

**ACTIVE DYNAMIC WARM-UP**

20 Minutes	Exercise						
	Pillar Prep <sup>1</sup>		Circuit	Time	Distance	Rest	
	Plank on Elbows		4	15 sec.			
	Side Plank (right)		4	15 sec.			
	Bridge		4	15 sec.			
	Side Plank (left)		4	15 sec.			
	Movement Prep		Sets	Time	Distance	Reps	Rest
	World's Greatest Stretch					1	
	Bretzel			10 sec hold		2	
	Inverted Hamstring					2	
Handwalks				10 yards	1		

Exercise						
Agility		Circuits	Time	Distance	Reps	Rest
"T" Drill		2			2	
Prone 5-10-5 Drill		2			2	
		Sets	Time	Distance	Reps	Rest
Backwards Bear Crawls				15 yards	2	30 sec.

Note: <sup>1</sup>"Pillar Prep" is a circuit program = (Perform: "Prone on Elbows", then "Side Supine Bridge (right)", then "Supine Bridge", then "Side Supine Bridge (left)". Then repeat circuit.

**ELASTICITY and STRENGTH**

20 Minutes	Exercise						
	Elasticity		Sets	Time	Distance	Reps	Rest
	Box Jump		2			6	30 sec
	Box Depth Jump		2			6	30 sec.
	Strength Circuit #2 <sup>2</sup>		Circuits	Time	Distance	Reps	Rest
	Alternating Overhead Press		2			5-8	
	Pull-Ups/ asst. Pull-Ups		2			5-8	
	Deadlifts DB/KB		2			5-8	
	Strength Circuit #2		Circuits	Time	Distance	Reps	Rest
	Bottom-Up Kettlebell		1		10 yards each side		
Face Pulls		1			5-8		
Straight Leg Deadlift		1			5-8 Reps each Side		

Strength Circuit Alt #1		Circuits	Time	Distance	Reps	Rest
TRX incline Press		2			5-8	
TRX Pull-Up Level 2		2			5-8	
Romanian Deadlift		2			5-8	
Strength Circuit Alt #2		Circuits	Time	Distance	Reps	Rest
Backwards Bear Crawls		2			5-8	
TRX Pull-Up Level 2		2			5-8	
Straight Leg Deadlift		2			5-8 each side	

Note: "Strength" #1 and #2 are a circuit programs intended to be completed separately.

**CONDITIONING**

15 Minutes	Exercise						
	ESD		Sets	Time	Distance	Reps	Rest
	300 yard Shuttle					3-5	2-3 min.

Note: The 300 yard Shuttle is the primary ESD at the phase of training. ESD items to the right are only alternative choices.

Exercise						
ESD		Sets	Time	Distance	Reps	Rest
Versa-Climber			30-60 sec		5-12	1-2 min.
Treadmill			30-60 sec		5-12	1-2 min.
Cycling			30-60 sec		5-12	1-2 min.
Sleds			30-60 sec		5-12	1-2 min.

**RECOVERY**

5 Minutes	Exercise						
	Recovery <sup>3</sup>		Sets	Time	Distance	Reps	Rest
	Foam Roller						
	Supine			30 sec.			
	Glutes			30 sec.			
	Hamstring			30 sec.			
	Calves			30 sec.			
	Inner Thigh			30 sec.			
	Chest/Shoulders			30 sec.			
	IT Bands			30 sec.			

Exercise						
Stretches <sup>3</sup>		Sets	Time	Distance	Reps	Rest
Calves and Hamstrings			30 sec.			
Hipflexors and Quads			30 sec.			
Adductors			30 sec.			
Hip Rotation and Posterior			30 sec.			
Bretzel			30 sec.			
90/90 Shoulder			30 sec.			

Note <sup>3</sup>: "Recovery" & "Stretches" should be performed individually. Make sure to focus on the most tender points in each area. Recovery should be performed on your own.