

## Phase 1: Week 1 - Accumulation

### Day 1 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Lateral Pogo Jumps</a> - 2 x 10 yards each direction
3. <a href="#">Line Hops</a> - 2 x 10 seconds
4. <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
5. <a href="#">Squat Jumps</a> - 2 x 10 seconds
6. <a href="#">Power Skips</a> - 4 x 20 yards (2 height   2 distance)
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 3 x 10
1.B. <a href="#">Band Pull Aparts</a> - 3 x 15 <a href="#">[RED BAND]</a>
<b>Build</b>
1. <a href="#">Incline DB Neutral Press</a> - 3 x 12
2. <a href="#">Barbell Row</a> - 3 x 12
3. <a href="#">Overhead Press</a> - 3 x 12
4.A. <a href="#">Cable Tricep Extension</a> - 3 x 12
4.B. <a href="#">Hammer Curls</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Plank</a> - 2 x 60 seconds

## Phase 1: Week 1 - Accumulation

### Day 2 - Speed - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Speed - Acceleration - Linear COD</b>
1. <a href="#">2 point Starts</a> - 4 x 1 (10 yard sprint, 10 yard decelerate)
2. <a href="#">2 point Starts</a> - 4 x 1 (5 yard sprint, 5 yard jog, 5 yard sprint)
3. <a href="#">2 point Stop &amp; Go's</a> - 4 x 1 (Stop hard every 5 yards for 20 yards)
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> (low handle) - 3 x 10
1.B. <a href="#">Monster Walk</a> - 3 x 10 yards (forward and back) [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1. <a href="#">Dumbbell Step Ups</a> - 3 x 10 each leg
2. <a href="#">Hamstring Curls</a> - 3 x 12
3. <a href="#">Calf Raise</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Side Plank</a> - 2 x 30 seconds each side

## Phase 1: Week 1 - Accumulation

### Day 3 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Lateral Pogo Jumps</a> - 2 x 10 yards each direction
3. <a href="#">Line Hops</a> - 2 x 10 seconds
4. <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
5. <a href="#">Alternating Lunge Jumps</a> - 2 x 10 seconds
6. <a href="#">Ascending Skater Jumps</a> - 4 x 10 yards each side
<b>Strength</b>
1.A. <a href="#">Floor Press</a> - 3 x 10
1.B. <a href="#">Facepulls</a> - 3 x 12
<b>Build</b>
1. <a href="#">Dumbbell Bench Press</a> - 3 x 12
2. <a href="#">Pull Ups</a> - 3 x Max
3. <a href="#">Lateral Raises</a> - 3 x 12
4.A. <a href="#">Barbell Curls</a> - 3 x 12
4.B. <a href="#">Reverse Grip Tricep Extension</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Prone Cobra</a> - 2 x 60 seconds each side

## Phase 1: Week 1 - Accumulation

### Day 4 - Speed - Absolute Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Speed - Max Velocity - Lateral COD</b>
1. <a href="#">Tempo 50's</a> - 8 x 1
2. <a href="#">Lateral Power Shuffle</a> - 4 x 10 yards each direction
3. <a href="#">Lateral Shuffle</a> - 4 x 10 yards each direction
4. <a href="#">Carioca Quick Step</a> - 4 x 10 yards each direction
5. <a href="#">Crossover Run</a> - 4 x 10 yards each direction
<b>Strength</b>
1.A. <a href="#">Front Squat</a> - 3 x 10
1.B. <a href="#">Glute Bridge with Abduction</a> - 3 x 10
<b>Build</b>
1. <a href="#">Walking Lunge</a> - 3 x 10 each leg
2. <a href="#">RDL</a> - 3 x 12
3. <a href="#">Heel Walks</a> - 3 x 20 yards
<b>Trunk</b>
1. <a href="#">Plank</a> - 1 x 60 seconds
2. <a href="#">Side Plank</a> - 1 x 30 seconds each side
3. <a href="#">Prone Cobra</a> - 1 x 60 seconds each side

## Phase 1: Week 2 - Accumulation

### Day 1 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Lateral Pogo Jumps</a> - 2 x 10 yards each direction
3. <a href="#">Line Hops</a> - 2 x 10 seconds
4. <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
5. <a href="#">Squat Jumps</a> - 2 x 10 seconds
6. <a href="#">Power Skips</a> - 4 x 20 yards (2 height   2 distance)
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 3 x 8
1.B. <a href="#">Band Pull Aparts</a> - 3 x 15 <a href="#">[RED BAND]</a>
<b>Build</b>
1. <a href="#">Incline DB Neutral Press</a> - 3 x 12
2. <a href="#">Barbell Row</a> - 3 x 12
3. <a href="#">Overhead Press</a> - 3 x 12
4.A. <a href="#">Cable Tricep Extension</a> - 3 x 12
4.B. <a href="#">Hammer Curls</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Plank</a> - 2 x 60 seconds

## Phase 1: Week 2 - Accumulation

### Day 2 - Speed - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Speed - Acceleration - Linear COD</b>
1. <a href="#">2 point Starts</a> - 4 x 1 (10 yard sprint, 10 yard decelerate)
2. <a href="#">2 point Starts</a> - 4 x 1 (5 yard sprint, 5 yard jog, 5 yard sprint)
3. <a href="#">2 point Stop &amp; Go's</a> - 4 x 1 (Stop hard every 5 yards for 20 yards)
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> (low handle) - 3 x 8
1.B. <a href="#">Monster Walk</a> - 3 x 10 yards (forward and back) [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1. <a href="#">Dumbbell Step Ups</a> - 3 x 10 each leg
2. <a href="#">Hamstring Curls</a> - 3 x 12
3. <a href="#">Calf Raise</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Side Plank</a> - 2 x 30 seconds each side

## Phase 1: Week 2 - Accumulation

### Day 3 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Lateral Pogo Jumps</a> - 2 x 10 yards each direction
3. <a href="#">Line Hops</a> - 2 x 10 seconds
4. <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
5. <a href="#">Alternating Lunge Jumps</a> - 2 x 10 seconds
6. <a href="#">Ascending Skater Jumps</a> - 4 x 10 yards each side
<b>Strength</b>
1.A. <a href="#">Floor Press</a> - 3 x 8
1.B. <a href="#">Facepulls</a> - 3 x 12
<b>Build</b>
1. <a href="#">Dumbbell Bench Press</a> - 3 x 12
2. <a href="#">Pull Ups</a> - 3 x Max
3. <a href="#">Lateral Raises</a> - 3 x 12
4.A. <a href="#">Barbell Curls</a> - 3 x 12
4.B. <a href="#">Reverse Grip Tricep Extension</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Prone Cobra</a> - 2 x 60 seconds each side

## Phase 1: Week 2 - Accumulation

### Day 4 - Speed - Absolute Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Speed - Max Velocity - Lateral COD</b>
1. <a href="#">Tempo 50's</a> - 8 x 1
2. <a href="#">Lateral Power Shuffle</a> - 4 x 10 yards each direction
3. <a href="#">Lateral Shuffle</a> - 4 x 10 yards each direction
4. <a href="#">Carioca Quick Step</a> - 4 x 10 yards each direction
5. <a href="#">Crossover Run</a> - 4 x 10 yards each direction
<b>Strength</b>
1.A. <a href="#">Front Squat</a> - 3 x 8
1.B. <a href="#">Glute Bridge with Abduction</a> - 3 x 10
<b>Build</b>
1. <a href="#">Walking Lunge</a> - 3 x 10 each leg
2. <a href="#">RDL</a> - 3 x 12
3. <a href="#">Heel Walks</a> - 3 x 20 yards
<b>Trunk</b>
1. <a href="#">Plank</a> - 1 x 60 seconds
2. <a href="#">Side Plank</a> - 1 x 30 seconds each side
3. <a href="#">Prone Cobra</a> - 1 x 60 seconds each side



## Phase 1: Week 3 - Accumulation

### Day 1 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Lateral Pogo Jumps</a> - 2 x 10 yards each direction
3. <a href="#">Line Hops</a> - 2 x 10 seconds
4. <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
5. <a href="#">Squat Jumps</a> - 2 x 10 seconds
6. <a href="#">Power Skips</a> - 4 x 20 yards (2 height   2 distance)
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 4 x 6
1.B. <a href="#">Band Pull Aparts</a> - 4 x 15 <a href="#">[RED BAND]</a>
<b>Build</b>
1. <a href="#">Incline DB Neutral Press</a> - 3 x 12
2. <a href="#">Barbell Row</a> - 3 x 12
3. <a href="#">Overhead Press</a> - 3 x 12
4.A. <a href="#">Cable Tricep Extension</a> - 3 x 12
4.B. <a href="#">Hammer Curls</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Plank</a> - 2 x 60 seconds

## Phase 1: Week 3 - Accumulation

### Day 2 - Speed - Strength - Hypertrophy

Dynamic Warm Up
Speed - Acceleration - Linear COD
1. <a href="#">2 point Starts</a> - 4 x 1 (10 yard sprint, 10 yard decelerate)
2. <a href="#">2 point Starts</a> - 4 x 1 (5 yard sprint, 5 yard jog, 5 yard sprint)
3. <a href="#">2 point Stop &amp; Go's</a> - 4 x 1 (Stop hard every 5 yards for 20 yards)
Strength
1.A. <a href="#">Trap Bar Deadlift</a> (low handle) - 4 x 6
1.B. <a href="#">Monster Walk</a> - 4 x 10 yards (forward and back) [ <a href="#">HIP CIRCLE BAND</a> ]
Build
1. <a href="#">Dumbbell Step Ups</a> - 3 x 10 each leg
2. <a href="#">Hamstring Curls</a> - 3 x 12
3. <a href="#">Calf Raise</a> - 3 x 12
Trunk
1. <a href="#">Side Plank</a> - 2 x 30 seconds each side

## Phase 1: Week 3 - Accumulation

### Day 3 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Lateral Pogo Jumps</a> - 2 x 10 yards each direction
3. <a href="#">Line Hops</a> - 2 x 10 seconds
4. <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
5. <a href="#">Alternating Lunge Jumps</a> - 2 x 10 seconds
6. <a href="#">Ascending Skater Jumps</a> - 4 x 10 yards each side
<b>Strength</b>
1.A. <a href="#">Floor Press</a> - 4 x 6
1.B. <a href="#">Facepulls</a> - 4 x 12
<b>Build</b>
1. <a href="#">Dumbbell Bench Press</a> - 3 x 12
2. <a href="#">Pull Ups</a> - 3 x Max
3. <a href="#">Lateral Raises</a> - 3 x 12
4.A. <a href="#">Barbell Curls</a> - 3 x 12
4.B. <a href="#">Reverse Grip Tricep Extension</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Prone Cobra</a> - 2 x 60 seconds each side

## Phase 1: Week 3 - Accumulation

### Day 4 - Speed - Absolute Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Speed - Max Velocity - Lateral COD</b>
1. <a href="#">Tempo 50's</a> - 8 x 1
2. <a href="#">Lateral Power Shuffle</a> - 4 x 10 yards each direction
3. <a href="#">Lateral Shuffle</a> - 4 x 10 yards each direction
4. <a href="#">Carioca Quick Step</a> - 4 x 10 yards each direction
5. <a href="#">Crossover Run</a> - 4 x 10 yards each direction
<b>Strength</b>
1.A. <a href="#">Front Squat</a> - 4 x 6
1.B. <a href="#">Glute Bridge with Abduction</a> - 4 x 10
<b>Build</b>
1. <a href="#">Walking Lunge</a> - 3 x 10 each leg
2. <a href="#">RDL</a> - 3 x 12
3. <a href="#">Heel Walks</a> - 3 x 20 yards
<b>Trunk</b>
1. <a href="#">Plank</a> - 1 x 60 seconds
2. <a href="#">Side Plank</a> - 1 x 30 seconds each side
3. <a href="#">Prone Cobra</a> - 1 x 60 seconds each side

## Phase 1: Week 4 - Deload

### Day 1 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Lateral Pogo Jumps</a> - 2 x 10 yards each direction
3. <a href="#">Line Hops</a> - 2 x 10 seconds
4. <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
5. <a href="#">Squat Jumps</a> - 2 x 10 seconds
6. <a href="#">Power Skips</a> - 4 x 20 yards (2 height   2 distance)
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 5 x 5 @50%
1.B. <a href="#">Band Pull Aparts</a> - 5 x 15 <a href="#">[RED BAND]</a>
<b>Build</b>
1. <a href="#">Incline DB Neutral Press</a> - 3 x 12
2. <a href="#">Barbell Row</a> - 3 x 12
3. <a href="#">Overhead Press</a> - 3 x 12
4.A. <a href="#">Cable Tricep Extension</a> - 3 x 12
4.B. <a href="#">Hammer Curls</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Plank</a> - 2 x 60 seconds

## Phase 1: Week 4 - Deload

### Day 2 - Speed - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Speed - Acceleration - Linear COD</b>
1. <a href="#">2 point Starts</a> - 4 x 1 (10 yard sprint, 10 yard decelerate)
2. <a href="#">2 point Starts</a> - 4 x 1 (5 yard sprint, 5 yard jog, 5 yard sprint)
3. <a href="#">2 point Stop &amp; Go's</a> - 4 x 1 (Stop hard every 5 yards for 20 yards)
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> (low handle) - 5 x 5 @50%
1.B. <a href="#">Monster Walk</a> - 5 x 10 yards (forward and back) [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1. <a href="#">Dumbbell Step Ups</a> - 3 x 10 each leg
2. <a href="#">Hamstring Curls</a> - 3 x 12
3. <a href="#">Calf Raise</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Side Plank</a> - 2 x 30 seconds each side

## Phase 1: Week 4 - Deload

### Day 3 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Lateral Pogo Jumps</a> - 2 x 10 yards each direction
3. <a href="#">Line Hops</a> - 2 x 10 seconds
4. <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
5. <a href="#">Alternating Lunge Jumps</a> - 2 x 10 seconds
6. <a href="#">Ascending Skater Jumps</a> - 4 x 10 yards each side
<b>Strength</b>
1.A. <a href="#">Floor Press</a> - 5 x 5 @50%
1.B. <a href="#">Facepulls</a> - 5 x 12
<b>Build</b>
1. <a href="#">Dumbbell Bench Press</a> - 3 x 12
2. <a href="#">Pull Ups</a> - 3 x Max
3. <a href="#">Lateral Raises</a> - 3 x 12
4.A. <a href="#">Barbell Curls</a> - 3 x 12
4.B. <a href="#">Reverse Grip Tricep Extension</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Prone Cobra</a> - 2 x 60 seconds each side

## Phase 1: Week 4 - Deload

### Day 4 - Speed - Absolute Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Speed - Max Velocity - Lateral COD</b>
1. <a href="#">Tempo 50's</a> - 8 x 1
2. <a href="#">Lateral Power Shuffle</a> - 4 x 10 yards each direction
3. <a href="#">Lateral Shuffle</a> - 4 x 10 yards each direction
4. <a href="#">Carioca Quick Step</a> - 4 x 10 yards each direction
5. <a href="#">Crossover Run</a> - 4 x 10 yards each direction
<b>Strength</b>
1.A. <a href="#">Front Squat</a> - 5 x 5 @50%
1.B. <a href="#">Glute Bridge with Abduction</a> - 5 x 10
<b>Build</b>
1. <a href="#">Walking Lunge</a> - 3 x 10 each leg
2. <a href="#">RDL</a> - 3 x 12
3. <a href="#">Heel Walks</a> - 3 x 20 yards
<b>Trunk</b>
1. <a href="#">Plank</a> - 1 x 60 seconds
2. <a href="#">Side Plank</a> - 1 x 30 seconds each side
3. <a href="#">Prone Cobra</a> - 1 x 60 seconds each side



## Phase 2: Week 5 - Transmutation

### Day 1 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Unilateral + Change of Direction</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds   <a href="#">Linear Pogo Jumps</a> - 2 x 10 yards
2. <a href="#">Single Leg Linear Pogos</a> - 1 x 10 yards each leg
3. <a href="#">Single Leg Lateral Pogos</a> - 1 x 10 yards each leg (down and back)
4. <a href="#">Single Leg Broad Jump</a> (land 2) - 2 x 4 each leg
5. <a href="#">Single Leg Lateral Broad Jump</a> (land 2) - 2 x 4 each leg
6. <a href="#">Skater Jumps</a> - 4 x 4 each direction
7. <a href="#">Sprinter Step Ups</a> - 4 x 8 each leg
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 4 x 8
1.B. <a href="#">Band Facepull</a> - 4 x 10 [PURPLE BAND]
<b>Build</b>
1.A. <a href="#">Incline DB Neutral Press</a> - 3 x 8
1.B. <a href="#">Incline Chest Supported DB Rows</a> - 3 x 8
2.A. <a href="#">Front Plate Raise</a> - 3 x 8
2.B. <a href="#">Cable Facepulls</a> - 3 x 8
3. <a href="#">Hammer Curls</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Plank</a> - 2 x 60 seconds

## Phase 2: Week 5 - Transmutation

### Day 2 - Acceleration - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Acceleration</b>
1. <a href="#">Half Kneeling Arm Pump</a> - 2 x 5 seconds
2. <a href="#">Wall Starts</a> - 4 x 5 seconds
3. <a href="#">Lateral Wall Sprint</a> - 4 x 4 each side
4. <a href="#">2 point Starts</a> - 6 x 10 yards
5. <a href="#">Decel Series</a> - 2 x 20 yards (Multi Step)
<b>Strength</b>
1.A. <a href="#">Back Squat</a> - 4 x 8
1.B. <a href="#">Lateral Monster Walks</a> - 4 x 5 yards [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1. <a href="#">DB Reverse Lunge</a> - 3 x 8 each leg
2. <a href="#">RDL</a> - 3 x 8
3. <a href="#">Nordic Hamstring Curl</a> (Tempo) - 3 x 8
<b>Trunk</b>
1. <a href="#">Band Dynamic Trunk Stability Circuit</a> - 1 x 20 yards each direction [ <a href="#">GREEN BAND</a> ]

## Phase 2: Week 5 - Transmutation

### Day 3 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Bilateral Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Line Hops</a>   <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
3. <a href="#">Squat Jumps</a>   <a href="#">Alternating Lunge Jumps</a> - 2 x 10 seconds each
4. <a href="#">Skater Jumps</a> - 4 x 4 each side
5. <a href="#">Box Jump</a> - 8 x 1
<b>Strength</b>
1.A. <a href="#">DB Bench Press</a> - 4 x 8
1.B. <a href="#">Prone Blackburns</a> - 4 x 10
<b>Build</b>
1. <a href="#">Low Cable Row</a> - 3 x 8
2. <a href="#">Band Push Up</a> - 3 x 8    [ <a href="#">BLACK BAND</a> ]
3. <a href="#">Chin Ups</a> - 3 x Max
4. <a href="#">Lateral Raise</a> - 3 x 8
5. <a href="#">Rope Tricep Extension</a> - 3 x 8
<b>Trunk</b>
1. <a href="#">Palloff Press</a> - 3 x 5 each side

## Phase 2: Week 5 - Transmutation

### Day 4 - Max Velocity - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Max Velocity</b>
1. <a href="#">Power Skips</a> - 4 x 20 yards (2 height   2 distance)
2. <a href="#">High Knee Run</a>   <a href="#">Butt Kick Run</a> - 2 x 10 yards each
3. <a href="#">Straight Leg Bounds</a> - 2 x 20 yards each
4. <a href="#">Tempo Runs</a> - 4 x 30 yards
5. <a href="#">Lateral Short Shuttle</a> - 4 x 1 each direction
6. <a href="#">Pro Shuttle</a> - 4 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> - 4 x 8
1.B. <a href="#">Decel Step Ups</a> - 4 x 5 each leg
<b>Build</b>
1. <a href="#">Bulgarian Split Squats</a> - 3 x 8 each leg
2. <a href="#">Goodmornings</a> - 3 x 12
3. <a href="#">Single Leg Hip Thrust</a> - 3 x 8 each leg
<b>Trunk</b>
1. <a href="#">Plank Bird Dogs</a> - 3 x 20

## Phase 2: Week 6 - Transmutation

### Day 1 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Unilateral + Change of Direction</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds   <a href="#">Linear Pogo Jumps</a> - 2 x 10 yards
2. <a href="#">Single Leg Linear Pogos</a> - 1 x 10 yards each leg
3. <a href="#">Single Leg Lateral Pogos</a> - 1 x 10 yards each leg (down and back)
4. <a href="#">Single Leg Broad Jump</a> (land 2) - 2 x 4 each leg
5. <a href="#">Single Leg Lateral Broad Jump</a> (land 2) - 2 x 4 each leg
6. <a href="#">Skater Jumps</a> - 4 x 4 each direction
7. <a href="#">Sprinter Step Ups</a> - 4 x 8 each leg
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 4 x 6
1.B. <a href="#">Band Facepull</a> - 4 x 10 [PURPLE BAND]
<b>Build</b>
1.A. <a href="#">Incline DB Neutral Press</a> - 3 x 8
1.B. <a href="#">Incline Chest Supported DB Rows</a> - 3 x 8
2.A. <a href="#">Front Plate Raise</a> - 3 x 8
2.B. <a href="#">Cable Facepulls</a> - 3 x 8
3. <a href="#">Hammer Curls</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Plank</a> - 2 x 60 seconds

## Phase 2: Week 6 - Transmutation

### Day 2 - Acceleration - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Acceleration</b>
1. <a href="#">Half Kneeling Arm Pump</a> - 2 x 5 seconds
2. <a href="#">Wall Starts</a> - 4 x 5 seconds
3. <a href="#">Lateral Wall Sprint</a> - 4 x 4 each side
4. <a href="#">2 point Starts</a> - 6 x 10 yards
5. <a href="#">Decel Series</a> - 2 x 20 yards (Multi Step)
<b>Strength</b>
1.A. <a href="#">Back Squat</a> - 4 x 6
1.B. <a href="#">Lateral Monster Walks</a> - 4 x 5 yards [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1. <a href="#">DB Reverse Lunge</a> - 3 x 8 each leg
2. <a href="#">RDL</a> - 3 x 8
3. <a href="#">Nordic Hamstring Curl</a> (Tempo) - 3 x 8
<b>Trunk</b>
1. <a href="#">Band Dynamic Trunk Stability Circuit</a> - 1 x 20 yards each direction [ <a href="#">GREEN BAND</a> ]

## Phase 2: Week 6 - Transmutation

### Day 3 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Bilateral Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Line Hops</a>   <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
3. <a href="#">Squat Jumps</a>   <a href="#">Alternating Lunge Jumps</a> - 2 x 10 seconds each
4. <a href="#">Skater Jumps</a> - 4 x 4 each side
5. <a href="#">Box Jump</a> - 8 x 1
<b>Strength</b>
1.A. <a href="#">DB Bench Press</a> - 4 x 6
1.B. <a href="#">Prone Blackburns</a> - 4 x 10
<b>Build</b>
1. <a href="#">Low Cable Row</a> - 3 x 8
2. <a href="#">Band Push Up</a> - 3 x 8    [ <a href="#">BLACK BAND</a> ]
3. <a href="#">Chin Ups</a> - 3 x Max
4. <a href="#">Lateral Raise</a> - 3 x 8
5. <a href="#">Rope Tricep Extension</a> - 3 x 8
<b>Trunk</b>
1. <a href="#">Palloff Press</a> - 3 x 5 each side

## Phase 2: Week 6 - Transmutation

### Day 4 - Max Velocity - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Max Velocity</b>
1. <a href="#">Power Skips</a> - 4 x 20 yards (2 height   2 distance)
2. <a href="#">High Knee Run</a>   <a href="#">Butt Kick Run</a> - 2 x 10 yards each
3. <a href="#">Straight Leg Bounds</a> - 2 x 20 yards each
4. <a href="#">Tempo Runs</a> - 4 x 30 yards
5. <a href="#">Lateral Short Shuttle</a> - 4 x 1 each direction
6. <a href="#">Pro Shuttle</a> - 4 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> - 4 x 6
1.B. <a href="#">Decel Step Ups</a> - 4 x 5 each leg
<b>Build</b>
1. <a href="#">Bulgarian Split Squats</a> - 3 x 8 each leg
2. <a href="#">Goodmornings</a> - 3 x 12
3. <a href="#">Single Leg Hip Thrust</a> - 3 x 8 each leg
<b>Trunk</b>
1. <a href="#">Plank Bird Dogs</a> - 3 x 20



## Phase 2: Week 7 - Transmutation

### Day 1 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Unilateral + Change of Direction</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds   <a href="#">Linear Pogo Jumps</a> - 2 x 10 yards
2. <a href="#">Single Leg Linear Pogos</a> - 1 x 10 yards each leg
3. <a href="#">Single Leg Lateral Pogos</a> - 1 x 10 yards each leg (down and back)
4. <a href="#">Single Leg Broad Jump</a> (land 2) - 2 x 4 each leg
5. <a href="#">Single Leg Lateral Broad Jump</a> (land 2) - 2 x 4 each leg
6. <a href="#">Skater Jumps</a> - 4 x 4 each direction
7. <a href="#">Sprinter Step Ups</a> - 4 x 8 each leg
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 5 x 4
1.B. <a href="#">Band Facepull</a> - 5 x 10 [ <a href="#">PURPLE BAND</a> ]
<b>Build</b>
1.A. <a href="#">Incline DB Neutral Press</a> - 3 x 8
1.B. <a href="#">Incline Chest Supported DB Rows</a> - 3 x 8
2.A. <a href="#">Front Plate Raise</a> - 3 x 8
2.B. <a href="#">Cable Facepulls</a> - 3 x 8
3. <a href="#">Hammer Curls</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Plank</a> - 2 x 60 seconds

## Phase 2: Week 7 - Transmutation

### Day 2 - Acceleration - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Acceleration</b>
1. <a href="#">Half Kneeling Arm Pump</a> - 2 x 5 seconds
2. <a href="#">Wall Starts</a> - 4 x 5 seconds
3. <a href="#">Lateral Wall Sprint</a> - 4 x 4 each side
4. <a href="#">2 point Starts</a> - 6 x 10 yards
5. <a href="#">Decel Series</a> - 2 x 20 yards (Multi Step)
<b>Strength</b>
1.A. <a href="#">Back Squat</a> - 5 x 4
1.B. <a href="#">Lateral Monster Walks</a> - 5 x 5 yards [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1. <a href="#">DB Reverse Lunge</a> - 3 x 8 each leg
2. <a href="#">RDL</a> - 3 x 8
3. <a href="#">Nordic Hamstring Curl</a> (Tempo) - 3 x 8
<b>Trunk</b>
1. <a href="#">Band Dynamic Trunk Stability Circuit</a> - 1 x 20 yards each direction [ <a href="#">GREEN BAND</a> ]

## Phase 2: Week 7 - Transmutation

### Day 3 - Plyometrics - Strength - Hypertrophy

Dynamic Warm Up
<b>Plyometrics - Bilateral Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Line Hops</a>   <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
3. <a href="#">Squat Jumps</a>   <a href="#">Alternating Lunge Jumps</a> - 2 x 10 seconds each
4. <a href="#">Skater Jumps</a> - 4 x 4 each side
5. <a href="#">Box Jump</a> - 8 x 1
<b>Strength</b>
1.A. <a href="#">DB Bench Press</a> - 5 x 4
1.B. <a href="#">Prone Blackburns</a> - 5 x 10
<b>Build</b>
1. <a href="#">Low Cable Row</a> - 3 x 8
2. <a href="#">Band Push Up</a> - 3 x 8    [ <a href="#">BLACK BAND</a> ]
3. <a href="#">Chin Ups</a> - 3 x Max
4. <a href="#">Lateral Raise</a> - 3 x 8
5. <a href="#">Rope Tricep Extension</a> - 3 x 8
<b>Trunk</b>
1. <a href="#">Palloff Press</a> - 3 x 5 each side

## Phase 2: Week 7 - Transmutation

### Day 4 - Max Velocity - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Max Velocity</b>
1. <a href="#">Power Skips</a> - 4 x 20 yards (2 height   2 distance)
2. <a href="#">High Knee Run</a>   <a href="#">Butt Kick Run</a> - 2 x 10 yards each
3. <a href="#">Straight Leg Bounds</a> - 2 x 20 yards each
4. <a href="#">Tempo Runs</a> - 4 x 30 yards
5. <a href="#">Lateral Short Shuttle</a> - 4 x 1 each direction
6. <a href="#">Pro Shuttle</a> - 4 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> - 5 x 4
1.B. <a href="#">Decel Step Ups</a> - 5 x 5 each leg
<b>Build</b>
1. <a href="#">Bulgarian Split Squats</a> - 3 x 8 each leg
2. <a href="#">Goodmornings</a> - 3 x 12
3. <a href="#">Single Leg Hip Thrust</a> - 3 x 8 each leg
<b>Trunk</b>
1. <a href="#">Plank Bird Dogs</a> - 3 x 20

## Phase 2: Week 8 - Deload

### Day 1 - Plyometrics - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Plyometrics - Unilateral + Change of Direction</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds   <a href="#">Linear Pogo Jumps</a> - 2 x 10 yards
2. <a href="#">Single Leg Linear Pogos</a> - 1 x 10 yards each leg
3. <a href="#">Single Leg Lateral Pogos</a> - 1 x 10 yards each leg (down and back)
4. <a href="#">Single Leg Broad Jump</a> (land 2) - 2 x 4 each leg
5. <a href="#">Single Leg Lateral Broad Jump</a> (land 2) - 2 x 4 each leg
6. <a href="#">Skater Jumps</a> - 4 x 4 each direction
7. <a href="#">Sprinter Step Ups</a> - 4 x 8 each leg
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 5 x 5 @50%
1.B. <a href="#">Band Facepull</a> - 5 x 10 [ <a href="#">PURPLE BAND</a> ]
<b>Build</b>
1.A. <a href="#">Incline DB Neutral Press</a> - 3 x 8
1.B. <a href="#">Incline Chest Supported DB Rows</a> - 3 x 8
2.A. <a href="#">Front Plate Raise</a> - 3 x 8
2.B. <a href="#">Cable Facepulls</a> - 3 x 8
3. <a href="#">Hammer Curls</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Plank</a> - 2 x 60 seconds

## Phase 2: Week 8 - Deload

### Day 2 - Acceleration - Strength - Hypertrophy

Dynamic Warm Up
<b>Acceleration</b>
1. <a href="#">Half Kneeling Arm Pump</a> - 2 x 5 seconds
2. <a href="#">Wall Starts</a> - 4 x 5 seconds
3. <a href="#">Lateral Wall Sprint</a> - 4 x 4 each side
4. <a href="#">2 point Starts</a> - 6 x 10 yards
5. <a href="#">Decel Series</a> - 2 x 20 yards (Multi Step)
<b>Strength</b>
1.A. <a href="#">Back Squat</a> - 5 x 5 @50%
1.B. <a href="#">Lateral Monster Walks</a> - 5 x 5 yards [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1. <a href="#">DB Reverse Lunge</a> - 3 x 8 each leg
2. <a href="#">RDL</a> - 3 x 8
3. <a href="#">Nordic Hamstring Curl</a> (Tempo) - 3 x 8
<b>Trunk</b>
1. <a href="#">Band Dynamic Trunk Stability Circuit</a> - 1 x 20 yards each direction [ <a href="#">GREEN BAND</a> ]

## Phase 2: Week 8 - Deload

### Day 3 - Plyometrics - Strength - Hypertrophy

Dynamic Warm Up
<b>Plyometrics - Bilateral Foundation</b>
1. <a href="#">Pogo Jumps</a> - 2 x 10 seconds
2. <a href="#">Line Hops</a>   <a href="#">Lateral Line Hops</a> - 2 x 10 seconds
3. <a href="#">Squat Jumps</a>   <a href="#">Alternating Lunge Jumps</a> - 2 x 10 seconds each
4. <a href="#">Skater Jumps</a> - 4 x 4 each side
5. <a href="#">Box Jump</a> - 8 x 1
<b>Strength</b>
1.A. <a href="#">DB Bench Press</a> - 5 x 5 @50%
1.B. <a href="#">Prone Blackburns</a> - 5 x 10
<b>Build</b>
1. <a href="#">Low Cable Row</a> - 3 x 8
2. <a href="#">Band Push Up</a> - 3 x 8 [ <a href="#">BLACK BAND</a> ]
3. <a href="#">Chin Ups</a> - 3 x Max
4. <a href="#">Lateral Raise</a> - 3 x 8
5. <a href="#">Rope Tricep Extension</a> - 3 x 8
<b>Trunk</b>
1. <a href="#">Palloff Press</a> - 3 x 5 each side

## Phase 2: Week 8 - Deload

### Day 4 - Max Velocity - Strength - Hypertrophy

<b>Dynamic Warm Up</b>
<b>Max Velocity</b>
1. <a href="#">Power Skips</a> - 4 x 20 yards (2 height   2 distance)
2. <a href="#">High Knee Run</a>   <a href="#">Butt Kick Run</a> - 2 x 10 yards each
3. <a href="#">Straight Leg Bounds</a> - 2 x 20 yards each
4. <a href="#">Tempo Runs</a> - 4 x 30 yards
5. <a href="#">Lateral Short Shuttle</a> - 4 x 1 each direction
6. <a href="#">Pro Shuttle</a> - 4 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> - 5 x 5 @50%
1.B. <a href="#">Decel Step Ups</a> - 5 x 5 each leg
<b>Build</b>
1. <a href="#">Bulgarian Split Squats</a> - 3 x 8 each leg
2. <a href="#">Goodmornings</a> - 3 x 12
3. <a href="#">Single Leg Hip Thrust</a> - 3 x 8 each leg
<b>Trunk</b>
1. <a href="#">Plank Bird Dogs</a> - 3 x 20



## Phase 3: Week 9 - Realization

### Day 1 - Plyometrics - Strength

<b>Dynamic Warm Up</b>
<b>Plyometrics - Unilateral</b>
1. <a href="#">Line Hops</a>   <a href="#">Lateral Line Hops</a> - 2 x 10 seconds each
2. <a href="#">Single Leg Line Hops</a>   <a href="#">Single Leg Lateral Line Hops</a> - 2 x 5 seconds each
3. <a href="#">Single Leg Broad Jump</a>   <a href="#">Single Leg Lateral Broad Jump</a> (land 2) - 2 x 4 each leg
4. <a href="#">Ascending Skater Jumps</a> - 2 x 10 yards each direction
5. <a href="#">SL Broad to 90 Degree Broad</a> (outside leg) - 4 x 1 each leg
6. <a href="#">Single Leg Box Jump</a> (land 2) - 4 x 1 each leg
7. <a href="#">Half Kneeling Box Jump</a> - 4 x 1 each leg
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 5 x 4
1.B. <a href="#">Band Pull Aparts</a> - 5 x 10    [ <a href="#">BLACK BAND</a> ]
<b>Build</b>
1.A. <a href="#">DB Neutral Press</a> - 3 x 8
1.B. <a href="#">Bent Over DB Rows</a> - 3 x 8
2.A. <a href="#">Lateral Raise</a> - 3 x 8
2.B. <a href="#">Band Scarecrows</a> - 3 x 8    [ <a href="#">RED BAND</a> ]
3. <a href="#">Barbell Curls</a> - 3 x 8
<b>Trunk</b>
1. <a href="#">Stir the Pot</a> - 3 x 10 each direction

## Phase 3: Week 9 - Realization

### Day 2 - Acceleration - Strength

<b>Dynamic Warm Up</b>
<b>Acceleration</b>
1. <a href="#">Half Kneeling Arm Pump</a> - 2 x 5 seconds
2. <a href="#">Ground Starts</a>   <a href="#">Lateral Ground Starts</a> - 2 x 10 yards each
3. <a href="#">Half Kneeling Starts</a>   <a href="#">Lateral Half Kneeling Starts</a> - 2 x 10 yards each
4. <a href="#">Half Arc Run</a> - 4 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Box Squat</a> - 5 x 4
1.B. <a href="#">Single Leg Glute Bridge</a> (opposite tucked) - 5 x 5 each leg
<b>Build</b>
1. <a href="#">Elevated DB Reverse Lunge</a> - 3 x 6 each leg
2. <a href="#">KB Swing</a> - 3 x 10
3. <a href="#">SL Hamstring Curl</a> - 3 x 8 each leg
<b>Trunk</b>
1. <a href="#">Seated Dead Bug</a> - 5 x 5 each side

## Phase 3: Week 9 - Realization

### Day 3 - Plyometrics - Strength

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a>   <a href="#">Squat Jumps</a> - 2 x 10 seconds
2. <a href="#">Seated Box Jump</a> - 10 x 1
3. <a href="#">Approach Box Jump</a> - 10 x 1
4. <a href="#">Lateral Box Jumps</a> - 4 x 1 each side
5. <a href="#">Ascending Skater Jumps</a> - 2 x 10 yards each side
<b>Strength</b>
1.A. <a href="#">Close Grip Bench Press</a> - 5 x 4
1.B. <a href="#">Incline ITY's</a> - 5 x 3 each way
<b>Build</b>
1.A. <a href="#">Close Grip Pulldowns</a> - 3 x 8
1.B. <a href="#">Z Press</a> - 3 x 8
2. <a href="#">Dump the Buckets</a> - 3 x 8
3. <a href="#">Cable Tricep Extension</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Side Plank Hip Lifts</a> - 3 x 20 each side

## Phase 3: Week 9 - Realization

### Day 4 - Max Velocity - Lateral COD - Strength

<b>Dynamic Warm Up</b>
<b>Max Velocity - Lateral COD</b>
1. <a href="#">Power Skips</a> - 4 x 10 yards (2 height   2 distance)
2. <a href="#">High Knee Run</a>   <a href="#">Butt Kick Run</a> - 2 x 10 yards each
3. <a href="#">A Skips</a>   <a href="#">B Skips</a> - 2 x 20 yards
4. <a href="#">Straight Leg Bounds</a> - 2 x 20 yards
5. <a href="#">Build Ups</a> - 4 x 20 yards
6. <a href="#">Lateral Short Shuttle</a>   <a href="#">Short Shuttle</a> - 2 x 1 each direction
7. <a href="#">Pro Shuttle</a>   <a href="#">L Drill</a> - 2 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> - 5 x 4
1.B. <a href="#">Monster Walks</a> - 5 x 5 yards (forward and reverse)    [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1.A. <a href="#">DB Step Ups</a> - 3 x 8 each leg
1.B. <a href="#">Iso Step Downs</a> - 3 x 12 each leg
2.A. <a href="#">Band Goodmornings</a> - 3 x 12    [ <a href="#">GREEN BAND</a> ]
2.B. <a href="#">BB Hip Thrust</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Hyperextensions</a> - 3 x 20

## Phase 3: Week 10 - Realization

### Day 1 - Plyometrics - Strength

<b>Dynamic Warm Up</b>
<b>Plyometrics - Unilateral</b>
1. <a href="#">Line Hops</a>   <a href="#">Lateral Line Hops</a> - 2 x 10 seconds each
2. <a href="#">Single Leg Line Hops</a>   <a href="#">Single Leg Lateral Line Hops</a> - 2 x 5 seconds each
3. <a href="#">Single Leg Broad Jump</a>   <a href="#">Single Leg Lateral Broad Jump</a> (land 2) - 2 x 4 each leg
4. <a href="#">Ascending Skater Jumps</a> - 2 x 10 yards each direction
5. <a href="#">SL Broad to 90 Degree Broad</a> (outside leg) - 4 x 1 each leg
6. <a href="#">Single Leg Box Jump</a> (land 2) - 4 x 1 each leg
7. <a href="#">Half Kneeling Box Jump</a> - 4 x 1 each leg
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 5 x 3
1.B. <a href="#">Band Pull Aparts</a> - 5 x 10    [ <a href="#">BLACK BAND</a> ]
<b>Build</b>
1.A. <a href="#">DB Neutral Press</a> - 3 x 8
1.B. <a href="#">Bent Over DB Rows</a> - 3 x 8
2.A. <a href="#">Lateral Raise</a> - 3 x 8
2.B. <a href="#">Band Scarecrows</a> - 3 x 8    [ <a href="#">RED BAND</a> ]
3. <a href="#">Barbell Curls</a> - 3 x 8
<b>Trunk</b>
1. <a href="#">Stir the Pot</a> - 3 x 10 each direction

## Phase 3: Week 10 - Realization

### Day 2 - Acceleration - Strength

<b>Dynamic Warm Up</b>
<b>Acceleration</b>
1. <a href="#">Half Kneeling Arm Pump</a> - 2 x 5 seconds
2. <a href="#">Ground Starts</a>   <a href="#">Lateral Ground Starts</a> - 2 x 10 yards each
3. <a href="#">Half Kneeling Starts</a>   <a href="#">Lateral Half Kneeling Starts</a> - 2 x 10 yards each
4. <a href="#">Half Arc Run</a> - 4 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Box Squat</a> - 5 x 3
1.B. <a href="#">Single Leg Glute Bridge</a> (opposite tucked) - 5 x 5 each leg
<b>Build</b>
1. <a href="#">Elevated DB Reverse Lunge</a> - 3 x 6 each leg
2. <a href="#">KB Swing</a> - 3 x 10
3. <a href="#">SL Hamstring Curl</a> - 3 x 8 each leg
<b>Trunk</b>
1. <a href="#">Seated Dead Bug</a> - 5 x 5 each side

## Phase 3: Week 10 - Realization

### Day 3 - Plyometrics - Strength

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a>   <a href="#">Squat Jumps</a> - 2 x 10 seconds
2. <a href="#">Seated Box Jump</a> - 10 x 1
3. <a href="#">Approach Box Jump</a> - 10 x 1
4. <a href="#">Lateral Box Jumps</a> - 4 x 1 each side
5. <a href="#">Ascending Skater Jumps</a> - 2 x 10 yards each side
<b>Strength</b>
1.A. <a href="#">Close Grip Bench Press</a> - 5 x 3
1.B. <a href="#">Incline ITY's</a> - 5 x 3 each way
<b>Build</b>
1.A. <a href="#">Close Grip Pulldowns</a> - 3 x 8
1.B. <a href="#">Z Press</a> - 3 x 8
2. <a href="#">Dump the Buckets</a> - 3 x 8
3. <a href="#">Cable Tricep Extension</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Side Plank Hip Lifts</a> - 3 x 20 each side

## Phase 3: Week 10 - Realization

### Day 4 - Max Velocity - Lateral COD - Strength

<b>Dynamic Warm Up</b>
<b>Max Velocity - Lateral COD</b>
1. <a href="#">Power Skips</a> - 4 x 10 yards (2 height   2 distance)
2. <a href="#">High Knee Run</a>   <a href="#">Butt Kick Run</a> - 2 x 10 yards each
3. <a href="#">A Skips</a>   <a href="#">B Skips</a> - 2 x 20 yards
4. <a href="#">Straight Leg Bounds</a> - 2 x 20 yards
5. <a href="#">Build Ups</a> - 4 x 20 yards
6. <a href="#">Lateral Short Shuttle</a>   <a href="#">Short Shuttle</a> - 2 x 1 each direction
7. <a href="#">Pro Shuttle</a>   <a href="#">L Drill</a> - 2 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> - 5 x 3
1.B. <a href="#">Monster Walks</a> - 5 x 5 yards (forward and reverse)    [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1.A. <a href="#">DB Step Ups</a> - 3 x 8 each leg
1.B. <a href="#">Iso Step Downs</a> - 3 x 12 each leg
2.A. <a href="#">Band Goodmornings</a> - 3 x 12    [ <a href="#">GREEN BAND</a> ]
2.B. <a href="#">BB Hip Thrust</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Hyperextensions</a> - 3 x 20



## Phase 3: Week 11 - Realization

### Day 1 - Plyometrics - Strength

<b>Dynamic Warm Up</b>
<b>Plyometrics - Unilateral</b>
1. <a href="#">Line Hops</a>   <a href="#">Lateral Line Hops</a> - 2 x 10 seconds each
2. <a href="#">Single Leg Line Hops</a>   <a href="#">Single Leg Lateral Line Hops</a> - 2 x 5 seconds each
3. <a href="#">Single Leg Broad Jump</a>   <a href="#">Single Leg Lateral Broad Jump</a> (land 2) - 2 x 4 each leg
4. <a href="#">Ascending Skater Jumps</a> - 2 x 10 yards each direction
5. <a href="#">SL Broad to 90 Degree Broad</a> (outside leg) - 4 x 1 each leg
6. <a href="#">Single Leg Box Jump</a> (land 2) - 4 x 1 each leg
7. <a href="#">Half Kneeling Box Jump</a> - 4 x 1 each leg
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 5 x 2
1.B. <a href="#">Band Pull Aparts</a> - 5 x 10    [ <a href="#">BLACK BAND</a> ]
<b>Build</b>
1.A. <a href="#">DB Neutral Press</a> - 3 x 8
1.B. <a href="#">Bent Over DB Rows</a> - 3 x 8
2.A. <a href="#">Lateral Raise</a> - 3 x 8
2.B. <a href="#">Band Scarecrows</a> - 3 x 8    [ <a href="#">RED BAND</a> ]
3. <a href="#">Barbell Curls</a> - 3 x 8
<b>Trunk</b>
1. <a href="#">Stir the Pot</a> - 3 x 10 each direction

## Phase 3: Week 11 - Realization

### Day 2 - Acceleration - Strength

<b>Dynamic Warm Up</b>
<b>Acceleration</b>
1. <a href="#">Half Kneeling Arm Pump</a> - 2 x 5 seconds
2. <a href="#">Ground Starts</a>   <a href="#">Lateral Ground Starts</a> - 2 x 10 yards each
3. <a href="#">Half Kneeling Starts</a>   <a href="#">Lateral Half Kneeling Starts</a> - 2 x 10 yards each
4. <a href="#">Half Arc Run</a> - 4 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Box Squat</a> - 5 x 2
1.B. <a href="#">Single Leg Glute Bridge</a> (opposite tucked) - 5 x 5 each leg
<b>Build</b>
1. <a href="#">Elevated DB Reverse Lunge</a> - 3 x 6 each leg
2. <a href="#">KB Swing</a> - 3 x 10
3. <a href="#">SL Hamstring Curl</a> - 3 x 8 each leg
<b>Trunk</b>
1. <a href="#">Seated Dead Bug</a> - 5 x 5 each side

## Phase 3: Week 11 - Realization

### Day 3 - Plyometrics - Strength

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a>   <a href="#">Squat Jumps</a> - 2 x 10 seconds
2. <a href="#">Seated Box Jump</a> - 10 x 1
3. <a href="#">Approach Box Jump</a> - 10 x 1
4. <a href="#">Lateral Box Jumps</a> - 4 x 1 each side
5. <a href="#">Ascending Skater Jumps</a> - 2 x 10 yards each side
<b>Strength</b>
1.A. <a href="#">Close Grip Bench Press</a> - 5 x 2
1.B. <a href="#">Incline ITY's</a> - 5 x 3 each way
<b>Build</b>
1.A. <a href="#">Close Grip Pulldowns</a> - 3 x 8
1.B. <a href="#">Z Press</a> - 3 x 8
2. <a href="#">Dump the Buckets</a> - 3 x 8
3. <a href="#">Cable Tricep Extension</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Side Plank Hip Lifts</a> - 3 x 20 each side

## Phase 3: Week 11 - Realization

### Day 4 - Max Velocity - Lateral COD - Strength

<b>Dynamic Warm Up</b>
<b>Max Velocity - Lateral COD</b>
1. <a href="#">Power Skips</a> - 4 x 10 yards (2 height   2 distance)
2. <a href="#">High Knee Run</a>   <a href="#">Butt Kick Run</a> - 2 x 10 yards each
3. <a href="#">A Skips</a>   <a href="#">B Skips</a> - 2 x 20 yards
4. <a href="#">Straight Leg Bounds</a> - 2 x 20 yards
5. <a href="#">Build Ups</a> - 4 x 20 yards
6. <a href="#">Lateral Short Shuttle</a>   <a href="#">Short Shuttle</a> - 2 x 1 each direction
7. <a href="#">Pro Shuttle</a>   <a href="#">L Drill</a> - 2 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> - 5 x 2
1.B. <a href="#">Monster Walks</a> - 5 x 5 yards (forward and reverse)    [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1.A. <a href="#">DB Step Ups</a> - 3 x 8 each leg
1.B. <a href="#">Iso Step Downs</a> - 3 x 12 each leg
2.A. <a href="#">Band Goodmornings</a> - 3 x 12    [ <a href="#">GREEN BAND</a> ]
2.B. <a href="#">BB Hip Thrust</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Hyperextensions</a> - 3 x 20

## Phase 3: Week 12 - Deload

### Day 1 - Plyometrics - Strength

<b>Dynamic Warm Up</b>
<b>Plyometrics - Unilateral</b>
1. <a href="#">Line Hops</a>   <a href="#">Lateral Line Hops</a> - 2 x 10 seconds each
2. <a href="#">Single Leg Line Hops</a>   <a href="#">Single Leg Lateral Line Hops</a> - 2 x 5 seconds each
3. <a href="#">Single Leg Broad Jump</a>   <a href="#">Single Leg Lateral Broad Jump</a> (land 2) - 2 x 4 each leg
4. <a href="#">Ascending Skater Jumps</a> - 2 x 10 yards each direction
5. <a href="#">SL Broad to 90 Degree Broad</a> (outside leg) - 4 x 1 each leg
6. <a href="#">Single Leg Box Jump</a> (land 2) - 4 x 1 each leg
7. <a href="#">Half Kneeling Box Jump</a> - 4 x 1 each leg
<b>Strength</b>
1.A. <a href="#">Bench Press</a> - 5 x 5 @50%
1.B. <a href="#">Band Pull Aparts</a> - 5 x 10    [ <a href="#">BLACK BAND</a> ]
<b>Build</b>
1.A. <a href="#">DB Neutral Press</a> - 3 x 8
1.B. <a href="#">Bent Over DB Rows</a> - 3 x 8
2.A. <a href="#">Lateral Raise</a> - 3 x 8
2.B. <a href="#">Band Scarecrows</a> - 3 x 8    [ <a href="#">RED BAND</a> ]
3. <a href="#">Barbell Curls</a> - 3 x 8
<b>Trunk</b>
1. <a href="#">Stir the Pot</a> - 3 x 10 each direction

## Phase 3: Week 12 - Deload

### Day 2 - Acceleration - Strength

<b>Dynamic Warm Up</b>
<b>Acceleration</b>
1. <a href="#">Half Kneeling Arm Pump</a> - 2 x 5 seconds
2. <a href="#">Ground Starts</a>   <a href="#">Lateral Ground Starts</a> - 2 x 10 yards each
3. <a href="#">Half Kneeling Starts</a>   <a href="#">Lateral Half Kneeling Starts</a> - 2 x 10 yards each
4. <a href="#">Half Arc Run</a> - 4 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Box Squat</a> - 5 x 5 @50%
1.B. <a href="#">Single Leg Glute Bridge</a> (opposite tucked) - 5 x 5 each leg
<b>Build</b>
1. <a href="#">Elevated DB Reverse Lunge</a> - 3 x 6 each leg
2. <a href="#">KB Swing</a> - 3 x 10
3. <a href="#">SL Hamstring Curl</a> - 3 x 8 each leg
<b>Trunk</b>
1. <a href="#">Seated Dead Bug</a> - 5 x 5 each side

## Phase 3: Week 12 - Deload

### Day 3 - Plyometrics - Strength

<b>Dynamic Warm Up</b>
<b>Plyometrics - Foundation</b>
1. <a href="#">Pogo Jumps</a>   <a href="#">Squat Jumps</a> - 2 x 10 seconds
2. <a href="#">Seated Box Jump</a> - 10 x 1
3. <a href="#">Approach Box Jump</a> - 10 x 1
4. <a href="#">Lateral Box Jumps</a> - 4 x 1 each side
5. <a href="#">Ascending Skater Jumps</a> - 2 x 10 yards each side
<b>Strength</b>
1.A. <a href="#">Close Grip Bench Press</a> - 5 x 5 @50%
1.B. <a href="#">Incline ITY's</a> - 5 x 3 each way
<b>Build</b>
1.A. <a href="#">Close Grip Pulldowns</a> - 3 x 8
1.B. <a href="#">Z Press</a> - 3 x 8
2. <a href="#">Dump the Buckets</a> - 3 x 8
3. <a href="#">Cable Tricep Extension</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Side Plank Hip Lifts</a> - 3 x 20 each side

## Phase 3: Week 12 - Deload

### Day 4 - Max Velocity - Lateral COD - Strength

<b>Dynamic Warm Up</b>
<b>Max Velocity - Lateral COD</b>
1. <a href="#">Power Skips</a> - 4 x 10 yards (2 height   2 distance)
2. <a href="#">High Knee Run</a>   <a href="#">Butt Kick Run</a> - 2 x 10 yards each
3. <a href="#">A Skips</a>   <a href="#">B Skips</a> - 2 x 20 yards
4. <a href="#">Straight Leg Bounds</a> - 2 x 20 yards
5. <a href="#">Build Ups</a> - 4 x 20 yards
6. <a href="#">Lateral Short Shuttle</a>   <a href="#">Short Shuttle</a> - 2 x 1 each direction
7. <a href="#">Pro Shuttle</a>   <a href="#">L Drill</a> - 2 x 1 each direction
<b>Strength</b>
1.A. <a href="#">Trap Bar Deadlift</a> - 5 x 5 @50%
1.B. <a href="#">Monster Walks</a> - 5 x 5 yards (forward and reverse) [ <a href="#">HIP CIRCLE BAND</a> ]
<b>Build</b>
1.A. <a href="#">DB Step Ups</a> - 3 x 8 each leg
1.B. <a href="#">Iso Step Downs</a> - 3 x 12 each leg
2.A. <a href="#">Band Goodmornings</a> - 3 x 12 [ <a href="#">GREEN BAND</a> ]
2.B. <a href="#">BB Hip Thrust</a> - 3 x 12
<b>Trunk</b>
1. <a href="#">Hyperextensions</a> - 3 x 20