

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hypertrophy	Hypertrophy	Mobility	Hypertrophy	Hypertrophy	Rest / Recovery
Legs	Chest	Core	Legs	Chest/Back	
Shoulders	Back	Cardio- Shuttles	Shoulders	Core	



# SPEED U.CA

## Hypertrophy Phase

### U15-U17: No Equipment Needed

HYPERTROPHY LEGS & SHOULDERS		HYPERTROPHY CHEST AND BACK		MOBILITY	
<b>Exercise 1:</b>	Prone I's Y's T's	<b>Exercise 1:</b>	SLOW Pushups- Floor	<b>Exercise 1A:</b>	Neck CAR
<b>Sets x Reps:</b>	3 x 8 Of Each	<b>Sets x Reps:</b>	3 x Max	<b>Sets x Reps:</b>	3x3 Per Direction
<b>Weight / Rest:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:2:1:0	<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	10 Sec Rep
<b>Exercise 2:</b>	Lateral Lunges	<b>Exercise 2:</b>	Handcuffs - Floor	<b>Exercise 1B:</b>	Standing Shoulder CAR
<b>Sets x Reps:</b>	3 x 8 Per Leg	<b>Sets x Reps:</b>	3 x 10	<b>Sets x Reps:</b>	3x3 Per Direction
<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	3:1:2:1	<b>Tempo:</b>	1:5:1:5	<b>Tempo:</b>	10 Sec Rep
<b>Exercise 3:</b>	Body Weight Squat	<b>Exercise 3:</b>	Bear Stance Sit Throughs	<b>Exercise 1C:</b>	Standing Hip CAR
<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3 x 8 Per Arm	<b>Sets x Reps:</b>	3x3 Per Direction
<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	2:2:2:1	<b>Tempo:</b>	10 Sec Rep
<b>Exercise 4:</b>	Lateral Raise	<b>Exercise 4:</b>	Crab Walk + Bridge	<b>Exercise 1D:</b>	90/90 Shin Box- WW
<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3 x 8 Per Side
<b>Weight:</b>	Hold Pucks / :60 Rest Btw	<b>Weight:</b>	Body Weight / :60 Rest	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:0:3:0	<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	2:1:2:1
<b>Exercise 5:</b>	Bulgarian Split Squat	<b>Exercise 5:</b>	SLOW Pushups- Floor	<b>Exercise 1E:</b>	Deck Squat 2 Feet
<b>Sets x Reps:</b>	3 x 8 Per Leg	<b>Sets x Reps:</b>	3 x Max	<b>Sets x Reps:</b>	3 x 8
<b>Weight:</b>	Body Weight / :60 Rest	<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	2:1:2:1
<b>Exercise 6:</b>	Cross-Over Lunges	<b>Exercise 6:</b>	Standing Shoulder CAR	<b>CORE</b>	
<b>Sets x Reps:</b>	3 x 8 Per Side	<b>Sets x Reps:</b>	3x3 Per Direction	<b>Rounds</b>	3
<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight	<b>Sets / Exercise</b>	8
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	10 Sec Rep	<b>Work : Rest</b>	10 sec : 5 sec
<b>Exercise 7:</b>	Bear Crawl Fw&Bw	<b>Exercise 7:</b>	Pushup/Ren Row/Walk/Sit Thru	<b>Exercise 1:</b>	Dead Bug Contra Str Kn
<b>Sets x Reps:</b>	3 x 8 Fw / 8 Bw	<b>Sets x Reps:</b>	3 x 10	<b>Exercise 2:</b>	Side Plank
<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Exercise 3:</b>	Bird Bear- 1 Leg Only
<b>Tempo:</b>	3:1:3:1	<b>Tempo:</b>	1:2:2:1	<b>Exercise 4:</b>	Low Plank
<b>Exercise 8:</b>	Single Leg RDL	<b>Exercise 8:</b>	Handcuffs - Floor	<b>CARDIO</b>	
<b>Sets x Reps:</b>	3 x 8 Per Leg	<b>Sets x Reps:</b>	3 x 10	<b>Sets</b>	12
<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Work : Rest</b>	60 Sec : 60 Sec
<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	1:5:1:5	<b>Modality</b>	Running- 10m Shuttle

