


\*\*\* Each Workout MUST be prefaced by a Dynamic Warm Up and concluded with a Stretching Program. Failure to do so will result in increased risk of injury\*\*\*

**Week of:** May 26<sup>th</sup>-June 1<sup>st</sup>

Monday	Set 1	Set 2	Set 3	Thursday	Set 1	Set 2	Set 3
Ground Based Sprint Protocol 1				Agility Protocol 1			
Front Squats				Single Leg Squats			
Step-Ups				Manual Glute-Hams			
Hockey Lunges				Hamstring Curl on PB			
3 Point Lunges				Roman Dead Lift			
Single Leg Roman Dead Lift				24" Box Single Leg Hip Extension			
Hip Flexion (Multi-Hip)				Hip Abduction (Multi-Hip)			
Hip Extension (Multi-Hip)				Hip Adduction (Multi-Hip)			
<b>Abdominal Circuit 1</b>				<b>Aerobic Training- 4 Mile Run</b>			
Tuesday	Set 1	Set 2	Set 3	Friday	Set 1	Set 2	Set 3
Bench Press				Weighted Pull Ups			
Cable/DB Fly's				Bent Over Row			
Push Up on PB	20	20	20	One-Arm One- Leg Row			
DB Shoulder Press				T-Y-I on PB			
DB Lateral Raises				Reverse Bicep Curls			
Over Head Tricep Extension				Wrist Flexion/Extension			
Tricep Push Down				Wrist Rollers			
<b>Abdominal Circuit 2</b>				<b>Abdominal Circuit 3</b>			
Wednesday	<b>Plyometric Protocol 1</b>			Saturday	<b>Bike Protocol 1/ Agility 2</b>		

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**Week of:** June 2<sup>nd</sup>-June 8<sup>th</sup>

Monday	Set 1	Set 2	Set 3	Thursday	Set 1	Set 2	Set 3
Treadmill Sprint Protocol 1				Agility Protocol 2			
 <p><b>Pioneer Leg Series 1</b></p>				Single Leg Squats			
				Over Head Squats			
				Manual Glute-Hams			
				Hamstring Curl on PB			
				Single Leg Roman Dead Lift			
				Hip Abduction (Multi-Hip)			
				Hip Adduction (Multi-Hip)			
				Aerobic Training- <b>Bike Protocol 1</b>			
Tuesday	Set 1	Set 2	Set 3	Friday	Set 1	Set 2	Set 3
Bench Press				Weighted Pull Ups			
Cable/DB Fly's				Bent Over Row			
Push Up on PB	30	20	20	One-Arm One- Leg Row			
DB Shoulder Press				T-Y-I on PB			
DB Lateral Raises				Reverse Bicep Curls			
Over Head Tricep Extension				Wrist Flexion/Extension			
Tricep Push Down				Wrist Rollers			
<b>Abdominal Circuit 4</b>				<b>Abdominal Circuit 5</b>			
Wednesday	<b>Plyometric Protocol 1</b>			Saturday	<b>Plyometric 2/ Abs Circuit 1</b>		


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**Week of:** June 9<sup>th</sup>- June 15<sup>th</sup>

Monday	Set 1	Set 2	Set 3	Thursday	Set 1	Set 2	Set 3
Ground Based Sprint Protocol 2				Agility Protocol 3			
Single Leg Squats				Manual Glute-Hams			
3 Point Lunges				Single Leg Hamstring Curl on PB			
Plat Lunge w/ Twist				Roman Dead Lift			
Sissy Squats				PB Lumbar Extensions			
Calf Raises				Single Leg Hamstring Curls on Machine			
Hip Flexion (Multi-Hip)				Hip Abduction (Multi-Hip)			
Hip Extension (Multi-Hip)				Hip Adduction (Multi-Hip)			
<b>Abdominal Circuit 2</b>				<b>Aerobic Training- 4 Mile Run</b>			
Tuesday	Set 1	Set 2	Set 3	Friday	Set 1	Set 2	Set 3
Alt DB Bench Press				Lat Pull Downs			
Incline DB Bench Press				One Arm Row			
Push Up on PB	30	30	20	Bent Over Lateral Raises			
DB Curl to Shoulder Press				T-Y-I on PB			
DB Front Raises				Hammer Curls			
Close Grip Bench Press				Bicep Curl w/ Supination Twist			
Tricep Single Arm Kick Backs				Wrist Rollers			
<b>Abdominal Circuit 3</b>				<b>Abdominal Circuit 4</b>			
Wednesday	<b>Plyometric Protocol 3</b>			Saturday	<b>Bike Protocol 1/ Agility 2</b>		

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**Week of:** June 16<sup>th</sup>- June 22<sup>nd</sup>

Monday	Set 1	Set 2	Set 3	Thursday	Set 1	Set 2	Set 3
Treadmill Sprint Protocol 2				Agility Protocol 4			
<b>Pioneer Leg Series 2</b> 				Manual Glute-Hams			
				Single Leg Hamstring Curl on PB			
				Roman Dead Lift			
				PB Lumbar Extensions			
				Single Leg Hamstring Curls on Machine			
				Hip Flexion (Multi-Hip)			
				Hip Extension (Multi-Hip)			
				Aerobic Training- <b>Bike Protocol 2</b>			
Tuesday	Set 1	Set 2	Set 3	Friday	Set 1	Set 2	Set 3
Alt DB Bench Press				Lat Pull Downs			
Incline DB Bench Press				One Arm Row			
Push Up on PB	30	30	20	Bent Over Lateral Raises			
DB Curl to Shoulder Press				T-Y-I on PB			
DB Front Raises				Hammer Curls			
Close Grip Bench Press				Bicep Curl w/ Supination Twist			
Tricep Single Arm Kick Backs				Wrist Rollers			
<b>Abdominal Circuit 5</b>				<b>Abdominal Circuit 1</b>			
Wednesday	<b>Plyometric Protocol 2</b>			Saturday	<b>Plyometric 1/ Abs Circuit 2</b>		


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**Week of:** June 23<sup>rd</sup>- June 29<sup>th</sup>

Monday	Set 1	Set 2	Set 3	Thursday	Set 1	Set 2	Set 3
Ground Based Sprint Protocol 3				Agility Protocol 4			
Power Cleans				Explosive Pulls from Floor			
Front Squats				Single Leg Roman Dead Lift on Dyna Disc			
Plat Lunge w/ Twist				Single Leg Hamstring Curl on PB			
Single Leg Press (Leg Press Machine)				Reverse PB Lumbar Extensions			
Calf Raises				Single Leg Hamstring Curls on Machine			
Hip Flexion (Multi-Hip)				Hip Abduction (Multi-Hip)			
Hip Extension (Multi-Hip)				Hip Adduction (Multi-Hip)			
<b>Abdominal Circuit 3</b>				Aerobic Training- 4 Mile Run			
Tuesday	Set 1	Set 2	Set 3	Friday	Set 1	Set 2	Set 3
Push Jerks				Lat Pull Downs			
Alt DB Bench Press				One-Arm One- Leg Row			
Incline DB Bench Press				Seated Row			
Push Up on PB	30	30	Max___	T-Y-I on PB			
DB Front Raises				Hammer Curls			
Weighted Dips				Wrist Curls/Extension			
Overhead Tricep Extension				Weighted Plate Stick Handling			
<b>Abdominal Circuit 4</b>				<b>Abdominal Circuit 5</b>			
Wednesday	<b>Plyometric Protocol 3</b>			Saturday	<b>Bike Protocol 2/ Agility 1</b>		

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Week of: June 30<sup>th</sup>- July 6<sup>th</sup>

Monday	Set 1	Set 2	Set 3	Thursday	Set 1	Set 2	Set 3
Treadmill Sprint Protocol 3				Agility Protocol 2			
<b>Pioneer Leg Series 3</b> 				Explosive Pulls from Floor			
				Single Leg Roman Dead Lift on Dyna Disc			
				Single Leg Hamstring Curl on PB			
				Reverse PB Lumbar Extensions			
				Single Leg Hamstring Curls on Machine			
				Hip Abduction (Multi-Hip)			
				Hip Adduction (Multi-Hip)			
				Aerobic Training- <b>Bike Protocol 3</b>			
Tuesday	Set 1	Set 2	Set 3	Friday	Set 1	Set 2	Set 3
Push Jerks				Lat Pull Downs			
Alt DB Bench Press				One-Arm One- Leg Row			
Incline DB Bench Press				Seated Row			
Push Up on PB	30	30	Max___	T-Y-I on PB			
DB Front Raises				Hammer Curls			
Weighted Dips				Wrist Curls/Extension			
Overhead Tricep Extension				Weighted Plate Stick Handling			
<b>Abdominal Circuit 1</b>				<b>Abdominal Circuit 2</b>			
Wednesday	<b>Plyometric Protocol 3</b>			Saturday	<b>Plyometric 2/ Abs Circuit 3</b>		


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Week of: July 7<sup>th</sup>- July 13<sup>th</sup>

Monday	Set 1	Set 2	Set 3	Thursday	Set 1	Set 2	Set 3
Ground Based Sprint Protocol 4				Agility Protocol 3			
Power Snatch				Explosive Pulls from Floor			
One Arm Snatch				Deadlift			
Single Leg Squat				Single Leg Hamstring Curl on PB			
Cross Over Step-Up				Single Leg Roman Dead Lift			
Plate Lunge w/ Twist				24" Box Single Leg Hip Extension			
Hip Flexion (Multi-Hip)				Hip Abduction (Multi-Hip)			
Hip Extension (Multi-Hip)				Hip Adduction (Multi-Hip)			
<b>Abdominal Circuit 4</b>				Aerobic Training- 4 Mile Run			
Tuesday	Set 1	Set 2	Set 3	Friday	Set 1	Set 2	Set 3
Split Jerks				Weighted Pull Ups			
Alt DB Bench Press				Bent Over Rows (Barbell)			
Incline DB Bench Press				One-Arm One-Leg Rows			
Clap Push-Ups	20	20	20	T-Y-I on PB			
DB Shoulder Shrugs				Reverse Curls			
Close Grip Bench				Weighted Plate Stick Handling			
Skull Crushers				Wrist Rollers			
<b>Abdominal Circuit 5</b>				<b>Abdominal Circuit 1</b>			
Wednesday	<b>Plyometric Protocol 2</b>			Saturday	<b>Bike Protocol 3/ Agility 2</b>		

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**Week of:** July 14<sup>th</sup>- July 20<sup>th</sup>

Monday	Set 1	Set 2	Set 3	Thursday	Set 1	Set 2	Set 3
Treadmill Sprint Protocol 4				Agility Protocol 4			
 <p><b>Pioneer Leg Series 4</b></p>				Explosive Pulls from Floor			
				Deadlift			
				Single Leg Hamstring Curl on PB			
				Single Leg Roman Dead Lift			
				24" Box Single Leg Hip Extension			
				Hip Abduction (Multi-Hip)			
				Hip Adduction (Multi-Hip)			
				Aerobic Training- <b>Bike Protocol 3</b>			
Tuesday	Set 1	Set 2	Set 3	Friday	Set 1	Set 2	Set 3
Split Jerks				Weighted Pull Ups			
Alt DB Bench Press				Bent Over Rows (Barbell)			
Incline DB Bench Press				One-Arm One-Leg Rows			
Clap Push-Ups	20	20	20	T-Y-I on PB			
DB Shoulder Shrugs				Reverse Curls			
Close Grip Bench				Weighted Plate Stick Handling			
Skull Crushers				Wrist Rollers			
<b>Abdominal Circuit 2</b>				<b>Abdominal Circuit 3</b>			
Wednesday	<b>Plyometric Protocol 3</b>			Saturday	<b>Plyometric 4/ Abs Circuit 4</b>		