

date	
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## Vitals

start time	duration	energy level	exertion	
		1 2 3 4 5	1 2 3 4 5	

## RAMP

<input type="checkbox"/> kneeling hip flexor / lat stretch	30s each side
<input type="checkbox"/> single-leg hip raise	8 each side
<input type="checkbox"/> open half kneeling adductor / ankle mobilization	8 each side
<input type="checkbox"/> open half kneel with T reach	8 each side
<input type="checkbox"/> squat to stand	6
<input type="checkbox"/> wall slide	10
<input type="checkbox"/> forward/backward jump	20
<input type="checkbox"/> walking knee hug to forward lunge	8 each leg
<input type="checkbox"/> side-to-side jump	10 each direction
<input type="checkbox"/> walking lateral lunge	8 each direction
<input type="checkbox"/> skipping	2 runs of 10-20 yards
<input type="checkbox"/> carioca run	2 runs of 10-20 yards
<input type="checkbox"/> lateral shuffle	2 runs of 10-20 yards

## Core

<i>Stability</i> (2 sets, 30 seconds)	set 1	set 2

Choose from...  
pre1: Torso elevated plank / modified side plank; 1: plank / side plank; 2: plank / side plank - reduced base of support; 3: feet-elevated plank / side plank; 4: feet-elevated plank / side plank - reduced base of support; 5: feet-elevated plank / side plank - unstable contact; 5+: feet-elevated plank / side plank - reduced base of support - unstable contact

<i>Dynamic Stability</i> (2 sets, 10 reps)	set 1	set 2

Choose from...  
1: plank and pull-down / side plank and row; 2: push-away / side plank & row - reduced support base; 3: spiderman plank / swiss-ball (or slides) mountain climber; 4: cable half-kneeling chop; 4+: cable kneeling chop; 5: cable split-stance chop; 5+: cable horizontal chop

## Power

<i>Lower Body</i> (2 sets, 5-8 reps)	weight reps	weight reps

Choose from...  
1: box jump; 2: body-weight jump squat; 3: kettlebell swing; 4: dumbbell jump squat; 5: dumbbell single arm snatch

# Phase 1 Workout A

#	of
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## Strength

<i>Squat</i> (1-2 sets, 15 reps)	weight reps	weight reps

Choose from...  
pre1: supported bodyweight squat; 1: bodyweight squat, suspended bodyweight squat; 2: goblet squat; 3: front squat; 4: back squat, hex-bar deadlift; 5: overhead squat

<i>Pull</i> (1-2 sets, 15 reps)	weight reps	weight reps

Choose from...  
pre1: split-stance cable row; 1: standing cable row; 2: kneeling lat pulldown, standing lat pulldown; 3: dumbbell 2-point row, dumbbell 3-point row, dumbbell chest supported row; 4: inverted row, suspended row; 5: chin-up; 5+: pull-up

<i>Single-leg stance</i> (1-2 sets, 15 reps)	weight reps	weight reps

Choose from...  
1: step-up; 2: offset loaded step-up; 3: single-leg romanian deadlift; pre4: supported single-leg squat; 4: single-leg squat; 5: single-leg deadlift; 5+: crossover step-up, sprinter step-up, overhead sprinter step-up

<i>Push</i> (1-2 sets, 15 reps)	weight reps	weight reps

Choose from...  
pre1: push-up with hands elevated; 1: push-up; 2: push-up with hands suspended; 3: T push-up, T push-up with weights; 4: dumbbell bench press, dumbbell single-arm bench press; 5: dumbbell shoulder press, dumbbell alternating shoulder press; 5+: barbell bench press, barbell board press

## Metabolic (choose 1 from your level)

level 1	level 2/3	level 4/5	level 5+	5-10 min
bodyweight squat step-up shadow boxing	burpee kettlebell swing box jump squat/push-up combo	barbell matrix farmer's walk sprints	jump rope stair runs heavy bag	

## Recovery

<input type="checkbox"/> back roll	<input type="checkbox"/> ham roll	<input type="checkbox"/> adductor stretch
<input type="checkbox"/> glute roll	<input type="checkbox"/> quad roll	<input type="checkbox"/> hip flexor/lat stretch
<input type="checkbox"/> calf roll	<input type="checkbox"/> it-band roll	<input type="checkbox"/> figure-four stretch

date	
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## Vitals

start time	duration	energy level	exertion	
		1 2 3 4 5	1 2 3 4 5	

## RAMP

<input type="checkbox"/> kneeling hip flexor / lat stretch	30s each side
<input type="checkbox"/> single-leg hip raise	8 each side
<input type="checkbox"/> open half kneeling adductor / ankle mobilization	8 each side
<input type="checkbox"/> open half kneel with T reach	8 each side
<input type="checkbox"/> squat to stand	6
<input type="checkbox"/> wall slide	10
<input type="checkbox"/> forward/backward jump	20
<input type="checkbox"/> walking knee hug to forward lunge	8 each leg
<input type="checkbox"/> side-to-side jump	10 each direction
<input type="checkbox"/> walking lateral lunge	8 each direction
<input type="checkbox"/> skipping	2 runs of 10-20 yards
<input type="checkbox"/> carioca run	2 runs of 10-20 yards
<input type="checkbox"/> lateral shuffle	2 runs of 10-20 yards

## Core

<i>Stability (2 sets, 30 seconds)</i>	set 1	set 2

Choose from...  
pre1: torso elevated plank / modified side plank; 1: plank / side plank; 2: plank / side plank - reduced base of support; 3: feet-elevated plank / side plank; 4: feet-elevated plank / side plank - reduced base of support; 5: feet-elevated plank / side plank - unstable contact; 5+: feet-elevated plank / side plank - reduced base of support - unstable contact

<i>Dynamic Stability (2 sets, 10 reps)</i>	set 1	set 2

Choose from...  
1: plank and pull-down / side plank and row; 2: push-away / side plank & row - reduced support base; 3: spiderman plank / swiss-ball (or slides) mountain climber; 4: cable half-kneeling chop; 4+: cable kneeling chop; 5: cable split-stance chop; 5+: cable horizontal chop

## Power

<i>Upper Body (2 sets, 5-8 reps)</i>	weight reps	weight reps

Choose from...  
1: elevated explosive push-up, medicine-ball push pass from knees; 2: explosive push-up, levitating push-up, medicine-ball push pass; 3: dumbbell push press; 4: explosive push-up from boxes; 5: dumbbell single arm snatch

## Phase 1 Workout B

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## Strength

<i>Hinge (1-2 sets, 15 reps)</i>	weight reps	weight reps

Choose from...  
1: swiss-ball supine hip extension; 2: cable pull-through, romanian deadlift; 3: rack deadlift; 4: deadlift; 5: wide-grip deadlift; 5+: wide-grip deadlift from deficit

<i>Push (1-2 sets, 15 reps)</i>	weight reps	weight reps

Choose from...  
pre1: push-up with hands elevated; 1: push-up; 2: push-up with hands suspended; 3: T push-up, T push-up with weights; 4: dumbbell bench press, dumbbell single-arm bench press; 5: dumbbell shoulder press, dumbbell alternating shoulder press; 5+: barbell bench press, barbell board press

<i>Lunge (1-2 sets, 15 reps)</i>	weight reps	weight reps

Choose from...  
pre1: supported split squat; 1: split squat; 2: dumbbell reverse lunge, goblet reverse lunge, reverse lunge from step; 3: split squat - rear foot elevated, bulgarian split squat, suspended split squat; 4: forward lunge; 5: walking lunge; 5+: (see book to make changes)

<i>Pull (1-2 sets, 15 reps)</i>	weight reps	weight reps

Choose from...  
pre1: split-stance cable row; 1: standing cable row; 2: kneeling lat pull-down, standing lat pull-down; 3: dumbbell 2-point row, dumbbell 3-point row, dumbbell chest supported row; 4: inverted row, suspended row; 5: chin-up; 5+: pull-up

## Metabolic (choose 1 from your level)

level 1	level 2/3	level 4/5	level 5+	5-10 min
bodyweight squat step-up shadow boxing	burpee kettlebell swing box jump squat/push-up combo	barbell matrix farmer's walk sprints	jump rope stair runs heavy bag	

## Recovery

<input type="checkbox"/> back roll	<input type="checkbox"/> ham roll	<input type="checkbox"/> adductor stretch
<input type="checkbox"/> glute roll	<input type="checkbox"/> quad roll	<input type="checkbox"/> hip flexor/lat stretch
<input type="checkbox"/> calf roll	<input type="checkbox"/> it-band roll	<input type="checkbox"/> figure-four stretch

date	
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## Vitals

start time	duration	energy level	exertion	
		1 2 3 4 5	1 2 3 4 5	

## RAMP

<input type="checkbox"/> kneeling hip flexor / lat stretch	30s each side
<input type="checkbox"/> single-leg hip raise	8 each side
<input type="checkbox"/> open half kneeling adductor / ankle mobilization	8 each side
<input type="checkbox"/> open half kneel with T reach	8 each side
<input type="checkbox"/> squat to stand	6
<input type="checkbox"/> wall slide	10
<input type="checkbox"/> forward/backward jump	20
<input type="checkbox"/> walking knee hug to forward lunge	8 each leg
<input type="checkbox"/> side-to-side jump	10 each direction
<input type="checkbox"/> walking lateral lunge	8 each direction
<input type="checkbox"/> skipping	2 runs of 10-20 yards
<input type="checkbox"/> carioca run	2 runs of 10-20 yards
<input type="checkbox"/> lateral shuffle	2 runs of 10-20 yards

## Core

Stability (2 sets, 30 seconds)	set 1	set 2

Choose from...  
 pre1: Torso elevated plank / modified side plank; 1: plank / side plank; 2: plank / side plank - reduced base of support; 3: feet-elevated plank / side plank;  
 4: feet-elevated plank / side plank - reduced base of support; 5: feet-elevated plank / side plank - unstable contact; 5+: feet-elevated plank / side plank - reduced base of support - unstable contact

## Combination

(2 sets, 10 reps)	weight reps	weight reps

Choose from...  
 1: single leg single arm cable row; 2: reverse lunge and cable row; 3: romanian deadlift and row; 4: squat and press; 5: reverse lunge and single-arm press;  
 5+: (create your own combo)

## Power

Lower Body (2 sets, 5 reps)	weight reps	weight reps

Choose from...  
 1: box jump; 2: body-weight jump squat; 3: kettlebell swing; 4: dumbbell jump squat; 5: dumbbell single arm snatch

# Phase 2 Workout A

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## Strength

Lunge (2-4 sets, 10 reps)	weight reps	weight reps	weight reps	weight reps

Choose from...  
 pre1: supported split squat; 1: split squat; 2: dumbbell reverse lunge, goblet reverse lunge, reverse lunge from step; 3: split squat - rear foot elevated, bulgarian split squat, suspended split squat; 4: forward lunge; 5: walking lunge; 5+: (see book to make changes)

Pull (2-4 sets, 10 reps)	weight reps	weight reps	weight reps	weight reps

Choose from...  
 pre1: split-stance cable row; 1: standing cable row; 2: kneeling lat pulldown, standing lat pulldown; 3: dumbbell 2-point row, dumbbell 3-point row, dumbbell chest supported row; 4: inverted row, suspended row; 5: chin-up; 5+: pull-up

Hinge (2-4 sets, 10 reps)	weight reps	weight reps	weight reps	weight reps

Choose from...  
 1: swiss-ball supine hip extension; 2: cable pull-through, romanian deadlift; 3: rack deadlift; 4: deadlift; 5: wide-grip deadlift; 5+: wide-grip deadlift from deficit

Push (2-4 sets, 10 reps)	weight reps	weight reps	weight reps	weight reps

Choose from...  
 pre1: push-up with hands elevated; 1: push-up; 2: push-up with hands suspended; 3: T push-up, T push-up with weights; 4: dumbbell bench press, dumbbell single-arm bench press; 5: dumbbell shoulder press, dumbbell alternating shoulder press; 5+: barbell bench press, barbell board press

## Metabolic (choose 1 from your level)

level 1	level 2/3	level 4/5	level 5+	5-10 min
bodyweight squat step-up shadow boxing	burpee kettlebell swing box jump squat/push-up combo	barbell matrix farmer's walk sprints	jump rope stair runs heavy bag	

## Recovery

<input type="checkbox"/> back roll	<input type="checkbox"/> ham roll	<input type="checkbox"/> adductor stretch
<input type="checkbox"/> glute roll	<input type="checkbox"/> quad roll	<input type="checkbox"/> hip flexor/lat stretch
<input type="checkbox"/> calf roll	<input type="checkbox"/> it-band roll	<input type="checkbox"/> figure-four stretch

date	
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## Vitals

start time	duration	energy level	exertion	
		1 2 3 4 5	1 2 3 4 5	

## RAMP

<input type="checkbox"/> kneeling hip flexor / lat stretch	30s each side
<input type="checkbox"/> single-leg hip raise	8 each side
<input type="checkbox"/> open half kneeling adductor / ankle mobilization	8 each side
<input type="checkbox"/> open half kneel with T reach	8 each side
<input type="checkbox"/> squat to stand	6
<input type="checkbox"/> wall slide	10
<input type="checkbox"/> forward/backward jump	20
<input type="checkbox"/> walking knee hug to forward lunge	8 each leg
<input type="checkbox"/> side-to-side jump	10 each direction
<input type="checkbox"/> walking lateral lunge	8 each direction
<input type="checkbox"/> skipping	2 runs of 10-20 yards
<input type="checkbox"/> carioca run	2 runs of 10-20 yards
<input type="checkbox"/> lateral shuffle	2 runs of 10-20 yards

## Core

Dynamic Stability (2 sets, 10 reps)	set 1	set 2

Choose from...  
 1: plank and pulldown / side plank and row; 2: push-away / side plank & row - reduced support base; 3: spiderman plank / swiss-ball (or slides) mountain climber; 4: cable half-kneeling chop; 4+: cable kneeling chop; 5: cable split-stance chop; 5+: cable horizontal chop

## Power

Upper Body (2 sets, 5-8 reps)	weight reps	weight reps

Choose from...  
 1: elevated explosive push-up, medicine-ball push pass from knees; 2: explosive push-up, levitating push-up, medicine-ball push pass; 3: dumbbell push press; 4: explosive push-up from boxes; 5: dumbbell single arm snatch

## Phase 2 Workout B

#	of
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## Strength

Single-leg stance (2-4 sets, 10 reps)	weight reps	weight reps	weight reps	weight reps

Choose from...  
 1: step-up; 2: offset loaded step-up; 3: single-leg romanian deadlift; pre4: supported single-leg squat; 4: single-leg squat; 5: single-leg deadlift; 5+: crossover step-up, sprinter step-up, overhead sprinter step-up

Push (2-4 sets, 10 reps)	weight reps	weight reps	weight reps	weight reps

Choose from...  
 pre1: push-up with hands elevated, 1: push-up, 2: push-up with hands suspended, 3: T push-up, T push-up with weights, 4: dumbbell bench press, dumbbell single-arm bench press, 5: dumbbell shoulder press, dumbbell alternating shoulder press, 5+: barbell bench press, barbell board press

Squat (2-4 sets, 10 reps)	weight reps	weight reps	weight reps	weight reps

Choose from...  
 pre1: supported bodyweight squat; 1: bodyweight squat, suspended bodyweight squat; 2: goblet squat; 3: front squat; 4: back squat, hex-bar deadlift; 5: overhead squat

Pull (2-4 sets, 10 reps)	weight reps	weight reps	weight reps	weight reps

Choose from...  
 pre1: split-stance cable row, 1: standing cable row, 2: kneeling lat pulldown, standing lat pulldown, 3: dumbbell 2-point row, dumbbell 3-point row, dumbbell chest supported row, 4: inverted row, suspended row, 5: chin-up, 5+: pull-up

## Metabolic (choose 1 from your level)

level 1	level 2/3	level 4/5	level 5+	10 min
bodyweight squat step-up shadow boxing	burpee kettlebell swing box jump squat/push-up combo	barbell matrix farmer's walk sprints	jump rope stair runs heavy bag	

## Recovery

<input type="checkbox"/> back roll	<input type="checkbox"/> ham roll	<input type="checkbox"/> adductor stretch
<input type="checkbox"/> glute roll	<input type="checkbox"/> quad roll	<input type="checkbox"/> hip flexor/lat stretch
<input type="checkbox"/> calf roll	<input type="checkbox"/> it-band roll	<input type="checkbox"/> figure-four stretch

date	
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## Vitals

start time	duration	energy level	exertion	
		1 2 3 4 5	1 2 3 4 5	

## RAMP

<input type="checkbox"/> kneeling hip flexor / lat stretch	30s each side
<input type="checkbox"/> single-leg hip raise	8 each side
<input type="checkbox"/> open half kneeling adductor / ankle mobilization	8 each side
<input type="checkbox"/> open half kneel with T reach	8 each side
<input type="checkbox"/> squat to stand	6
<input type="checkbox"/> wall slide	10
<input type="checkbox"/> forward/backward jump	20
<input type="checkbox"/> walking knee hug to forward lunge	8 each leg
<input type="checkbox"/> side-to-side jump	10 each direction
<input type="checkbox"/> walking lateral lunge	8 each direction
<input type="checkbox"/> skipping	2 runs of 10-20 yards
<input type="checkbox"/> carioca run	2 runs of 10-20 yards
<input type="checkbox"/> lateral shuffle	2 runs of 10-20 yards

## Core

Dynamic Stability (2 sets, 10 reps)	set 1	set 2

Choose from...  
 1: plank and pulldown / side plank and row; 2: push-away / side plank & row - reduced support base; 3: spiderman plank / swiss-ball (or slides) mountain climber; 4: cable half-kneeling chop; 4+: cable kneeling chop; 5: cable split-stance chop; 5+: cable horizontal chop

## Power

Lower Body (2 sets, 5 reps)	weight reps	weight reps

Choose from...  
 1: box jump; 2: body-weight jump squat; 3: kettlebell swing; 4: dumbbell jump squat; 5: dumbbell single arm snatch

## Phase 3 Workout A

#	of
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## Strength

Hinge (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 1: swiss-ball supine hip extension; 2: cable pull-through, romanian deadlift; 3: rack deadlift; 4: deadlift; 5: wide-grip deadlift; 5+: wide-grip deadlift from deficit

Push (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 pre1: push-up with hands elevated; 1: push-up; 2: push-up with hands suspended; 3: T push-up, T push-up with weights; 4: dumbbell bench press, dumbbell single-arm bench press; 5: dumbbell shoulder press, dumbbell alternating shoulder press; 5+: barbell bench press, barbell board press

Lunge (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 pre1: supported split squat; 1: split squat; 2: dumbbell reverse lunge, goblet reverse lunge, reverse lunge from step; 3: split squat - rear foot elevated, bulgarian split squat, suspended split squat; 4: forward lunge; 5: walking lunge; 5+: (see book to make changes)

Pull (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 pre1: split-stance cable row; 1: standing cable row; 2: kneeling lat pulldown, standing lat pulldown; 3: dumbbell 2-point row, dumbbell 3-point row, dumbbell chest supported row; 4: inverted row, suspended row, 5: chin-up; 5+: pull-up

Combination (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 1: single leg single arm cable row; 2: reverse lunge and cable row; 3: romanian deadlift and row; 4: squat and press; 5: reverse lunge and single-arm press; 5+: (create your own combo)

## Metabolic (choose 1 from your level)

level 1	level 2/3	level 4/5	level 5+	5-10 min
bodyweight squat	burpee	barbell matrix	jump rope	
step-up	kettlebell swing	farmer's walk	stair runs	
shadow boxing	box jump	sprints	heavy bag	
	squat/push-up combo			

## Recovery

<input type="checkbox"/> back roll	<input type="checkbox"/> ham roll	<input type="checkbox"/> adductor stretch
<input type="checkbox"/> glute roll	<input type="checkbox"/> quad roll	<input type="checkbox"/> hip flexor/lat stretch
<input type="checkbox"/> calf roll	<input type="checkbox"/> it-band roll	<input type="checkbox"/> figure-four stretch

date	
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## Vitals

start time	duration	energy level	exertion	
		1 2 3 4 5	1 2 3 4 5	

## RAMP

<input type="checkbox"/> kneeling hip flexor / lat stretch	30s each side
<input type="checkbox"/> single-leg hip raise	8 each side
<input type="checkbox"/> open half kneeling adductor / ankle mobilization	8 each side
<input type="checkbox"/> open half kneel with T reach	8 each side
<input type="checkbox"/> squat to stand	6
<input type="checkbox"/> wall slide	10
<input type="checkbox"/> forward/backward jump	20
<input type="checkbox"/> walking knee hug to forward lunge	8 each leg
<input type="checkbox"/> side-to-side jump	10 each direction
<input type="checkbox"/> walking lateral lunge	8 each direction
<input type="checkbox"/> skipping	2 runs of 10-20 yards
<input type="checkbox"/> carioca run	2 runs of 10-20 yards
<input type="checkbox"/> lateral shuffle	2 runs of 10-20 yards

## Core

Dynamic Stability (2 sets, 10 reps)	set 1	set 2

Choose from...  
 1: plank and pull-down / side plank and row; 2: push-away / side plank & row - reduced support base; 3: spiderman plank / swiss-ball (or slides) mountain climber; 4: cable half-kneeling chop; 4+: cable kneeling chop; 5: cable split-stance chop; 5+: cable horizontal chop

## Power

Upper Body (2 sets, 5 reps)	weight reps	weight reps

Choose from...  
 1: elevated explosive push-up, medicine-ball push pass from knees; 2: explosive push-up, levitating push-up, medicine-ball push pass; 3: dumbbell push press; 4: explosive push-up from boxes; 5: dumbbell single arm snatch

# Phase 3 Workout B

#	of
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## Strength

Squat (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 pre1: supported bodyweight squat; 1: bodyweight squat, suspended bodyweight squat; 2: goblet squat; 3: front squat; 4: back squat, hex-bar deadlift; 5: overhead squat

Pull (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 pre1: push-up with hands elevated; 1: push-up; 2: push-up with hands suspended; 3: T push-up, T push-up with weights; 4: dumbbell bench press, dumbbell single-arm bench press; 5: dumbbell shoulder press, dumbbell alternating shoulder press; 5+: barbell bench press, barbell board press

Single-leg stance (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 1: step-up; 2: offset loaded step-up; 3: single-leg romanian deadlift; pre4: supported single-leg squat; 4: single-leg squat; 5: single-leg deadlift; 5+: crossover step-up, sprinter step-up, overhead sprinter step-up

Push (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 pre1: split-stance cable row; 1: standing cable row; 2: kneeling lat pulldown, standing lat pulldown; 3: dumbbell 2-point row, dumbbell 3-point row, dumbbell chest supported row; 4: inverted row, suspended row, 5: chin-up; 5+: pull-up

Combination (2-3 sets, 12 reps)	weight reps	weight reps	weight reps

Choose from...  
 1: single leg single arm cable row; 2: reverse lunge and cable row; 3: romanian deadlift and row; 4: squat and press; 5: reverse lunge and single-arm press; 5+: (create your own combo)

## Metabolic (choose 1 from your level)

level 1	level 2/3	level 4/5	level 5+	10 min
bodyweight squat step-up shadow boxing	burpee kettlebell swing box jump squat/push-up combo	barbell matrix farmer's walk sprints	jump rope stair runs heavy bag	

## Recovery

<input type="checkbox"/> back roll	<input type="checkbox"/> ham roll	<input type="checkbox"/> adductor stretch
<input type="checkbox"/> glute roll	<input type="checkbox"/> quad roll	<input type="checkbox"/> hip flexor/lat stretch
<input type="checkbox"/> calf roll	<input type="checkbox"/> it-band roll	<input type="checkbox"/> figure-four stretch