



Name:

Date: Phase 1- Day 1

	Week 1	Week 2	Week 3	Week 4
1a) 1 Leg Bench Squat Sets: 3 Reps: 7-9, 4-6, 10-12 Rest: 60 Note:				
1b) 1 Arm Incline Dumbbell Press Sets: 3 Reps: 7-9, 4-6, 10-12 Rest: 60 Note:				
2a) Pronated Bent Over Dumbbell Row Sets: 3 Reps: 7-9, 4-6, 10-12 Rest: 60 Note:				
2b) Dead Stop EZ Bar Tricep Extension Sets: 3 Reps: 7-9, 4-6, 10-12 Rest: 60 Note:				
2c) Ab Rollout Sets: 3 Reps: 10-12 Rest: 60 Note:				
3) Jump Rope Sets: 10 Reps: 30s Rest: 30 Note:				



Name:

Date: Phase 2- Day 1

1a) Bench Press

Sets: 3

Reps: 6-8, 3-5, 9-11

Rest: 90

Note:

1b) Incline Dumbbell Row

Sets: 3

Reps: 6-8, 3-5, 9-11

Rest: 90

Note:

2a) Parallel Bar Dip

Sets: 3

Reps: 10-12, 7-9, 13-15

Rest: 60

Note:

2b) Dumbbell Curl

Sets: 3

Reps: 6-8, 3-5, 9-11

Rest: 60

Note:

3) Jump Rope

Sets: 10

Reps: 60s

Rest: 30s

Note:

Week 1	Week 2	Week 3	Week 4
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Name:

Date: Phase 2- Day 2

	Week 1	Week 2	Week 3	Week 4
1) Squat Sets: 3 Reps: 6-8, 3-5, 9-11 Rest: 150 Note:				
2a) Glute Ham Raise or Glute Bridge Sets: 3 Reps: 7-9, 4-6, 9-11 Rest: 60 Note:				
2b) Dumbbell Shrug Sets: 3 Reps: 6-8, 3-5, 9-11 Rest: 60 Note:				
2c) Power Wheel Rollout Sets: 3 Reps: 10-20 Rest: 60 Note:				
3) Sled, Hill or Prowler Sprint Sets: 10 Reps: 40 yards Rest: 60 Note:				



Name:

Date: Phase 2- Day 3

	Week 1	Week 2	Week 3	Week 4
1a) Pull Up Sets: 3 Reps: 6-8, 3-5, 9-11 Rest: 90 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
1b) Military Press Sets: 3 Reps: 6-8, 3-5, 9-11 Rest: 90 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
2a) EZ Curl Sets: 3 Reps: 6-8, 3-5, 9-11 Rest: 60 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
2b) Close Grip Bench Press Sets: 3 Reps: 6-8, 3-5, 9-11 Rest: 60 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
3) Jump Rope Sets: 10 Reps: 30s Rest: 15 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>



Name:

Date: Phase 2- Day 4

	Week 1	Week 2	Week 3	Week 4
1) Deadlift Sets: 3 Reps: 6-8, 3-5, 9-11 Rest: 180 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
2a) Dumbbell Step Up Sets: 3 Reps: 6-8, 3-5, 9-11 Rest: 60 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
2b) Lying Leg Raise Sets: 3 Reps: 10-20 Rest: 60 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
2c) Cross Body Hammer Curl Sets: 3 Reps: 6-8, 3-5, 9-11 Rest: 60 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
3) Burpee Sets: 5 Reps: 10-20 Rest: 60-90 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>



Name:

Date: Phase 3- Day 1

	Week 1	Week 2	Week 3	Week 4
1) Hang Clean or High Pull Sets: 5 Reps: 5 Rest: 90 Note:				
2a) Squat Sets: Work up to 5RM followed by 1 set of 5@90% Reps: 5 Rest: 90 Note:				
2b) Divebomber Pushup Sets: 4 Reps: AMAP Rest: 90 Note:				
3a) Standing Dumbbell Curl Sets: 2 Reps: 8-10 Rest: 60 Note:				
3b) Hanging Knee Raise Sets: 2 Reps: 10-20 Rest: 60 Note:				
4) 1 Arm Dumbbell or Kettlebell Swing Sets: 4 Reps: 25 Rest: 30 Note: Or				
4) Battling Ropes Sets: 5 Reps: 30 Rest: 60 Note:				



Name:

Date: Phase 3- Day 2

	Week 1	Week 2	Week 3	Week 4
1) Dumbbell Jump Squat Sets: 4 Reps: 8-10 Rest: 90 Note:				
2a) Incline Bench Press Sets: Work up to 5RM, followed by 1 set of 5@90% Reps: 5 Rest: 60 Note:				
2b) Inverted Row Sets: 4 Reps: 8-10 Rest: 60 Note:				
3a) Bodyweight Triceps Extension Sets: 2 Reps: 10-12 Rest: 60 Note:				
3b) Hanging Knee Raise Sets: 3 Reps: 10-20 Rest: 60 Note:				
4) 1 Arm Dumbbell or Kettlebell Swing Sets: 4 Reps: 25 Rest: 60 Note: Or				
4) Battling Ropes Sets: 5 Reps: 30s Rest: 60 Note:				



Name:

Date: Phase 3- Day 3

	Week 1	Week 2	Week 3	Week 4
1) Barbell Push Press Sets: 5 Reps: 5 Rest: 90 Note:				
2a) Chin Up Sets: Work up to 5RM, followed by 1 set of 5@90% Reps: 5 Rest: 60 Note:				
2b) Glute Ham Raise, Back Extension or Glute Bridge Sets: 4 Reps: 8-10 Rest: 60 Note:				
3a) Barbell Shrug Sets: 2 Reps: 8-12 Rest: 60 Note:				
3b) Turkish Get Up Sets: 2 Reps: 3-5 Rest: 60 Note:				
4)Hill, Sled or Prowler Sprint Sets: 10 Reps: 40-50 yards Rest 60 Note:				



Name:

Date: Phase 4- Day 1

	Week 1	Week 2	Week 3	Week 4
1a) Parallel Chin Up Sets: Work up to 5, 3 or 1 RM followed by 1 set @90% Reps: 5, 3, or 1 Rest: 60 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
1b) Palms in Dumbbell Military Press Sets: 3 Reps: 8, 6, 10 Rest: 60 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
2a) Strap or Cable face Pull Sets: 3 Reps: 12, 10, 15 Rest: 60 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
2b) Parallel Bar Dip Sets: 3 Reps: 8-15 Rest: 90 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>
3) Hill, Sled or Prowler Sprints Sets: 10 Reps: 40-50 yards Rest: 60 Note:	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>	<div>-----</div> <div>-----</div>



Name:

Date: Phase 4- Day 2

	Week 1	Week 2	Week 3	Week 4
1) Barbell Jump Squat Sets: 3 Reps: 8-10 Rest: 120 Note:				
2) Deadlift Sets: Work up to 5, 3 or 1RM followed by 1 set @90% Reps: 5, 3, or 1 Rest: 60-180 Note:				
3a) Ab Rollout Sets: 3 Reps: 10-20 Rest: 60 Note:				
3b) Cross Body Hammer Curl Sets: 2 Reps: 10-12 Rest: 60 Note:				
4) Farmers Walk Sets: 5-6 Reps: 30s Rest: 60-90 Note:				

