

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hypertrophy Posterior	Hypertrophy Anterior	Mobility Core Cardio- Shuttles	Hypertrophy Posterior	Hypertrophy Anterior Core	Rest / Recovery



SPEED.U.CA

Hypertrophy Phase

U18 & Older 1: No Equipment Needed

HYPERTROPHY POSTERIOR		HYPERTROPHY ANTERIOR		MOBILITY	
Exercise 1:	Single Leg RDL	Exercise 1:	Sissy Squats	Exercise 1A:	Neck CAR
Sets x Reps:	3 x 8 Per Leg	Sets x Reps:	3 x 8	Sets x Reps:	3x3 Per Direction
Weight / Rest:	Body Weight / :60 Rest Btw	Weight:	Body Weight / :60 Rest Btw	Weight:	Body Weight
Tempo:	3:0:2:0	Tempo:	4:1:2:1	Tempo:	10 Sec Rep
Exercise 2:	Lateral Lunges	Exercise 2:	Body Weight Squat	Exercise 1B:	Standing Shoulder CAR
Sets x Reps:	3 x 8 Per Leg	Sets x Reps:	3 x 8	Sets x Reps:	3x3 Per Direction
Weight:	Body Weight / :60 Rest Btw	Weight:	Body Weight / :60 Rest Btw	Weight:	Body Weight
Tempo:	3:1:2:1	Tempo:	3:0:2:0	Tempo:	10 Sec Rep
Exercise 3:	Object Bent Row- Sumo	Exercise 3:	SLOW Pushups- Floor	Exercise 1C:	Standing Hip CAR
Sets x Reps:	3 x 8	Sets x Reps:	3 x Max	Sets x Reps:	3x3 Per Direction
Weight:	Object / :60 Rest Btw	Weight:	Body Weight / :60 Rest Btw	Weight:	Body Weight
Tempo:	3:0:2:0	Tempo:	3:0:2:0	Tempo:	10 Sec Rep
Exercise 4:	Stationary Split Squat	Exercise 4:	Bulgarian Split Squat	Exercise 1D:	90/90 Shin Box- WW
Sets x Reps:	3 x 8 Per Leg	Sets x Reps:	3 x 8 Per Leg	Sets x Reps:	3 x 8 Per Side
Weight:	Body Weight / :60 Rest Btw	Weight:	Body Weight / :60 Rest	Weight:	Body Weight
Tempo:	3:0:2:0	Tempo:	3:0:2:0	Tempo:	2:1:2:1
Exercise 5:	Glute Bridge March	Exercise 5:	Cross-Over Lunges	Exercise 1E:	Deck Squat 2 Feet
Sets x Reps:	3 x 8 Per Leg	Sets x Reps:	3 x 8 Per Side	Sets x Reps:	3 x 8
Weight:	Body Weight / :60 Rest Btw	Weight:	Body Weight / :60 Rest Btw	Weight:	Body Weight
Tempo:	2:2:2:2	Tempo:	2:1:2:1	Tempo:	2:1:2:1
Exercise 6:	Quadruped Pushup Plus	Exercise 6:	SLOW Pushups- Floor	CORE	
Sets x Reps:	3 x 8	Sets x Reps:	3 x Max	Rounds	3
Weight:	Body Weight / :60 Rest Btw	Weight:	Body Weight / :60 Rest Btw	Sets / Exercise	8
Tempo:	3:1:3:1	Tempo:	3:0:2:0	Work : Rest	10 sec : 5 sec
Exercise 7:	Bent Over Is, Ts, Ys	Exercise 7:	Lateral Raise	Exercise 1:	Dead Bug Contra Str Kn
Sets x Reps:	3 x 5 of Each	Sets x Reps:	3 x 8	Exercise 2:	Side Plank
Weight:	Body Weight / :60 Rest Btw	Weight:	Hold Pucks / :60 Rest Btw	Exercise 3:	Bird Bear- 1 Leg Only
Tempo:	2:2:3:0	Tempo:	2:0:3:0	Exercise 4:	Low Plank
Exercise 8:	Wall Slides	Exercise 8:	Bear Crawl Fw&Bw	CARDIO	
Sets x Reps:	3 x 8	Sets x Reps:	3 x 8 Fw / 8 Bw	Sets	12
Weight:	Body Weight / :60 Rest	Weight:	Body Weight / :60 Rest Btw	Work : Rest	60 Sec : 60 Sec
Tempo:	2:1:2:1	Tempo:	3:1:3:1	Modality	Running- 10m Shuttle