



NAME .....

DAY  
A

Order	Mobility - Activation - Exercise Preparation	Sets	Reps	Tempo	Rest
	Foam Roll Sequence	1ea	10	Slow	0
	Dynamic warmup	1	10	Mod	0
	Lateral shuttles (without band)	1ea	10	Mod	0
	Forward sprints	1	4	Fast	0
	Side line windmills	1	10	Slow	0

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Core Training	Sets	Reps	Tempo	Rest
1a	Landmine twists	3	20	Fast	3
1b	TRX kneeling fallout	3	10	Slow	30s

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Power Development	Sets	Reps	Tempo	Rest
2	Single leg step ups and step up jumps	3	8	Fast	45s

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Combination	Sets	Reps	Tempo	Rest
3	Push up + Prone Jackknife	3	8	Fast	30s

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Resistance Training:- Exercise	Sets	Reps	Tempo	Rest
4a	Kettlebell Rear leg elevated lunges	3	8ea	Mod	0
4b	Barbell Bent over rows	3	8	Mod	45s
5a	Barbell floor press	3	8	Mod	0
5b	Dumbbell pullovers	3	8	Mod	45s

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Energy System Training	Sets	Reps	Tempo	Rest
6	Boxing sprints	1	20secs	Fast	30secs

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Regeneration
Foam Roll Sequence

Notes

NAME \_\_\_\_\_

DAY  
B

Order	Mobility - Activation - Exercise Preparation	Sets	Reps	Tempo	Rest
	Foam Roll Sequence	1ea	10	Slow	0
	Dynamic warmup	1	10	Mod	0
	Lateral shuffles (without band)	1ea	10	Mod	0
	Forward sprints	1	4	Fast	0
	Side line windmills	1	10	Slow	0

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Core Training	Sets	Reps	Tempo	Rest
1	Turkish full get ups	3	8	Mod	30s

Order	Power Development	Sets	Reps	Tempo	Rest
2	Power bounds	3	8	fast	45s

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Combination	Sets	Reps	Tempo	Rest
3	Squat - SA Cable Row	3	8	Mod	30s

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Resistance Training :- Exercise	Sets	Reps	Tempo	Rest
4	Kettlebell front squat	3	8	Mod	45s
5	Barbell shoulder press	3	8	Mod	45s
6	Barbell Tricep Extns	3	8	Mod	45s
7	Barbell Bicep curls	3	8	Mod	45s

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Energy System Training	Sets	Reps	Tempo	Rest
5	Bike Intervals	1	20sa	fast	30s

Kgs	Kgs	Kgs	Kgs	Kgs	Kgs

Order	Regeneration
	Foam Roll Sequence

Notes
Bike Intervals - fast 20s/Mod 30s