Starting From Zero: Pull-up Training Program (v19)

							Starting From Zero: Pull-up	Training Progra	ım (v1	9)				
	Day 1			Day	2		Day 3			Day	4		Day 5	
	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty Se
	Warm Up			Warm Up			Warm up			Warm up			Warm up	
	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort 1
	Hollow Rocks	10	2	Body-weight negatives	3 seconds	8	Partner assisted pull-ups	1, 2	4	Body-weight negatives	3 seconds	8	Partner assisted pull-ups	1, 2 4
Week 1	Scapular retractions	5 reps	2	Jumping pull-ups	1 rep	10	Partial ROM pull-ups (from bottom)	1, 2, 1	1	Jumping pull-ups	1 rep	10	Partial ROM pull-ups (from bottom)	1, 2, 1 1
WCCKI	Dead hangs	15, 30, 15 seconds	2	Modified L-Sits	5, 10, 15 seconds	2	Hanging leg raises	1, 2, 1	2	Dead hangs	15, 30, 15 seconds	2	Hanging leg raises	1, 2, 1 2
	Planks	Tabata 20 seconds work/ 10 seconds rest	8	Burpees	Tabata 20 seconds work/ 10 seconds rest	8	Sprints	30 sec w/30 sec slow jog recovery between each sprint	6	Body weight (air) squats	Tabata 20 seconds work/ 10 seconds rest	8	400 meter max effort run	5 repeats w/ 400 meter slow jog recovery between each
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				1			1			1			1	
	Day 1	1	_	Day		_	Day 3			Day			Day 5	
Week 2	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty Se
	Warm Up	NA		Warm Up	1 4fft	-	Warm up	1.4ffst	-	Warm up	NA	-	Warm up	Ma aff a at 1
	Pull-up assessment	Max effort 10	1	Pull-up assessment Body-weight negatives	Max effort	8	Pull-up assessment	Max effort	4	Pull-up assessment	Max effort 5 seconds	8	Pull-up assessment	Max effort 1
	Hollow Rocks Scapular retractions	5 reps	2	Jumping pull-ups	5 seconds	10	Partner assisted pull-ups Partial ROM pull-ups (from bottom)	1, 2 1, 2, 3, 2, 1	4	Body-weight negatives		10	Partner assisted pull-ups Partial ROM pull-ups (from bottom)	1, 2, 3, 2, 1
	Dead hangs	15, 30, 15 seconds	2	Modified L-Sits	1 rep 5, 10, 15 seconds	2	Hanging leg raises	1, 2, 3, 2, 1	3	Jumping pull-ups Dead hangs	1 rep 15, 30, 15 seconds	2	Hanging leg raises	1, 2, 3, 2, 1
	Dead Haligs	15, 50, 15 seconds	-	Woulled E-Sits	3, 10, 13 seconds		rianging leg raises	30, 30, 45, 45, 60,	3	Dead Hallgs	13, 30, 13 seconds		Tranging regionses	6 repeats w/ 400
		Tabata			Tabata			45, 45, 30, 30			Tabata			
1				lump rope (single or double		1 1								meter slow jog
1	a	20 seconds work/		Jump rope (single or double	20 seconds work/		s · ·	seconds with 1:1		l	20 seconds work/		400 mater may offt	recovery between
	Planks	10 seconds rest	8	unders)	10 seconds rest	8	Sprints	recovery	1	Push-ups	10 seconds rest	8	400 meter max effort run	each 1
				<u> </u>						<u> </u>				<u> </u>
	Day 1		Day	2	T	Day 3			Day	4		Day 5		
1	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty Se
1	Warm Up	αι,	200	Warm Up	QLY.	500	Warm up	GC,	5005	Warm Up	u.,	500	Warm up	Quy Se
	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort 1
	Hollow Rocks	10	3	Jumping Negatives	3 Seconds	8	Partner assisted pull-ups	3, 2, 1	3	Jumping Negatives	3 Seconds	8	Partner assisted pull-ups	3, 2, 1
	Scapular retractions	5 reps	3	Jumping pull-ups	2 reps	10	Partial ROM pull-ups (from bottom)	1, 2, 3	2	Jumping pull-ups	2 reps	10	Partial ROM pull-ups (from bottom)	1, 2, 3
Week 3	Dead hangs	15, 30, 45 seconds		Modified L-Sits	10, 15, 20 seconds	2	Hanging leg raises	1, 2, 1	4	Dead hangs	15, 30, 15 seconds	2	Hanging leg raises	1, 2, 1
	Dead Haligs	15, 50, 45 seconds	1 -	Woulifed E-Sits	10, 13, 20 seconds		rianging leg raises	1, 2, 1	+-	Dead Hallgs	13, 30, 13 seconds		Haligilig leg laises	1, 2, 1
	Disale	Tabata 20 seconds work/ 10 seconds rest			Tabata 20 seconds work			45 sec w/45 sec slow jog recovery between each			Tabata 20 seconds work			3 repeats w/ 800 meter slow jog recovery between
	Planks	10 Seconds rest	8	Burpees	10 seconds rest	8	Sprints	sprint	6	Body weight (air) squats	10 seconds rest	8	800 meter max effort run	each 1
	Planks	10 seconds rest	8	Burpees	10 seconds rest	8	Sprints	sprint	6	Body weight (air) squats	10 seconds rest	8	800 meter max effort run	each 1
	Day 1	TO SECONOS TESE	8	Burpees		8	Sprints Day 3	sprint	6	Body weight (air) squats  Day	4	8	800 meter max effort run  Day 5	each 1
		Qty	Sets			8 Sets		sprint Qty	6 Sets		4	8 Sets		each 1
	Day 1		Sets	Day	2		Day 3			Day	4	8 Sets	Day 5	
	Day 1 Exercise / Movement		Sets 1	Day Exercise / Movement	2		Day 3 Exercise / Movement			Day	4	Sets	Day 5 Exercise / Movement	Qty Se
	Day 1 Exercise / Movement Warm Up	Qty		Day Exercise / Movement Warm Up	2 Qty	Sets	Day 3  Exercise / Movement  Warm up	Qty	Sets	Exercise / Movement Warm Up	4 Qty		Day 5  Exercise / Movement  Warm up	Qty Se
Week 4	Day 1 Exercise / Movement Warm Up Pull-up assessment	Qty Max effort	1	Day Exercise / Movement Warm Up Pull-up assessment	2 Qty Max effort	Sets 1	Day 3  Exercise / Movement  Warm up  Pull-up assessment	Qty Max effort	Sets 1	Exercise / Movement Warm Up Pull-up assessment	4 Qty Max effort	1	Day 5  Exercise / Movement  Warm up  Pull-up assessment	Qty Se
Week 4	Day 1 Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions	Qty Max effort 10 5 reps	1 3 3	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups	2 Qty Max effort 5 Seconds 2 reps	Sets 1 8 10	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty  Max effort 3, 2, 1 1, 2, 1	Sets 1 3	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps	1 8	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top)	Oty Se  Max effort 1 3, 2, 1 3, 2, 1 2
Week 4	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks	Qty Max effort 10	1 3 3	Day  Exercise / Movement  Warm Up  Pull-up assessment  Jumping Negatives	2 Qty Max effort 5 Seconds	Sets 1 8 10	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1	Sets 1 3 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives	4 Qty Max effort 7 Seconds	1 8 10	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1, 2, 1 2, 2, 3, 2, 1 2
Week 4	Day 1 Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions	Qty Max effort 10 5 reps	1 3 3	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups	2	Sets 1 8 10	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60,	Sets 1 3 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps	1 8 10	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top)	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400
Week 4	Day 1 Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions	Oty  Max effort  10  5 reps  15, 30, 45 seconds  Tabata	1 3 3	Day Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds	Sets 1 8 10	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty  Max effort  3, 2, 1  1, 2, 1  1, 2, 3, 2, 1  30, 30, 45, 45, 60, 45, 45, 30, 30	Sets 1 3 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata	1 8 10	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top)	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog
Week 4	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs	Qty  Max effort 10 5 reps 15, 30, 45 seconds  Tabata 20 seconds work/	1 3 3 2 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping bell-ups Modified L-Sits Jump rope (single or double	2 Oty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/	Sets   1   8   10   2	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1	Sets 1 3 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10	1 8 10 2	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises	Oty   Se   Max effort   1   3, 2, 1   3   1, 2, 1   2   1, 2, 3, 2, 1   2   8 repeats w/ 400   meter slow jog   recovery between
Week 4	Day 1 Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions	Oty  Max effort  10  5 reps  15, 30, 45 seconds  Tabata	1 3 3	Day Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds	Sets 1 8 10	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty  Max effort  3, 2, 1  1, 2, 1  1, 2, 3, 2, 1  30, 30, 45, 45, 60, 45, 45, 30, 30	Sets 1 3 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata	1 8 10	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top)	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog
Week 4	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs	Qty  Max effort 10 5 reps 15, 30, 45 seconds  Tabata 20 seconds work/	1 3 3 2 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits Jump rope (single or double unders)	2 Oty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1   8   10   2	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1	Sets 1 3 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 8 10 2	Exercise / Movement  Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  400 meter max effort run	Oty   Se   Max effort   1   3, 2, 1   3   1, 2, 1   2   1, 2, 3, 2, 1   2   8 repeats w/ 400   meter slow jog   recovery between
Week 4	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1	Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 3 3 3 2 16	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1   8   10   2   16	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery	Sets 1 3 2 2 2 1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 8 10 2	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5	Nax effort   1   3, 2, 1   3   3, 2, 1   3   3, 2, 1   2   1, 2, 3, 2, 1   2   2   8 repeats w/ 400   meter slow jog recovery between each   1
Week 4	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement	Qty  Max effort 10 5 reps 15, 30, 45 seconds  Tabata 20 seconds work/	1 3 3 2 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified t-Sits  Jump rope (single or double unders)  Day Exercise / Movement	2 Oty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1   8   10   2	Exercise / Movement  Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3  Exercise / Movement	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1	Sets 1 3 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day.  Exercise / Movement	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 8 10 2	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement	Oty   Se   Max effort   1   3, 2, 1   3   1, 2, 1   2   1, 2, 3, 2, 1   2   8 repeats w/ 400   meter slow jog   recovery between
Week 4	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up	Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 3 3 3 2 2 16 Sets	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits Jump rope (single or double unders)  Day Exercise / Movement Warm Up	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest 2 Qty	Sets 1 8 10 2 16 Sets	Exercise / Movement  Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty	Sets 1 3 2 2 2 1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day.  Exercise / Movement Warm Up	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest 4 Qty	1 8 10 2	Exercise / Movement  Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se
Week 4	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment	Oty  Max effort  10  5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort	1 3 3 2 16 Sets 1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day Exercise / Movement Warm Up Pull-up assessment	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest 2 Qty Max effort	Sets  1 8 10 2 16 Sets	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort	Sets  1 3 2 2 1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Exercise / Movement Warm Up Pull-up assessment	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest 4 Qty Max effort	1 8 10 2 16 Sets 1	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment	Oty   Se
Week 4	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks	Oty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Oty  Max effort 10	1 3 3 3 2 2 16 Sets 1 4	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified t-Sits  Jump rope (single or double unders)  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs)	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds	Sets 1 8 10 2 16 Sets 1 8 8 18 10 10 16 16 16 16 16 16 16 16 16 16 16 16 16	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3  Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1	Sets   1   3   2   2   2   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs)	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest 4 Qty Max effort 3-5 Seconds	1 8 10 2 16 Sets 1 8	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions	Oty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Oty Max effort 10 5 reps	1 3 3 2 2 16 Sets 1 4 4 4 4	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups	2 Oty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 3 Seconds 3 reps	Sets   1   8   10   2	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty  Max effort  3, 2, 1  1, 2, 3, 2, 1  30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort  3, 2, 1  1, 2, 3, 2, 1	Sets   1   3   2   2   2   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty Max effort 3-5 Seconds 3 reps	1 8 10 2 16 Sets	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4 1, 2, 3, 2, 1 1
Week 4	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks	Oty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Oty  Max effort 10	1 3 3 3 2 2 16 Sets 1 4	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified t-Sits  Jump rope (single or double unders)  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs)	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds	Sets 1 8 10 2 16 Sets 1 8 8 18 10 10 16 16 16 16 16 16 16 16 16 16 16 16 16	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3  Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1	Sets   1   3   2   2   2   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs)	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest 4 Qty Max effort 3-5 Seconds	1 8 10 2 16 Sets 1 8	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions	Oty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Oty  Max effort 10 5 reps 15, 30, 45 seconds	1 3 3 2 2 16 Sets 1 4 4 4 4	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups	2 Qty  Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  2 Qty  Max effort 3 Seconds 3 reps 5 seconds	Sets   1   8   10   2	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow	Sets  1 3 2 2 1 1 Sets  1 1 2 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds	1 8 10 2 16 Sets	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4 1, 2, 3, 2, 1 1 1, 2, 3, 2, 1 2 3 repeats w/ 800
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions	Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds	1 3 3 2 2 16 Sets 1 4 4 4 4	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  2 Qty Max effort 3 Seconds 3 reps 5 seconds Tabata	Sets   1   8   10   2	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Qty  Max effort 3, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Qty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery	Sets  1 3 2 2 1 1 Sets  1 1 2 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds	1 8 10 2 16 Sets	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty   Se
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions	Oty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/	1 3 3 3 2 2 16 16 16 16 16 16 16 16 16 16 16 16 16	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups	2 Oty  Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 3 Seconds 3 reps 5 seconds Tabata 20 seconds	Sets   1   8   10   2	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 20, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each	Sets  1 3 2 2 1 1 Sets  1 1 2 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups	4 Qty  Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty  Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10	1 8 10 2 16 Sets 1 8 10 3	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  A00 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4 1, 2, 3, 2, 1 1 1, 2, 3, 2, 1 2 3 repeats w/ 800 meter slow jog recovery between
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions	Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds	1 3 3 2 2 16 Sets 1 4 4 4 4	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  2 Qty Max effort 3 Seconds 3 reps 5 seconds Tabata	Sets   1   8   10   2	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Qty  Max effort 3, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Qty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery	Sets  1 3 2 2 1 1 Sets  1 1 2 2	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds	1 8 10 2 16 Sets	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)	Oty   Se
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs	Oty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/	1 3 3 3 2 2 16 16 16 16 16 16 16 16 16 16 16 16 16	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups L-Sits	2 Oty  Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 3 Seconds 3 reps 5 seconds Tabata 20 seconds	Sets   1   8   10   2	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3  Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 20, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each	Sets   1   3   2   2   2   1   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs	4 Qty  Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty  Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10	1 8 10 2 16 Sets 1 8 10 3	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  A00 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4 1, 2, 3, 2, 1 1 1, 2, 3, 2, 1 2 3 repeats w/ 800 meter slow jog recovery between
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs	Oty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/	1 3 3 3 2 2 16 16 16 16 16 16 16 16 16 16 16 16 16	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups L-Sits	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds 3 reps 5 seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1   8   10   2	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3  Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 20, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each	Sets   1   3   2   2   2   1   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day.  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs	4 Qty  Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty  Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds work/ 10 seconds work/ 10 seconds rest	1 8 10 2 16 Sets 1 8 10 3	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  A00 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4 1, 2, 3, 2, 1 1 1, 2, 3, 2, 1 2 3 repeats w/ 800 meter slow jog recovery between
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs	Oty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/	1 3 3 3 2 2 16 16 16 16 16 16 16 16 16 16 16 16 16	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups L-Sits  Burpees	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds 3 reps 5 seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1   8   10   2	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3  Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 20, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each	Sets   1   3   2   2   2   1   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day:  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs	4 Qty  Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty  Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds work/ 10 seconds work/ 10 seconds rest	1 8 10 2 16 Sets 1 8 10 3	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises	Oty Se  Max effort 1 3, 2, 1 3 1, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4 1, 2, 3, 2, 1 1 1, 2, 3, 2, 1 2 3 repeats w/ 800 meter slow jog recovery between
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs	Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 3 3 3 2 2 16 16 16 16 16 16 16 16 16 16 16 16 16	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups L-Sits  Burpees	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds 3 reps 5 seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1   8   10   2	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 20, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each sprint	Sets   1   3   2   2     1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day.  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs	4 Qty  Max effort 7 Seconds 2 Ireps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty  Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 8 10 2 2 16 Sets 1 8 10 3 3 16	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises	Oty Se  Max effort 1 3, 2, 1 2 1, 2, 3, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4 1, 2, 3, 2, 1 1 1, 2, 3, 2, 1 2 3 repeats w/ 800 meter slow jog recovery between each 1
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Day 1  Exercise / Movement  Day 1  Day 1  Exercise / Movement	Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 3 3 3 2 2 16 16 16 16 16 16 16 16 16 16 16 16 16	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups L-Sits  Burpees  Day Exercise / Movement	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds 3 reps 5 seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1   8   10   2	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 20, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each sprint	Sets   1   3   2   2     1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs  Body weight negatives  Day. Exercise / Movement	4 Qty  Max effort 7 Seconds 2 Ireps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty  Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 8 10 2 2 16 Sets 1 8 10 3 3 16	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Ad00 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises	Oty Se  Max effort 1 3, 2, 1 2 1, 2, 3, 2, 1 2 1, 2, 3, 2, 1 2 8 repeats w/ 400 meter slow jog recovery between each 1  Oty Se  Max effort 1 3, 2, 1 4 1, 2, 3, 2, 1 1 1, 2, 3, 2, 1 2 3 repeats w/ 800 meter slow jog recovery between each 1
	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up	Oty  Max effort  10  5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest  Oty  Max effort 10  5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest	1 3 3 3 2 16 Sets Sets Sets Sets Sets Sets Sets Sets	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups L-Sits  Burpees  Day Exercise / Movement Warm Up	2 Qty  Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 3 Seconds 3 reps 5 seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partiner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Day 3  Exercise / Movement  Day 3	Oty  Max effort 3, 2, 1 1, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 50, 45, 45, 30, 30 seconds with 1:1 recovery  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each sprint	Sets   1   3   2   2     1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs  Body weight negatives  Day Exercise / Movement Warm Up Pull-up assessment Day Exercise / Movement Warm Up Pull-up assessment	4 Qty  Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty  Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 8 10 2 16 Sets 1 8 10 3 16 Sets Sets	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  800 meter max effort run  Day 5  Exercise / Movement  Day 5  Exercise / Movement	Oty   Se
Week 5	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Planks  Day 1  Exercise / Movement  Day 1  Exercise / Movement	Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 3 3 3 2 2 16 16 16 16 16 16 16 16 16 16 16 16 16	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives Jumping pull-ups L-Sits  Burpees  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs)	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1   8   10   2	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Sprints  Day 3  Exercise / Movement	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each sprint  Oty  Max effort	Sets   1   3   2   2   2   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day.  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs  Body weight negatives  Day.  Exercise / Movement  Warm Up Dead hangs	4 Qty  Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty  Max effort 3-5 Seconds 3 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 8 10 2 2 16 Sets 1 6 Sets 5 Sets 1 1 8 10 3 3 16 Sets 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  800 meter max effort run  Day 5  Exercise / Movement	Oty   Se   Max effort   1   3, 2, 1   2   1, 2, 3, 2, 1   2   1, 2, 3, 2, 1   2   8 repeats w/ 400   meter slow jog recovery between each   1   Oty   Se   Max effort   1   3, 2, 1   4   1, 2, 3, 2, 1   1   1, 2, 3, 2, 1   2   3 repeats w/ 800   meter slow jog recovery between each   1   Oty   Se   Max effort   1   Oty   Other indicates the second i
Week 5	Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Planks  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Scapular retractions	Qty  Max effort 10 5 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds 7 abata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds 7 abata 10 seconds work/ 10 seconds rest	1 3 3 3 2 16 Sets 1 4 4 4 3 3 Sets 1 1 4 4 4 1 3 1 16 Sets 1 1 4 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups  Exercise / Movement Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups	2	Sets   1   8   10   2	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Sprints  Day 3  Exercise / Movement  Day 4  Exercise / Movement  Day 5  Exercise / Movement  Day 6  Exercise / Movement  Day 6  Exercise / Movement  Day 7  Exercise / Movement  Day 8  Exercise / Moveme	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each sprint  Oty  Max effort 3, 2, 1 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1	Sets   1   3   2   2   1   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs  Body weight negatives  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups Jumping pull-ups	4  Aux effort 7 Seconds 2 reps 15, 30, 45 seconds work/ 10 seconds rest  4  Aux effort 3-5 Seconds 3 reps 15, 30, 45 seconds 4  Aux effort 3-5 Seconds 4  Aux effort 3-7 Seconds 4  Aux effort 3-7 Seconds 4  Aux effort 5-7 Seconds 5-7 Seconds 4  Aux effort 5-7 Seconds 3 reps	1 8 10 2 16 Sets 10 3 3 16 Sets 1 8 8 8 10 16 Sets 1 8 8 10 16 Sets 1 8 10 16 Sets 1 1 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Boometer max effort run  Day 5  Exercise / Movement  Day 6  Exercise / Movement  Day 6  Exercise / Movement  Day 7  Exercise / Movement  Day 8  Exercise / Movement  Day 9  Exercise / Movement  Day	Oty   Se
Week 5	Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks  Scapular retractions  Dead hangs  Day 1  Exercise / Movement  Warm Up  Planks  Day 1  Exercise / Movement  Warm Up  Pull-up assessment  Hollow Rocks	Oty  Max effort  10  5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest  Oty  Max effort  10  5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest	1 3 3 3 2 16 Sets Sets Sets Sets Sets Sets Sets Sets	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives Jumping pull-ups L-Sits  Burpees  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs)	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds Tabata 20 seconds work/ 10 seconds rest	Sets   1	Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3  Exercise / Movement Warm up Pull-up assessment Partner assisted pull-ups Partial ROM pull-ups (from top) Hanging leg raises  Sprints  Day 3  Exercise / Movement Day 3	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each sprint  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1	Sets   1   3   2   2   1   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Exercise / Movement Warm Up Pull-up assessment Weighted Negatives	4 Qty  Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty  Max effort 3-5 Seconds 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest	1 8 10 2 16 Sets 10 3 3 16 Sets 1 8 8 8 10 16 Sets 1 8 8 10 16 Sets 1 8 10 16 Sets 1 1 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Partner assisted pull-ups  Pull-up assessment  Partner assisted pull-ups  800 meter max effort run  Day 5  Exercise / Movement  Partner assisted pull-up assessment  Partner assisted pull-ups	Oty   Se   Max effort   1   3, 2, 1   2   1, 2, 3, 2, 1   2   1, 2, 3, 2, 1   2   1, 2, 3, 2, 1   2   1, 2, 3, 2, 1   2   1, 2, 3, 2, 1   2   3 repeats w/ 800 meter slow jog recovery between each   1   1, 2, 3, 2, 1   2   3 repeats w/ 800 meter slow jog recovery between each   1   1, 2, 3, 2, 1   3, 2, 1   2   3, 2, 1   3, 2, 1   5   1, 2, 3, 2, 1   1, 2, 3, 2, 2, 1   1, 2, 3, 2, 2, 2, 2, 2, 2   1, 3, 2, 2, 2, 2   1, 3, 2, 2, 2   1, 3, 2, 2   1, 3, 2, 2   1, 3, 2   1, 3, 2   1, 3, 2
Week 5	Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Planks  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Scapular retractions	Oty  Max effort  10  5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest  Oty  Max effort 10  5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest  Oty  Max effort 10  5 reps 15, 30, 45 seconds  15, 30, 45 seconds	1 3 3 3 2 16 Sets Sets Sets Sets Sets Sets Sets Sets	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups  Exercise / Movement Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 10 seconds 20 seconds Tabata 20 seconds 4 reps 5 seconds  Tabata 20 seconds 7 seconds 7 seconds 7 seconds	Sets   1	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Sprints  Day 3  Exercise / Movement  Day 4  Exercise / Movement  Day 5  Exercise / Movement  Day 6  Exercise / Movement  Day 6  Exercise / Movement  Day 7  Exercise / Movement  Day 8  Exercise / Moveme	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each sprint  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 2, 3, 2, 1 3, 45, 45, 66, 60, 60,	Sets   1   3   2   2   1   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs  Body weight negatives  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty Max effort 3-5 Seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty Max effort 3-5 Seconds 4 Qty Qty Qty As effort 5-7 Seconds 3 reps 15, 30, 45 seconds 3 reps 15, 30, 45 seconds	1 8 10 2 16 Sets 10 3 3 16 Sets 1 8 8 8 10 16 Sets 1 8 8 10 16 Sets 1 8 10 16 Sets 1 1 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Boometer max effort run  Day 5  Exercise / Movement  Day 6  Exercise / Movement  Day 6  Exercise / Movement  Day 7  Exercise / Movement  Day 8  Exercise / Movement  Day 9  Exercise / Movement  Day	Oty Se    Max effort   1   3, 2, 1   3   1, 2, 1   2   1, 2, 3, 2, 1   2     Repeats w/ 400   meter slow jog recovery between each   1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   2   3 repeats w/ 800   meter slow jog recovery between each   1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   2   3 repeats w/ 800   meter slow jog recovery between each   1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   3   8 repeats w/ 400   8   8 repeats w/ 400   8   8   8   8   8   8   8   8   8
Week 5	Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Planks  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Scapular retractions	Qty  Max effort 10 5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest  Max effort 10 5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 10 5 reps 15, 30, 45 seconds  Tabata 21 seconds work/ 12 seconds work/ 13 seconds rest	1 3 3 3 2 16 Sets Sets Sets Sets Sets Sets Sets Sets	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups L-Sits  Day Exercise / Movement Weighted Negatives (10 lbs) Jumping pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups L-Sits	2 Qty  Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty  Max effort 3 Seconds 3 reps 5 seconds  Tabata 20 seconds work/ 10 seconds rest	Sets   1	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Sprints  Day 3  Exercise / Movement  Day 4  Exercise / Movement  Day 5  Exercise / Movement  Day 6  Exercise / Movement  Day 6  Exercise / Movement  Day 7  Exercise / Movement  Day 8  Exercise / Moveme	Qty  Max effort 3, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each sprint  Qty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 3, 2, 1 3, 2, 1 3, 2, 1 3, 2, 1 3, 2, 1 3, 2, 1 3, 2, 3, 2, 1 3, 3, 45, 60, 60, 75, 60, 60, 60, 75, 60, 60, 45, 45, 50	Sets   1   3   2   2   1   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs  Body weight negatives  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups Jumping pull-ups	4  Aux effort 7 Seconds 2 reps 15, 30, 45 seconds work/ 10 seconds rest  4  Aux effort 3-5 Seconds 3 reps 15, 30, 45 seconds 4  Aux effort 3-5 Seconds 4  Aux effort 4  Aux effort 5-7 Seconds 5-7 Seconds 7 Seconds	1 8 10 2 16 Sets 10 3 3 16 Sets 1 8 8 8 10 16 Sets 1 8 8 10 16 Sets 1 8 10 16 Sets 1 1 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Boometer max effort run  Day 5  Exercise / Movement  Day 6  Exercise / Movement  Day 6  Exercise / Movement  Day 7  Exercise / Movement  Day 8  Exercise / Movement  Day 9  Exercise / Movement  Day	Oty   Se
Week 5	Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Planks  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Dead hangs  Day 1  Exercise / Movement Warm Up Pull-up assessment Hollow Rocks Scapular retractions Scapular retractions	Oty  Max effort  10  5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest  Oty  Max effort 10  5 reps 15, 30, 45 seconds  Tabata 20 seconds work/ 10 seconds rest  Oty  Max effort 10  5 reps 15, 30, 45 seconds  15, 30, 45 seconds	1 3 3 3 2 16 Sets Sets Sets Sets Sets Sets Sets Sets	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Modified L-Sits  Jump rope (single or double unders)  Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups  Exercise / Movement Day Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups	2 Qty Max effort 5 Seconds 2 reps 10, 15, 20 seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 3 Seconds Tabata 20 seconds work/ 10 seconds rest  Qty Max effort 10 seconds 20 seconds Tabata 20 seconds 4 reps 5 seconds  Tabata 20 seconds 7 seconds 7 seconds 7 seconds	Sets   1	Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Partial ROM pull-ups (from top)  Hanging leg raises  Day 3  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Sprints  Day 3  Exercise / Movement  Day 4  Exercise / Movement  Day 5  Exercise / Movement  Day 6  Exercise / Movement  Day 6  Exercise / Movement  Day 7  Exercise / Movement  Day 8  Exercise / Moveme	Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1 min w/1 min slow jog recovery between each sprint  Oty  Max effort 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 1, 2, 3, 2, 1 2, 3, 2, 1 3, 45, 45, 66, 60, 60,	Sets   1   3   2   2   1   1	Exercise / Movement Warm Up Pull-up assessment Jumping Negatives Jumping pull-ups Dead hangs  Push-ups  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Dead hangs  Body weight negatives  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives  Day: Exercise / Movement Warm Up Pull-up assessment Weighted Negatives (10 lbs) Jumping pull-ups Jumping pull-ups Jumping pull-ups	4 Qty Max effort 7 Seconds 2 reps 15, 30, 45 seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty Max effort 3-5 Seconds Tabata 20 seconds work/ 10 seconds rest  4 Qty Max effort 3-5 Seconds 4 Qty Qty Qty As effort 5-7 Seconds 3 reps 15, 30, 45 seconds 3 reps 15, 30, 45 seconds	1 8 10 2 16 Sets 10 3 3 16 Sets 1 8 8 8 10 16 Sets 1 8 8 10 16 Sets 1 8 10 16 Sets 1 1 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups (from top)  Hanging leg raises  400 meter max effort run  Day 5  Exercise / Movement  Warm up  Pull-up assessment  Partner assisted pull-ups  Boometer max effort run  Day 5  Exercise / Movement  Day 6  Exercise / Movement  Day 6  Exercise / Movement  Day 7  Exercise / Movement  Day 8  Exercise / Movement  Day 9  Exercise / Movement  Day	Oty Se    Max effort   1   3, 2, 1   3   1, 2, 1   2   1, 2, 3, 2, 1   2     Repeats w/ 400   meter slow jog recovery between each   1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   2   3 repeats w/ 800   meter slow jog recovery between each   1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   2   3 repeats w/ 800   meter slow jog recovery between each   1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   1, 2, 3, 2, 1   3   8 repeats w/ 400   8   8 repeats w/ 400   8   8   8   8   8   8   8   8   8