

General Training Plans

Triphasic, Endurance, GPP & Strength Programs

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Elite Triphasic Training Plan 6 Week Plan 5 Days.

6 weeks 5 days/week Expert Improve Cardio · Gain Mass · Get Ripped · Gain Strength

Week 1

Day 1

Attachments: [PDF](#) · [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
L Cone Agility Drill	6	None	None	7s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL RDL Eccentric	5	1	None		
Incline Figure 8 Cuban Press	5	1	None		
Resistance Band Ankle Twist	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Split Squat Eccentric	4	1	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Manual 4-Way Neck	4	1	None		
Wrist Flexion	4	1	None		
Resistance Band Anterior Tibialis	4	1	None		
Dumbbell Split Squat	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift Eccentric	5	1	None		
Psoas SL Squat Eccentric	5	1	None		
Bench Groin Partner Eccentric	5	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	20s	
Spring Ankle 2	1	None	None	20s	
Spring Ankle 3	1	None	None	20s	
Spring Ankle 4	1	None	None	20s	
Spring Ankle 5	1	None	None	20s	

Day 2

Attachments: [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Z Cone Agility Drill	6	None	None	7s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Eccentric	4	1	None		
Bench Press	4	5	None		
Incline Dumbbell Bench Press	4	5	None		
Rack Resistance Band Push-Up	4	5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Cuban Press Standing Band	5	1	None		
Pull Up Eccentric	5	1	None		
Resistance Band Shoulder External Rotation	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	5	1	None		
Chin Up Eccentric	5	1	None		
DB Shoulder Press Eccentric	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
JM DB Press Eccentric	4	1	None		
Barbell Curl	4	1	None		
Wrist Flexion	3	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wrist Extension	3	1	None		
Swiss Ball Pike Roll Out	3	1	None		
SWB Twist Down	3	1	None		

Day 3Attachments: [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	0	None	7s	105s
Barbell Back Squat	1	5	None		
Barbell Back Squat	1	3	None		
Barbell Back Squat	1	1	None		
Barbell Back Squat	8	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single-Leg Leg Press	3	2	None		
SL DB RDL	3	2	None		
Hip Flex Prone OC	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	2	None		
Glute Ham Hyper OC	3	2	None		
Bench Adduction	3	3	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift	3	2	None		
Hip Flex band Pull	3	5	None		
Bench Abduction	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	20s	
Spring Ankle 2	1	None	None	20s	
Spring Ankle 3	1	None	None	20s	
Spring Ankle 4	1	None	None	20s	
Spring Ankle 5	1	None	None	20s	

Day 4Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	5s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	2	None		
Medicine Ball Chest Pass	4	4	None		
Delt Bo Lat React. Drop	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	3	2	None		
One-Arm Dumbbell Row	3	2	None		
Dumbbell Military Press	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Close-Grip Bench Press	3	2	None		
Chin-Up	3	3	None		
Stiff-Legged Ankle Hop	3	None	None	5s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	3	3	None		
Barbell Curl	3	2	None		
Hammer Strength Forearm Gripper	3	5	None		

Day 5Attachments: [PDF](#) · [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
T Drill Around Cones Agility	6	None	None	10s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Split Squat Eccentric	4	1	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Bench Groin Partner Eccentric	4	1	None		
Dumbbell Cuban Press	4	1	None		
Resistance Band Ankle Twist	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL RDL Eccentric	5	1	None		
Psoas SL Squat Eccentric	5	1	None		
Leg Press Eccentric	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Eccentric	3	5	None		
DB Shoulder Press Eccentric	3	5	None		
Tricep Pushdown	3	5	None		

Week 2**Day 1**Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
L Cone Agility Drill	6	None	None	7s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Split Squat Eccentric	4	1	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Manual 4-Way Neck	4	1	None		
Wrist Flexion	4	1	None		
Resistance Band Anterior Tibialis	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL RDL Eccentric	5	1	None		
Incline Figure 8 Cuban Press	5	1	None		
Resistance Band Ankle Twist	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift Eccentric	5	1	None		
Psoas SL Squat Eccentric	5	1	None		
Bench Groin Partner Eccentric	5	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	30s	
Spring Ankle 2	1	None	None	30s	
Spring Ankle 3	1	None	None	30s	
Spring Ankle 4	1	None	None	30s	
Spring Ankle 5	1	None	None	30s	

Day 2Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Z Cone Agility Drill	6	None	None	7s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Eccentric	4	1	None		
Bench Press	4	5	None		

Incline Dumbbell Bench Press	4	5	None		
Rack Resistance Band Push-Up	4	5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Cuban Press Standing Band	5	1	None		
Pull Up Eccentric	5	1	None		
Resistance Band Shoulder External Rotation	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	5	1	None		
Chin Up Eccentric	5	1	None		
DB Shoulder Press Eccentric	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
JM DB Press Eccentric	4	1	None		
Barbell Curl	4	1	None		
Wrist Flexion	3	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wrist Extension	3	1	None		
Swiss Ball Pike Roll Out	3	1	None		
SWB Twist Down	3	1	None		

Day 3

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	7s	105s
Barbell Back Squat	1	5	None		
Barbell Back Squat	1	3	None		
Barbell Back Squat	1	1	None		
Barbell Back Squat	8	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single-Leg Leg Press	3	2	None		
SL DB RDL	3	2	None		
Hip Flex Prone OC	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	2	None		

Glute Ham Hyper OC	3	2	None		
Bench Adduction	3	3	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift	3	2	None		
Hip Flex band Pull	3	5	None		
Bench Abduction	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	30s	
Spring Ankle 2	1	None	None	30s	
Spring Ankle 3	1	None	None	30s	
Spring Ankle 4	1	None	None	30s	
Spring Ankle 5	1	None	None	30s	

Day 4

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	5s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	2	None		
Medicine Ball Chest Pass	4	4	None		
Delt Bo Lat React. Drop	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	3	2	None		
One-Arm Dumbbell Row	3	2	None		
Dumbbell Military Press	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Close-Grip Bench Press	3	2	None		
Chin-Up	3	3	None		
Stiff-Legged Ankle Hop	3	None	None	5s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	3	3	None		
Barbell Curl	3	2	None		

Hammer Strength Forearm Gripper	3	5	None		
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Day 5

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
T Drill Around Cones Agility	6	None	None	10s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Split Squat Eccentric	4	1	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Bench Groin Partner Eccentric	4	1	None		
Dumbbell Cuban Press	4	1	None		
Resistance Band Ankle Twist	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL RDL Eccentric	5	1	None		
Psoas SL Squat Eccentric	5	1	None		
Leg Press Eccentric	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Eccentric	3	5	None		
DB Shoulder Press Eccentric	3	5	None		
Tricep Pushdown	3	5	None		

Week 3

Day 1

Attachments: [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
L Cone Agility Drill	6	None	None	7s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Split Squat Isometric	4	1	None		

Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Manual 4-Way Neck	4	1	None		
Wrist Flexion	4	1	None		
Resistance Band Anterior Tibialis	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL RDL Eccentric	5	1	None		
Incline Figure 8 Cuban Press	5	1	None		
Resistance Band Ankle Twist	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift Isometric	5	1	None		
Psoas SL Squat Isometric	5	1	None		
Bench Groin Partner Isometric	5	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	40s	
Spring Ankle 2	1	None	None	40s	
Spring Ankle 3	1	None	None	40s	
Spring Ankle 4	1	None	None	40s	
Spring Ankle 5	1	None	None	40s	

Day 2

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Z Cone Agility Drill	6	None	None	7s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Eccentric	4	1	None		
Bench Press	4	5	None		
Incline Dumbbell Bench Press	4	5	None		
Rack Resistance Band Push-Up	4	5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Cuban Press Standing Band	5	1	None		
Pull Up	5	1	None		
Resistance Band Shoulder External Rotation	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	5	1	None		
Chin Up	5	1	None		
DB Shoulder Press Isometric	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
JM DB Press Isometric	4	1	None		
Barbell Curl	4	1	None		
Wrist Flexion	3	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wrist Extension	3	1	None		
Swiss Ball Pike Roll Out	3	1	None		

Day 3

Attachments: [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	7s	105s
Barbell Back Squat	1	5	None		
Barbell Back Squat	1	3	None		
Barbell Back Squat	1	1	None		
Barbell Back Squat	8	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single-Leg Leg Press	3	2	None		
SL DB RDL	3	2	None		
Hip Flex Prone OC	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	2	None		
Glute Ham Hyper OC	3	2	None		
Bench Adduction	3	3	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift	3	2	None		
Hip Flex band Pull	3	5	None		
Bench Abduction	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
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Spring Ankle 1	1	None	None	40s	
Spring Ankle 2	1	None	None	40s	
Spring Ankle 3	1	None	None	40s	
Spring Ankle 4	1	None	None	40s	
Spring Ankle 5	1	None	None	40s	

Day 4

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	5s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	2	None		
Medicine Ball Chest Pass	4	4	None		
Delt Bo Lat React. Drop	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	3	2	None		
One-Arm Dumbbell Row	3	2	None		
Dumbbell Military Press	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Close-Grip Bench Press	3	2	None		
Chin-Up	3	3	None		
Stiff-Legged Ankle Hop	3	None	None	5s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	3	3	None		
Barbell Curl	3	2	None		
Hammer Strength Forearm Gripper	3	5	None		

Day 5

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
T Drill Around Cones Agility	6	None	None	10s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Split Squat Isometric	4	1	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Bench Groin Partner Isometric	4	1	None		
Dumbbell Cuban Press	4	1	None		
Resistance Band Ankle Twist	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL RDL Isometric	5	1	None		
Psoas SL Squat Isometric	5	1	None		
Leg Press Isometric	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Isometric	3	5	None		
DB Shoulder Press Isometric	3	5	None		
Tricep Pushdown	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Leg Press Isometric	3	5	None		

Week 4

Day 1

Attachments: [PDE](#) · [PDE](#)

Exercise	Sets	Reps	Weight	Time	Rest
L Cone Agility Drill	6	None	None	7s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Split Squat Isometric	4	1	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Manual 4-Way Neck	4	1	None		
Wrist Flexion	4	1	None		
Resistance Band Anterior Tibialis	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL RDL Eccentric	5	1	None		
Incline Figure 8 Cuban Press	5	1	None		
Resistance Band Ankle Twist	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift Isometric	5	1	None		
Psoas SL Squat Isometric	5	1	None		
Bench Groin Partner Isometric	5	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	50s	
Spring Ankle 2	1	None	None	50s	
Spring Ankle 3	1	None	None	50s	
Spring Ankle 4	1	None	None	50s	
Spring Ankle 5	1	None	None	50s	

Day 2Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Z Cone Agility Drill	6	None	None	7s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Eccentric	4	1	None		
Bench Press	4	5	None		
Incline Dumbbell Bench Press	4	5	None		
Rack Resistance Band Push-Up	4	5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Cuban Press Standing Band	5	1	None		
Pull Up	5	1	None		
Resistance Band Shoulder External Rotation	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	5	1	None		
Chin Up	5	1	None		
DB Shoulder Press Isometric	4	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
JM DB Press Isometric	4	1	None		
Barbell Curl	4	1	None		
Wrist Flexion	3	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wrist Extension	3	1	None		
Swiss Ball Pike Roll Out	3	1	None		

Day 3

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10.5.10 Line Cone Agility	6	None	None	7s	105s
Barbell Back Squat	1	5	None		
Barbell Back Squat	1	3	None		
Barbell Back Squat	1	1	None		
Barbell Back Squat	8	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single-Leg Leg Press	3	2	None		
SL DB RDL	3	2	None		
Hip Flex Prone OC	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	2	None		
Glute Ham Hyper OC	3	2	None		
Bench Adduction	3	3	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift	3	2	None		
Hip Flex band Pull	3	5	None		
Bench Abduction	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	50s	
Spring Ankle 2	1	None	None	50s	
Spring Ankle 3	1	None	None	50s	
Spring Ankle 4	1	None	None	50s	
Spring Ankle 5	1	None	None	50s	

Day 4

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	5s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	2	None		
Medicine Ball Chest Pass	4	4	None		
Delt Bo Lat React. Drop	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	3	2	None		
One-Arm Dumbbell Row	3	2	None		
Dumbbell Military Press	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Close-Grip Bench Press	3	2	None		
Chin-Up	3	3	None		
Stiff-Legged Ankle Hop	3	None	None	5s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	3	3	None		
Barbell Curl	3	2	None		
Hammer Strength Forearm Gripper	3	5	None		

Day 5

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
T Drill Around Cones Agility	6	None	None	10s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Split Squat Isometric	4	1	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Bench Groin Partner Isometric	4	1	None		
Dumbbell Cuban Press	4	1	None		

Resistance Band Ankle Twist	4	1	None		
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Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL RDL Isometric	5	1	None		
Psoas SL Squat Isometric	5	1	None		
Leg Press Isometric	5	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Isometric	3	5	None		
DB Shoulder Press Isometric	3	5	None		
Tricep Pushdown	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Leg Press Isometric	3	5	None		

Week 5

Day 1

Attachments: [PDF](#) · [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
L Cone Agility Drill	6	None	None	7s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Split Squat	4	4	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Manual 4-Way Neck	4	4	None		
Wrist Flexion	4	4	None		
Resistance Band Anterior Tibialis	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL DB RDL	5	4	None		
Incline Figure 8 Cuban Press	5	4	None		
Resistance Band Ankle Twist	5	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift	5	4	None		

Hip Flex band Pull	5	7	None		
Bench Adduction	5	4	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	1 min	
Spring Ankle 2	1	None	None	1 min	
Spring Ankle 3	1	None	None	1 min	
Spring Ankle 4	1	None	None	1 min	
Spring Ankle 5	1	None	None	1 min	

Day 2

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Z Cone Agility Drill	6	None	None	7s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	4	None		
Bench Press	4	5	None		
Incline Dumbbell Bench Press	4	5	None		
Rack Resistance Band Push-Up	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Cuban Press Standing Band	5	4	None		
Pull Up	5	4	None		
Resistance Band Shoulder External Rotation	5	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	5	4	None		
Chin Up	5	4	None		
DB Shoulder Press Isometric	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell JM Press	4	4	None		
Barbell Curl	4	4	None		
Wrist Flexion	3	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wrist Extension	3	4	None		

Swiss Ball Pike Roll Out	3	4	None		
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Day 3

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	7s	105s
Barbell Back Squat	1	5	None		
Barbell Back Squat	1	3	None		
Barbell Back Squat	1	1	None		
Barbell Back Squat	8	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single-Leg Leg Press	3	2	None		
SL DB RDL	3	2	None		
Hip Flex Prone OC	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	2	None		
Glute Ham Hyper OC	3	2	None		
Bench Adduction	3	3	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift	3	2	None		
Hip Flex band Pull	3	5	None		
Bench Abduction	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	1 min	
Spring Ankle 2	1	None	None	1 min	
Spring Ankle 3	1	None	None	1 min	
Spring Ankle 4	1	None	None	1 min	
Spring Ankle 5	1	None	None	1 min	

Day 4

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	5s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
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Bench Press	4	2	None		
Medicine Ball Chest Pass	4	4	None		
Delt Bo Lat React. Drop	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	3	2	None		
One-Arm Dumbbell Row	3	2	None		
Dumbbell Military Press	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Close-Grip Bench Press	3	2	None		
Chin-Up	3	3	None		
Stiff-Legged Ankle Hop	3	None	None	5s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	3	3	None		
Barbell Curl	3	2	None		
Hammer Strength Forearm Gripper	3	5	None		

Day 5

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
T Drill Around Cones Agility	6	None	None	10s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Split Squat	4	6	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Bench Adduction	4	6	None		
Dumbbell Cuban Press	4	6	None		
Resistance Band Ankle Twist	4	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL DB RDL	5	6	None		
Hip Flex band Pull	5	10	None		
Leg Press	5	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	3	8	None		
Dumbbell Military Press	3	8	None		
Tricep Pushdown	3	8	None		

Exercise	Sets	Reps	Weight	Time	Rest
Leg Press Isometric	3	5	None		

Week 6

Day 1

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
L Cone Agility Drill	6	None	None	7s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Split Squat	4	4	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Manual 4-Way Neck	4	4	None		
Wrist Flexion	4	4	None		
Resistance Band Anterior Tibialis	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL DB RDL	5	4	None		
Incline Figure 8 Cuban Press	5	4	None		
Resistance Band Ankle Twist	5	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift	5	4	None		
Hip Flex band Pull	5	7	None		
Bench Adduction	5	4	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1 - LVL 2	1	None	None	30s	
Spring Ankle 2 - LVL 2	1	None	None	30s	
Spring Ankle 3 - LVL 2	1	None	None	30s	
Spring Ankle 4 - LVL 2	1	None	None	30s	
Spring Ankle 5 - LVL 2	1	None	None	30s	

Day 2

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Z Cone Agility Drill	6	None	None	7s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	4	None		
Bench Press	4	5	None		
Incline Dumbbell Bench Press	4	5	None		
Rack Resistance Band Push-Up	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Cuban Press Standing Band	5	4	None		
Pull Up	5	4	None		
Resistance Band Shoulder External Rotation	5	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	5	4	None		
Chin Up	5	4	None		
DB Shoulder Press Isometric	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell JM Press	4	4	None		
Barbell Curl	4	4	None		
Wrist Flexion	3	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wrist Extension	3	4	None		
Swiss Ball Pike Roll Out	3	4	None		

Day 3

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	7s	105s
Barbell Back Squat	1	5	None		
Barbell Back Squat	1	3	None		
Barbell Back Squat	1	1	None		

Barbell Back Squat	8	2	None		
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Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single-Leg Leg Press	3	2	None		
SL DB RDL	3	2	None		
Hip Flex Prone OC	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	2	None		
Glute Ham Hyper OC	3	2	None		
Bench Abduction	3	3	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute Bar Lift	3	2	None		
Hip Flex band Pull	3	5	None		
Bench Abduction	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1 - LVL 2	1	None	None	30s	
Spring Ankle 2 - LVL 2	1	None	None	30s	
Spring Ankle 3 - LVL 2	1	None	None	30s	
Spring Ankle 4 - LVL 2	1	None	None	30s	
Spring Ankle 5 - LVL 2	1	None	None	30s	

Day 4

Attachments: [PDE](#) · [PDE](#)

Exercise	Sets	Reps	Weight	Time	Rest
10 5 10 Line Cone Agility	6	None	None	5s	105s
Bench Press	1	5	None		
Bench Press	1	3	None		
Bench Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	2	None		
Medicine Ball Chest Pass	4	4	None		
Delt Bo Lat React. Drop	4	4	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	3	2	None		
One-Arm Dumbbell Row	3	2	None		
Dumbbell Military Press	3	2	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Close-Grip Bench Press	3	2	None		
Chin-Up	3	3	None		
Stiff-Legged Ankle Hop	3	None	None	5s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Tricep Dip	3	3	None		
Barbell Curl	3	2	None		
Hammer Strength Forearm Gripper	3	5	None		

Day 5

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
T Drill Around Cones Agility	6	None	None	10s	105s
Dumbbell Split Squat	1	5	None		
Dumbbell Split Squat	1	3	None		
Dumbbell Split Squat	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Split Squat	4	6	None		
Hurdle Hop	4	4	None		
Weighted Squat Jump	4	4	None		
Accelerated Squat Jump	4	4	None		
Bench Adduction	4	6	None		
Dumbbell Cuban Press	4	6	None		
Resistance Band Ankle Twist	4	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
SL DB RDL	5	6	None		
Hip Flex band Pull	5	10	None		
Leg Press	5	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	3	8	None		
Dumbbell Military Press	3	8	None		
Tricep Pushdown	3	8	None		

Exercise	Sets	Reps	Weight	Time	Rest
Leg Press Isometric	3	5	None		

Gen 3 - Hockey Elite High School Triphasic Training Plan 5 Day, 12 Week plan

12 weeks 5 days/week Expert Improve Cardio · Gain Mass · Get Ripped · Gain Strength

Full Body General Super Endurance Level 6 3 Weeks

3 weeks 3 days/week Expert

Week 1

Full Body General Super Endurance Lvl 6

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		
Lat Pulldown	3	12	None		
DB Bench Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	12	None		
DB Incline Fly	3	12	None		
DB Curl to Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	12	None		
Overhead Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	3	None	None	20s	

Full Body General Super Endurance Lvl 6

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		
Lat Pulldown	3	12	None		
DB Bench Press	3	12	None		

Air Squats	3	None	None	20s	
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Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	12	None		
DB Incline Fly	3	12	None		
DB Curl to Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	12	None		
Overhead Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	3	None	None	20s	

Full Body General Super Endurance Lvl 6

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		
Lat Pulldown	3	12	None		
DB Bench Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	12	None		
DB Incline Fly	3	12	None		
DB Curl to Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	12	None		
Overhead Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		

Air Squats	3	None	None	20s	
Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	3	None	None	20s	

Week 2

Full Body General Super Endurance Lvl 6

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		
Lat Pulldown	3	12	None		
DB Bench Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	12	None		
DB Incline Fly	3	12	None		
DB Curl to Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	12	None		
Overhead Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	3	None	None	20s	

Full Body General Super Endurance Lvl 6

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		

Lat Pulldown	3	12	None		
DB Bench Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	12	None		
DB Incline Fly	3	12	None		
DB Curl to Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	12	None		
Overhead Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	3	None	None	20s	

Full Body General Super Endurance Lvl 6

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		
Lat Pulldown	3	12	None		
DB Bench Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	12	None		
DB Incline Fly	3	12	None		
DB Curl to Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	12	None		

Overhead Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	3	None	None	20s	

Week 3

Full Body General Super Endurance Lvl 6

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		
Lat Pulldown	3	12	None		
DB Bench Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	12	None		
DB Incline Fly	3	12	None		
DB Curl to Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	12	None		
Overhead Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	3	None	None	20s	

Full Body General Super Endurance Lvl 6

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		
Lat Pulldown	3	12	None		
DB Bench Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	12	None		
DB Incline Fly	3	12	None		
DB Curl to Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	12	None		
Overhead Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	3	None	None	20s	

Full Body General Super Endurance Lvl 6

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		
Lat Pulldown	3	12	None		
DB Bench Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	12	None		
DB Incline Fly	3	12	None		
DB Curl to Press	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	12	None		
Overhead Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		
Air Squats	3	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	3	None	None	20s	

aaa Group Testing Plan football

1 weeks 1 days/week Intermediate

Week 1

35 5DY Mon LEg Speed (Adv.)Gen AR C7 AG

Exercise	Sets	Reps	Weight	Time	Rest
Sport Youth Dynamic Short Warm-up 1	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single Leg Squat for Ankle Rocker	1	15	None		
Ankle Rocker Wipers for Speed	1	25	None		
Toes-up ankle rocker	1	20	None		
Shuffle For Ankle Rocker	1	25	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Pro Agility 5 10 5 Drill	6	None	None	10s	60s
Neural Perplexity Forward	6	None	None	10s	60s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Split Squat Reactive	3	5,3,1	None		
Standing external rotation	3	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Lunge oc hops	4	None	None	7s	10s
Hurdle Hop	4	4	None		10s
Squat jump w/ sand bag	4	4	None		10s
Box Drop Reactive Lunge Jump	4	4	None		10s
Manual 4-Way Neck	3	6	None		10s
Resistance Band Anterior Tibialis	3	10	None		10s
Wrist radial flexion	3	None	None	10s	90s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Switch cycle lunge	3	None	None	7s	10s
Incline Figure 8 Cuban Press	3	6	None		10s
Stiff-Legged Ankle Hop	3	None	None	7s	90s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Glute ham bar lift oc	3	None	None	7s	10s
Speed Switch Lunge	3	1	None		10s
Bench adduction Eccentric	3	1	None		90s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bird Dog	2	20	None		
Forward/Backward Walking Plank	2	0	None	1 min	
Rotational Side Plank	2	0	None	1 min	
Reverse Plank with Leg Raise	2	0	None	1 min	

Full Body General Super Endurance Level 7 3 Weeks

3 weeks 3 days/week Expert

Week 1

Full Body General Super Endurance Lvl 7

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	16	None		
Lat Pulldown	3	16	None		
DB Bench Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	16	None		
DB Incline Fly	3	16	None		
DB Curl to Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	16	None		
Tricep Pushdown	3	16	None		
Full Bench Curl Up	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	16	None		
Overhead Lateral Raise	3	16	None		
Gopher U Abs	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	16	None		
Floor Tricep DB Extension	3	16	None		
DB Hammer Curls	3	16	None		
Air Squats	3	None	None	30s	

Full Body General Super Endurance Lvl 7

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	16	None		
Lat Pulldown	3	16	None		
DB Bench Press	3	16	None		

Air Squats	3	None	None	30s	
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Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	16	None		
DB Incline Fly	3	16	None		
DB Curl to Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	16	None		
Tricep Pushdown	3	16	None		
Full Bench Curl Up	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	16	None		
Overhead Lateral Raise	3	16	None		
Gopher U Abs	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	16	None		
Floor Tricep DB Extension	3	16	None		
DB Hammer Curls	3	16	None		
Air Squats	3	None	None	30s	

Full Body General Super Endurance Lvl 7

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	16	None		
Lat Pulldown	3	16	None		
DB Bench Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	16	None		
DB Incline Fly	3	16	None		
DB Curl to Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	16	None		
Tricep Pushdown	3	16	None		
Full Bench Curl Up	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	16	None		
Overhead Lateral Raise	3	16	None		
Gopher U Abs	3	16	None		

Air Squats	3	None	None	30s	
Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	16	None		
Floor Tricep DB Extension	3	16	None		
DB Hammer Curls	3	16	None		
Air Squats	3	None	None	30s	

Week 2

Full Body General Super Endurance Lvl 7

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	16	None		
Lat Pulldown	3	16	None		
DB Bench Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	16	None		
DB Incline Fly	3	16	None		
DB Curl to Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	16	None		
Tricep Pushdown	3	16	None		
Full Bench Curl Up	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	16	None		
Overhead Lateral Raise	3	16	None		
Gopher U Abs	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	16	None		
Floor Tricep DB Extension	3	16	None		
DB Hammer Curls	3	16	None		
Air Squats	3	None	None	30s	

Full Body General Super Endurance Lvl 7

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	16	None		

Lat Pulldown	3	16	None		
DB Bench Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	16	None		
DB Incline Fly	3	16	None		
DB Curl to Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	16	None		
Tricep Pushdown	3	16	None		
Full Bench Curl Up	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	16	None		
Overhead Lateral Raise	3	16	None		
Gopher U Abs	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	16	None		
Floor Tricep DB Extension	3	16	None		
DB Hammer Curls	3	16	None		
Air Squats	3	None	None	30s	

Full Body General Super Endurance Lvl 7

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	16	None		
Lat Pulldown	3	16	None		
DB Bench Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	16	None		
DB Incline Fly	3	16	None		
DB Curl to Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	16	None		
Tricep Pushdown	3	16	None		
Full Bench Curl Up	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	16	None		

Overhead Lateral Raise	3	16	None		
Gopher U Abs	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	16	None		
Floor Tricep DB Extension	3	16	None		
DB Hammer Curls	3	16	None		
Air Squats	3	None	None	30s	

Week 3

Full Body General Super Endurance Lvl 7

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	16	None		
Lat Pulldown	3	16	None		
DB Bench Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	16	None		
DB Incline Fly	3	16	None		
DB Curl to Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	16	None		
Tricep Pushdown	3	16	None		
Full Bench Curl Up	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	16	None		
Overhead Lateral Raise	3	16	None		
Gopher U Abs	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	16	None		
Floor Tricep DB Extension	3	16	None		
DB Hammer Curls	3	16	None		
Air Squats	3	None	None	30s	

Full Body General Super Endurance Lvl 7

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	16	None		
Lat Pulldown	3	16	None		
DB Bench Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	16	None		
DB Incline Fly	3	16	None		
DB Curl to Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	16	None		
Tricep Pushdown	3	16	None		
Full Bench Curl Up	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	16	None		
Overhead Lateral Raise	3	16	None		
Gopher U Abs	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	16	None		
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DB Hammer Curls	3	16	None		
Air Squats	3	None	None	30s	

Full Body General Super Endurance Lvl 7

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	16	None		
Lat Pulldown	3	16	None		
DB Bench Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	3	16	None		
DB Incline Fly	3	16	None		
DB Curl to Press	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	3	16	None		
Tricep Pushdown	3	16	None		
Full Bench Curl Up	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	3	16	None		
Overhead Lateral Raise	3	16	None		
Gopher U Abs	3	16	None		
Air Squats	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	3	16	None		
Floor Tricep DB Extension	3	16	None		
DB Hammer Curls	3	16	None		
Air Squats	3	None	None	30s	

Full Body General Super Endurance Level 5

1 weeks

7 days/week

Intermediate

Week 1

Full Body General Super Endurance Lvl 5

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	14	None		
Lat Pulldown	2	14	None		
DB Bench Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	14	None		
DB Incline Fly	2	14	None		
DB Curl to Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	14	None		
Tricep Pushdown	2	14	None		
Full Bench Curl Up	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	14	None		
Overhead Lateral Raise	2	14	None		
Gopher U Abs	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	14	None		
Floor Tricep DB Extension	2	14	None		
DB Hammer Curls	2	14	None		
Air Squats	2	None	None	20s	

Full Body General Super Endurance Lvl 5

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	14	None		
Lat Pulldown	2	14	None		
DB Bench Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	14	None		
DB Incline Fly	2	14	None		
DB Curl to Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	14	None		
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Full Bench Curl Up	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
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Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
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DB Hammer Curls	2	14	None		
Air Squats	2	None	None	20s	

Full Body General Super Endurance Lvl 5

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RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
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DB Bench Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	14	None		
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DB Curl to Press	2	14	None		
Air Squats	2	None	None	20s	

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Piston Squat	2	14	None		
Tricep Pushdown	2	14	None		
Full Bench Curl Up	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	14	None		
Overhead Lateral Raise	2	14	None		
Gopher U Abs	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	14	None		
Floor Tricep DB Extension	2	14	None		
DB Hammer Curls	2	14	None		
Air Squats	2	None	None	20s	

Full Body General Super Endurance Lvl 5

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	14	None		
Lat Pulldown	2	14	None		
DB Bench Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	14	None		
DB Incline Fly	2	14	None		
DB Curl to Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	14	None		
Tricep Pushdown	2	14	None		
Full Bench Curl Up	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	14	None		
Overhead Lateral Raise	2	14	None		
Gopher U Abs	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	14	None		
Floor Tricep DB Extension	2	14	None		
DB Hammer Curls	2	14	None		
Air Squats	2	None	None	20s	

Full Body General Super Endurance Lvl 5

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	14	None		
Lat Pulldown	2	14	None		
DB Bench Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	14	None		
DB Incline Fly	2	14	None		
DB Curl to Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	14	None		
Tricep Pushdown	2	14	None		
Full Bench Curl Up	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	14	None		
Overhead Lateral Raise	2	14	None		
Gopher U Abs	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	14	None		
Floor Tricep DB Extension	2	14	None		
DB Hammer Curls	2	14	None		
Air Squats	2	None	None	20s	

Full Body General Super Endurance Lvl 5

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	14	None		
Lat Pulldown	2	14	None		
DB Bench Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	14	None		
DB Incline Fly	2	14	None		
DB Curl to Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	14	None		
Tricep Pushdown	2	14	None		
Full Bench Curl Up	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	14	None		
Overhead Lateral Raise	2	14	None		
Gopher U Abs	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	14	None		
Floor Tricep DB Extension	2	14	None		
DB Hammer Curls	2	14	None		
Air Squats	2	None	None	20s	

Full Body General Super Endurance Lvl 5

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	14	None		
Lat Pulldown	2	14	None		
DB Bench Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	14	None		
DB Incline Fly	2	14	None		
DB Curl to Press	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	14	None		
Tricep Pushdown	2	14	None		
Full Bench Curl Up	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	14	None		
Overhead Lateral Raise	2	14	None		
Gopher U Abs	2	14	None		
Air Squats	2	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	14	None		
Floor Tricep DB Extension	2	14	None		
DB Hammer Curls	2	14	None		
Air Squats	2	None	None	20s	

Full Body General Super Endurance Level 4

1 weeks 7 days/week Intermediate

Week 1

Full Body General Super Endurance Lvl 4

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	12	None		
Lat Pulldown	2	12	None		
DB Bench Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	12	None		
DB Incline Fly	2	12	None		
DB Curl to Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	12	None		
Tricep Pushdown	2	12	None		
Full Bench Curl Up	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	12	None		
Overhead Lateral Raise	2	12	None		
Gopher U Abs	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	12	None		
Floor Tricep DB Extension	2	12	None		
DB Hammer Curls	2	12	None		
Air Squats	2	None	None	15s	

Full Body General Super Endurance Lvl 4

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	12	None		
Lat Pulldown	2	12	None		
DB Bench Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	12	None		
DB Incline Fly	2	12	None		
DB Curl to Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	12	None		
Tricep Pushdown	2	12	None		
Full Bench Curl Up	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	12	None		
Overhead Lateral Raise	2	12	None		
Gopher U Abs	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	12	None		
Floor Tricep DB Extension	2	12	None		
DB Hammer Curls	2	12	None		
Air Squats	2	None	None	15s	

Full Body General Super Endurance Lvl 4

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	12	None		
Lat Pulldown	2	12	None		
DB Bench Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	12	None		
DB Incline Fly	2	12	None		
DB Curl to Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	12	None		
Tricep Pushdown	2	12	None		
Full Bench Curl Up	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	12	None		
Overhead Lateral Raise	2	12	None		
Gopher U Abs	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	12	None		
Floor Tricep DB Extension	2	12	None		
DB Hammer Curls	2	12	None		
Air Squats	2	None	None	15s	

Full Body General Super Endurance Lvl 4

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	12	None		
Lat Pulldown	2	12	None		
DB Bench Press	2	12	None		
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Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	12	None		
DB Incline Fly	2	12	None		
DB Curl to Press	2	12	None		
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Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	12	None		
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Full Bench Curl Up	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	12	None		
Overhead Lateral Raise	2	12	None		
Gopher U Abs	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	12	None		
Floor Tricep DB Extension	2	12	None		
DB Hammer Curls	2	12	None		
Air Squats	2	None	None	15s	

Full Body General Super Endurance Lvl 4

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	12	None		
Lat Pulldown	2	12	None		
DB Bench Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
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RDL DB	2	12	None		
DB Incline Fly	2	12	None		
DB Curl to Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	12	None		
Tricep Pushdown	2	12	None		
Full Bench Curl Up	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	12	None		
Overhead Lateral Raise	2	12	None		
Gopher U Abs	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	12	None		
Floor Tricep DB Extension	2	12	None		
DB Hammer Curls	2	12	None		
Air Squats	2	None	None	15s	

Full Body General Super Endurance Lvl 4

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	12	None		
Lat Pulldown	2	12	None		
DB Bench Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	12	None		
DB Incline Fly	2	12	None		
DB Curl to Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	12	None		
Tricep Pushdown	2	12	None		
Full Bench Curl Up	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	12	None		
Overhead Lateral Raise	2	12	None		
Gopher U Abs	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
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DB Twisting Row	2	12	None		
Floor Tricep DB Extension	2	12	None		
DB Hammer Curls	2	12	None		
Air Squats	2	None	None	15s	

Full Body General Super Endurance Lvl 4

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	12	None		
Lat Pulldown	2	12	None		
DB Bench Press	2	12	None		
Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	12	None		
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Piston Squat	2	12	None		
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Air Squats	2	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	12	None		
Floor Tricep DB Extension	2	12	None		
DB Hammer Curls	2	12	None		
Air Squats	2	None	None	15s	

Full Body General Super Endurance Level 3

1 weeks

7 days/week

Beginner

Week 1

Full Body General Super Endurance Lvl 3

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	10	None		
Lat Pulldown	2	10	None		
DB Bench Press	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	10	None		
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Exercise	Sets	Reps	Weight	Time	Rest
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Full Body General Super Endurance Lvl 3

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Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	10	None		
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DB Bench Press	2	10	None		
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Full Body General Super Endurance Lvl 3

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Full Body General Super Endurance Lvl 3

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Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	10	None		
Floor Tricep DB Extension	2	10	None		
DB Hammer Curls	2	10	None		
Air Squats	2	None	None	10s	

Full Body General Super Endurance Lvl 3

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	10	None		
Lat Pulldown	2	10	None		
DB Bench Press	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
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RDL DB	2	10	None		
DB Incline Fly	2	10	None		
DB Curl to Press	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	10	None		
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Full Bench Curl Up	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
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Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
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Floor Tricep DB Extension	2	10	None		
DB Hammer Curls	2	10	None		
Air Squats	2	None	None	10s	

Full Body General Super Endurance Lvl 3

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	10	None		
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DB Bench Press	2	10	None		
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Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	10	None		
DB Incline Fly	2	10	None		
DB Curl to Press	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	10	None		
Tricep Pushdown	2	10	None		
Full Bench Curl Up	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	10	None		
Overhead Lateral Raise	2	10	None		
Gopher U Abs	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
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DB Twisting Row	2	10	None		
Floor Tricep DB Extension	2	10	None		
DB Hammer Curls	2	10	None		
Air Squats	2	None	None	10s	

Full Body General Super Endurance Lvl 3

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	10	None		
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DB Bench Press	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	2	10	None		
DB Incline Fly	2	10	None		
DB Curl to Press	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	10	None		
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Full Bench Curl Up	2	10	None		
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Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	2	10	None		
Overhead Lateral Raise	2	10	None		
Gopher U Abs	2	10	None		
Air Squats	2	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	2	10	None		
Floor Tricep DB Extension	2	10	None		
DB Hammer Curls	2	10	None		
Air Squats	2	None	None	10s	

Full Body General Super Endurance Level 2

1 weeks 7 days/week Beginner

Week 1

Full Body General Super Endurance Lvl 2

Attachments: [PDF](#) · [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	12	None		
Lat Pulldown	1	12	None		
DB Bench Press	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	1	12	None		
DB Incline Fly	1	12	None		
DB Curl to Press	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	1	12	None		
Tricep Pushdown	1	12	None		
Full Bench Curl Up	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	1	12	None		
Overhead Lateral Raise	1	12	None		
Gopher U Abs	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	12	None		
Floor Tricep DB Extension	1	12	None		
DB Hammer Curls	1	12	None		
Air Squats	1	None	None	15s	

Full Body General Super Endurance Lvl 2

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	12	None		
Lat Pulldown	1	12	None		

DB Bench Press	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	1	12	None		
DB Incline Fly	1	12	None		
DB Curl to Press	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	1	12	None		
Tricep Pushdown	1	12	None		
Full Bench Curl Up	1	12	None		
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Exercise	Sets	Reps	Weight	Time	Rest
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Gopher U Abs	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	12	None		
Floor Tricep DB Extension	1	12	None		
DB Hammer Curls	1	12	None		
Air Squats	1	None	None	15s	

Full Body General Super Endurance Lvl 2

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	12	None		
Lat Pulldown	1	12	None		
DB Bench Press	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	1	12	None		
DB Incline Fly	1	12	None		
DB Curl to Press	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	1	12	None		
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Full Bench Curl Up	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	1	12	None		
Overhead Lateral Raise	1	12	None		

Gopher U Abs	1	12	None		
Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	12	None		
Floor Tricep DB Extension	1	12	None		
DB Hammer Curls	1	12	None		
Air Squats	1	None	None	15s	

Full Body General Super Endurance Lvl 2

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	12	None		
Lat Pulldown	1	12	None		
DB Bench Press	1	12	None		
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RDL DB	1	12	None		
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Piston Squat	1	12	None		
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Ball Leg Curls	1	12	None		
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Air Squats	1	None	None	15s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	12	None		
Floor Tricep DB Extension	1	12	None		
DB Hammer Curls	1	12	None		
Air Squats	1	None	None	15s	

Full Body General Super Endurance Lvl 2

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	12	None		
Lat Pulldown	1	12	None		
DB Bench Press	1	12	None		

Air Squats	1	None	None	15s	
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Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	1	12	None		
DB Incline Fly	1	12	None		
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Ball Leg Curls	1	12	None		
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DB Twisting Row	1	12	None		
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DB Hammer Curls	1	12	None		
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Full Body General Super Endurance Lvl 2

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	12	None		
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Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	12	None		
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DB Hammer Curls	1	12	None		
Air Squats	1	None	None	15s	

Full Body General Super Endurance Lvl 2

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	12	None		
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Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	12	None		
Floor Tricep DB Extension	1	12	None		
DB Hammer Curls	1	12	None		
Air Squats	1	None	None	15s	

Full Body General Super Endurance Level 1

1 weeks 7 days/week Beginner

Week 1

Full Body General Super Endurance Lvl 1

Attachments: [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#) · [PDF](#)

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Full Body General Super Endurance Lvl 1

Attachments: [PDF](#) · [PDF](#)

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Full Body General Super Endurance Lvl 1

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Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	1	10	None		
Overhead Lateral Raise	1	10	None		

Gopher U Abs	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	10	None		
Floor Tricep DB Extension	1	10	None		
DB Hammer Curls	1	10	None		
Air Squats	1	None	None	10s	

Full Body General Super Endurance Lvl 1

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	10	None		
Lat Pulldown	1	10	None		
DB Bench Press	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	1	10	None		
DB Incline Fly	1	10	None		
DB Curl to Press	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	1	10	None		
Tricep Pushdown	1	10	None		
Full Bench Curl Up	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	1	10	None		
Overhead Lateral Raise	1	10	None		
Gopher U Abs	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	10	None		
Floor Tricep DB Extension	1	10	None		
DB Hammer Curls	1	10	None		
Air Squats	1	None	None	10s	

Full Body General Super Endurance Lvl 1

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	10	None		
Lat Pulldown	1	10	None		
DB Bench Press	1	10	None		

Air Squats	1	None	None	10s	
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Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	1	10	None		
DB Incline Fly	1	10	None		
DB Curl to Press	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	1	10	None		
Tricep Pushdown	1	10	None		
Full Bench Curl Up	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	1	10	None		
Overhead Lateral Raise	1	10	None		
Gopher U Abs	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	10	None		
Floor Tricep DB Extension	1	10	None		
DB Hammer Curls	1	10	None		
Air Squats	1	None	None	10s	

Full Body General Super Endurance Lvl 1

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	10	None		
Lat Pulldown	1	10	None		
DB Bench Press	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	1	10	None		
DB Incline Fly	1	10	None		
DB Curl to Press	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	1	10	None		
Tricep Pushdown	1	10	None		
Full Bench Curl Up	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	1	10	None		
Overhead Lateral Raise	1	10	None		
Gopher U Abs	1	10	None		

Air Squats	1	None	None	10s	
Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	10	None		
Floor Tricep DB Extension	1	10	None		
DB Hammer Curls	1	10	None		
Air Squats	1	None	None	10s	

Full Body General Super Endurance Lvl 1

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
RPR Self 3 minute Warm up	1	None	None	3 min	

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	1	10	None		
Lat Pulldown	1	10	None		
DB Bench Press	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
RDL DB	1	10	None		
DB Incline Fly	1	10	None		
DB Curl to Press	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	1	10	None		
Tricep Pushdown	1	10	None		
Full Bench Curl Up	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Ball Leg Curls	1	10	None		
Overhead Lateral Raise	1	10	None		
Gopher U Abs	1	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
DB Twisting Row	1	10	None		
Floor Tricep DB Extension	1	10	None		
DB Hammer Curls	1	10	None		
Air Squats	1	None	None	10s	

Elite GPP Base Program.

3 weeks 7 days/week Intermediate

Week 1

Active Recovery

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Active Recovery	1	1	None		

GPP AER WMix3 D1 L2

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Dynamic Short Warm-up 2	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
L cone agility drills	6	1	None		45s
Neural Perplexity Forward	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Reverse Lunge with Contralateral One Arm Band Row	1	12	None		
Reverse Lunge with Contralateral One Arm Band Row	1	12	None		
Step Up with Contralateral Shoulder Press	1	12	None		
Step Up with Contralateral Shoulder Press	1	12	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	12	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	12	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	12	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	12	None		
Split Squat with Contralateral Shoulder Press	1	12	None		
Split Squat with Contralateral Shoulder Press	1	12	None		
RDL with Row	1	12	None		
Bent Over Face Pull	1	12	None		
RDL Close Stance Windmill	1	12	None		
Split Squat with Contralateral Shoulder Press	1	12	None		
Split Squat with Contralateral Shoulder Press	1	12	None		
Overhead RDL	1	12	None		
Split Squat with Contralateral Band Row	1	12	None		
Split Squat with Contralateral Band Row	1	12	None		
Squat with DB Shoulder Press	1	12	None		
Squat with One Arm Band Row	1	12	None		
Squat with One Arm Band Row	1	12	None		

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	20s	

Spring Ankle 2	1	None	None	20s	
Spring Ankle 3	1	None	None	20s	
Spring Ankle 4	1	None	None	20s	
Spring Ankle 5	1	None	None	20s	

GPP AER WMix3 D2 L2

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Pro/Elite Dynamic Jogging/Walking Warm-up	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Cross Over Run for Height 30 yards	1	None	None	10s	
Neural Perplexity Reverse	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Bench press W Iso Hold	2	1	30		120s
Dumbbell Two Arm Prone Row	2	None	None	2 min	120s
Incline Bicep Trap	2	None	None	2 min	120s
Supine Isometric Back Glute Hamstring Hold	2	None	None	2 min	120s
JM DB Press Isometric	2	1	None		120s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Jog - Jogging Forward	1	None	None	7s	
Skipping Backward Flaring Knee	1	None	None	7s	
Shuffle Arm Swing Facing Left	1	None	None	7s	
Skipping forward Picking Cherries	1	None	None	7s	
Jog -Jogging Backward	1	None	None	7s	
Carioca Facing Right	1	None	None	7s	
Skipping Backward With Picking Cherries	1	None	None	7s	
Shuffle Arm Swing Facing Right	1	None	None	7s	
Carioca Facing Left	1	None	None	7s	

GPP AER WMix3 D3 L2

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Neurological Reprogramming Warm-up	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
T cone agility	6	1	None		45s
Neural Perplexity Reverse	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	10	None		
Lat Pulldown	2	10	None		
Bench Press AFSM	2	10	None		
Air Squats	2	None	None	10s	
Dumbbell RDL	2	10	None		
DB Incline Fly	2	10	None		
Dumbbell Curl to Press	2	10	None		
Air Squats	1	None	None	10s	
Piston Squat	2	10	None		
Tricep Pushdown	2	10	None		
Full Bench Curl Up	2	10	None		
Air Squats	1	None	None	10s	
Ball Leg Curls	2	10	None		
Side Delt DB Lateral Raise	2	10	None		
Gopher U Abs	2	10	None		
Air Squats	1	None	None	10s	
DB Twisting Row	2	10	None		
Floor Tricep DB Extension	2	10	None		
DB Hammer Curls	2	10	None		
Air Squats	1	None	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	30s	
Spring Ankle 2	1	None	None	30s	
Spring Ankle 3	1	None	None	30s	
Spring Ankle 4	1	None	None	30s	
Spring Ankle 5	1	None	None	30s	

GPP AER WMix3 D4 L2

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Neurological Reprogramming Warm up	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
T cone agility	6	1	None		45s
Neural Perplexity Reverse	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Bench press W Iso Hold	2	1	30		120s
Right Leg Lunge Iso	2	None	None	2 min	120s
Dumbbell Two Arm Prone Row	2	None	None	2 min	120s
Left Leg Lunge Iso	2	None	None	2 min	120s
Incline Bicep Trap	2	None	None	2 min	120s
Supine Isometric Back Glute Hamstring Hold	2	None	None	2 min	120s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Jog - Jogging Forward	1	None	None	7s	
Skipping Backward Flaring Knee	1	None	None	7s	
Shuffle Arm Swing Facing Left	1	None	None	7s	
Skipping forward Picking Cherries	1	None	None	7s	
Jog -Jogging Backward	1	None	None	7s	
Carioca Facing Right	1	None	None	7s	
Skipping Backward With Picking Cherries	1	None	None	7s	
Shuffle Arm Swing Facing Right	1	None	None	7s	
Carioca Facing Left	1	None	None	7s	

GPP AER WMix3 D5 L2

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Dynamic Short Warm-up 2	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Forward Tennis Ball Drop Start	6	1	None		45s
Neural Perplexity Reverse	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Reverse Lunge with Contralateral One Arm Band Row	1	16	None		
Reverse Lunge with Contralateral One Arm Band Row	1	16	None		
Step Up with Contralateral Shoulder Press	1	16	None		
Step Up with Contralateral Shoulder Press	1	16	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	16	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	16	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	16	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	16	None		
Split Squat with Contralateral Shoulder Press	1	16	None		
Split Squat with Contralateral Shoulder Press	1	16	None		
RDL with Row	1	16	None		
Bent Over Face Pull	1	16	None		
RDL Close Stance Windmill	1	16	None		
Split Squat with Contralateral Shoulder Press	1	16	None		
Split Squat with Contralateral Shoulder Press	1	16	None		
Overhead RDL	1	16	None		
Split Squat with Contralateral Band Row	1	16	None		
Split Squat with Contralateral Band Row	1	16	None		
Squat with DB Shoulder Press	1	16	None		
Squat with One Arm Dumbbell Row	1	None	None	16s	
Squat with One Arm Dumbbell Row	1	None	None	16s	

GPP AER WMix3 D6 L2

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Neurological Reprogramming Warm up	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Z cone agility	6	None	None	5s	45s
Neural Perplexity Forward	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Piston Squat	2	12	None		
DB Bent Over Row	2	12	None		
DB Incline Fly	2	12	None		
Air Squats	1	None	None	15s	
Dumbbell RDL	1	12	None		
DB Bench Press	2	12	None		
Arnold Press	2	12	None		
Air Squats	1	None	None	15s	
DB Walking Lunge	2	12	None		
JM Dumbbell Press	2	12	None		
Med Ball Twist	2	12	None		
Air Squats	1	None	None	15s	
Ball Leg Curls	2	12	None		
Side Delt DB Lateral Raise	2	12	None		
Alternating V-Up	2	12	None		
Air Squats	1	None	None	15s	
Lat Pull Chin Grip	1	12	None		
Floor Tricep DB Extension	2	12	None		
DB Hammer Curls	2	12	None		
Air Squats	1	None	None	15s	

Week 2

GPP Lactate 30 Sec Iso

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Bench press W Iso Hold	3	1	75		10s
Dumbbell split squat isometric	3	1	None		10s
DB Bench press W Iso Hold	3	1	75		10s
Dumbbell split squat isometric	3	1	None		10s
Glute Ham Bar Single Leg Iso	3	None	None	30s	10s
DB Row Isometric	3	1	75		10s
Glute Ham Bar Single Leg Iso	3	None	None	30 min	10s
DB Row Isometric	3	1	75		10s

DB Shoulder Press Isometric	3	1	75		250s
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GPP AER WMix3 D1 L4

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dynamic Short Warm-up 2	1	None	None	5 min	
Falling Start	6	1	None		45s
Neural Perplexity Reverse	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Reverse Lunge with Contralateral One Arm Band Row	1	1	None		
Reverse Lunge with Contralateral One Arm Band Row	1	1	None		
Step Up with Contralateral Shoulder Press	1	1	None		
Step Up with Contralateral Shoulder Press	1	1	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
Piston Squat with Contralateral Arm Band Row	1	1	None		
Piston Squat with Contralateral Arm Band Row	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
Step Up with Contralateral Arm Band Row	1	1	None		
Step Up with Contralateral Arm Band Row	1	1	None		
RDL with Overhead Press	1	1	None		
Close Leg RDL with Twisting Row	1	None	None	20s	
Step up with Contralateral One Arm Band Press	1	1	None		
Step up with Contralateral One Arm Band Press	1	1	None		
One Leg RDL with Contralateral Arm Row	1	None	None	20s	
One Leg RDL with Contralateral Arm Row	1	None	None	20s	
Split Squat with Contralateral Shoulder Press	1	1	None		
Split Squat with Contralateral Shoulder Press	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
RDL with Row	1	1	None		
Piston Squat with Contralateral Band Press	1	None	None	20s	
Piston Squat with Contralateral Band Press	1	None	None	20s	
Bent Over Face Pull	1	1	None		
Squat with Band Chest Press	1	1	None		
squat with band row	1	1	None		
RDL Close Stance Windmill	1	1	None		
Split Squat with Contralateral Shoulder Press	1	1	None		
Split Squat with Contralateral Shoulder Press	1	1	None		
Overhead RDL	1	1	None		
Single Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
Single Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
Split Squat with Contralateral Band Row	1	1	None		
Split Squat with Contralateral Band Row	1	1	None		

Squat with DB Shoulder Press	1	1	None		
Squat with One Arm Dumbbell Row	1	None	None	20s	
Squat with One Arm Dumbbell Row	1	None	None	20s	
Piston Squat with Contralateral Shoulder Press	1	1	None		
Piston Squat with Contralateral Shoulder Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bird Dog Alternating	3	20	None		
Plank Single Leg	2	None	None	1m30s	
Modified Side Plank with Leg Raise	2	None	None	1m30s	
Supine Elbow Bridge	2	None	None	1m30s	

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	40s	
Spring Ankle 2	1	None	None	40s	
Spring Ankle 3	1	None	None	40s	
Spring Ankle 4	1	None	None	40s	
Spring Ankle 5	1	None	None	40s	

GPP AER WMix3 D2 L4Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Pro/ Elite Dynamic Jogging/Walking Warm-up	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Pro Agility 5 10 5 Drill	6	None	None	5s	45s
Neural Perplexity Forward	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Bench press W Iso Hold	2	1	None		120s
Wall Sit	2	None	None	2 min	120s
Dumbbell Two Arm Prone Row	2	None	None	2 min	120s
Incline Bicep Trap	2	None	None	2 min	120s
JM DB Press Isometric	2	1	None		120s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Jog - Jogging Forward	1	None	None	7s	
Skipping Backward Flaring Knee	1	None	None	7s	
Shuffle Arm Swing Facing Left	1	None	None	7s	
Skipping forward Picking Cherries	1	None	None	7s	
Jog -Jogging Backward	1	None	None	7s	
Carioca Facing Right	1	None	None	7s	
Skipping Backward With Picking Cherries	1	None	None	7s	

Shuffle Arm Swing Facing Right	1	None	None	7s	
Carioca Facing Left	1	None	None	7s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bird Dog Alternating	2	10	None		
Modified Side Plank with Leg Raise	2	None	None	20s	
Supine Elbow Bridge	2	None	None	20s	

GPP AER WMix3 D3 L4Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Dynamic Short Warm-up 2	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Lateral Lunge Starts	6	1	None		45s
Neural Perplexity Forward	6	None	None	10s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	14	None		
Lat Pulldown	2	14	None		
Bench Press AFSM	2	14	None		
Air Squats	2	None	None	20s	
Dumbbell RDL	2	14	None		
DB Incline Fly	2	14	None		
Dumbbell Curl to Press	2	14	None		
Air Squats	1	None	None	20s	
Piston Squat	2	14	None		
Tricep Pushdown	2	14	None		
Full Bench Curl Up	2	14	None		
Air Squats	1	None	None	20s	
Ball Leg Curls	2	14	None		
Side Delt DB Lateral Raise	2	14	None		
Gopher U Abs	2	14	None		
Air Squats	1	None	None	20s	
DB Twisting Row	2	14	None		
Floor Tricep DB Extension	2	14	None		
DB Hammer Curls	2	14	None		
Air Squats	1	None	None	20s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bird Dog Alternating	2	10	None		
Modified Side Plank with Leg Raise	2	None	None	20s	
Supine Elbow Bridge	2	None	None	20s	

Prone Forearm Bridge	2	None	None	20s	
Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	50s	
Spring Ankle 2	1	None	None	50s	
Spring Ankle 3	1	None	None	50s	
Spring Ankle 4	1	None	None	50s	
Spring Ankle 5	1	None	None	50s	

GPP AER WMix3 D4 L4

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Pro/Elite Dynamic Jogging/Walking Warm-up	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Lateral Lunge Starts	6	1	None		45s
Neural Perplexity Forward	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Bench press W Iso Hold	2	1	30		120s
Right Leg Lunge Iso	2	None	None	2 min	120s
Dumbbell Two Arm Prone Row	2	None	None	2 min	120s
Left Leg Lunge Iso	2	None	None	2 min	120s
Incline Bicep Trap	2	None	None	2 min	120s
Supine Isometric Back Glute Hamstring Hold	2	None	None	2 min	120s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Jog - Jogging Forward	1	None	None	7s	
Skipping Backward Flaring Knee	1	None	None	7s	
Shuffle Arm Swing Facing Left	1	None	None	7s	
Skipping forward Picking Cherries	1	None	None	7s	
Jog -Jogging Backward	1	None	None	7s	
Carioca Facing Right	1	None	None	7s	
Skipping Backward With Picking Cherries	1	None	None	7s	
Shuffle Arm Swing Facing Right	1	None	None	7s	
Carioca Facing Left	1	None	None	7s	

GPP AER WMix3 D5 L4

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Dynamic Short Warm-up 1	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Lateral Lunge Starts	6	1	None		45s
Neural Perplexity Forward	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Reverse Lunge with Contralateral One Arm Band Row	1	1	None		
Reverse Lunge with Contralateral One Arm Band Row	1	1	None		
Step Up with Contralateral Shoulder Press	1	1	None		
Step Up with Contralateral Shoulder Press	1	1	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
Piston Squat with Contralateral Arm Band Row	1	1	None		
Piston Squat with Contralateral Arm Band Row	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
Step Up with Contralateral Arm Band Row	1	1	None		
Step Up with Contralateral Arm Band Row	1	1	None		
RDL with Overhead Press	1	1	None		
Close Leg RDL with Twisting Row	1	None	None	25s	
Step up with Contralateral One Arm Band Press	1	1	None		
Step up with Contralateral One Arm Band Press	1	1	None		
One Leg RDL with Contralateral Arm Row	1	None	None	25s	
One Leg RDL with Contralateral Arm Row	1	None	None	25s	
Split Squat with Contralateral Shoulder Press	1	1	None		
Split Squat with Contralateral Shoulder Press	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
RDL with Row	1	1	None		
Piston Squat with Contralateral Band Press	1	None	None	25s	
Piston Squat with Contralateral Band Press	1	None	None	25s	
Bent Over Face Pull	1	1	None		
Squat with Band Chest Press	1	1	None		
squat with band row	1	1	None		
RDL Close Stance Windmill	1	1	None		
Split Squat with Contralateral Shoulder Press	1	1	None		
Split Squat with Contralateral Shoulder Press	1	1	None		
Overhead RDL	1	1	None		
Single Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
Single Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
Split Squat with Contralateral Band Row	1	1	None		
Split Squat with Contralateral Band Row	1	1	None		
Squat with DB Shoulder Press	1	1	None		
Squat with One Arm Dumbbell Row	1	None	None	25s	
Squat with One Arm Dumbbell Row	1	None	None	25s	
Piston Squat with Contralateral Shoulder Press	1	1	None		
Piston Squat with Contralateral Shoulder Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bird Dog Alternating	2	10	None		
Forward/Backward Walking Plank	2	None	None	20s	
Side Bridge	2	None	None	20s	
Reverse Plank with Leg Raise	2	None	None	20s	

GPP AER WMix3 D6 L4

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Dynamic Short Warm-up 1	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
T cone agility	6	1	None		45s
Neural Perplexity Reverse	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	12	None		
Lat Pulldown	2	12	None		
Bench Press AFSM	2	12	None		
Air Squats	2	None	None	15s	
Dumbbell RDL	2	12	None		
DB Incline Fly	2	12	None		
Dumbbell Curl to Press	2	12	None		
Air Squats	1	None	None	15s	
Piston Squat	2	12	None		
Tricep Pushdown	2	12	None		
Full Bench Curl Up	2	12	None		
Air Squats	1	None	None	15s	
Ball Leg Curls	2	12	None		
Side Delt DB Lateral Raise	2	12	None		
Gopher U Abs	2	12	None		
Air Squats	1	None	None	15s	
DB Twisting Row	2	12	None		
Floor Tricep DB Extension	2	12	None		
DB Hammer Curls	2	12	None		
Air Squats	1	None	None	15s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Jog - Jogging Forward	1	None	None	7s	
Skipping Backward Flaring Knee	1	None	None	7s	
Shuffle Arm Swing Facing Left	1	None	None	7s	
Skipping forward Picking Cherries	1	None	None	7s	
Jog -Jogging Backward	1	None	None	7s	
Carioca Facing Right	1	None	None	7s	

Skipping Backward With Picking Cherries	1	None	None	7s	
Shuffle Arm Swing Facing Right	1	None	None	7s	

Week 3

Active Recovery

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Active Recovery	1	1	None		

GPP AER WMix3 D1 L4.1

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Youth Dynamic Short Warm-up 3	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Falling Start	6	1	None		45s
Neural Perplexity Reverse	6	None	None	25s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Reverse Lunge with Contralateral One Arm Band Row	1	1	None		
Reverse Lunge with Contralateral One Arm Band Row	1	1	None		
Step Up with Contralateral Shoulder Press	1	1	None		
Step Up with Contralateral Shoulder Press	1	1	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
One Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
Piston Squat with Contralateral Arm Band Row	1	1	None		
Piston Squat with Contralateral Arm Band Row	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
Step Up with Contralateral Arm Band Row	1	1	None		
Step Up with Contralateral Arm Band Row	1	1	None		
RDL with Overhead Press	1	1	None		
Close Leg RDL with Twisting Row	1	None	None	25s	
Step up with Contralateral One Arm Band Press	1	1	None		
Step up with Contralateral One Arm Band Press	1	1	None		
One Leg RDL with Contralateral Arm Row	1	None	None	25s	
One Leg RDL with Contralateral Arm Row	1	None	None	25s	
Split Squat with Contralateral Shoulder Press	1	1	None		
Split Squat with Contralateral Shoulder Press	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		
RDL with Row	1	1	None		
Piston Squat with Contralateral Band Press	1	None	None	25s	
Piston Squat with Contralateral Band Press	1	None	None	25s	

Bent Over Face Pull	1	1	None		
Squat with Band Chest Press	1	1	None		
squat with band row	1	1	None		
RDL Close Stance Windmill	1	1	None		
Split Squat with Contralateral Shoulder Press	1	1	None		
Split Squat with Contralateral Shoulder Press	1	1	None		
Overhead RDL	1	1	None		
Single Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
Single Leg Deadlift with Contralateral One Arm Band Row	1	1	None		
Split Squat with Contralateral Band Row	1	1	None		
Split Squat with Contralateral Band Row	1	1	None		
Squat with DB Shoulder Press	1	1	None		
Squat with One Arm Dumbbell Row	1	None	None	25s	
Squat with One Arm Dumbbell Row	1	None	None	25s	
Piston Squat with Contralateral Shoulder Press	1	1	None		
Piston Squat with Contralateral Shoulder Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bird Dog	3	15	None		
Forward Backward Walking Plank	3	None	None	30s	
Rotational Side Plank	3	None	None	30s	
Reverse Plank with Leg Raise	3	None	None	30s	

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	1 min	
Spring Ankle 2	1	None	None	1 min	
Spring Ankle 3	1	None	None	1 min	
Spring Ankle 4	1	None	None	1 min	
Spring Ankle 5	1	None	None	1 min	

GPP AER WMix3 D2 L4.1

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Pro/Elite Dynamic Jogging/Walking Warm-up	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
L cone agility drills	6	1	None		45s
Neural Perplexity Forward	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Bench press W Iso Hold	1	1	None		150s
Wall Sit	1	None	None	4 min	150s
Dumbbell Two Arm Prone Row	1	None	None	4 min	150s
Incline Bicep Trap	1	None	None	4 min	150s
JM DB Press Isometric	1	1	None		150s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Jog - Jogging Forward	1	None	None	7s	
Skipping Backward Flaring Knee	1	None	None	7s	
Shuffle Arm Swing Facing Left	1	None	None	7s	
Skipping forward Picking Cherries	1	None	None	7s	
Jog -Jogging Backward	1	None	None	7s	
Carioca Facing Right	1	None	None	7s	
Skipping Backward With Picking Cherries	1	None	None	7s	
Shuffle Arm Swing Facing Right	1	None	None	7s	
Carioca Facing Left	1	None	None	7s	

GPP AER WMix3 D3 L4.1

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Dynamic Short Warm-up 2	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Reactive Drop Lunge Start	6	1	None		45s
Neural Perplexity Reverse	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	2	14	None		
Lat Pulldown	2	14	None		
Bench Press AFSM	2	14	None		
Air Squats	1	None	None	20s	
Dumbbell RDL	2	14	None		
DB Incline Fly	2	14	None		
Dumbbell Curl to Press	2	14	None		
Air Squats	1	None	None	20s	
Piston Squat	2	14	None		
Tricep Pushdown	2	14	None		
Full Bench Curl Up	2	14	None		
Air Squats	1	None	None	20s	
Ball Leg Curls	2	14	None		
Side Delt DB Lateral Raise	2	14	None		
Gopher U Abs	2	14	None		
Air Squats	1	None	None	20s	
DB Twisting Row	2	14	None		
Floor Tricep DB Extension	2	14	None		
DB Hammer Curls	2	14	None		
Air Squats	1	None	None	20s	

Exercise	Sets	Reps	Weight	Time	Rest
Spring Ankle 1	1	None	None	1 min	

Spring Ankle 2	1	None	None	1 min	
Spring Ankle 3	1	None	None	1 min	
Spring Ankle 4	1	None	None	1 min	
Spring Ankle 5	1	None	None	1 min	

GPP AER WMix3 D4 L4.1

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Pro/Elite Dynamic Jogging/Walking Warm-up	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Lateral Lunge Starts	6	1	None		45s
Neural Perplexity Forward	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Bench press W Iso Hold	1	1	30		150s
Right Leg Lunge Iso	1	None	None	4 min	150s
Dumbbell Two Arm Prone Row	1	None	None	4 min	150s
Left Leg Lunge Iso	1	None	None	4 min	150s
Incline Bicep Trap	1	None	None	4 min	150s
Supine Isometric Back Glute Hamstring Hold	1	None	None	4 min	150s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Jog - Jogging Forward	1	None	None	7s	
Skipping Backward Flaring Knee	1	None	None	7s	
Shuffle Arm Swing Facing Left	1	None	None	7s	
Skipping forward Picking Cherries	1	None	None	7s	
Jog -Jogging Backward	1	None	None	7s	
Carioca Facing Right	1	None	None	7s	
Skipping Backward With Picking Cherries	1	None	None	7s	
Shuffle Arm Swing Facing Right	1	None	None	7s	
Carioca Facing Left	1	None	None	7s	

GPP AER WMix3 D5 L4.1

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Dynamic Short Warm-up 2	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
T Drill Around Cones Agility	6	None	None	5s	45s
Neural Perplexity Reverse	6	None	None	5m50s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Reverse Lunge with Contralateral One Arm Band Row	1	1	None		10s
Reverse Lunge with Contralateral One Arm Band Row	1	1	None		10s
Step Up with Contralateral Shoulder Press	1	1	None		10s
Step Up with Contralateral Shoulder Press	1	1	None		10s
One Leg Deadlift with Contralateral One Arm Band Row	1	1	None		101s
One Leg Deadlift with Contralateral One Arm Band Row	1	1	None		10s
Piston Squat with Contralateral Arm Band Row	1	1	None		10s
Piston Squat with Contralateral Arm Band Row	1	1	None		10s
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		10s
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		10s
Step Up with Contralateral Arm Band Row	1	1	None		10s
Step Up with Contralateral Arm Band Row	1	1	None		10s
RDL with Overhead Press	1	1	None		10s
Close Leg RDL with Twisting Row	1	None	None	25s	10s
Step up with Contralateral One Arm Band Press	1	1	None		10s
Step up with Contralateral One Arm Band Press	1	1	None		10s
One Leg RDL with Contralateral Arm Row	1	None	None	25s	10s
One Leg RDL with Contralateral Arm Row	1	None	None	25s	10s
Split Squat with Contralateral Shoulder Press	1	1	None		10s
Split Squat with Contralateral Shoulder Press	1	1	None		10s
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		10s
Reverse Lunge with Contralateral One Arm Chest Press	1	1	None		10s
RDL with Row	1	1	None		10s
Piston Squat with Contralateral Band Press	1	None	None	25s	10s
Piston Squat with Contralateral Band Press	1	None	None	25s	10s
Bent Over Face Pull	1	1	None		10s
Squat with Band Chest Press	1	1	None		10s
squat with band row	1	1	None		10s
RDL Close Stance Windmill	1	1	None		10s
Split Squat with Contralateral Shoulder Press	1	1	None		10s
Split Squat with Contralateral Shoulder Press	1	1	None		10s
Overhead RDL	1	1	None		10s
Single Leg Deadlift with Contralateral One Arm Band Row	1	1	None		10s
Single Leg Deadlift with Contralateral One Arm Band Row	1	1	None		10s
Split Squat with Contralateral Band Row	1	1	None		10s
Split Squat with Contralateral Band Row	1	1	None		10s
Squat with DB Shoulder Press	1	1	None		10s
Squat with One Arm Dumbbell Row	1	None	None	25s	
Squat with One Arm Dumbbell Row	1	None	None	25s	
Piston Squat with Contralateral Shoulder Press	1	1	None		10s
Piston Squat with Contralateral Shoulder Press	1	1	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bird Dog	3	15	None		
Forward Backward Walking Plank	3	None	None	30s	
Rotational Side Plank	3	None	None	30s	

Reverse Plank with Leg Raise	3	None	None	30s	
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Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bird Dog Alternating	3	10	None		
Forward/Backward Walking Plank	3	None	None	20s	
Side Bridge	3	None	None	20s	
Reverse Plank with Leg Raise	3	None	None	20s	

GPP AER WMix3 D6 L4.1

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Youth Dynamic Short Warm-up 3	1	None	None	5 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Reactive Drop Lunge Start	6	1	None		45s
Neural Perplexity Reverse	6	None	None	10s	45s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
DB Step Up	3	12	None		
Lat Pulldown	3	12	None		
Bench Press AFSM	3	12	None		
Air Squats	1	None	None	20s	
Dumbbell RDL	3	12	None		
DB Incline Fly	3	12	None		
Dumbbell Curl to Press	3	12	None		
Air Squats	1	None	None	20s	
Piston Squat	3	12	None		
Tricep Pushdown	3	12	None		
Full Bench Curl Up	3	12	None		
Air Squats	1	None	None	20s	
Ball Leg Curls	3	12	None		
Side Delt DB Lateral Raise	3	12	None		
Gopher U Abs	3	12	None		
Air Squats	1	None	None	20s	
DB Twisting Row	3	12	None		
Floor Tricep DB Extension	3	12	None		
DB Hammer Curls	3	12	None		
Air Squats	1	None	None	20s	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Jog - Jogging Forward	1	None	None	7s	
Skipping Backward Flaring Knee	1	None	None	7s	
Shuffle Arm Swing Facing Left	1	None	None	7s	

Skipping forward Picking Cherries	1	None	None	7s	
Jog_Jogging Backward	1	None	None	7s	
Carioca Facing Right	1	None	None	7s	
Skipping Backward With Picking Cherries	1	None	None	7s	
Shuffle Arm Swing Facing Right	1	None	None	7s	
Carioca Facing Left	1	None	None	7s	

Hope Strength Training

6 weeks 3 days/week Intermediate Get Ripped · Gain Strength

Week 1

Day 1

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Z Cone Agility Drill	6	None	None		60s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Pistol Squat to Bench	2	6	None		
Bench Glute Lift	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	6	None		
Manual 4-Way Neck	3	10	None		
Single-Arm Lat Pulldown	3	12	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	8	None		
Romanian Deadlift	4	6	None		
Incline Figure 8 Cuban Press	4	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Curl to Press	3	8	None		
Advantage Position Oscillatory Glute Hamstring	3	6	None		
One-Arm Rope Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 2

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Pro Agility 5 10 5 Drill	6	None	None		60s

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Glute Lift	2	10	None		
Barbell Glute Bridge	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single Leg Back Squat	4	6	None		
Manual 4-Way Neck	4	10	None		
Close Leg RDL with Twisting Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Bench Press	4	6	None		
Manual 4-Way Neck	4	10	None		
Resistance Band Ankle Twist	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Advantage Position Oscillatory Glute Hamstring	3	6	None		
Standing Resistance Band Hip Flexion	3	10	None		
Groin Ball Squeeze	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 3

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Barbell Glute Bridge	2	8	None		
Pistol Squat to Bench	2	6	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Walking Dumbbell Lunge	4	8	None		
Manual 4-Way Neck	4	8	None		
Squatting One Arm Lat Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	4	10	None		
Infraspinatus	4	12	None		
Barbell Curl	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Arnold Press	3	8	None		
Swiss Ball Hamstring Curl	3	10	None		
Reverse-Grip Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Week 2**Day 1**Attachments: [PDF](#)**Superset**

Exercise	Sets	Reps	Weight	Time	Rest
Pistol Squat to Bench	2	6	None		
Bench Glute Lift	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	6	None		
Manual 4-Way Neck	3	10	None		
Single-Arm Lat Pulldown	3	12	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	8	None		
Romanian Deadlift	4	6	None		
Incline Figure 8 Cuban Press	4	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Curl to Press	3	8	None		
Advantage Position Oscillatory Glute Hamstring	3	6	None		
One-Arm Rope Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 2

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Glute Lift	2	10	None		
Barbell Glute Bridge	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single Leg Back Squat	4	6	None		
Manual 4-Way Neck	4	10	None		
Close Leg RDL with Twisting Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Bench Press	4	6	None		
Manual 4-Way Neck	4	10	None		
Resistance Band Ankle Twist	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Advantage Position Oscillatory Glute Hamstring	3	6	None		
Standing Resistance Band Hip Flexion	3	10	None		
Groin Ball Squeeze	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 3

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Barbell Glute Bridge	2	8	None		
Pistol Squat to Bench	2	6	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Walking Dumbbell Lunge	4	8	None		
Manual 4-Way Neck	4	8	None		
Squatting One Arm Lat Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	4	10	None		
Infraspinatus	4	12	None		
Barbell Curl	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Arnold Press	3	8	None		
Swiss Ball Hamstring Curl	3	10	None		
Reverse-Grip Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Week 3**Day 1**Attachments: [PDF](#)**Superset**

Exercise	Sets	Reps	Weight	Time	Rest
Pistol Squat to Bench	2	6	None		
Bench Glute Lift	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	6	None		
Manual 4-Way Neck	3	10	None		
Single-Arm Lat Pulldown	3	12	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	8	None		
Romanian Deadlift	4	6	None		
Incline Figure 8 Cuban Press	4	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Curl to Press	3	8	None		
Advantage Position Oscillatory Glute Hamstring	3	6	None		
One-Arm Rope Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 2Attachments: [PDF](#)**Superset**

Exercise	Sets	Reps	Weight	Time	Rest
Bench Glute Lift	2	10	None		
Barbell Glute Bridge	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single Leg Back Squat	4	6	None		
Manual 4-Way Neck	4	10	None		
Close Leg RDL with Twisting Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Bench Press	4	6	None		
Manual 4-Way Neck	4	10	None		
Resistance Band Ankle Twist	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Advantage Position Oscillatory Glute Hamstring	3	6	None		
Standing Resistance Band Hip Flexion	3	10	None		
Groin Ball Squeeze	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 3Attachments: [PDF](#)**Superset**

Exercise	Sets	Reps	Weight	Time	Rest
Barbell Glute Bridge	2	8	None		
Pistol Squat to Bench	2	6	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Walking Dumbbell Lunge	4	8	None		
Manual 4-Way Neck	4	8	None		
Squatting One Arm Lat Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	4	10	None		
Infraspinatus	4	12	None		
Barbell Curl	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Arnold Press	3	8	None		
Swiss Ball Hamstring Curl	3	10	None		
Reverse-Grip Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Week 4

Day 1

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Pistol Squat to Bench	2	6	None		
Bench Glute Lift	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	6	None		
Manual 4-Way Neck	3	10	None		
Single-Arm Lat Pulldown	3	12	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	8	None		
Romanian Deadlift	4	6	None		
Incline Figure 8 Cuban Press	4	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Curl to Press	3	8	None		
Advantage Position Oscillatory Glute Hamstring	3	6	None		
One-Arm Rope Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 2

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Glute Lift	2	10	None		
Barbell Glute Bridge	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single Leg Back Squat	4	6	None		
Manual 4-Way Neck	4	10	None		
Close Leg RDL with Twisting Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Bench Press	4	6	None		
Manual 4-Way Neck	4	10	None		
Resistance Band Ankle Twist	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Advantage Position Oscillatory Glute Hamstring	3	6	None		
Standing Resistance Band Hip Flexion	3	10	None		
Groin Ball Squeeze	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
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Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 3

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Barbell Glute Bridge	2	8	None		
Pistol Squat to Bench	2	6	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Walking Dumbbell Lunge	4	8	None		
Manual 4-Way Neck	4	8	None		
Squatting One Arm Lat Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	4	10	None		
Infraspinatus	4	12	None		
Barbell Curl	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Arnold Press	3	8	None		
Swiss Ball Hamstring Curl	3	10	None		
Reverse-Grip Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Week 5

Day 1

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Pistol Squat to Bench	2	6	None		

Bench Glute Lift	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	6	None		
Manual 4-Way Neck	3	10	None		
Single-Arm Lat Pulldown	3	12	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	8	None		
Romanian Deadlift	4	6	None		
Incline Figure 8 Cuban Press	4	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Curl to Press	3	8	None		
Advantage Position Oscillatory Glute Hamstring	3	6	None		
Wall Sit	1	None	None	2 min	
One-Arm Rope Tricep Pushdown	3	9,7,5	None		

Day 2

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Glute Lift	2	10	None		
Barbell Glute Bridge	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single Leg Back Squat	4	6	None		
Manual 4-Way Neck	4	10	None		
Close Leg RDL with Twisting Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Bench Press	4	6	None		
Manual 4-Way Neck	4	10	None		
Resistance Band Ankle Twist	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Advantage Position Oscillatory Glute Hamstring	3	6	None		
Standing Resistance Band Hip Flexion	3	10	None		
Wall Sit	1	None	None	2 min	
Groin Ball Squeeze	3	9,7,5	None		

Day 3Attachments: [PDF](#)**Superset**

Exercise	Sets	Reps	Weight	Time	Rest
Barbell Glute Bridge	2	8	None		
Pistol Squat to Bench	2	6	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Walking Dumbbell Lunge	4	8	None		
Manual 4-Way Neck	4	8	None		
Squatting One Arm Lat Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	4	10	None		
Infraspinatus	4	12	None		
Barbell Curl	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Arnold Press	3	8	None		
Swiss Ball Hamstring Curl	3	10	None		
Wall Sit	1	None	None	2 min	
Reverse-Grip Tricep Pushdown	3	9,7,5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Week 6**Day 1**Attachments: [PDF](#)**Superset**

Exercise	Sets	Reps	Weight	Time	Rest
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Pistol Squat to Bench	2	6	None		
Bench Glute Lift	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Step-Up	3	6	None		
Manual 4-Way Neck	3	10	None		
Single-Arm Lat Pulldown	3	12	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press	4	8	None		
Romanian Deadlift	4	6	None		
Incline Figure 8 Cuban Press	4	6	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Curl to Press	3	8	None		
Advantage Position Oscillatory Glute Hamstring	3	6	None		
One-Arm Rope Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 2

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Bench Glute Lift	2	10	None		
Barbell Glute Bridge	2	12	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Single Leg Back Squat	4	6	None		
Manual 4-Way Neck	4	10	None		
Close Leg RDL with Twisting Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Bench Press	4	6	None		

Manual 4-Way Neck	4	10	None		
Resistance Band Ankle Twist	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Advantage Position Oscillatory Glute Hamstring	3	6	None		
Standing Resistance Band Hip Flexion	3	10	None		
Groin Ball Squeeze	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	

Day 3

Attachments: [PDF](#)

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Barbell Glute Bridge	2	8	None		
Pistol Squat to Bench	2	6	None		
3 Way Ham Press	2	9	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Walking Dumbbell Lunge	4	8	None		
Manual 4-Way Neck	4	8	None		
Squatting One Arm Lat Row	4	8	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Incline Dumbbell Bench Press	4	10	None		
Infraspinatus	4	12	None		
Barbell Curl	4	10	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Arnold Press	3	8	None		
Swiss Ball Hamstring Curl	3	10	None		
Reverse-Grip Tricep Pushdown	3	9,7,5	None		

Superset

Exercise	Sets	Reps	Weight	Time	Rest
Wall Sit	1	None	None	2 min	
Reverse-Grip Isometric Chest Hold	1	None	None	2 min	