

Soccer Training Plans

GEN 4 Off-Season & In-Season Programs

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GEN 4 - Soccer Off Season 5 Day Full Body Advanced 19+ Years of Age Program Strength/Power/Speed Program

6 weeks

5 days/week

Intermediate

Week 1

OS ISO An Basic Base LCon LG Z13 110-120 D1/5 3B

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

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Standing Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Lateral Half Kneeling Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Standing Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Lateral Half Kneeling Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Standing Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Lateral Half Kneeling Chain Resisted	1	1	50		

Exercise	Sets	Reps	Weight	Time	Rest
Belt Squat Isometric Overcoming Front Foot Elevated	4	1	None	7s	
Reverse Hyper Pad Isometric Overcoming Single Leg Disadvantageous Contra Lateral 3 Way Foot	4	1	None	7s	
Paused Squat Jump Hex Bar Loaded Stagg Alternating	4	2	None		
Paused Yuri Pull Externally Rotated Foot w/ Foot Roll	4	4	None		
Sprint Start Standing Chain Resisted	4	1	None		
Spring Ankle Belt Overcoming Isometric Position 3 Neutral Foot	4	1	None	7s	
Drop Jump Banded Hex Bar Paused Staggered Alternating	4	3	None		
Straight Leg Primetime Resisted March	4	4	None		
Paused Accelerated Jump Incline Box 2 Band	4	4	None		
Primetime Straight Leg Start Chain Resisted	4	1	None		
4-Way Neck Isometric Yielding Disadvantageous	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Deep Belt Squat Isometric Overcoming Front Foot Elevated	3	1	None	7s	
Glute Ham Supine Pad Isometric Overcoming Single Leg Disadvantageous Neutral Foot	3	1	None	7s	
Paused Accelerated Jump Band Single Leg	3	4	None		
Chuck Berry Band Resisted March	3	4	None		
Ankle Rocker Step Up	3	8	None		
Clark 105 Torque Isometric Neutral Foot	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
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Groin Adduction Pad Isometric Overcoming Neutral Feet	3	1	None	7s	
Glute Abduction Pad Isometric Overcoming Neutral Feet	3	1	None	7s	
Lateral March Band Resisted	3	4	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	7s	

OS ISO An Basic Base LCon AM Z13 110-120 D2/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Pin Isometric Overcoming	4	1	None	7s	
Low Cable Row Isometric Overcoming Single Arm Contra	4	1	None	7s	
Push Up Cross Crawl Banded Pause Speed Training Zones 1 2 3 4 5 HD 1080p	4	4	None		
Paused Med Ball Slam Left Foot Staggered Overhead	4	3	None		
Reverse Cuban External Rotation Pin Isometric Overcoming Disadvantageous Ipsi lateral	4	1	None	7s	
Shock Bench Jammer Contra	4	4	None		
Rear Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	4	1	None	7s	
Paused Rotational Shot Toss Med Ball Single Arm	4	4	None		
Spring Ankle Belt Overcoming Isometric Position 4 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Isometric Overcoming Advantageous Single Arm Ipsi Lateral	3	1	None	7s	
Bench Press Pin Isometric Overcoming Underhand Close Grip	3	1	None	7s	
Paused Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm Paused	3	3	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	7s	
Shoulder Press Pin ISO Ovr SA Contra DA	3	1	None	7s	
Row CS Pin ISO Ovr SA Ipsi DA	3	1	None	7s	
Shot Toss Overhead Paused	3	3	None		
Overhead Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Dips Band Isometric Overcoming Disadvantageous	3	1	None	7s	
SA Rack ISO Ext Rot	3	1	None	7s	

Shrug Pin ISO Ovr SA Ipsi	3	1	None	7s	
Curl Pins E Z Bar Isometric Overcoming ½ Staggered	3	1	None	7s	
JM Press Pins Isometric Overcoming Disadvantageous Staggered	3	1	None	7s	
Clark 105 Drive Isometric Neutral Foot	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS ISO An Basic Base LCon LG Z13 85-93 D3/5 3B

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
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility + Weight Vest	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	5	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	3	13	None		
Squat Jump Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Sprint Start Standing Chain Resisted	3	1	None		
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	5s	
Straight Leg Primetime Resisted March	3	4	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	3	4	None		
Primetime Straight Leg Start Chain Resisted	3	1	None		
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Sport Single Leg Safety Bar Rear Foot Elevated with Bands	3	9	None		
Razor Curl 2 Band Assisted Resisted Single Leg Rebound Strength	3	5	None		
Accelerated Jump Band Incline Box Alternating	3	4	None		
Chuck Berry Band Resisted March	3	4	None		
Hip Flex Standing Band NXCIT Rebound Neutral Foot	3	9	None		
Spring Ankle Belt Overcoming Isometric Position 1 Neutral Foot	3	1	None	5s	
Ankle Rocker Step Up	3	6	None		
Accelerated Ankle Hops Band	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
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Psoas Single Leg Kick Prone Rebound Neutral Foot	3	13	None		
Hip Thrust Single Leg OC Neutral Foot	3	14	None		
Groin Adduction Standing Contra-Lateral Rebound Neutral Foot	3	15	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	13	None		
Lateral March Band Resisted	3	4	None		
Deep Change of Direction Isometric Overcoming Neutral Foot	3	1	None	5s	

OS ISO An Basic Base LCon AM Z13 85-93 D4/5 3B

Attachments: [PDF](#) · [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5 + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5 + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5 + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility + Weight Vest	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Incline Bench Press Reactive	3	5	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	3	9	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIIT	3	4	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Cuban External Rotation DB Ipsi-Lateral Rebound	3	10	None		
Reverse Band Bench Throw	3	4	None		
Rear Delt DB Quadruped Ipsi Lateral Rebound	3	12	None		
Rotational Shot Toss Med Ball Single Arm	3	4	None		
Horizontal Band Pull Contra Lateral Single Arm	3	3	None		
Spring Ankle Belt Overcoming Isometric Position 2 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	6	None		
Close Grip Incline Press	3	5	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation DB Ipsi Lateral Rebound	3	10	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	10	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Rebound	3	10	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Row Half Kneeling Cable Single Arm Oscillatory	3	9	None		

OC Dips Power Training Zones 6 7 8	3	9	None		
Shock Row Jammer Ipsi-Lateral	3	4	None		
Shrugs DB Staggered	3	9	None		
Curl EZ Bar ½ Range Oscillatory	3	8	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Clark 105 Torque Pulse Neutral Foot	3	14	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS ISO An Basic Base LCon Full z13 105-110% D5/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
Belt Squat Isometric Overcoming Front Foot Elevated	4	1	None	10s	
Reverse Hyper Pad Isometric Overcoming Single Leg Disadvantageous Contra Lateral 3 Way Foot	4	1	None	10s	
Paused Squat Jump Hex Bar Loaded Stag Alternating	4	2	None		
Paused Yuri Pull Externally Rotated Foot w/ Foot Roll	4	4	None		
Sprint Start Standing Chain Resisted	4	1	None		
Spring Ankle Belt Overcoming Isometric Position 5 Neutral Foot	4	1	None	10s	
Drop Jump Banded Hex Bar Paused Staggered Alternating	4	4	None		
Straight Leg Primetime Resisted March	4	4	None		
Paused Accelerated Jump Incline Box 2 Band	4	4	None		
Primetime Straight Leg Start Chain Resisted	4	1	None		
Groin Adduction Pad Isometric Overcoming Neutral Feet	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Deep Belt Squat Isometric Overcoming Front Foot Elevated	3	1	None	10s	
Glute Ham Supine Pad Isometric Overcoming Single Leg Disadvantageous Neutral Foot	3	1	None	10s	
Paused Accelerated Jump Band Single Leg	3	4	None		
Chuck Berry Band Resisted March	3	4	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	
Glute Abduction Pad Isometric Overcoming Neutral Feet	3	1	None	10s	
Lateral March Band Resisted	3	4	None		
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Bench Isometric Hold	3	-1	None	5s	
Lat Pulldown Isometric Yielding	3	-1	None	5s	
Dumbbell Shoulder Press Isometric	3	-1	None	3s	
Tricep Extension Isometric Yielding	3	-1	None	3s	
Internal Cut Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 2

OS ISO An Basic Base LCon LG Z13 110-120 D1/5 3B

Attachments: [PDF](#) · [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Standing Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Lateral Half Kneeling Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Standing Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Lateral Half Kneeling Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Standing Chain Resisted	1	1	50		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Start Lateral Half Kneeling Chain Resisted	1	1	50		

Exercise	Sets	Reps	Weight	Time	Rest
Belt Squat Isometric Overcoming Front Foot Elevated	4	1	None	7s	
Reverse Hyper Pad Isometric Overcoming Single Leg Disadvantageous Contra Lateral 3 Way Foot	4	1	None	7s	
Paused Squat Jump Hex Bar Loaded Stagg Alternating	4	2	None		
Paused Yuri Pull Externally Rotated Foot w/ Foot Roll	4	4	None		
Sprint Start Standing Chain Resisted	4	1	None		
Spring Ankle Belt Overcoming Isometric Position 3 Neutral Foot	4	1	None	7s	
Drop Jump Banded Hex Bar Paused Staggered Alternating	4	3	None		
Straight Leg Primetime Resisted March	4	4	None		
Paused Accelerated Jump Incline Box 2 Band	4	4	None		
Primetime Straight Leg Start Chain Resisted	4	1	None		
4-Way Neck Isometric Yielding Disadvantageous	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Deep Belt Squat Isometric Overcoming Front Foot Elevated	3	1	None	7s	
Glute Ham Supine Pad Isometric Overcoming Single Leg Disadvantageous Neutral Foot	3	1	None	7s	
Paused Accelerated Jump Band Single Leg	3	4	None		
Chuck Berry Band Resisted March	3	4	None		
Ankle Rocker Step Up	3	8	None		
Clark 105 Torque Isometric Neutral Foot	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Groin Adduction Pad Isometric Overcoming Neutral Feet	3	1	None	7s	
Glute Abduction Pad Isometric Overcoming Neutral Feet	3	1	None	7s	
Lateral March Band Resisted	3	4	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	7s	

OS ISO An Basic Base LCon AM Z13 110-120 D2/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Cone Agility Drill	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press Pin Isometric Overcoming	4	1	None	7s	
Low Cable Row Isometric Overcoming Single Arm Contra	4	1	None	7s	
Push Up Cross Crawl Banded Pause Speed Training Zones 1 2 3 4 5 HD 1080p	4	4	None		
Paused Med Ball Slam Left Foot Staggered Overhead	4	3	None		
Reverse Cuban External Rotation Pin Isometric Overcoming Disadvantageous Ipsi lateral	4	1	None	7s	
Shock Bench Jammer Contra	4	4	None		
Rear Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	4	1	None	7s	
Paused Rotational Shot Toss Med Ball Single Arm	4	4	None		
Spring Ankle Belt Overcoming Isometric Position 4 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Isometric Overcoming Advantageous Single Arm Ipsi Lateral	3	1	None	7s	
Bench Press Pin Isometric Overcoming Underhand Close Grip	3	1	None	7s	
Paused Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm Paused	3	3	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	7s	
Shoulder Press Pin ISO Ovr SA Contra DA	3	1	None	7s	
Row CS Pin ISO Ovr SA Ipsi DA	3	1	None	7s	
Shot Toss Overhead Paused	3	3	None		
Overhead Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Dips Band Isometric Overcoming Disadvantageous	3	1	None	7s	
SA Rack ISO Ext Rot	3	1	None	7s	
Shrug Pin ISO Ovr SA Ipsi	3	1	None	7s	
Curl Pins E Z Bar Isometric Overcoming ½ Staggered	3	1	None	7s	
JM Press Pins Isometric Overcoming Disadvantageous Staggered	3	1	None	7s	
Clark 105 Drive Isometric Neutral Foot	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS ISO An Basic Base LCon LG Z13 85-93 D3/5 3B

Attachments: [PDF](#)

Exercise	Sets	Reps	Weight	Time	Rest
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RPR Self 3 minute Warm up	1	None	None	3 min	
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Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility + Weight Vest	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	5	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	3	13	None		
Squat Jump Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Sprint Start Standing Chain Resisted	3	1	None		
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	5s	
Straight Leg Primetime Resisted March	3	4	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	3	4	None		
Primetime Straight Leg Start Chain Resisted	3	1	None		
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Sport Single Leg Safety Bar Rear Foot Elevated with Bands	3	9	None		
Razor Curl 2 Band Assisted Resisted Single Leg Rebound Strength	3	5	None		
Accelerated Jump Band Incline Box Alternating	3	4	None		
Chuck Berry Band Resisted March	3	4	None		
Hip Flex Standing Band NXCIT Rebound Neutral Foot	3	9	None		
Spring Ankle Belt Overcoming Isometric Position 1 Neutral Foot	3	1	None	5s	
Ankle Rocker Step Up	3	6	None		
Accelerated Ankle Hops Band	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Psoas Single Leg Kick Prone Rebound Neutral Foot	3	13	None		
Hip Thrust Single Leg OC Neutral Foot	3	14	None		
Groin Adduction Standing Contra-Lateral Rebound Neutral Foot	3	15	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	13	None		
Lateral March Band Resisted	3	4	None		
Deep Change of Direction Isometric Overcoming Neutral Foot	3	1	None	5s	

OS ISO An Basic Base LCon AM Z13 85-93 D4/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5 + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5 + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5 + Weight Vest	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility + Weight Vest	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Incline Bench Press Reactive	3	5	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	3	9	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	3	4	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Cuban External Rotation DB Ipsi-Lateral Rebound	3	10	None		
Reverse Band Bench Throw	3	4	None		
Rear Delt DB Quadruped Ipsi Lateral Rebound	3	12	None		
Rotational Shot Toss Med Ball Single Arm	3	4	None		
Horizontal Band Pull Contra Lateral Single Arm	3	3	None		
Spring Ankle Belt Overcoming Isometric Position 2 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	6	None		
Close Grip Incline Press	3	5	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation DB Ipsi Lateral Rebound	3	10	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	10	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Rebound	3	10	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Row Half Kneeling Cable Single Arm Oscillatory	3	9	None		
OC Dips Power Training Zones 6 7 8	3	9	None		
Shock Row Jammer Ipsi-Lateral	3	4	None		
Shrugs DB Staggered	3	9	None		
Curl EZ Bar ½ Range Oscillatory	3	8	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Clark 105 Torque Pulse Neutral Foot	3	14	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS ISO An Basic Base LCon Full z13 105-110% D5/5 3B

Exercise	Sets	Reps	Weight	Time	Rest
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RPR Self 3 minute Warm up	1	None	None	3 min	
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Exercise	Sets	Reps	Weight	Time	Rest
Belt Squat Isometric Overcoming Front Foot Elevated	4	1	None	10s	
Reverse Hyper Pad Isometric Overcoming Single Leg Disadvantageous Contra Lateral 3 Way Foot	4	1	None	10s	
Paused Squat Jump Hex Bar Loaded Stagg Alternating	4	2	None		
Paused Yuri Pull Externally Rotated Foot w/ Foot Roll	4	4	None		
Sprint Start Standing Chain Resisted	4	1	None		
Spring Ankle Belt Overcoming Isometric Position 5 Neutral Foot	4	1	None	10s	
Drop Jump Banded Hex Bar Paused Staggered Alternating	4	4	None		
Straight Leg Primetime Resisted March	4	4	None		
Paused Accelerated Jump Incline Box 2 Band	4	4	None		
Primetime Straight Leg Start Chain Resisted	4	1	None		
Groin Adduction Pad Isometric Overcoming Neutral Feet	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Deep Belt Squat Isometric Overcoming Front Foot Elevated	3	1	None	10s	
Glute Ham Supine Pad Isometric Overcoming Single Leg Disadvantageous Neutral Foot	3	1	None	10s	
Paused Accelerated Jump Band Single Leg	3	4	None		
Chuck Berry Band Resisted March	3	4	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	
Glute Abduction Pad Isometric Overcoming Neutral Feet	3	1	None	10s	
Lateral March Band Resisted	3	4	None		
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Dumbbell Bench Isometric Hold	3	-1	None	5s	
Lat Pulldown Isometric Yielding	3	-1	None	5s	
Dumbbell Shoulder Press Isometric	3	-1	None	3s	
Tricep Extension Isometric Yielding	3	-1	None	3s	
Internal Cut Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 3

OS Power An Basic Base LCon LG z7T 65-70 D1/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Starts	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Lateral 90 Degree Drop In Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Starts	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Lateral 90 Degree Drop In Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		

Sprint Starts	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Lateral 90 Degree Drop In Start	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	4	3	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	4	9	None		
Falling Start High Knee	4	1	None		
Squat Jump Hex Bar Staggered Alternating	4	2	None		
Yuri Pull Externally Rotated Foot w/ Foot Roll	4	6	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	4	4	None		
Primetime Straight Leg Start	4	1	None		
4-Way Neck Isometric Yielding Disadvantageous	4	1	None	7s	
Spring Ankle Belt Overcoming Isometric Position 3 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Sport Single Leg Safety Bar Rear Foot Elevated with Bands	3	12	None		
Razor Curl 3 Band Assisted Resisted Rebound Neutral Feet with Foot Roll	3	8	None		
Accelerated Jump Band Incline Box Alternating	3	4	None		
Primetime Bent Knee Start	3	1	None		
Cuban External Rotation AFSM Cocontraction Speed - Triphasic Training	3	23	None		
Lying Hip Internal External Rotational 90-90 3-Way Foot Cocontraction	3	27	None		
Ankle Rocker Step Up	3	8	None		

Exercise	Sets	Reps	Weight	Time	Rest
Depth Jump	3	4	None		
Hip Thrust Single Leg OC Neutral Foot	3	23	None		
Psoas Single Leg Kick Prone Rebound Neutral Foot	3	16	None		
Glute and Groin Standing Contra Lateral Cocontraction Neutral Foot	3	21	None		
Lateral Crossover Straight Leg Sprint Start	3	4	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	7s	

OS Power An Basic Base LCon AM z7T 65-70 D2/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench press AFSM with bands	4	7	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	4	7	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Row 2 Banded NXCIT AFSM	4	32	None		
External Rotation DB Band Ipsi Lateral Cocontraction	4	24	None		
Shock Bench Jammer Contra	4	4	None		
Rear Delt DB Quadruped Ipsi Lateral Cocontraction	4	16	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Horizontal Band Pull Contra Lateral Single Arm	4	3	None		
Spring Ankle Belt Overcoming Isometric Position 4 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Chin Up Band Disadvantageous Oscillatory Power Training Zones 6 7 8	3	13	None		
Bench Press Banded 2 Board Close Grip AFSM	3	9	None		
Med Ball Slam Right Foot Staggered Overhead	3	4	None		
Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation DB Ipsi lateral Cocontraction	3	24	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	16	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Cocontraction	3	16	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	10	None		
Dips Band Disadvantageous Oscillatory	3	13	None		
Med Ball Slam Left Foot Staggered Overhead	3	4	None		
Bicep Curl Rope Cable Banded	3	16	None		
Shrugs DB Staggered	3	16	None		
Split Lunge Plate Side Banded Ipsi Lateral	3	20	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	7s	
Clark 105 Drive Pulse Neutral Foot	3	15	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS Power An Basic Base LCon LG z7T 72.5-77.5 D3/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		

T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	6	None		
Razor Curl 3 Bnd Asst Res SL Reb Power Neutral Foot w/ Foot Roll	3	7	None		
Sprint Start Standing Chain Resisted	3	1	None		
Depth Jump	3	4	None		
Primetime Bent Knee Start Chain Resisted	3	1	None		
Hip Flex Standing Band NXCIIT Rebound Neutral Foot	3	12	None		
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	5s	
Spring Ankle Belt Overcoming Isometric Position 1 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	3	4	None		
Primetime Straight Leg Start Chain Resisted	3	1	None		
Band Hex Bar Ankle Hop	3	5	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		
Ankle Rocker Step Up	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Sport Single Leg Safety Bar Rear Foot Elevated with Bands	3	10	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	3	7	None		
Groin Adduction Standing Contra-Lateral Rebound Neutral Foot	3	12	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	12	None		
Lateral Crossover Straight Leg Sprint Chain Resisted	3	4	None		
Deep Change of Direction Isometric Overcoming Neutral Foot	3	1	None	5s	
Infinity Skips Suitcase + Overhead Carry	3	2	None		

OS Power An Basic Base LCon AM z7T 72.5-77.5 D4/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Incline Bench Press Reactive	3	5	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	3	11	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	3	4	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Cuban External Rotation DB Band Ipsi-Lateral Rebound - Triphasic Training	3	15	None		
Reverse Band Bench Throw	3	4	None		
Rear Delt DB Quadruped Ipsi Lateral Rebound	3	12	None		
Rotational Shot Toss Med Ball Single Arm	3	4	None		
Horizontal Band Pull Contra Lateral Single Arm	3	3	None		
Spring Ankle Belt Overcoming Isometric Position 2 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	8	None		
Close Grip Incline Press	3	6	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation DB Ipsi Lateral Rebound	3	18	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	13	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Rebound	3	12	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Row Half Kneeling Cable Single Arm Oscillatory	3	12	None		
Tricep Extension Cable Band Overhead Staggered	3	6	None		
Shock Row Jammer Ipsi-Lateral	3	4	None		
Shrugs DB Staggered	3	13	None		
Curl EZ Bar ½ Range Oscillatory	3	10	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Clark 105 Torque Pulse Neutral Foot	3	15	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS Power An Basic Base LCon Full z7T 55-65 D5/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	11	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	4	12	None		
Sprint Start Standing 1080 Assisted	4	1	None		
Squat Jump Hex Bar Staggered Alternating	4	2	None		
Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip Thrust Single Leg OC Neutral Foot	4	30	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	4	4	None		
Primetime Mini Straight Leg 1080 Assisted Start	4	1	None		
Groin Bench Oscillatory	4	22	None		

Cuban External Rotation OCI - Oscillatory Isometrics - Triphasic Training	4	37	None		
Spring Ankle Belt Overcoming Isometric Position 5 Neutral Foot	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Glute Ham Raise 2 Band Assisted 3 Way Foot	3	12	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		
Primetime Mini Bent Knee Starts 1080 Assisted	3	1	None		
Psoas Prone Band Kicks Single Leg 3-Way Foot Oscillatory Isometric	3	35	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		
Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Internal Cut Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 4

OS Power An Basic Base LCon LG z7T 65-70 D1/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Starts	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Lateral 90 Degree Drop In Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Starts	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Lateral 90 Degree Drop In Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Starts	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Lateral 90 Degree Drop In Start	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	4	3	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	4	9	None		
Falling Start High Knee	4	1	None		
Squat Jump Hex Bar Staggered Alternating	4	2	None		
Yuri Pull Externally Rotated Foot w/ Foot Roll	4	6	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	4	4	None		
Primetime Straight Leg Start	4	1	None		
4-Way Neck Isometric Yielding Disadvantageous	4	1	None	7s	
Spring Ankle Belt Overcoming Isometric Position 3 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Sport Single Leg Safety Bar Rear Foot Elevated with Bands	3	12	None		

Razor Curl 3 Band Assisted Resisted Rebound Neutral Feet with Foot Roll	3	8	None		
Accelerated Jump Band Incline Box Alternating	3	4	None		
Primetime Bent Knee Start	3	1	None		
Cuban External Rotation AFSM Cocontraction Speed - Triphasic Training	3	23	None		
Lying Hip Internal External Rotational 90-90 3-Way Foot Cocontraction	3	27	None		
Ankle Rocker Step Up	3	8	None		

Exercise	Sets	Reps	Weight	Time	Rest
Depth Jump	3	4	None		
Hip Thrust Single Leg OC Neutral Foot	3	23	None		
Psoas Single Leg Kick Prone Rebound Neutral Foot	3	16	None		
Glute and Groin Standing Contra Lateral Cocontraction Neutral Foot	3	21	None		
Lateral Crossover Straight Leg Sprint Start	3	4	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	7s	

OS Power An Basic Base LCon AM z7T 65-70 D2/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench press AFSM with bands	4	7	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	4	7	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Row 2 Banded NXCIT AFSM	4	32	None		
External Rotation DB Band Ipsi Lateral Cocontraction	4	24	None		
Shock Bench Jammer Contra	4	4	None		
Rear Delt DB Quadruped Ipsi Lateral Cocontraction	4	16	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Horizontal Band Pull Contra Lateral Single Arm	4	3	None		
Spring Ankle Belt Overcoming Isometric Position 4 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Chin Up Band Disadvantageous Oscillatory Power Training Zones 6 7 8	3	13	None		
Bench Press Banded 2 Board Close Grip AFSM	3	9	None		
Med Ball Slam Right Foot Staggered Overhead	3	4	None		

Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation DB Ipsi Lateral Cocontraction	3	24	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	16	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Cocontraction	3	16	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	10	None		
Dips Band Disadvantageous Oscillatory	3	13	None		
Med Ball Slam Left Foot Staggered Overhead	3	4	None		
Bicep Curl Rope Cable Banded	3	16	None		
Shrugs DB Staggered	3	16	None		
Split Lunge Plate Side Banded Ipsi Lateral	3	20	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	7s	
Clark 105 Drive Pulse Neutral Foot	3	15	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS Power An Basic Base LCon LG z7T 72.5-77.5 D3/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	6	None		
Razor Curl 3 Bnd Asst Res SL Reb Power Neutral Foot w/ Foot Roll	3	7	None		
Sprint Start Standing Chain Resisted	3	1	None		
Depth Jump	3	4	None		
Primetime Bent Knee Start Chain Resisted	3	1	None		
Hip Flex Standing Band NXCIT Rebound Neutral Foot	3	12	None		
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	5s	
Spring Ankle Belt Overcoming Isometric Position 1 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		

Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	3	4	None		
Primetime Straight Leg Start Chain Resisted	3	1	None		
Band Hex Bar Ankle Hop	3	5	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		
Ankle Rocker Step Up	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Sport Single Leg Safety Bar Rear Foot Elevated with Bands	3	10	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	3	7	None		
Groin Adduction Standing Contra-Lateral Rebound Neutral Foot	3	12	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	12	None		
Lateral Crossover Straight Leg Sprint Chain Resisted	3	4	None		
Deep Change of Direction Isometric Overcoming Neutral Foot	3	1	None	5s	
Infinity Skips Suitcase + Overhead Carry	3	2	None		

OS Power An Basic Base LCon AM z7T 72.5-77.5 D4/5 3B

Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Incline Bench Press Reactive	3	5	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	3	11	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIIT	3	4	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Cuban External Rotation DB Band Ipsi-Lateral Rebound - Triphasic Training	3	15	None		
Reverse Band Bench Throw	3	4	None		
Rear Delt DB Quadruped Ipsi Lateral Rebound	3	12	None		
Rotational Shot Toss Med Ball Single Arm	3	4	None		
Horizontal Band Pull Contra Lateral Single Arm	3	3	None		
Spring Ankle Belt Overcoming Isometric Position 2 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	8	None		
Close Grip Incline Press	3	6	None		

Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation DB Ipsi Lateral Rebound	3	18	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	13	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Rebound	3	12	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Row Half Kneeling Cable Single Arm Oscillatory	3	12	None		
Tricep Extension Cable Band Overhead Staggered	3	6	None		
Shock Row Jammer Ipsi-Lateral	3	4	None		
Shrugs DB Staggered	3	13	None		
Curl EZ Bar ½ Range Oscillatory	3	10	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Clark 105 Torque Pulse Neutral Foot	3	15	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS Power An Basic Base LCon Full z7T 55-65 D5/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	11	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	4	12	None		
Sprint Start Standing 1080 Assisted	4	1	None		
Squat Jump Hex Bar Staggered Alternating	4	2	None		
Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip Thrust Single Leg OC Neutral Foot	4	30	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	4	4	None		
Primetime Mini Straight Leg 1080 Assisted Start	4	1	None		
Groin Bench Oscillatory	4	22	None		
Cuban External Rotation OCI - Oscillatory Isometrics - Triphasic Training	4	37	None		
Spring Ankle Belt Overcoming Isometric Position 5 Neutral Foot	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Glute Ham Raise 2 Band Assisted 3 Way Foot	3	12	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		
Primetime Mini Bent Knee Starts 1080 Assisted	3	1	None		
Psoas Prone Band Kicks Single Leg 3-Way Foot Oscillatory Isometric	3	35	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		
Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Internal Cut Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 5**OS Speed An Basic Base LCon LG z4 32.5-37.5 D1/5 3B**Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	4	3	None		
Yuri Pull Externally Rotated Foot w/ Foot Roll	4	6	None		
Sprint Fly Build Up Start	4	None	None		
Squat Jump Hex Bar Staggered Alternating	4	2	None		
Glute Ham Supine Bnd Kicks COC Neutral Feet	4	28	None		
Double Accelerated Jump Incline Box Band	4	4	None		
Primetime Straight Leg Fly 10 Yard or Meter Build Up	4	1	None		
4-Way Neck Isometric Yielding Disadvantageous	4	1	None	7s	
Spring Ankle Belt Overcoming Isometric Position 3 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	10	None		
Ham BK Supine Bnd Kicks COC Neutral Feet	3	39	None		
Accelerated Jump Band Staggered Alternating	3	4	None		
Primetime Bent Knee Fly 10 Yard or Meter Build Up	3	1	None		
Cuban External Rotation Band Ipsi Cocontraction	3	33	None		
Lying Hip Internal External Rotational 90-90 3-Way Foot Cocontraction	3	27	None		
Ankle Rocker Step Up	3	8	None		

Exercise	Sets	Reps	Weight	Time	Rest
Depth Jump	3	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	3	26	None		
Psoas Prone Bnd Kicks COC Neutral Feet	3	25	None		
Glute and Groin Standing Contra Lateral Cocontraction Neutral Foot	3	21	None		
Lateral No Crossover Straight Leg Fly	3	4	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	7s	

OS Speed An Basic Base LCon AM z4 32.5-37.5 D2/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench press AFSM with bands	4	9	None		
Low Cable Row Bnd NXCIT	4	12	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Med Ball Slam Left Foot Staggered Overhead	4	3	None		
External Rotation Band Ipsi Lateral Cocontraction	4	27	None		
Shock Bench Jammer Contra	4	4	None		
Rear Delt Quadruped Ipsi Lateral Cocontraction	4	22	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Horizontal Band Pull Contra Lateral Single Arm	4	3	None		
Spring Ankle Belt Overcoming Isometric Position 4 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Band DA OC NXCIT	3	12	None		
Bench Press Banded 2 Board Close Grip AFSM	3	11	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation Ipsi lateral Cocontraction	3	35	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	16	None		
Overhead Delt Quadruped Ipsi Lateral Cocontraction	3	22	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Pullover Band Ipsi Lateral Cocontraction	3	26	None		
Tricep Band Ipsi Lateral Cocontraction	3	34	None		
Bicep Band Contra Lateral Cocontraction	3	30	None		
Shrug Band Staggs	3	19	None		
Split Lunge Plate Side Banded Ipsi Lateral	3	21	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	7s	
Clark 105 Drive Pulse Neutral Foot	3	15	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS Speed An Basic Base LCon LG z4 45-50 D3/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	8	None		
Razor Curl 3 Band Assisted Resisted Single Leg Rebound Speed Neutral Foot with Foot Roll	3	8	None		
10m Fly Chain Resisted	3	1	None		
Depth Jump	3	4	None		
Primetime Bent Knee Fly Chain Resisted	3	1	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	18	None		
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	5s	
Spring Ankle Belt Overcoming Isometric Position 1 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Double Accelerated Jump Incline Box Band	3	4	None		
Primetime Straight Leg Fly Chain Resisted	3	1	None		
Band Hex Bar Ankle Hop	3	5	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		
Ankle Rocker Step Up	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	8	None		
Glute Ham Supine Band Kicks Rebound Neutral Feet	3	37	None		
Groin Adduction Standing Contra Lateral Oscillatory Isometric Neutral Foot	3	12	None		
Glute Abduction Standing Contra Lateral Oscillatory Isometric Neutral Foot	3	12	None		
Lateral No Crossover Straight Leg Fly Chain Resisted	3	4	None		
Deep Change of Direction Isometric Overcoming Neutral Foot	3	1	None	5s	
Infinity Skips Suitcase + Overhead Carry	3	2	None		

OS Speed An Basic Base LCon AM z4 45-50 D4/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Incline Bench Press Reactive	3	6	None		
Low Cable Row Bnd NXCIT DA OC	3	16	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	3	4	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Cuban External Rotation Band Ipsi Lateral Rebound	3	23	None		
Reverse Band Bench Throw	3	4	None		
Rear Delt Quadruped Ipsi Lateral Rebound	3	16	None		
Rotational Shot Toss Med Ball Single Arm	3	4	None		
Horizontal Band Pull Contra Lateral Single Arm	3	3	None		
Spring Ankle Belt Overcoming Isometric Position 2 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Band DA OC NXCIT	3	10	None		
Close Grip Incline Press	3	8	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation Ipsi lateral Rebound	3	23	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	13	None		
Overhead Delt Quadruped Ipsi Lateral Rebound	3	16	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Row Half Kneeling Cable Single Arm Oscillatory	3	13	None		
Tricep Extension Cable Band Overhead Staggered	3	7	None		
Shock Row Jammer Ipsi-Lateral	3	4	None		
Shrug Band Stag	3	15	None		
Bicep Curl Band Pro Sup Stag	3	11	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Clark 105 Torque Pulse Neutral Foot	3	15	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS Speed An Basic Base LCon Full z4 25-35 D5/5 3B

Exercise	Sets	Reps	Weight	Time	Rest
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RPR Self 3 minute Warm up	1	1	None	3 min	
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Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	14	None		
Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
10m Fly 1080 Assisted	4	1	None		
Squat Jump Hex Bar Staggered Alternating	4	2	None		
Supine Glute Ham Banded OCI - Oscillatory Isometrics Triphasic Training	4	41	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	4	17	None		
Double Accelerated Jump Incline Box Band	4	4	None		
Primetime Mini Straight Leg Assisted Fly	4	1	None		
Groin Adduction Standing Contra Lateral Oscillatory Isometric Neutral Foot	4	27	None		
Cuban External Rotation Ipsi Lateral Oscillatory Isometric	4	49	None		
Spring Ankle Belt Overcoming Isometric Position 5 Neutral Foot	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Razor Curl 3 Band Assisted Resisted Rebound Neutral Feet with Foot Roll	3	14	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		
Primetime Mini Bent Knee Fly 1080 Assisted	3	1	None		
Psoas Prone Band Kicks Single Leg 3-Way Foot Oscillatory Isometric	3	35	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		
Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Internal Cut Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 6

OS Speed An Basic Base LCon LG z4 32.5-37.5 D1/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Sprint Fly Build Up Start	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
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Drop Jump Band Hex Bar Staggered Alternating	4	3	None		
Yuri Pull Externally Rotated Foot w/ Foot Roll	4	6	None		
Sprint Fly Build Up Start	4	None	None		
Squat Jump Hex Bar Staggered Alternating	4	2	None		
Glute Ham Supine Bnd Kicks COC Neutral Feet	4	28	None		
Double Accelerated Jump Incline Box Band	4	4	None		
Primetime Straight Leg Fly 10 Yard or Meter Build Up	4	1	None		
4-Way Neck Isometric Yielding Disadvantageous	4	1	None	7s	
Spring Ankle Belt Overcoming Isometric Position 3 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	10	None		
Ham BK Supine Bnd Kicks COC Neutral Feet	3	39	None		
Accelerated Jump Band Staggered Alternating	3	4	None		
Primetime Bent Knee Fly 10 Yard or Meter Build Up	3	1	None		
Cuban External Rotation Band Ipsi Cocontraction	3	33	None		
Lying Hip Internal External Rotational 90-90 3-Way Foot Cocontraction	3	27	None		
Ankle Rocker Step Up	3	8	None		

Exercise	Sets	Reps	Weight	Time	Rest
Depth Jump	3	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	3	26	None		
Psoas Prone Bnd Kicks COC Neutral Feet	3	25	None		
Glute and Groin Standing Contra Lateral Cocontraction Neutral Foot	3	21	None		
Lateral No Crossover Straight Leg Fly	3	4	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	7s	

OS Speed An Basic Base LCon AM z4 32.5-37.5 D2/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z Drill Around Cones	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Z cone agility	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench press AFSM with bands	4	9	None		
Low Cable Row Bnd NXCIT	4	12	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Med Ball Slam Left Foot Staggered Overhead	4	3	None		

External Rotation Band Ipsi Lateral Cocontraction	4	27	None		
Shock Bench Jammer Contra	4	4	None		
Rear Delt Quadruped Ipsi Lateral Cocontraction	4	22	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Horizontal Band Pull Contra Lateral Single Arm	4	3	None		
Spring Ankle Belt Overcoming Isometric Position 4 Neutral Foot	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Band DA OC NXCIT	3	12	None		
Bench Press Banded 2 Board Close Grip AFSM	3	11	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation Ipsi lateral Cocontraction	3	35	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	16	None		
Overhead Delt Quadruped Ipsi Lateral Cocontraction	3	22	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Pullover Band Ipsi Lateral Cocontraction	3	26	None		
Tricep Band Ipsi Lateral Cocontraction	3	34	None		
Bicep Band Contra Lateral Cocontraction	3	30	None		
Shrug Band Stag	3	19	None		
Split Lunge Plate Side Banded Ipsi Lateral	3	21	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	7s	
Clark 105 Drive Pulse Neutral Foot	3	15	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS Speed An Basic Base LCon LG z4 45-50 D3/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Drill Around Cones Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
T Cone Agility Drill	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	8	None		

Razor Curl 3 Band Assisted Resisted Single Leg Rebound Speed Neutral Foot with Foot Roll	3	8	None		
10m Fly Chain Resisted	3	1	None		
Depth Jump	3	4	None		
Primetime Bent Knee Fly Chain Resisted	3	1	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	18	None		
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	5s	
Spring Ankle Belt Overcoming Isometric Position 1 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Double Accelerated Jump Incline Box Band	3	4	None		
Primetime Straight Leg Fly Chain Resisted	3	1	None		
Band Hex Bar Ankle Hop	3	5	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		
Ankle Rocker Step Up	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	3	8	None		
Glute Ham Supine Band Kicks Rebound Neutral Feet	3	37	None		
Groin Adduction Standing Contra Lateral Oscillatory Isometric Neutral Foot	3	12	None		
Glute Abduction Standing Contra Lateral Oscillatory Isometric Neutral Foot	3	12	None		
Lateral No Crossover Straight Leg Fly Chain Resisted	3	4	None		
Deep Change of Direction Isometric Overcoming Neutral Foot	3	1	None	5s	
Infinity Skips Suitcase + Overhead Carry	3	2	None		

OS Speed An Basic Base LCon AM z4 45-50 D4/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
10 5 10 Line Cone Agility	1	1	None		
GOAT Drill 2 Ring Front View	1	2	None		
Pro Agility 5 10 5	1	1	None		

Exercise	Sets	Reps	Weight	Time	Rest
Incline Bench Press Reactive	3	6	None		
Low Cable Row Bnd NXCIT DA OC	3	16	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	3	4	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		

Cuban External Rotation Band Ipsi Lateral Rebound	3	23	None		
Reverse Band Bench Throw	3	4	None		
Rear Delt Quadruped Ipsi Lateral Rebound	3	16	None		
Rotational Shot Toss Med Ball Single Arm	3	4	None		
Horizontal Band Pull Contra Lateral Single Arm	3	3	None		
Spring Ankle Belt Overcoming Isometric Position 2 Neutral Foot	3	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Band DA OC NXCIT	3	10	None		
Close Grip Incline Press	3	8	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Downward Rotational Shot Toss Med Ball Single Arm	3	3	None		
Reverse Cuban External Rotation Ipsi lateral Rebound	3	23	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	13	None		
Overhead Delt Quadruped Ipsi Lateral Rebound	3	16	None		
Shot Toss Overhead	3	3	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		

Exercise	Sets	Reps	Weight	Time	Rest
Row Half Kneeling Cable Single Arm Oscillatory	3	13	None		
Tricep Extension Cable Band Overhead Staggered	3	7	None		
Shock Row Jammer Ipsi-Lateral	3	4	None		
Shrug Band Stag	3	15	None		
Bicep Curl Band Pro Sup Stag	3	11	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Clark 105 Torque Pulse Neutral Foot	3	15	None		

Exercise	Sets	Reps	Weight	Time	Rest
Relaxed Pull Up Hang	1	1	None	1 min	

OS Speed An Basic Base LCon Full z4 25-35 D5/5 3B

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

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	14	None		
Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
10m Fly 1080 Assisted	4	1	None		
Squat Jump Hex Bar Staggered Alternating	4	2	None		
Supine Glute Ham Banded OCI - Oscillatory Isometrics Triphasic Training	4	41	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	4	17	None		
Double Accelerated Jump Incline Box Band	4	4	None		
Primetime Mini Straight Leg Assisted Fly	4	1	None		
Groin Adduction Standing Contra Lateral Oscillatory Isometric Neutral Foot	4	27	None		
Cuban External Rotation Ipsi Lateral Oscillatory Isometric	4	49	None		
Spring Ankle Belt Overcoming Isometric Position 5 Neutral Foot	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Razor Curl 3 Band Assisted Resisted Rebound Neutral Feet with Foot Roll	3	14	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		

Primetime Mini Bent Knee Fly 1080 Assisted	3	1	None		
Psoas Prone Band Kicks Single Leg 3-Way Foot Oscillatory Isometric	3	35	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		
Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Internal Cut Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

GEN 4 - Soccer In-season 3 Day Full Body Advanced 14-18 Years of Age Strength/Power/Speed Program

6 weeks 3 days/week Expert Sport Performance

Week 1

IS ISO An Base LCon Full Z13 110-120% D1/3 3B plus 1 set 4

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
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Belt Squat Isometric Overcoming Front Foot Elevated	4	1	None	7s	
Reverse Hyper Pad Isometric Overcoming Single Leg Disadvantageous Contra Lateral 3 Way Foot	4	1	None	7s	
Hurdle Hop Paused	4	4	None		
Paused Yuri Pull Externally Rotated Foot w/ Foot Roll	4	4	None		
Paused Accelerated Jump Incline Box 2 Band	4	4	None		
Primetime Straight Leg Start Chain Resisted	4	1	None		
Bench Press Pin Isometric Overcoming	4	1	None	7s	
Low Cable Row Isometric Overcoming Single Arm Contra	4	1	None	7s	
Push Up Cross Crawl Banded Pause Speed Training Zones 1 2 3 4 5 HD 1080p	4	4	None		
Paused Med Ball Slam Left Foot Staggered Overhead	4	3	None		
Spring Ankle Low Heel	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Deep Belt Squat Isometric Overcoming Front Foot Elevated	3	1	None	7s	
Glute Ham Supine Pad Isometric Overcoming Single Leg Disadvantageous Neutral Foot	3	1	None	7s	
Paused Accelerated Jump Band Single Leg	3	4	None		
Chuck Berry Band Resisted March	3	4	None		
Groin Adduction Pad Isometric Overcoming Neutral Feet	3	1	None	7s	
Overhead Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	3	1	None	7s	
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Isometric Overcoming Advantageous Single Arm Ipsi Lateral	3	1	None	7s	
Bench Press Pin Isometric Overcoming Underhand Close Grip	3	1	None	7s	
Paused Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Paused Rotational Shot Toss Med Ball Single Arm	3	3	None		
Row CS Pin ISO Ovr SA Ipsi DA	3	1	None	7s	
Rear Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	3	1	None	7s	
Ankle Rocker Step up	3	8	None		
Clark 105 Drive Isometric Neutral Foot	3	1	None	7s	

IS Power An Basic Base LCon Full z7T 72.5-77.5 D2/3 3B plus 1 set 4Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	6	None		
Razor Curl 3 Bnd Asst Res SL Reb Power Neutral Foot w/ Foot Roll	4	7	None		
Hurdle Hop	4	4	None		
Primetime Bent Knee Start Chain Resisted	4	1	None		
Incline Bench Press Reactive	4	7	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	4	11	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIIT	4	4	None		
Med Ball Slam Right Foot Staggered Overhead	4	3	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Reverse Cuban External Rotation DB Ipsi Lateral Rebound	4	18	None		
Spring Ankle Low Heel	4	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	3	4	None		
Primetime Straight Leg Start Chain Resisted	3	1	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Rebound	3	12	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	8	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	11	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Shot Toss Overhead	3	3	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	11	None		
Lateral Crossover Straight Leg Sprint Chain Resisted	3	4	None		
Ankle Rocker Step up	3	6	None		
Clark 105 Torque Pulse Neutral Foot	3	14	None		

IS Speed An Basic Base LCon Full z4 25-35 D3/3 3B Plus 1 set 4Attachments: [PDF](#)

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	14	None		

Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
Hurdle Hop	4	4	None		
Supine Glute Ham Banded OCI - Oscillatory Isometrics Triphasic Training	4	41	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	4	17	None		
Double Accelerated Jump Incline Box Band	4	4	None		
Primetime Mini Straight Leg Assisted Fly	4	1	None		
Cuban External Rotation Ipsi Lateral Oscillatory Isometric	4	49	None		
Spring Ankle Low Heel	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Hamstring Bent Knee Supine Kick With Leg Lift 3-Way Foot Oscillatory Isometric	3	39	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		
Primetime Mini Bent Knee Fly 1080 Assisted	3	1	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	
Accelerated Ankle Hops Band	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		
Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 2

IS ISO An Base LCon Full Z13 110-120% D1/3 3B plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Belt Squat Isometric Overcoming Front Foot Elevated	4	1	None	7s	
Reverse Hyper Pad Isometric Overcoming Single Leg Disadvantageous Contra Lateral 3 Way Foot	4	1	None	7s	
Hurdle Hop Paused	4	4	None		
Paused Yuri Pull Externally Rotated Foot w/ Foot Roll	4	4	None		
Paused Accelerated Jump Incline Box 2 Band	4	4	None		
Primetime Straight Leg Start Chain Resisted	4	1	None		
Bench Press Pin Isometric Overcoming	4	1	None	7s	
Low Cable Row Isometric Overcoming Single Arm Contra	4	1	None	7s	
Push Up Cross Crawl Banded Pause Speed Training Zones 1 2 3 4 5 HD 1080p	4	4	None		
Paused Med Ball Slam Left Foot Staggered Overhead	4	3	None		
Spring Ankle Low Heel	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Deep Belt Squat Isometric Overcoming Front Foot Elevated	3	1	None	7s	
Glute Ham Supine Pad Isometric Overcoming Single Leg Disadvantageous Neutral Foot	3	1	None	7s	

Paused Accelerated Jump Band Single Leg	3	4	None		
Chuck Berry Band Resisted March	3	4	None		
Groin Adduction Pad Isometric Overcoming Neutral Feet	3	1	None	7s	
Overhead Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	3	1	None	7s	
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Isometric Overcoming Advantageous Single Arm Ipsi Lateral	3	1	None	7s	
Bench Press Pin Isometric Overcoming Underhand Close Grip	3	1	None	7s	
Paused Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Paused Rotational Shot Toss Med Ball Single Arm	3	3	None		
Row CS Pin ISO Ovr SA Ipsi DA	3	1	None	7s	
Rear Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	3	1	None	7s	
Ankle Rocker Step up	3	8	None		
Clark 105 Drive Isometric Neutral Foot	3	1	None	7s	

IS Power An Basic Base LCon Full z7T 72.5-77.5 D2/3 3B plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	6	None		
Razor Curl 3 Bnd Asst Res SL Reb Power Neutral Foot w/ Foot Roll	4	7	None		
Hurdle Hop	4	4	None		
Primetime Bent Knee Start Chain Resisted	4	1	None		
Incline Bench Press Reactive	4	7	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	4	11	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Med Ball Slam Right Foot Staggered Overhead	4	3	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Reverse Cuban External Rotation DB Ipsi Lateral Rebound	4	18	None		
Spring Ankle Low Heel	4	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	3	4	None		
Primetime Straight Leg Start Chain Resisted	3	1	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Rebound	3	12	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	8	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	11	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		

Shot Toss Overhead	3	3	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	11	None		
Lateral Crossover Straight Leg Sprint Chain Resisted	3	4	None		
Ankle Rocker Step up	3	6	None		
Clark 105 Torque Pulse Neutral Foot	3	14	None		

IS Speed An Basic Base LCon Full z4 25-35 D3/3 3B Plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	14	None		
Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
Hurdle Hop	4	4	None		
Supine Glute Ham Banded OCI - Oscillatory Isometrics Triphasic Training	4	41	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	4	17	None		
Double Accelerated Jump Incline Box Band	4	4	None		
Primetime Mini Straight Leg Assisted Fly	4	1	None		
Cuban External Rotation Ipsi Lateral Oscillatory Isometric	4	49	None		
Spring Ankle Low Heel	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Hamstring Bent Knee Supine Kick With Leg Lift 3-Way Foot Oscillatory Isometric	3	39	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		
Primetime Mini Bent Knee Fly 1080 Assisted	3	1	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	
Accelerated Ankle Hops Band	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		
Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 3

IS ISO An Base LCon Full Z13 110-120% D1/3 3B plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Belt Squat Isometric Overcoming Front Foot Elevated	4	1	None	7s	

Reverse Hyper Pad Isometric Overcoming Single Leg Disadvantageous Contra Lateral 3 Way Foot	4	1	None	7s	
Hurdle Hop Paused	4	4	None		
Paused Yuri Pull Externally Rotated Foot w/ Foot Roll	4	4	None		
Paused Accelerated Jump Incline Box 2 Band	4	4	None		
Primetime Straight Leg Start Chain Resisted	4	1	None		
Bench Press Pin Isometric Overcoming	4	1	None	7s	
Low Cable Row Isometric Overcoming Single Arm Contra	4	1	None	7s	
Push Up Cross Crawl Banded Pause Speed Training Zones 1 2 3 4 5 HD 1080p	4	4	None		
Paused Med Ball Slam Left Foot Staggered Overhead	4	3	None		
Spring Ankle Low Heel	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Deep Belt Squat Isometric Overcoming Front Foot Elevated	3	1	None	7s	
Glute Ham Supine Pad Isometric Overcoming Single Leg Disadvantageous Neutral Foot	3	1	None	7s	
Paused Accelerated Jump Band Single Leg	3	4	None		
Chuck Berry Band Resisted March	3	4	None		
Groin Adduction Pad Isometric Overcoming Neutral Feet	3	1	None	7s	
Overhead Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	3	1	None	7s	
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Isometric Overcoming Advantageous Single Arm Ipsi Lateral	3	1	None	7s	
Bench Press Pin Isometric Overcoming Underhand Close Grip	3	1	None	7s	
Paused Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Paused Rotational Shot Toss Med Ball Single Arm	3	3	None		
Row CS Pin ISO Ovr SA Ipsi DA	3	1	None	7s	
Rear Delt Pin Isometric Overcoming Quadruped Ipsi Lateral	3	1	None	7s	
Ankle Rocker Step up	3	8	None		
Clark 105 Drive Isometric Neutral Foot	3	1	None	7s	

IS Power An Basic Base LCon Full z7T 72.5-77.5 D2/3 3B plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	6	None		
Razor Curl 3 Bnd Asst Res SL Reb Power Neutral Foot w/ Foot Roll	4	7	None		
Hurdle Hop	4	4	None		
Primetime Bent Knee Start Chain Resisted	4	1	None		
Incline Bench Press Reactive	4	7	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	4	11	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Med Ball Slam Right Foot Staggered Overhead	4	3	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Reverse Cuban External Rotation DB Ipsi Lateral Rebound	4	18	None		

Spring Ankle Low Heel	4	1	None	5s	
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Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	3	4	None		
Primetime Straight Leg Start Chain Resisted	3	1	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Rebound	3	12	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	8	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	11	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Shot Toss Overhead	3	3	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	11	None		
Lateral Crossover Straight Leg Sprint Chain Resisted	3	4	None		
Ankle Rocker Step up	3	6	None		
Clark 105 Torque Pulse Neutral Foot	3	14	None		

IS Speed An Basic Base LCon Full z4 25-35 D3/3 3B Plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	14	None		
Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
Hurdle Hop	4	4	None		
Supine Glute Ham Banded OCI - Oscillatory Isometrics Triphasic Training	4	41	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	4	17	None		
Double Accelerated Jump Incline Box Band	4	4	None		
Primetime Mini Straight Leg Assisted Fly	4	1	None		
Cuban External Rotation Ipsi Lateral Oscillatory Isometric	4	49	None		
Spring Ankle Low Heel	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Hamstring Bent Knee Supine Kick With Leg Lift 3-Way Foot Oscillatory Isometric	3	39	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		
Primetime Mini Bent Knee Fly 1080 Assisted	3	1	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	
Accelerated Ankle Hops Band	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		

Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 4

IS Power An Basic Base LCon Full z7T 65-70 D1/3 3B Plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	4	3	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	4	9	None		
Hurdle Hop	4	4	None		
Yuri Pull Externally Rotated Foot w/ Foot Roll	4	9	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	4	4	None		
Primetime Straight Leg Start	4	1	None		
Bench press AFSM with bands	4	8	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	4	15	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Row 2 Banded NXCIT AFSM	4	32	None		
Spring Ankle Low Heel	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Squat Jump Hex Bar Staggered Alternating	3	2	None		
Razor Curl 3 Band Assisted Resisted Rebound Neutral Feet with Foot Roll	3	8	None		
Accelerated Jump Band Incline Box Alternating	3	4	None		
Primetime Bent Knee Start	3	1	None		
Lying Hip Internal External Rotational 90-90 3-Way Foot Cocontraction	3	27	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Cocontraction	3	16	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Chin Up Band Disadvantageous Oscillatory Power Training Zones 6 7 8	3	13	None		
Bench Press Banded 2 Board Close Grip AFSM	3	11	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Rotational Shot Toss Med Ball Single Arm	3	4	None		
Rear Delt DB Quadruped Ipsi Lateral Cocontraction	3	16	None		
Horizontal Band Pull Contra Lateral Single Arm	3	3	None		
Ankle Rocker Step up	3	8	None		
Clark 105 Drive Pulse Neutral Foot	3	15	None		

IS Power An Basic Base LCon Full z7T 72.5-77.5 D2/3 3B plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	6	None		
Razor Curl 3 Bnd Asst Res SL Reb Power Neutral Foot w/ Foot Roll	4	7	None		
Hurdle Hop	4	4	None		
Primetime Bent Knee Start Chain Resisted	4	1	None		
Incline Bench Press Reactive	4	7	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	4	11	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIIT	4	4	None		
Med Ball Slam Right Foot Staggered Overhead	4	3	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Reverse Cuban External Rotation DB Ipsi Lateral Rebound	4	18	None		
Spring Ankle Low Heel	4	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	3	4	None		
Primetime Straight Leg Start Chain Resisted	3	1	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Rebound	3	12	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Single Arm Oscillatory	3	8	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	11	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Shot Toss Overhead	3	3	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	11	None		
Lateral Crossover Straight Leg Sprint Chain Resisted	3	4	None		
Ankle Rocker Step up	3	6	None		
Clark 105 Torque Pulse Neutral Foot	3	14	None		

IS Speed An Basic Base LCon Full z4 25-35 D3/3 3B Plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	14	None		
Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
Hurdle Hop	4	4	None		
Supine Glute Ham Banded OCI - Oscillatory Isometrics Triphasic Training	4	41	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	4	17	None		
Double Accelerated Jump Incline Box Band	4	4	None		

Primetime Mini Straight Leg Assisted Fly	4	1	None		
Cuban External Rotation Ipsi Lateral Oscillatory Isometric	4	49	None		
Spring Ankle Low Heel	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Hamstring Bent Knee Supine Kick With Leg Lift 3-Way Foot Oscillatory Isometric	3	39	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		
Primetime Mini Bent Knee Fly 1080 Assisted	3	1	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	
Accelerated Ankle Hops Band	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		
Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 5

IS Power An Basic Base LCon Full z7T 65-70 D1/3 3B Plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	4	3	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	4	9	None		
Hurdle Hop	4	4	None		
Yuri Pull Externally Rotated Foot w/ Foot Roll	4	9	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	4	4	None		
Primetime Straight Leg Start	4	1	None		
Bench press AFSM with bands	4	8	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	4	15	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Row 2 Banded NXCIT AFSM	4	32	None		
Spring Ankle Low Heel	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Squat Jump Hex Bar Staggered Alternating	3	2	None		
Razor Curl 3 Band Assisted Resisted Rebound Neutral Feet with Foot Roll	3	8	None		
Accelerated Jump Band Incline Box Alternating	3	4	None		
Primetime Bent Knee Start	3	1	None		
Lying Hip Internal External Rotational 90-90 3-Way Foot Cocontraction	3	27	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Cocontraction	3	16	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
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Chin Up Band Disadvantageous Oscillatory Power Training Zones 6 7 8	3	13	None		
Bench Press Banded 2 Board Close Grip AFSM	3	11	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Rotational Shot Toss Med Ball Single Arm	3	4	None		
Rear Delt DB Quadruped Ipsi Lateral Cocontraction	3	16	None		
Horizontal Band Pull Contra Lateral Single Arm	3	3	None		
Ankle Rocker Step up	3	8	None		
Clark 105 Drive Pulse Neutral Foot	3	15	None		

IS Speed An Basic Base LCon Full z4 45-50 D2/3 3B Plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	8	None		
Razor Curl 3 Band Assisted Resisted Single Leg Rebound Speed Neutral Foot with Foot Roll	4	7	None		
Hurdle Hop	3	4	None		
Primetime Bent Knee Fly Chain Resisted	4	1	None		
Incline Bench Press Reactive	4	7	None		
Low Cable Row Bnd NXCIT DA OC	4	13	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Med Ball Slam Right Foot Staggered Overhead	4	3	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Reverse Cuban External Rotation Ipsi lateral Rebound	4	23	None		
Spring Ankle Low Heel	4	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Double Accelerated Jump Incline Box Band	3	4	None		
Primetime Straight Leg Fly Chain Resisted	3	1	None		
Overhead Delt Quadruped Ipsi Lateral Rebound	3	16	None		
Diagonal Band Pull Contra Lateral Single Arm	3	3	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Band DA OC NXCIT	3	8	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	13	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Shot Toss Overhead	3	3	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	11	None		
Lateral No Crossover Straight Leg Fly Chain Resisted	3	4	None		
Ankle Rocker Step up	3	6	None		
Clark 105 Torque Pulse Neutral Foot	3	14	None		

IS Speed An Basic Base LCon Full z4 25-35 D3/3 3B Plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	14	None		
Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
Hurdle Hop	4	4	None		
Supine Glute Ham Banded OCI - Oscillatory Isometrics Triphasic Training	4	41	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	4	17	None		
Double Accelerated Jump Incline Box Band	4	4	None		
Primetime Mini Straight Leg Assisted Fly	4	1	None		
Cuban External Rotation Ipsi Lateral Oscillatory Isometric	4	49	None		
Spring Ankle Low Heel	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Hamstring Bent Knee Supine Kick With Leg Lift 3-Way Foot Oscillatory Isometric	3	39	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		
Primetime Mini Bent Knee Fly 1080 Assisted	3	1	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	
Accelerated Ankle Hops Band	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		
Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	

Week 6**IS Power An Basic Base LCon Full z7T 65-70 D1/3 3B Plus 1 set 4**

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	4	3	None		
Reverse Hyper Band Single Leg Contra Oscillatory Disadvantageous Neutral Foot	4	9	None		
Hurdle Hop	4	4	None		
Yuri Pull Externally Rotated Foot w/ Foot Roll	4	9	None		
Accelerated Jump Incline Box 2 Band Single Leg Alternating Jump	4	4	None		
Primetime Straight Leg Start	4	1	None		
Bench press AFSM with bands	4	8	None		
Low Cable Row Band Single Arm Contra Disadvantages Oscillatory	4	15	None		

Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Row 2 Banded NXCIT AFMS	4	32	None		
Spring Ankle Low Heel	4	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Squat Jump Hex Bar Staggered Alternating	3	2	None		
Razor Curl 3 Band Assisted Resisted Rebound Neutral Feet with Foot Roll	3	8	None		
Accelerated Jump Band Incline Box Alternating	3	4	None		
Primetime Bent Knee Start	3	1	None		
Lying Hip Internal External Rotational 90-90 3-Way Foot Cocontraction	3	27	None		
Overhead Delt Dumbbell Band Quadruped Ipsilateral Cocontraction	3	16	None		
Extensor Spring Arch Ankle Pronation Neutral Foot	3	1	None	7s	
4-Way Neck Isometric Yielding Disadvantageous	3	1	None	7s	

Exercise	Sets	Reps	Weight	Time	Rest
Chin Up Band Disadvantageous Oscillatory Power Training Zones 6 7 8	3	13	None		
Bench Press Banded 2 Board Close Grip AFMS	3	11	None		
Med Ball Slam Right Foot Staggered Overhead	3	3	None		
Rotational Shot Toss Med Ball Single Arm	3	4	None		
Rear Delt DB Quadruped Ipsi Lateral Cocontraction	3	16	None		
Horizontal Band Pull Contra Lateral Single Arm	3	3	None		
Ankle Rocker Step up	3	8	None		
Clark 105 Drive Pulse Neutral Foot	3	15	None		

IS Speed An Basic Base LCon Full z4 45-50 D2/3 3B Plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	8	None		
Razor Curl 3 Band Assisted Resisted Single Leg Rebound Speed Neutral Foot with Foot Roll	4	7	None		
Hurdle Hop	3	4	None		
Primetime Bent Knee Fly Chain Resisted	4	1	None		
Incline Bench Press Reactive	4	7	None		
Low Cable Row Bnd NXCIT DA OC	4	13	None		
Push Up Band Cross-Crawl Accelerated Speed Training Zones 1 2 3 4 NXCIT	4	4	None		
Med Ball Slam Right Foot Staggered Overhead	4	3	None		
Rotational Shot Toss Med Ball Single Arm	4	4	None		
Reverse Cuban External Rotation Ipsi lateral Rebound	4	23	None		
Spring Ankle Low Heel	4	1	None	5s	

Exercise	Sets	Reps	Weight	Time	Rest
Drop Jump Band Hex Bar Staggered Alternating	3	2	None		
Yuri Thrust Neutral Foot w/ Foot Roll	3	6	None		
Double Accelerated Jump Incline Box Band	3	4	None		
Primetime Straight Leg Fly Chain Resisted	3	1	None		
Overhead Delt Quadruped Ipsi Lateral Rebound	3	16	None		

Diagonal Band Pull Contra Lateral Single Arm	3	3	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	5s	
Accelerated Ankle Hops Band	3	5	None		

Exercise	Sets	Reps	Weight	Time	Rest
Lat Pulldown Band DA OC NXCIT	3	8	None		
Shoulder Press Landmine 2 Banded Contra Lateral AFSM	3	13	None		
Med Ball Slam Left Foot Staggered Overhead	3	3	None		
Shot Toss Overhead	3	3	None		
Glute Abduction Standing Contra-Lateral Rebound Neutral Foot	3	11	None		
Lateral No Crossover Straight Leg Fly Chain Resisted	3	4	None		
Ankle Rocker Step up	3	6	None		
Clark 105 Torque Pulse Neutral Foot	3	14	None		

IS Speed An Basic Base LCon Full z4 25-35 D3/3 3B Plus 1 set 4

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

Exercise	Sets	Reps	Weight	Time	Rest
GOAT Drill 2 Ring Front View	2	2	None		120s

Exercise	Sets	Reps	Weight	Time	Rest
Banded Hex Bar No Floor Touch	4	14	None		
Yuri Drive Internally Rotated Foot w/ Foot Roll	4	11	None		
Hurdle Hop	4	4	None		
Supine Glute Ham Banded OCI - Oscillatory Isometrics Triphasic Training	4	41	None		
Drop Jump Band Hex Bar Staggered Alternating	4	4	None		
Hip thrust Banded Single Leg Oscillatory Staggered	4	17	None		
Double Accelerated Jump Incline Box Band	4	4	None		
Primetime Mini Straight Leg Assisted Fly	4	1	None		
Cuban External Rotation Ipsi Lateral Oscillatory Isometric	4	49	None		
Spring Ankle Low Heel	4	1	None	10s	

Exercise	Sets	Reps	Weight	Time	Rest
Hamstring Bent Knee Supine Kick With Leg Lift 3-Way Foot Oscillatory Isometric	3	39	None		
Hip Flexor Standing Band Single Leg Oscillatory Neutral Foot	3	29	None		
Primetime Mini Bent Knee Fly 1080 Assisted	3	1	None		
Extensor Spring Arch Ankle Supination Neutral Foot	3	1	None	10s	
Accelerated Ankle Hops Band	3	6	None		

Exercise	Sets	Reps	Weight	Time	Rest
Bench Press DB Oscillatory	3	16	None		
Lat Pulldown Band DA OC NXCIT	3	15	None		
Shoulder Press DB Staggered Oscillatory	3	24	None		
Tricep Pushdown Banded	3	17	None		
Change of Direction Isometric Overcoming Neutral Foot	3	1	None	10s	