

This is a 7 day per week training program to act as an addition to all other training you're accomplishing.
Example of how to work these two workouts in to your week: Monday – Workout 1 / Tuesday –
Workout 2 / Wednesday – Workout 1 / Thursday – Workout 2 / Friday – Workout 1 / Saturday –
Workout 2 / Sunday Workout 1

Workout 1:

Inch worms x 5
Walking single leg RDL x 10 (5 each leg)
Bodyweight squat & 5sec hold x 5
Squat w/back rack & 5sec hold x 5
Fwd bear crawl x 20yd
Bwd bear crawl x 20yd
Hip opener crawl x 10 (5 each leg)
Reverse Lunge w/side reach x 20 (10 each side)
Side to side adductor stretch x 10
Shoulder circles x 20 (10 each direction)
Elbow butterfly x 10
Halos x 20 (10 each direction)
Push-ups x 20
Elbow plank w/side to side hip roll x 30 (15 each side)
Sit-up w/touch x 30
Burpee x 30
1 mile run at zone 3 aerobic effort

Workout 2:

Everything listed above plus this power/strength work
Burpee w/broad jump x 30
Squat jump w/press & throw x 30
Split squat jump x 20 (10 each side)
Power clap push-up x 20
Weighted sit-up w/touch x 30
Asst pull-up x 20 / Asst pull-up x 10 / continue repeating but
drop reps down to 18/9, 16/8, 14/7, 12/6, 10/5

40yd sprint x 20 w/20sec rest between each