

STRENGTH + CONDITIONING PLAN ^{1st} WEEK

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10 Minute Warm-Up	10 Minute Warm-Up	10 Minute Warm-Up	Rest Day	10 Minute Warm-Up	10 Minute Warm-Up	Rest Day
Set 1	Set 1	Set 1		Set 1	Set 1	
Back Squat Weight: Light Reps: 5	Deadlift Weight: Light Reps: 5	Aerobic Conditioning Day 30 Minutes		Front Squat Weight: Light Reps: 5	Single Leg Deadlift With Weight Weight: Light Reps: 6 to 8	
Box Jumps Reps: 6 to 8	2 Minute Rest Repeat 4 More Times	Rowing, Running, Cycling or Swimming		Ball Slams Reps: 6 to 8	Broad Jumps Reps: 6 to 8	
2 Minute Rest	Set 2			2 Minute Rest	2 Minute Rest	
Repeat 4 More Times	Standing Strict Press Weight: Light Reps: 5			Repeat 4 More Times	Repeat 4 More Times	
Set 2				Set 2	Set 2	
Bench Press Weight: Light Reps: 5	Pull-ups or Ring Rows Reps: 6 to 8			Dumbbell Incline Chest Press Weight: Light Reps: 5	Standing Strict Press Weight: Light Reps: 6 to 8	
Dumbbell Single Arm Row Weight: Light Reps: 6 to 8 each side	2 Minute Rest Repeat 4 More Times			Bent over Rows or Reverse Pull-ups Weight: Light Reps: 6 to 8	2 Minute Rest Repeat 4 More Times	
2 Minute Rest	Set 3			2 Minute Rest	Set 3	
Repeat 4 More Times	Metabolic Conditioning			Repeat 4 More Times	Metabolic Conditioning	
Set 3				Set 3		
Metabolic Conditioning	Static Stretch or Foam Roll 10 Minutes			Metabolic Conditioning	Static Stretch or Foam Roll 10 Minutes	
Static Stretch or Foam Roll 10 Minutes				Static Stretch or Foam Roll 10 Minutes		

STRENGTH + CONDITIONING PLAN ^{2nd} WEEK

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10 Minute Warm-Up	10 Minute Warm-Up	10 Minute Warm-Up	Rest Day	10 Minute Warm-Up	10 Minute Warm-Up	Rest Day
Set 1	Set 1	Set 1		Set 1	Set 1	
Back Squat Weight: +5 to 10lb Reps: 4	Deadlift Weight: +5 to 10lb Reps: 4	Aerobic Conditioning Day 30 Minutes		Front Squat Weight: +5 to 10lb Reps: 4	Single Leg Deadlift With Weight Weight: +5 to 10lb Reps: 6 to 8	
Box Jumps Reps: 6 to 8	2 Minute Rest Repeat 4 More Times	Rowing, Running, Cycling or Swimming		Ball Slams Reps: 6 to 8	Broad Jumps Reps: 6 to 8	
2 Minute Rest	Set 2			2 Minute Rest	2 Minute Rest	
Repeat 4 More Times	Standing Strict Press Weight: +5 to 10lb Reps: 4			Repeat 4 More Times	Repeat 4 More Times	
Set 2				Set 2	Set 2	
Bench Press Weight: +5 to 10lb Reps: 4	Pull-ups or Ring Rows Reps: 6 to 8			Dumbbell Incline Chest Press Weight: +5 to 10lb Reps: 4	Standing Strict Press Weight: +5 to 10lb Reps: 6 to 8	
Dumbbell Single Arm Row Weight: +5 to 10lb Reps: 6 to 8 each side	2 Minute Rest Repeat 4 More Times			Bent over Rows or Reverse Pull-ups Weight: +5 to 10lb Reps: 6 to 8	2 Minute Rest Repeat 4 More Times	
2 Minute Rest	Set 3			2 Minute Rest	Set 3	
Repeat 4 More Times	Metabolic Conditioning			Repeat 4 More Times	Metabolic Conditioning	
Set 3				Set 3		
Metabolic Conditioning	Static Stretch or Foam Roll 10 Minutes			Metabolic Conditioning	Static Stretch or Foam Roll 10 Minutes	
Static Stretch or Foam Roll 10 Minutes				Static Stretch or Foam Roll 10 Minutes		

STRENGTH + CONDITIONING PLAN ^{3rd} WEEK

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10 Minute Warm-Up	10 Minute Warm-Up	10 Minute Warm-Up	Rest Day	10 Minute Warm-Up	10 Minute Warm-Up	Rest Day
Set 1	Set 1	Set 1		Set 1	Set 1	
Back Squat Weight: +5 to 10lb Reps: 3	Deadlift Weight: +5 to 10lb Reps: 3	Aerobic Conditioning Day 30 Minutes		Front Squat Weight: +5 to 10lb Reps: 4	Single Leg Deadlift With Weight Weight: +5 to 10lb Reps: 6 to 8	
Box Jumps Reps: 6 to 8	2 Minute Rest Repeat 4 More Times	Rowing, Running, Cycling or Swimming		Ball Slams Reps: 3	Broad Jumps Reps: 6 to 8	
2 Minute Rest	Set 2			2 Minute Rest	2 Minute Rest	
Repeat 4 More Times	Standing Strict Press Weight: +5 to 10lb Reps: 3			Repeat 4 More Times	Repeat 4 More Times	
Set 2				Set 2	Set 2	
Bench Press Weight: +5 to 10lb Reps: 3	Pull-ups or Ring Rows Reps: 6 to 8			Dumbbell Incline Chest Press Weight: +5 to 10lb Reps: 3	Standing Strict Press Weight: +5 to 10lb Reps: 6 to 8	
Dumbbell Single Arm Row Weight: +5 to 10lb Reps: 6 to 8 each side	2 Minute Rest Repeat 4 More Times			Bent over Rows or Reverse Pull-ups Weight: +5 to 10lb Reps: 6 to 8	2 Minute Rest Repeat 4 More Times	
2 Minute Rest	Set 3			2 Minute Rest	Set 3	
Repeat 4 More Times	Metabolic Conditioning			Repeat 4 More Times	Metabolic Conditioning	
Set 3	Static Stretch or Foam Roll 10 Minutes			Set 3	Static Stretch or Foam Roll 10 Minutes	
Metabolic Conditioning				Metabolic Conditioning		
Static Stretch or Foam Roll 10 Minutes				Static Stretch or Foam Roll 10 Minutes		

STRENGTH + CONDITIONING PLAN ^{4th} WEEK

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10 Minute Warm-Up	10 Minute Warm-Up	10 Minute Warm-Up	Rest Day	10 Minute Warm-Up	10 Minute Warm-Up	Rest Day
Set 1	Set 1	Set 1		Set 1	Set 1	
Back Squat 1 Rep Max	Deadlift 1 Rep Max	Aerobic Conditioning Day 30 Minutes		Front Squat 1 Rep Max	Single Leg Deadlift With Weight 1 Rep Max	
Box Jumps Reps: 6 to 8	2 Minute Rest Set 2	Rowing, Running, Cycling or Swimming		Ball Slams Reps: 3	Broad Jumps Reps: 6 to 8	
2 Minute Rest Set 2	Standing Strict Press 1 Rep Max			2 Minute Rest Set 2	2 Minute Rest Set 2	
Bench Press 1 Rep Max	Pull-ups or Ring Rows Reps: 6 to 8			Dumbbell Incline Chest Press 1 Rep Max	Standing Strict Press 1 Rep Max	
Dumbbell Single Arm Row 1 Rep Max	2 Minute Rest Set 3			Bent over Rows or Reverse Pull-ups 1 Rep Max	2 Minute Rest Set 3	
2 Minute Rest Set 3	Metabolic Conditioning			2 Minute Rest Set 3	Metabolic Conditioning	
Metabolic Conditioning	Static Stretch or Foam Roll 10 Minutes			Metabolic Conditioning	Static Stretch or Foam Roll 10 Minutes	
Static Stretch or Foam Roll 10 Minutes				Static Stretch or Foam Roll 10 Minutes		

STRENGTH + CONDITIONING PLAN

DYNAMIC WARM-UP

Before any workout (yes, even cardio), spending 10 minutes to warm-up properly will not only reduce your risk of injury, but will help you perform better. Do the following exercises in order:

- Jog
2 Minutes
- Knee Hugs
20 Reps
- High Knees Run
30 Seconds
- Butt Kicker Run
30 Seconds
- Jumping Jacks
10 Reps
- Squats
10 Reps
- Lunges
5 Reps each side
- Plank
1 Minute
- Side Plank
1 Minute each side
- Shoulder Rolls
5 Reps each side
- Trunk Twist
5 Reps each side
- Jog
2 Minutes

METABOLIC CONDITIONING

Pick one of the following to end your workout with (and switch it up day to day)

<p>KB + B</p> <p>4 to 5 total rounds of kettlebell swings and burpees, alternating between each type of exercise:</p> <p>A. Kettlebell Swings 15 to 20 Reps</p> <p>B. Burpees 15 to 20 Reps</p> <p>1 minute rest between rounds</p> <p>Drop and Give Me 5</p> <p>5 minutes max effort burpees. Set the timer and go!</p> <p>Blackjack</p> <p>Body Weight Squats 21 Reps</p> <p>Push-ups 15 Reps</p> <p>Pull-ups 9 Reps</p> <p>Repeat 5 times</p> <p>Row, Row, Row, Your Erg</p> <p>Row for your best time Distance: 2000m</p>	<p>Turbo 10</p> <p>Set timer for 10 minutes Do 1 Rep of Each Exercise</p> <p>Kettlebell Swing</p> <p>Box Jumps</p> <p>Add 1 rep per time until the timer is up</p> <p>If I Had a Quarter...</p> <p>Box Jumps 25 Reps</p> <p>Burpees 25 Reps</p> <p>Kettlebell Swings 25 Reps</p> <p>Repeat 3 to 5 times</p> <p>Tabata Who?</p> <p>20 seconds on, 10 seconds off Repeat 8 times</p> <p>Ball Slams 20 or 30lbs</p> <p>Wall Ball Shots 14 or 20lbs</p>
--	--