRETCH-**

**Day 6: BENCH Form - Chest / Back / Shoulders / Arms**

*\*Dynamic Warm Up - 2 x 10*

- Cat Cow
- Elbow Circles
- Thread the Needle

**-STRETCH AS NEEDED-**

*\*Warm up \*3 x 12 (pause reps)*

- Lat Pull Over
- Chest Flys

*/// \*3 x 10-12*

- Lat Pulldown

*/// \*4 x 12-10-8-8*

- Bench Press (slow eccentric, explosive push)

*/// \*4 x 10-12*

- Incline DB Twist Press

*/// \*4 x 10*

- Inverted Row

*/// \*3 x 10 each side*

- Incline Hammer Press (alternating)
- Straight Leg Oblique Crunch (feet elevated)

*/// \*4 x 12*

- Tricep Extensions
- Lateral Raise
- Bicep Curl

**-COOL DOWN + STRETCH-**

**Day 7: ACTIVE REST - Movement + Mobility**

Movement 30 minutes	Stretch 30 minutes
↓ Suggestions ↓	
Run / Walk / Bike / Hike	Dynamic Warm Ups
Rower / Stairs / Elliptical	Seated / Lying Stretches
Sports	Holding (1-2 minutes)
Skate	Deep Breathing
Get Outside	Foam Rolling
Light Resistance Training (Focus on weaknesses)	Listen to your body
Yoga Routine	