

Name	Program Goals
	Muscular endurance
	Cardiovascular Endurance
	Cardiovascular Power
	Stronger Core

Check-in Scavenger Hunt	Done
Squat Check-in	
Selfie on a bike/Elliptical (Coat Rack)	
Selfie with a Friend you brought to BEST	
Palm of Protein Check-in	
Deadlift Check-in	
2 Fists of Veggies Check-in	
Sled Check-in	
Cupped Handful of Carbs Check-in	
Selfie Saying no to Sugar	
Core Exercise Check-in	
COMPLETE Rest Check-in	
Playing/working Outside Check-in	

R1	Foam Roller/Ball	Frequency	Time
	Quads	Daily	30-60s
	IT Band	Daily	30-60s
	Roller - Hamstrings	Daily	30-60s
	Roller - T-Spine	Daily	30-60s
	Roller - Lats	Daily	30-60s

R2	Exercises	Sets and Reps	Comments
			Wide ribcage angles do this one
			Narrow ribcage angles do this one

R3	Exercises	Sets and Reps	Comments
	Core Engaged Leg Raise	1x8/side	
	Glute Bridge w/ Reach and Rotation	1x8/side	
	Thoracic Bridge	1x8/side	
	Bretzel	1x8/side	
	Rocking Ankle Mobs	1x8/side	
	Camporini Deadlift	1x8/side	

Day 1

R4	Exercise		Rest	Week 1	Week 2	Week 3	Week 4	Comments	
	A1	L1	F/B Line Jumps		3x25s	3x30s	3x35s	3x35s	
		L2	Jump Rope						
	A2	L1	2-Point MB Punch		3x8	3x8	3x10	3x12	
		L2	Standing MB Slam						
	A3	L1	Snap Down		3x5	3x5	3x5	3x5	
L2		Power Box Jump + Depth Drop							

R5	Exercise		Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Comments	
	A1	L1	Dog Sled Push 30	Dyn	0-30s	x10	x10	x8	x6	Perform A1 through A3: Week 1: 12 min Week 2: 13 min Week 3: 14 min Week 4: 15 min
		L2	Dog Sled Push 45							
		L3								
	A2	L1	DB Floor Press	Dyn	0-30s	x10	x10	x8	x6	
		L2	1.5 DB Floor Press							
		L3								
	A3	L1	Split Stance RB Chop	Dyn	30-60s	x6-8/side	x6-8/side	x6-8/side	x6-8/side	
		L2	JGXT Split Squat							
		L3	KB Goblet Split Squat							
	B1	L1	Cable Pull Through	Dyn	0-30s	x10	x10	x8	x6	Perform B1 through B3: Week 1: 12 min Week 2: 13 min Week 3: 14 min Week 4: 15 min
		L2	KB Deadlift							
		L3	2KB Deadlift							
	B2	L1	JGXT Row	Dyn	0-30s	x10	x10	x8	x6	For L2, do 6-8/side
		L2	Rotational JGXT Row							
		L3								
B3	L1	Reverse Crunch	Breathing	30-60s	x5-8	x5-8	x5-8	x5-8		
	L2	Candle Lift								
	L3	Dragon Flag								

Day 2

		Exercise		Rest	Week 1	Week 2	Week 3	Week 4	Comments	
		L1	L2							
R4	A1	L1	S/S Line Jumps		3x25s	3x30s	3x35s	3x35s		
		L2	Jump Rope							
	A2	L1	Standing MB Roll Over Slam		3x8	3x8	3x10	3x12		
		L2	Split Stance MB Roll Over Slam							
	A3	L1	Snap Down		3x5	3x5	3x5	3x5		
		L2	Power Box Jump + Depth Drop							
		Exercise		Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Comments
		L1	L2							
R5	A1	L1	Rope Waves	Dyn	0-30s	x20s	x25s	x25s	x30s	Perform A1 through A3: Week 1: 12 min Week 2: 13 min Week 3: 14 min Week 4: 15 min
		L2								
		L3								
	A2	L1	Prone 1-Arm Trap Raise	Dyn	0-30s	x10	x10	x8	x6	Split reps per arm
		L2	H.K. 1-Arm Landmine Press							
		L3	Standing 1-Arm Landmine Press							
	A3	L1	1 Leg Glute Bridge	Dyn	30-60s	x10/s	x10/s	x15/s	x15/s	Record DB weight used in the blank cells
		L2	1-Leg Hip Thrust							
		L3								
	B1	L1	1-Arm KB Front Box Squat	Dyn	0-30s	x10	x10	x10	x10	Perform B1 through B3: Week 1: 12 min Week 2: 13 min Week 3: 14 min Week 4: 15 min
		L2	2-KB Front Squat							
		L3								
	B2	L1	JGXT Chin Up - Short Lever	Dyn	0-30s	x10	x10	x8	x6	
		L2	JGXT Chin Up - Long Lever							
		L3	RB Assisted Chin Up							
B3	L1	SB Front Plank w/ Pulse	Breathing	30-60s	x5-8	x5-8	x5-8	x5-8		
	L2	Feet Elevated Front Plank								
	L3									

Day 3

		Exercise		Rest	Week 1	Week 2	Week 3	Week 4	Comments	
		L1	L2							
R4	A1	L1	Agility Ladder: Lateral 1 in/1out		3x25s	3x30s	3x35s	3x35s		
		L2	Jump Rope							
	A2	L1	Plyo Step MB Punch		3x8	3x8	3x10	3x12		
		L2	Split Stance MB Shot Put							
	A3	L1	Snap Down		3x5	3x5	3x5	3x5		
		L2	Power Box Jump + Depth Drop							
		Exercise	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Comments	
R5	A1	L1	MB Punch +Slam	Dyn	0-30s	x10	x10	x8	x6	Perform A1 through A3: Week 1: 12 min Week 2: 13 min Week 3: 14 min Week 4: 15 min
		L2	MB Slam + Push Press							
		L3	MB Punch + MB Burpee + Push Press							
	A2	L1	Hands Elevated Push Up (18")	Dyn	0-30s	x10	x10	x8	x6	
		L2	Knee Push Ups							
		L3	RB Assisted Push Ups							
	A3	L1	Low Box Step Ups	Dyn	30-60s	x6-8/side	x6-8/side	x6-8/side	x6-8/side	
		L2	Cross Behind Step Ups							
		L3	StepUp							
	B1	L1	JGXT Row	Dyn	0-30s	x10	x10	x8	x6	Perform B1 through B3: Week 1: 12 min Week 2: 13 min Week 3: 14 min Week 4: 15 min
		L2	2-up-1-down JGXT Row							
		L3								
	B2	L1	DB Reverse Lunge	Dyn	0-30s	x10	x10	x8	x6	
		L2	DB Forward Lunge							
		L3	Walking DB Lunge							
	B3	L1	Wide Stance Horizontal Chop	Breathing	30-60s	x5-8	x5-8	x5-8	x5-8	
		L2								
		L3								