

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 2: Dumbbells and Bands ONLY

HYPERTROPHY POSTERIOR		HYPERTROPHY ANTERIOR		MOBILITY	
Exercise 1:	Single Leg RDL - 1 DB	Exercise 1:	Goblet Squat	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:	8RM / :60 Rest Btw	Weight:	8RM / :60 Rest Btw	Weight:	Body Weight
Tempo:	3:0:2:0	Tempo:	3:0:2:0	Tempo:	10 Sec Rep
Exercise 2:	Goblet Lateral Lunges	Exercise 2:	Sissy Squats	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:	8RM / :60 Rest Btw	Weight:	Body Weight / :60 Rest Btw	Weight:	Body Weight
Tempo:	3:1:2:1	Tempo:	4:1:2:1	Tempo:	10 Sec Rep
Exercise 3:	DB Bent Row- Sumo	Exercise 3:	DB Bench Press- Flat	Exercise 1C:	Standing Hip CAR
Sets x Reps:	3 x 8	Sets x Reps:	3 x 8	Sets x Reps:	3x3 Per Direction
Weight:	8RM / :60 Rest Btw	Weight:	8RM / :60 Rest Btw	Weight:	Body Weight
Tempo:	3:0:2:0	Tempo:	3:0:2:0	Tempo:	10 Sec Rep
Exercise 4:	DB Walking Lunges	Exercise 4:	DB Bulgarian Split Squat	Exercise 1D:	90/90 Shin Box Half Kneel
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:	8RM / :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 Stand
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:	Goblet 8RM / :60 Rest Btw	Weight:	Body Weight
Tempo:	2:2:2:2	Tempo:	2:1:2:1	Tempo:	1:2:1:1
Exercise 6:	DB Renegade Row	Exercise 6:	DB Bench Press- Incline	CORE	
Sets x Reps:	3 x 8	Sets x Reps:	3 x 8	Rounds	3
Weight:	8RM / :60 Rest Btw	Weight:	8RM / :60 Rest Btw	Sets / Exercise	8
Tempo:	2:1:2:1	Tempo:	3:0:2:0	Work : Rest	10 sec : 5 sec
Exercise 7:	DB Rear Delt Raise- Bent	Exercise 7:	Lateral Raise PD	Exercise 1:	Dead Bug 2 Arms 2 Legs
Sets x Reps:	3 x 8	Sets x Reps:	3 x 10	Exercise 2:	Copenhagen Side Plank
Weight:	8RM / :60 Rest Btw	Weight:	10RM / :60 Rest Btw	Exercise 3:	Bird Bear
Tempo:	2:0:3:0	Tempo:	2:0:3:0	Exercise 4:	Low Plank Overhead Reach
Exercise 8:	Wall Slides	Exercise 8:	DB Front Raise PD	CARDIO	
Sets x Reps:	3 x 8	Sets x Reps:	3 x 8	Sets	12
Weight:	Body Weight / :60 Rest	Weight:	8RM / :60 Rest Btw	Work : Rest	60 Sec : 60 Sec
Tempo:	2:1:2:1	Tempo:	2:0:3:0	Modality	Running- 10m Shuttle