

MONDAY - DEC. 5, 2022

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Sprint Context Warm Up	Sprint Context Warm Up 1. Knee Every 3 (00:01) 2. Heel Every 3 (00:08) 3. High Knees (00:15) 4. Butt Kicks (00:23) 5. Hybrid Knee and Butt (00:31) 6. Skip (00:38) 7. Backward Skip (00:42) 8. Side Shuffle (00:46) 9. Carioca (00:54) 10. A - March (01:02) 11. Backward A-March (01:09) 12. Lateral A-March (01:16) 13. A-Skip (01:36) 14. Backward A-Skip (01:44) 15. Lateral A-Skip (01:51) 16. Dribble Over Ankle (02:14) 17. Dribble Over Calf (02:26) 18. Dribble Over Knee (02:35) 19. Straight Leg Run Low (02:41) 20. Straight Leg Run Med (02:48) 21. Straight Leg Run Large (02:58) 22. Skip into Lunge and Reach (03:03) 23. Shuffle into Lateral Lunge (03:20) 24. Backward Skip into Lunge + reach (03:52) 25. Skip into Lunge and Twist (04:01) 26. Backward skip into lunge and Twist (04:23) 27. B- March (04:34) 28. A- March Aggressive (04:51) 29. B-Skip (04:59) 30. Backwards Run (05:15)							
Explosive Push Up Start - 20m <i>3 x 6</i>		6		6		6		
	- Rest 120 secs. between sets Start in a Low push up, aggressively push the ground and get up into an acceleration posture as fast as possible							
Altis Torso Activation	6x each movement x2 (six reps of each movement twice) 1. Foam Roller Back Ext Stretch x6 (00:24) 2.. Foam Roller Back Ext Stretch w/ Arms Crossed x6 (00:33) 3. Cat - Camel x6 (00:50) 4. Chin to Knees x6 (1:19) 5. Tall Kneel Lean Back x6 (1:55) 6. Low Plank to Down Down x6 (2:23) 7. Cobra to Down Dog x6 (2:38) 8. Quadruped Rotations x6 (3:04)							

	9. Elbow to Instep w/ Rotation both ways x6 each. (3:23)								
	Repeat								
A Continuous Squat Jump (3Jumps)		3		3		3			
	Reset after 3 jumps = 1 Rep								
A Split Stance Jump w/ Switch		3 (ea.)		3 (ea.)					
	Hold Dumbbells at your side								
B Trap Bar Deadlift		3		3		3		3	
	Heavy								
C Single Leg RDL		4 (ea.)		4 (ea.)		4 (ea.)			
	Light - Focus on Control								
D Choose a Lift		5		5		5			
	Choose a lift from: Vertical Pull - Light to Moderate								
D Choose a Lift		5		5		5			
	Choose a lift from: Horizontal Pull - Light to Moderate								
E Choose a Lift		20		20					
	Choose a lift from: Core: Anti-Extension								
E Calf Raise 2 Up 1 Down		10		10					
Band Cool Down	<p>Band Cool Down (can be done with towel or strap)</p> <p>Exercise List and Video Time Break Down</p> <p>Hamstring Full x10ea (00:05)</p> <p>Open Groin , Close Glute x10ea (00:20)</p> <p>Hamstring Lower Leg x10ea (00:33)</p> <p>Internal / External Rotation x10ea view 1 (00:51) view 2 (00:59)</p> <p>Ank Int./ Ext. x10 ea (01:12)</p> <p>Dorsiflexion Hold x30sec ea (01:28)</p> <p>On Belly Quad x10ea (01:44)</p> <p>Set up..... (01:59)</p> <p>Groin Active x10ea (02:17)</p> <p>Groin Passive x10ea (02:25)</p>								
TUESDAY - DEC. 6, 2022									
Workout		Set 1		Set 2		Set 3		Set 4	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps
A FRC 90/90 Stretch			1 (ea.)						
B FRC - PAILS RAILS Bear Sit			1						
WEDNESDAY - DEC. 7, 2022									
Workout		Set 1		Set 2		Set 3		Set 4	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps
		<p>Sprint Context Warm Up</p> <p>1.Knee Every 3 (00:01)</p> <p>2.Heel Every 3 (00:08)</p> <p>3. High Knees (00:15)</p>							

Sprint Context Warm Up	4. Butt Kicks (00:23)							
	5. Hybrid Knee and Butt (00:31)							
	6. Skip (00:38)							
	7. Backward Skip (00:42)							
	8. Side Shuffle (00:46)							
	9. Carioca (00:54)							
	10. A - March (01:02)							
	11. Backward A-March (01:09)							
	12. Lateral A-March (01:16)							
	13. A-Skip (01:36)							
	14. Backward A-Skip (01:44)							
	15. Lateral A-Skip (01:51)							
	16. Dribble Over Ankle (02:14)							
	17. Dribble Over Calf (02:26)							
	18. Dribble Over Knee (02:35)							
	19. Straight Leg Run Low (02:41)							
	20. Straight Leg Run Med (02:48)							
	21. Straight Leg Run Large (02:58)							
	22. Skip into Lunge and Reach (03:03)							
	23. Shuffle into Lateral Lunge (03:20)							
	24. Backward Skip into Lunge + reach (03:52)							
	25. Skip into Lunge and Twist (04:01)							
	26. Backward skip into lunge and Twist (04:23)							
	27. B- March (04:34)							
	28. A- March Aggressive (04:51)							
	29. B-Skip (04:59)							
	30. Backwards Run (05:15)							
	MAS RUN <i>3 x 10</i>		10		10		10	
			Int: 110%		Int: 110%		Int: 110%	
		20s Run - Rest 120 secs. between sets see note						
	Altis Torso Activation	6x each movement x2 (six reps of each movement twice)						
1. Foam Roller Back Ext Stretch x6 (00:24)								
2.. Foam Roller Back Ext Stretch w/ Arms Crossed x6 (00:33)								
3. Cat - Camel x6 (00:50)								
4. Chin to Knees x6 (1:19)								
5. Tall Kneel Lean Back x6 (1:55)								
6. Low Plank to Down Down x6 (2:23)								
7. Cobra to Down Dog x6 (2:38)								
8. Quadruped Rotations x6 (3:04)								
9. Elbow to Instep w/ Rotation both ways x6 each. (3:23)								
Repeat								
A Dumbbell Squat Jumps		4		4		4		
A Seated Jump		4		4				
	Sit on a Box or Bench - Jump as high as possible from seated position then reset.							
B Step Up w/ Knee Drive		3 (ea.)		3 (ea.)		3 (ea.)	3 (ea.)	
	Heavy							

C Nordic Hamstring Curl	4	4	4
	Control the motion - Lower as far as you can under control		
D Choose a Lift	5	5	5
	Choose a lift from: Horizontal Press - Light to Moderate		
D Choose a Lift	5	5	5
	Choose a lift from: Vertical Press - Light to Moderate		
E Adductor Side Plank	15 secs (ea.)	15 secs (ea.)	
E Calf Raises	10	10	10
	Add Weight		
E Choose a Lift	20	20	
	Choose a lift from: Core: Anti-Rotation		
Cool Down 1	Cat/Camel 15 Reps with Breathing Pigeon - 1 min x 2 each side 90/90 2min each side 1/2 Kneeling Hip Flexor Stretch 1min x 2 each Standing Calf Stretch 30 sec x2each Standing Hamstring Stretch 30sec x2each Foam Roll		

THURSDAY - DEC. 8, 2022

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A FRC 90/90 Stretch		1 (ea.)						
B FRC - PAILS RAILS Bear Sit		1						

FRIDAY - DEC. 9, 2022

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
END 40 Min Steady State <i>1 set</i>								
	Slow Easy Activity NO Running Steady state cardio your choice of machine							

SATURDAY - DEC. 10, 2022

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
HIT Ladder 4	Bike/Rower//Pool Rest Stays the same Work duration changes 3 Sets - 180 seconds between sets Rep 1 60 Seconds Work/ 30 Seconds Rest Rep 2 120 Seconds Work/30 Seconds Rest Rep 3 60 Seconds Work//30 Seconds Rest Rep 4 120 Seconds Work//30 Seconds Rest							
	6x each movement x2 (six reps of each movement twice) 1. Foam Roller Back Ext Stretch x6 (00:24)							

Altis Torso Activation	2.. Foam Roller Back Ext Stretch w/ Arms Crossed x6 (00:33) 3. Cat - Camel x6 (00:50) 4. Chin to Knees x6 (1:19) 5. Tall Kneel Lean Back x6 (1:55) 6. Low Plank to Down Down x6 (2:23) 7. Cobra to Down Dog x6 (2:38) 8. Quadruped Rotations x6 (3:04) 9. Elbow to Instep w/ Rotation both ways x6 each. (3:23) Repeat					
A Rear Foot Elevated Jump		4 (ea.)		4 (ea.)		
Reset Between Reps. Try to Drive Front leg off ground as high as possible						
A Rudiment Hops Static		20		20	20	
B Rear Foot Elevated Split Squat		3 (ea.)		3 (ea.)	3 (ea.)	3 (ea.)
Heavy						
B Barbell Hip Thrust		3		3	3	3
Moderate						
C Isometric Nordic Hamstring Curl		3		3	3	
Lean forward and Hold in Place for 3 second count then return to start						
D Band 4 Way Hip		10 (ea.)		10 (ea.)	10 (ea.)	
D Lateral Band Walk		10 (ea.)		10 (ea.)	10 (ea.)	
E Choose a Lift		20		20		
Choose a lift from: Core: Anti-Flexion						
Band Cool Down	Band Cool Down (can be done with towel or strap) Exercise List and Video Time Break Down Hamstring Full x10ea (00:05) Open Groin , Close Glute x10ea (00:20) Hamstring Lower Leg x10ea (00:33) Internal / External Rotation x10ea view 1 (00:51) view 2 (00:59) Ank Int./ Ext. x10 ea (01:12) Dorsiflexion Hold x30sec ea (01:28) On Belly Quad x10ea (01:44) Set up..... (01:59) Groin Active x10ea (02:17) Groin Passive x10ea (02:25)					
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