

Phase 1: Month 1 - Bodyweight

Day 1 - Plyometrics - Strength

Dynamic Warm Up
Plyometrics
1. Pogo Jumps - 5 x 10 sec. on, 10 sec. off - x 3 [VIDEO]
2. Single Leg Pogo Jumps - 2 x 10 seconds ea. leg
3. Box Jump - 8 x 1 (2 X X) [VIDEO]
4. Weighted Box Jump (light DB's) - 8 x 1 (3 X X) [VIDEO]
5. Single Leg Vertical Jump - 6 x 1 ea. leg (3 X X) [VIDEO]
Strength
1.A. Push Ups - 5 x 10 [VIDEO]
1.B. Inverted Row - 5 x 10 [VIDEO]
2. Incline Push Up - 3 x 12 [VIDEO]
3. Pull Ups - 3 x Max [VIDEO]
4. Bench Dips - 3 x 20 [VIDEO]
Trunk
1. Plank - 2 x 60 seconds [VIDEO]
Conditioning
1. Jump Rope - 500 Skips

Phase 1: Month 1 - Bodyweight

Day 2 - Power - Strength

Dynamic Warm Up
Power
1. Power Skips - 10 x 1 (10 yards) [VIDEO]
2. Power Bounds (double leg/height) - 10 x 1 (10 yards) [VIDEO]
3. Explosive Band Push Ups - 6 x 4 (6 X X) [VIDEO]
4.A. 1 Arm DB Snatch - 6 x 3 ea. arm [VIDEO]
4.B. Kettlebell Swing - 6 x 5 [VIDEO]
Strength
1.A. Squat - 5 x 10 [VIDEO]
1.B. Monster Walk - 3 x 10 yards (forward and back) [VIDEO]
2. Step Ups - 3 x 10 each leg [VIDEO]
3. Buddy Hamstring Curls - 3 x 12 [VIDEO]
4. Calf Raise - 3 x 50 [VIDEO]
Trunk
1. Side Plank - 2 x 30 seconds each side [VIDEO]
Conditioning
1. 300 Yard Shuttle - 1 x 1 (turn at 25 yards)

Phase 1: Month 1 - Bodyweight

Day 3 - Plyometrics - Strength

Dynamic Warm Up
Plyometrics
1. Squat Drops - 2 x 3 (20 sec. rest between sets) [VIDEO]
2. Weighted Squat Drops (DB's, 10 lbs. heavier) - 5 x 2 [VIDEO]
3. Squat Jumps - 2 x 4 (2 X X) [VIDEO]
4. Weighted Squat Jumps (light DB's, 5 lbs. heavier) - 4 x 2 (3 X X) [VIDEO]
5. Weighted Squat Jumps (same weight as above) - 2 x 10 seconds [VIDEO]
Strength
1.A. Dips - 3 x 10 [VIDEO]
1.B. Inverted Facepulls - 3 x 10 [VIDEO]
2. Chin Ups - 3 x Max [VIDEO]
3. Decline Push Ups - 3 x 10 [VIDEO]
4. Inverted Curl - 3 x 10 [VIDEO]
Trunk
1. Prone Cobra - 2 x 60 seconds [VIDEO]
Conditioning
1. Jump Rope - 750 Skips

Phase 1: Month 1 - Bodyweight

Day 4 - Power - Strength

Dynamic Warm Up
Power
1. Landmine Single Arm Jerk - 3 x 2 (5 X X) [VIDEO]
3. Med Ball Underhand Toss - 8 x 1 (2 X X) [VIDEO]
4. Rebound Med Ball Underhand Toss - 8 x 1 [VIDEO]
Strength
1.A. Sumo Squat - 3 x 10 [VIDEO]
1.B. Hip Thrusts - 3 x 10 [VIDEO]
2. Walking Lunge - 3 x 10 each leg [VIDEO]
3. Swiss Ball Leg Curls - 3 x 20 [VIDEO]
4. Heel Walks - 3 x 50 yards [VIDEO]
Trunk
1. Plank - 1 x 60 seconds [VIDEO]
1. Side Plank - 2 x 30 seconds each side [VIDEO]
1. Prone Cobra - 1 x 60 seconds [VIDEO]
Conditioning
1. 300 Yard Shuttle - 1 x 1 (turn at 50 yards)

Phase 2: Month 2 - Bodyweight

Day 1 - Plyometrics - Strength

Dynamic Warm Up
Plyometrics - Unilateral Force Absorption
1. Single Leg Pogo Jump - 2 x 10 seconds each leg [VIDEO]
2. Single Leg Forward Pogos - 1 x 10 yards each leg
3. Single Leg Lateral Line Hops - 2 x 10 seconds each
4. Single Leg Tuck Jumps (land 2 feet) - 2 x 4 each leg
5. Single Leg Broad (land 2 feet) - 4 x 2 each leg [VIDEO]
6. Single Leg Lateral Broad (land 2 feet) - 4 x 2 each leg
Strength
1.A. Close Grip Push Ups - 5 x 10 [VIDEO]
1.B. Rope Inverted Row - 5 x 10 [VIDEO]
2. Pike Push Ups - 3 x 8 [VIDEO]
3. Staggered Grip Pull Ups - 4 x 10 each way [VIDEO]
4. Head Bangers - 3 x 10 [VIDEO]
Trunk
1. Plank - 3 x 60 seconds [VIDEO]
2. Hanging Knee Raise - 3 x 10 [VIDEO]

Phase 2: Month 2 - Bodyweight

Day 2 - Power - Strength

Dynamic Warm Up
Power
1.A. Single Arm Overhead Squat Drops - 6 x 1 ea. arm (X 2 X) [VIDEO]
2.B. Single Arm KB Swing - 6 x 6 ea. arm [VIDEO]
2.A. Plyo Push Ups - 5 x 5 [VIDEO]
2.B. Seal Walk - 5 x 15 yds [VIDEO]
Strength
1.A. Bulgarian Split Squat - 5 x 10 each leg [VIDEO]
1.B. Lateral Monster Walks - 5 x 5 yards [VIDEO]
2. Reverse Lunge - 3 x 10 each leg [VIDEO]
3. Sumo Squat - 3 x 10 [VIDEO]
3. Buddy Hamstring Curl - 3 x 10 [VIDEO]
4. Plantar and Dorsi Flexion - 2 x 20 each [VIDEO]
Trunk
1. Side Plank - 3 x 30 seconds [VIDEO]

Phase 2: Month 2 - Bodyweight

Day 3 - Plyometrics - Strength

Dynamic Warm Up
Plyometrics - Bilateral Foundation
1. Pogo Jumps - 2 x 10 seconds [VIDEO]
2. Lateral Line Hops - 2 x 10 seconds [VIDEO]
3. Squat Jumps - 2 x 10 seconds [VIDEO]
4. Lunge Jumps - 2 x 10 seconds [VIDEO]
5. Skater Jumps - 4 x 4 each side [VIDEO]
6. Box Jump - 8 x 1 [VIDEO]
Strength
1.A. Wide Grip Push Ups - 5 x 10 [VIDEO]
1.B. Prone Blackburns - 5 x 10 [VIDEO]
2. Neutral Grip Pull Ups - 3 x Max [VIDEO]
3. Staggered Push Ups - 4 x 10 [VIDEO]
4. Wall Walks - 3 x 5 [VIDEO]
Trunk
1. Sprinter Sit Ups - 3 x 20 [VIDEO]

Phase 2: Month 2 - Bodyweight

Day 4 - Power - Strength

Dynamic Warm Up
Power
1. Med Ball Vertical Toss - 10 x 1 (X 2 X) [VIDEO]
2. Split Lunge Med Ball Vertical Toss - 5 x 1 ea. leg [VIDEO]
3.A. Kneeling Combat or Landmine Press - 6 x 2 [VIDEO]
3.B. Knee Jumps - 6 x 3 [VIDEO]
Strength
1.A. Tempo Squat - 5 x 10 [4 4 X] [VIDEO]
1.B. Monster Walks - 5 x 5 yards (forward and reverse) [VIDEO]
2. Bulgarian Split Squat - 3 x 8 each leg [VIDEO]
3. Single Leg Hip Thrusts - 3 x 10 each leg [VIDEO]
4. Plantar and Dorsi Flexion - 2 x 20 each [VIDEO]
Trunk
1. Seated Twists - 3 x 40 [VIDEO]

Phase 3: Month 3 - Bodyweight

Day 1 - Plyometrics - Strength

Dynamic Warm Up
Plyometrics - Unilateral Dynamic Stability
1. SL Pogo Jump - 1 x 10 seconds each leg
2. SL Forward & Lateral Pogos - 1 x 10 yards each leg
3. SL Tuck Jump - 4 x 1 each leg (land 2 feet) [VIDEO]
4. SL Broad Jump - 4 x 1 each leg (land 2 feet) [VIDEO]
5. SL Lateral Broad - 4 x 1 each leg (land 2 feet)
6. SL Box Jumps - 4 x 1 each (low box/focused landing on 1 foot) [VIDEO]
7. SL Approach Box Jump - 4 x 1 each leg [VIDEO]
8. Ascending Skater Jumps - 4 x 10 yards each direction
Strength
1.A. Tempo Push Ups - 5 x 10 [4 4 X] [VIDEO]
1.B. Supinated Inverted Row - 5 x 10 [VIDEO]
2. Lateral Plyo Push Ups - 3 x 10 [VIDEO]
3. Wide Grip Pull Ups - 3 x Max [VIDEO]
4. Dips - 3 x 10 [VIDEO]
Trunk
1. Stir the Pot - 3 x 10 each direction [VIDEO]

Phase 3: Month 3 - Bodyweight

Day 2 - Power - Triphasic Strength

Dynamic Warm Up
Power
1. Power Bounds - 3 x 15 yards [VIDEO]
2. Med Ball Backwards Toss - 12 x 1 [VIDEO]
Strength
1.A. Pistol Squats - 3 x 10 [VIDEO]
1.B. Single Leg Glute Bridge (opposite tucked) - 5 x 5 each leg [VIDEO]
2. Elevated Reverse Lunge - 3 x 6 each leg [VIDEO]
3. Broad Jumps - 4 x 10 yards [VIDEO]
4. SL Hamstring Curl - 3 x 8 each leg [VIDEO]
3. Plantar and Dorsi Flexion - 2 x 20 each [VIDEO]
Trunk
1. Seated Dead Bug - 5 x 5 each side [VIDEO]

Phase 3: Month 3 - Bodyweight

Day 3 - Plyometrics - Absolute Strength

Dynamic Warm Up
Plyometrics - Bilateral Foundation
1. Weighted Pogo Jumps - 2 x 10 seconds (5 lbs or less) [VIDEO]
2. Weighted Squat Jumps - 2 x 10 seconds (5 lbs or less) [VIDEO]
3. Weighted Alternating Lunge Jumps - 2 x 10 seconds (5 lbs or less) [VIDEO]
4. Power Skips - 4 x 20 yards (2 height 2 distance) [VIDEO]
5. Power Bounds - 4 x 20 yards (2 height 2 distance) [VIDEO]
Strength
1.A. Plyo Push Ups - 5 x 10 [VIDEO]
1.B. Prone ITY's - 5 x 3 each way [VIDEO]
2. Close Grip Pullups - 3 x Max [VIDEO]
3. Clapping Push Ups - 3 x 10 [VIDEO]
4. Plank Press Ups - 3 x 10 [VIDEO]
Trunk
1. Sprinter Sit Ups - 3 x 20 [VIDEO]

Phase 3: Month 3 - Bodyweight

Day 4 - Power - Strength

Dynamic Warm Up
Power
1. Low Stance Lunge Switch - 6 x 3 ea. side [VIDEO]
2. Med Ball Box Jump - 6 x 1 [VIDEO]
3. Med Ball Seated Box Jump - 6 x 1 [VIDEO]
Strength
1.A. Tempo Sumo Squat - 5 x 10 [4 4 X] [VIDEO]
1.B. Lateral Monster Walks - 5 x 5 yards [VIDEO]
2. Decel Step Ups - 3 x 10 each leg [VIDEO]
3. Lateral Lunge - 3 x 10 each leg [VIDEO]
4. Plantar and Dorsi Flexion - 2 x 20 each [VIDEO]
Trunk
1. Hanging Knee Raise - 3 x 10 [VIDEO]