Week 1 Day 1

**Warm-up:**

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 5

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Bird Dog](https://www.youtube.com/watch?v=vzU5xrs1gMQ) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 30 sec.

[Side-Lying Windmill](https://www.youtube.com/watch?v=WFscbHHX8Xc) 1 set of 6

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 5

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 5

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

**Speed:**

Base Stealing Sprints 1 set of 5

**Lifting:**

[Split Stance Medicine Ball Scoop Toss: Forward](https://www.youtube.com/watch?v=QH1jWvsyRe0) 2 sets of 6 8 lbs.

[Repeated Vertical Jump](https://www.youtube.com/watch?v=_vyQ1gsH7bE) 2 sets of 8

[Broad Jump](https://www.youtube.com/watch?v=c6Etg7bpFfI) 2 sets of 6

[Medicine Ball Slams](https://www.youtube.com/watch?v=bbXJ8expGdc) 2 sets of 8 4 lbs.

[Goblet Reverse Lunge](https://www.youtube.com/watch?v=LMI8pgNPgh8) 3 sets of 6

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 3 sets of 8

[Supine 1-Leg Bridge with Plate](https://www.youtube.com/watch?v=AQUbWzAy8rQ) 3 sets of 6

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 3 sets of 10

[Goblet Lateral Lunge](https://www.youtube.com/watch?v=6DMXBtF_Spg) 3 sets of 6

[1-Arm Kettlebell Bottoms Up Carry](https://www.youtube.com/watch?v=MJvo7OMwJlE) 3 40 yds.

[1-Leg RDL w/Backpack](https://www.youtube.com/watch?v=f7vszr-IjsI) 3 sets of 8

[Kneeling Pallof Press w/Band (archive)](https://www.youtube.com/watch?v=AEZviLhG9R4) 3 sets of 8

**Cool Down:**

Do any of the warm-up exercises that you were tight on.

Week 1 Day 2

**Warm-up:**

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 5

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Bird Dog](https://www.youtube.com/watch?v=vzU5xrs1gMQ) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 30 sec.

[Side-Lying Windmill](https://www.youtube.com/watch?v=WFscbHHX8Xc) 1 set of 6

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 5

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 5

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

**Lifting:**

Push-up 2 sets of 6-8

[1-Arm Dumbbell Row](https://www.youtube.com/watch?v=xl1YiqQY2vA) 3 sets of 8

[Elbow Touches w/Soft Elbows](https://www.youtube.com/watch?v=iCzOmKXo12M) 3 sets of 8

[Standing 1-Arm Row w/Band](https://www.youtube.com/watch?v=bKBlhUYDA_Y) 3 sets of 8

[Kneeling 1-Arm Band Press](https://www.youtube.com/watch?v=XwDB8ZUODCU) 3 sets of 8

[Kneeling Pallof Press w/Band (archive)](https://www.youtube.com/watch?v=AEZviLhG9R4) 3 sets of 10

[Prone 1-Arm Y on Table](https://www.youtube.com/watch?v=3fK93Ul0da8) 3 sets of 8

[Bird Dog](https://www.youtube.com/watch?v=vzU5xrs1gMQ) 3 sets of 8

**Cool Down:**

Do any of the warm-up exercises that you were tight on.

Week 1 Day 3

**Warm-up:**

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 5

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Bird Dog](https://www.youtube.com/watch?v=vzU5xrs1gMQ) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 30 sec.

[Side-Lying Windmill](https://www.youtube.com/watch?v=WFscbHHX8Xc) 1 set of 6

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 5

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 5

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

**Speed:**

Base Stealing Sprints 1 set of 5

**Lifting:**

[Kneeling Medicine Ball Shotputs: Sideways](https://www.youtube.com/watch?v=phJuGABLUIE) 2 sets of 6 6 lbs.

[Repeated Vertical Jump](https://www.youtube.com/watch?v=_vyQ1gsH7bE) 2 sets of 8

[Broad Jump](https://www.youtube.com/watch?v=c6Etg7bpFfI) 2 sets of 6

[Medicine Ball Slams](https://www.youtube.com/watch?v=bbXJ8expGdc) 2 sets of 8 4 lbs.

[Dumbbell Goblet Step Up](https://www.youtube.com/watch?v=nFA4zpstOnc) 3 sets of 6

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 3 sets of 8

[2-Leg Hip Thrusts on Bench](https://www.youtube.com/watch?v=vGlWDNIGKmQ) 3 sets of 10

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 3 sets of 10

[Goblet Lateral Lunge](https://www.youtube.com/watch?v=6DMXBtF_Spg) 3 sets of 6

[1-Arm Kettlebell Bottoms Up Carry](https://www.youtube.com/watch?v=MJvo7OMwJlE) 3 40 yds.

[1-Leg RDL w/Backpack](https://www.youtube.com/watch?v=f7vszr-IjsI) 3 sets of 8

[Kneeling Pallof Press w/Band (archive)](https://www.youtube.com/watch?v=AEZviLhG9R4) 3 sets of 8

**Cool Down:**

Do any of the warm-up exercises that you were tight on.

Week 1 Day 4

**Warm-up:**

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 5

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Bird Dog](https://www.youtube.com/watch?v=vzU5xrs1gMQ) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 30 sec.

[Side-Lying Windmill](https://www.youtube.com/watch?v=WFscbHHX8Xc) 1 set of 6

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 5

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 5

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

**Lifting:**

[Dumbbell Bench Press](https://www.youtube.com/watch?v=hm_TrCkhJgo) 3 sets of 6-10

[1-Arm Dumbbell Row](https://www.youtube.com/watch?v=xl1YiqQY2vA) 3 sets of 8

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 3 sets of 6

[Standing 1-Arm Row w/Band](https://www.youtube.com/watch?v=bKBlhUYDA_Y) 3 sets of 8

[Kneeling 1-Arm Band Press](https://www.youtube.com/watch?v=XwDB8ZUODCU) 3 sets of 8

[Kneeling Pallof Press w/Band (archive)](https://www.youtube.com/watch?v=AEZviLhG9R4) 3 sets of 10

[Prone 1-Arm Y on Table](https://www.youtube.com/watch?v=3fK93Ul0da8) 3 sets of 8

[Plank Arm March](https://www.youtube.com/watch?v=HtQOdMYoVwI) 3 sets of 8

**Cool Down:**

Do any of the warm-up exercises that you were tight on.

Week 2 Day 1

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds.

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Hitting](https://www.youtube.com/watch?v=bC1vwJ5qJ0I) 2 sets of 6 8 lb. ball

[Kettlebell Swings](https://www.youtube.com/watch?v=KkYOW3jDhoM) 2 sets of 10

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 2 sets of 8 Arm:

[Skater Jump w/Band](https://www.youtube.com/watch?v=xW0ACXkhU9g) 2 sets of 6

[Medicine Ball Overhead Throw](https://www.youtube.com/watch?v=Glu77PgXL3Y) 2 sets of 4

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 3 sets of 6

[Prone 1-Arm Y on Table](https://www.youtube.com/watch?v=3fK93Ul0da8) 3 sets of 8

[Yoke Bar Reverse Lunge](https://www.youtube.com/watch?v=1CDFY6X7wHY) 3 sets of 6

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 3 sets of 10

[Supine Barbell Bridge](https://www.youtube.com/watch?v=xkV9gc1vUiw) 3 sets of 8

[1-Arm Kettlebell Bottoms Up Carry](https://www.youtube.com/watch?v=MJvo7OMwJlE) 3 40 yds.

[Counterweight Lateral Lunge](https://www.youtube.com/watch?v=5cjaRPqYCQc) 3 sets of 6

[Kneeling Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=fHfFx7P0D-w) 3 sets of 8

[Kneeling 1 Arm Shoulder ER w/Band](https://www.youtube.com/watch?v=On1lBbyn3OM&t=24s) 3 sets of 10 Arm Care and Recovery:

Week 2 Day 2

**Warm-up:**

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec.

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Yoga Pushup](https://www.youtube.com/watch?v=-7TEPQKkTxI) 3 sets 6-10

[Suspension Trainer Inverted Row](https://www.youtube.com/watch?v=2RXhfWZvG6s) 3 sets 6-10

[Core-Engaged Dead Bug](https://www.youtube.com/watch?v=z6W_HhOn050) 3 sets 6

[Kneeling 1-Arm Landmine Press](https://www.youtube.com/watch?v=-ea621aAkD4) 3 sets 6

[Standing 1-Arm Cable Row](https://www.youtube.com/watch?v=-zBPknRjJGU) 3 sets 8

[Kneeling Cable Anti-Rotation Press to OH Lift w/Rope](https://www.youtube.com/watch?v=AaJLTKw-gGI) 3 sets 6

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 3 sets of 8

[Standing Pallof Press w/Band](https://www.youtube.com/shorts/8vflPTMBQ_g) 3 sets of 8

Arm Care and Recovery:

[Plate Hold](https://www.youtube.com/watch?v=pzdHuloZVoc) 2 sets of 1 25 lbs 1 minute

Week 2 Day 3

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Scoop Toss](https://www.youtube.com/watch?v=mxf1D3NtxMo) 2 sets of 6 6 lbs.

[Kettlebell Swings](https://www.youtube.com/watch?v=KkYOW3jDhoM) 2 sets of 10

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 2 sets of 8 Arm:

[Broad Jump w/Band](https://www.youtube.com/watch?v=9BV_bfqYbRI) 2 sets of 6

[Medicine Ball Slams](https://www.youtube.com/watch?v=bbXJ8expGdc) 2 sets of 8 8 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 3 sets of 6

[Prone 1-Arm Y on Table](https://www.youtube.com/watch?v=3fK93Ul0da8) 3 sets of 8

[Goblet Bulgarian Split Squat](https://www.youtube.com/watch?v=o_M9wYTtIBA) 3 sets of 6

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 3 sets of 10

[1-Arm 1-Leg Dumbbell RDL](https://www.youtube.com/watch?v=YYxFAg9645k) 3 sets of 6

[1-Arm Kettlebell Bottoms Up Carry](https://www.youtube.com/watch?v=MJvo7OMwJlE) 3 40 yds.

[Counterweight Slideboard Lateral Lunge](https://www.youtube.com/watch?v=Kqw1PAXFM6k) 3 sets of 6 10 lbs.

[Kneeling Cable Chop w/Rope](https://www.youtube.com/watch?v=7BXl5kwyKrE) 3 sets of 8

[Kneeling 1-Arm Shoulder ER to Press w/Band](https://www.youtube.com/watch?v=rhWsln1iDVw) 3 sets of 10 Arm Care and Recovery:

Week 2 Day 4

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Yoga Pushup](https://www.youtube.com/watch?v=-7TEPQKkTxI) 3 sets 6-10

[1-Arm Dumbbell Row](https://www.youtube.com/watch?v=xl1YiqQY2vA) 3 sets of 8

[Wide-Stance Cable Pallof Press](https://www.youtube.com/watch?v=MfLultuapfk) 3 sets of 8

[1-Arm Dumbbell Bench Press](https://www.youtube.com/watch?v=6tbjm5FjhB0) 3 sets of 8

[Standing 1-Arm Cable Row](https://www.youtube.com/watch?v=-zBPknRjJGU) 3 sets of 8

[Hand Switches](https://www.youtube.com/watch?v=FuYW3fQ7nJQ) 3 sets of 6

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 3 sets of 8

[Standing Cable Pallof Press to Overhead Reach](https://www.youtube.com/watch?v=0od_ZSWSJ3Q) 3 sets of 5

Arm Care and Recovery:

[Plate Hold](https://www.youtube.com/watch?v=pzdHuloZVoc) 2 sets of 1 25 lbs 1 minute

Week 3 Day 1

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Hitting](https://www.youtube.com/watch?v=bC1vwJ5qJ0I) 2 sets of 6 8 lb. ball

[Kettlebell Swings](https://www.youtube.com/watch?v=KkYOW3jDhoM) 2 sets of 10

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 2 sets of 8

[Skater Jump w/Band](https://www.youtube.com/watch?v=xW0ACXkhU9g) 2 sets of 6

[Medicine Ball Overhead Throw](https://www.youtube.com/watch?v=Glu77PgXL3Y) 2 sets of 4

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 3 sets of 6

[Prone 1-Arm Y on Table](https://www.youtube.com/watch?v=3fK93Ul0da8) 3 sets of 8

[Yoke Bar Reverse Lunge](https://www.youtube.com/watch?v=1CDFY6X7wHY) 3 sets of 6

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 3 sets of 10

[Supine Barbell Bridge](https://www.youtube.com/watch?v=xkV9gc1vUiw) 3 sets of 8

[1-Arm Kettlebell Bottoms Up Carry](https://www.youtube.com/watch?v=MJvo7OMwJlE) 3 40 yds.

[Counterweight Lateral Lunge](https://www.youtube.com/watch?v=5cjaRPqYCQc) 3 sets of 6

[Kneeling Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=fHfFx7P0D-w) 3 sets of 8

[Kneeling 1 Arm Shoulder ER w/Band](https://www.youtube.com/watch?v=On1lBbyn3OM&t=24s) 3 sets of 10 Arm Care and Recovery:

Week 3 Day 2

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Yoga Pushup](https://www.youtube.com/watch?v=-7TEPQKkTxI) 3 sets of 8-12

[Suspension Trainer Inverted Row](https://www.youtube.com/watch?v=2RXhfWZvG6s) 3 sets of 8-12

[Core-Engaged Dead Bug](https://www.youtube.com/watch?v=z6W_HhOn050) 3 sets of 6

[Kneeling 1-Arm Landmine Press](https://www.youtube.com/watch?v=-ea621aAkD4) 3 sets of 8

[Standing 1-Arm Cable Row](https://www.youtube.com/watch?v=-zBPknRjJGU) 3 sets of 8

[Kneeling Cable Anti-Rotation Press to OH Lift w/Rope](https://www.youtube.com/watch?v=AaJLTKw-gGI) 3 sets of 8

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 3 sets of 8

[Standing Pallof Press w/Band](https://www.youtube.com/shorts/8vflPTMBQ_g) 3 sets of 10

Arm Care and Recovery:

[Plate Hold](https://www.youtube.com/watch?v=pzdHuloZVoc) 2 sets of 1 25 lbs 1 minute

Week 3 Day 3

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Scoop Toss](https://www.youtube.com/watch?v=mxf1D3NtxMo) 3 sets of 6 6 lbs.

[Kettlebell Swings](https://www.youtube.com/watch?v=KkYOW3jDhoM) 3 sets of 10

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 2 sets of 8 Arm:

[Broad Jump w/Band](https://www.youtube.com/watch?v=9BV_bfqYbRI) 3 sets of 6

[Medicine Ball Slams](https://www.youtube.com/watch?v=bbXJ8expGdc) 3 sets of 8 8 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 3 sets of 6

[Prone 1-Arm Y on Table](https://www.youtube.com/watch?v=3fK93Ul0da8) 3 sets of 8

[Goblet Bulgarian Split Squat](https://www.youtube.com/watch?v=o_M9wYTtIBA) 3 sets of 8

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 3 sets of 10

[1-Arm 1-Leg Dumbbell RDL](https://www.youtube.com/watch?v=YYxFAg9645k) 3 sets of 8

[1-Arm Kettlebell Bottoms Up Carry](https://www.youtube.com/watch?v=MJvo7OMwJlE) 3 40 yds.

[Counterweight Slideboard Lateral Lunge](https://www.youtube.com/watch?v=Kqw1PAXFM6k) 3 sets of 8 10 lbs.

[Kneeling Cable Chop w/Rope](https://www.youtube.com/watch?v=7BXl5kwyKrE) 3 sets of 10

[Kneeling 1-Arm Shoulder ER to Press w/Band](https://www.youtube.com/watch?v=rhWsln1iDVw) 3 sets of 10 Arm Care and Recovery:

Week 3 Day 4

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Yoga Pushup](https://www.youtube.com/watch?v=-7TEPQKkTxI) 3 sets of 8-12

[1-Arm Dumbbell Row](https://www.youtube.com/watch?v=xl1YiqQY2vA) 3 sets of 8

[Wide-Stance Cable Pallof Press](https://www.youtube.com/watch?v=MfLultuapfk) 3 sets of 10

[1-Arm Dumbbell Bench Press](https://www.youtube.com/watch?v=6tbjm5FjhB0) 3 sets of 8

[Standing 1-Arm Cable Row](https://www.youtube.com/watch?v=-zBPknRjJGU) 3 sets of 8

[Hand Switches](https://www.youtube.com/watch?v=FuYW3fQ7nJQ) 3 sets of 6

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 3 sets of 8

[Standing Cable Pallof Press to Overhead Reach](https://www.youtube.com/watch?v=0od_ZSWSJ3Q) 3 sets of 6

[Plate Hold](https://www.youtube.com/watch?v=pzdHuloZVoc) 2 sets of 1 25 lbs 1 minute

Week 4 Day 1

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Hitting](https://www.youtube.com/watch?v=bC1vwJ5qJ0I) 2 sets of 6 8 lb. ball

[Kettlebell Swings](https://www.youtube.com/watch?v=KkYOW3jDhoM) 2 sets of 10

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 2 sets of 8

[Skater Jump w/Band](https://www.youtube.com/watch?v=xW0ACXkhU9g) 2 sets of 6

[Medicine Ball Overhead Throw](https://www.youtube.com/watch?v=Glu77PgXL3Y) 2 sets of 4

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 2 sets of 6

[Prone 1-Arm Y on Table](https://www.youtube.com/watch?v=3fK93Ul0da8) 2 sets of 8

[Yoke Bar Reverse Lunge](https://www.youtube.com/watch?v=1CDFY6X7wHY) 2 sets of 8

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 2 sets of 10

[Supine Barbell Bridge](https://www.youtube.com/watch?v=xkV9gc1vUiw) 2 sets of 8

[1-Arm Kettlebell Bottoms Up Carry](https://www.youtube.com/watch?v=MJvo7OMwJlE) 2 40 yds.

[Counterweight Lateral Lunge](https://www.youtube.com/watch?v=5cjaRPqYCQc) 2 sets of 8

[Kneeling Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=fHfFx7P0D-w) 2 sets of 10

[Kneeling 1 Arm Shoulder ER w/Band](https://www.youtube.com/watch?v=On1lBbyn3OM&t=24s) 2 sets of 10 Arm Care and Recovery:

Week 4 Day 2

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Yoga Pushup](https://www.youtube.com/watch?v=-7TEPQKkTxI) 2 sets of 8-12

[Suspension Trainer Inverted Row](https://www.youtube.com/watch?v=2RXhfWZvG6s) 2 sets of 8-12

[Core-Engaged Dead Bug](https://www.youtube.com/watch?v=z6W_HhOn050) 2 sets of 6

[Kneeling 1-Arm Landmine Press](https://www.youtube.com/watch?v=-ea621aAkD4) 2 sets of 8

[Standing 1-Arm Cable Row](https://www.youtube.com/watch?v=-zBPknRjJGU) 2 sets of 8

[Kneeling Cable Anti-Rotation Press to OH Lift w/Rope](https://www.youtube.com/watch?v=AaJLTKw-gGI) 2 sets of 8

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 2 sets of 8

[Standing Pallof Press w/Band](https://www.youtube.com/shorts/8vflPTMBQ_g) 2 sets of 10

Arm Care and Recovery:

[Plate Hold](https://www.youtube.com/watch?v=pzdHuloZVoc) 2 sets of 1 25 lbs 1 minute

Week 4 Day 3

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Scoop Toss](https://www.youtube.com/watch?v=mxf1D3NtxMo) 2 sets of 6 6 lbs.

[Kettlebell Swings](https://www.youtube.com/watch?v=KkYOW3jDhoM) 2 sets of 10

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 2 sets of 8 Arm:

[Broad Jump w/Band](https://www.youtube.com/watch?v=9BV_bfqYbRI) 2 sets of 6

[Medicine Ball Slams](https://www.youtube.com/watch?v=bbXJ8expGdc) 2 sets of 8 8 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 2 sets of 6

[Prone 1-Arm Y on Table](https://www.youtube.com/watch?v=3fK93Ul0da8) 2 sets of 8

[Goblet Bulgarian Split Squat](https://www.youtube.com/watch?v=o_M9wYTtIBA) 2 sets of 8

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 2 sets of 10

[1-Arm 1-Leg Dumbbell RDL](https://www.youtube.com/watch?v=YYxFAg9645k) 2 sets of 8

[1-Arm Kettlebell Bottoms Up Carry](https://www.youtube.com/watch?v=MJvo7OMwJlE) 2 40 yds.

[Counterweight Slideboard Lateral Lunge](https://www.youtube.com/watch?v=Kqw1PAXFM6k) 2 sets of 8 10 lbs.

[Kneeling Cable Chop w/Rope](https://www.youtube.com/watch?v=7BXl5kwyKrE) 2 sets of 10

[Kneeling 1-Arm Shoulder ER to Press w/Band](https://www.youtube.com/watch?v=rhWsln1iDVw) 2 sets of 10 Arm Care and Recovery:

Week 4 Day 4

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 5

[Glute Mobilization](https://www.youtube.com/watch?v=zcLg0jb7XFk) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine 1-Leg Bridge](https://www.youtube.com/watch?v=dE7QojaIEdg) 1 set of 5

[Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

[Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[1-Leg RDL Walk](https://www.youtube.com/watch?v=UGB66QlURcw) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 10 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Yoga Pushup](https://www.youtube.com/watch?v=-7TEPQKkTxI) 2 sets of 8-12

[1-Arm Dumbbell Row](https://www.youtube.com/watch?v=xl1YiqQY2vA) 2 sets of 8

[Wide-Stance Cable Pallof Press](https://www.youtube.com/watch?v=MfLultuapfk) 2 sets of 10

[1-Arm Dumbbell Bench Press](https://www.youtube.com/watch?v=6tbjm5FjhB0) 2 sets of 8

[Standing 1-Arm Cable Row](https://www.youtube.com/watch?v=-zBPknRjJGU) 2 sets of 8

[Hand Switches](https://www.youtube.com/watch?v=FuYW3fQ7nJQ) 2 sets of 6

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 2 sets of 8

[Standing Cable Pallof Press to Overhead Reach](https://www.youtube.com/watch?v=0od_ZSWSJ3Q) 2 sets of 6

[Plate Hold](https://www.youtube.com/watch?v=pzdHuloZVoc) 2 sets of 1 25 lbs 1 minute

Week 5 Day 1

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 6

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Step Behind Shotput](https://www.youtube.com/watch?v=w0d7kI033vY) 2 sets of 6 6 lbs.

[1-Arm Kettle Bell Swings](https://www.youtube.com/watch?v=R8uI-EopErw) 2 sets of 6 25 lbs.

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 3 sets of 8 Arm:

[Box Jump](https://www.youtube.com/watch?v=52r_Ul5k03g) 2 sets of 8

[Medicine Ball Recoil Overhead Throw](https://www.youtube.com/watch?v=1YC5qtD-vu0) 2 sets of 4 4 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 3 sets of 4

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 3 sets of 8

[Yoke Bar Bulgarian Split Squat](https://www.youtube.com/watch?v=YDkJGX932J0) 3 sets of 6

[1-Arm Kettlebell Waiter’s Walk (Bottoms Up)](https://www.youtube.com/watch?v=F3av7o6OAKI) 3 sets 40 yds

[1-Leg Hip Thrust](https://www.youtube.com/watch?v=xRoPfiYGo00) 3 sets of 8

[Split Stance 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=Ebnl-_Ug2Kk) 3 sets of 10

[Goblet Lateral Lunge](https://www.youtube.com/watch?v=6DMXBtF_Spg) 3 sets of 6

[Wide Stance Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=CKwzNdtkcR8) 3 sets of 6

[Prone 1-Arm ER on Table](https://www.youtube.com/watch?v=g_Pvk8E4EkI) 3 sets of 8

Week 5 Day 2

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Plate-Loaded Push Up](https://www.youtube.com/watch?v=gvGvNCsr4kE) 3 sets of 8

[Pull-Up w/Band Assistance](https://www.youtube.com/watch?v=7yqudG7vnow) 3 sets of 8

[Anti-Rotation Dead Bug](https://www.youtube.com/watch?v=xqDJlZmK8ak) 3 sets of 4

[Split Stance 1-Arm Landmine Press](https://www.youtube.com/watch?v=nHzSvaT0qPk) 3 sets of 6

[Split Stance 1-Arm Cable Row](https://www.youtube.com/watch?v=8CF4JS24kjY) 3 sets of 8

[Speed Split Stance Cable Anti-Rotation Press w/Rope](https://www.youtube.com/shorts/2EER-oCyHEg) 3 sets of 8

[Side-Lying 1-Arm ER on Table](https://www.youtube.com/watch?v=ofCuEsEkMcM) 3 sets of 10

[Plank Plate Switches](https://www.youtube.com/watch?v=sWG725c7HQI) 3 sets of 6

[Forearm Circuit](https://www.youtube.com/watch?v=TiAwPwqOxk8) 2 sets of 10 each exercise

Week 5 Day 3

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Drop Lunge to Scoop Toss](https://www.youtube.com/watch?v=AC5FbUw81-M) 2 sets of 6 6 lbs.

[1-Arm Kettle Bell Swings](https://www.youtube.com/watch?v=R8uI-EopErw) 2 sets of 12 25 lbs.

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 3 sets of 8 Arm:

[Skater Jump w/ER Stick w/Band](https://www.youtube.com/watch?v=IJbOL0lfACY) 2 sets of 6

[Medicine Ball Recoiled Slam](https://www.youtube.com/watch?v=iBB7g8Je4NE) 2 sets of 6 6 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 3 sets of 4

[Suspension Trainer Y](https://www.youtube.com/shorts/cTWiiURX2dk) 3 sets of 8

[Yoke Bar Bulgarian Split Squat](https://www.youtube.com/watch?v=YDkJGX932J0) 3 sets of 6

[1-Arm Kettlebell Waiter’s Walk (Bottoms Up)](https://www.youtube.com/watch?v=F3av7o6OAKI) 3 sets 40 yds

[1-leg Landmine RDL](https://www.youtube.com/watch?v=wZJERqVNY98) 3 sets of 8

[Split Stance 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=Ebnl-_Ug2Kk) 3 sets of 10

[Goblet Lateral Step Ups](https://www.youtube.com/watch?v=cxAyTKh1yaY) 3 sets of 6

[Wide Stance Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=CKwzNdtkcR8) 3 sets of 6

[Prone 1-Arm ER on Table](https://www.youtube.com/watch?v=g_Pvk8E4EkI) 3 sets of 8

Week 5 Day 4

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Split Stance 1-Arm Landmine Press](https://www.youtube.com/watch?v=nHzSvaT0qPk) 3 sets of 6

[Feet-Elevated Suspension Trainer Inverted Row](https://www.youtube.com/watch?v=ADBLzRxbuQE) 3 sets of 8

[Kettlebell Reverse Crunch](https://www.youtube.com/watch?v=VQQW-eL9WIg) 3 sets of 8

[Kneeling 1-Arm Cable Press](https://www.youtube.com/watch?v=5k2Bz_XR37U) 3 sets of 8

[Kneeling Cable Face Pull](https://www.youtube.com/watch?v=deiVu3otzCw) 3 sets of 8

[Split-Stance Cable Chop w/Rope](https://www.youtube.com/watch?v=3rGIEenIXvM) 3 sets of 8

[Kneeling 1-Arm Shoulder ER to Press w/Band](https://www.youtube.com/watch?v=wRtw5oCbcoY) 3 sets of 10

[Plank Plate Switches](https://www.youtube.com/watch?v=sWG725c7HQI) 3 sets of 6

[Forearm Circuit](https://www.youtube.com/watch?v=TiAwPwqOxk8) 2 sets of 10 each exercise

Week 6 Day 1

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 6

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Step Behind Shotput](https://www.youtube.com/watch?v=w0d7kI033vY) 2 sets of 6 6 lbs.

[1-Arm Kettle Bell Swings](https://www.youtube.com/watch?v=R8uI-EopErw) 2 sets of 6 25 lbs.

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 3 sets of 8 Arm:

[Box Jump](https://www.youtube.com/watch?v=52r_Ul5k03g) 2 sets of 8

[Medicine Ball Recoil Overhead Throw](https://www.youtube.com/watch?v=1YC5qtD-vu0) 2 sets of 4 4 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 4 sets of 4

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 3 sets of 8

[Yoke Bar Bulgarian Split Squat](https://www.youtube.com/watch?v=YDkJGX932J0) 3 sets of 6

[1-Arm Kettlebell Waiter’s Walk (Bottoms Up)](https://www.youtube.com/watch?v=F3av7o6OAKI) 3 sets 40 yds

[1-Leg Hip Thrust](https://www.youtube.com/watch?v=xRoPfiYGo00) 3 sets of 8

[Split Stance 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=Ebnl-_Ug2Kk) 3 sets of 10

[Goblet Lateral Lunge](https://www.youtube.com/watch?v=6DMXBtF_Spg) 3 sets of 6

[Wide Stance Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=CKwzNdtkcR8) 3 sets of 8

[Prone 1-Arm ER on Table](https://www.youtube.com/watch?v=g_Pvk8E4EkI) 3 sets of 8

Week 6 Day 2

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Plate-Loaded Push Up](https://www.youtube.com/watch?v=gvGvNCsr4kE) 3 sets of 8

[Pull-Up w/Band Assistance](https://www.youtube.com/watch?v=7yqudG7vnow) 3 sets of 8

[Anti-Rotation Dead Bug](https://www.youtube.com/watch?v=xqDJlZmK8ak) 3 sets of 4

[Split Stance 1-Arm Landmine Press](https://www.youtube.com/watch?v=nHzSvaT0qPk) 3 sets of 6

[Split Stance 1-Arm Cable Row](https://www.youtube.com/watch?v=8CF4JS24kjY) 3 sets of 8

[Speed Split Stance Cable Anti-Rotation Press w/Rope](https://www.youtube.com/shorts/2EER-oCyHEg) 3 sets of 5

[Side-Lying 1-Arm ER on Table](https://www.youtube.com/watch?v=ofCuEsEkMcM) 3 sets of 10

[Plank Plate Switches](https://www.youtube.com/watch?v=sWG725c7HQI) 3 sets of 6

[Forearm Circuit](https://www.youtube.com/watch?v=TiAwPwqOxk8) 2 sets of 10 each exercise

Week 6 Day 3

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Drop Lunge to Scoop Toss](https://www.youtube.com/watch?v=AC5FbUw81-M) 2 sets of 6 6 lbs.

[1-Arm Kettle Bell Swings](https://www.youtube.com/watch?v=R8uI-EopErw) 2 sets of 12 25 lbs.

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 3 sets of 8 Arm:

[Skater Jump w/ER Stick w/Band](https://www.youtube.com/watch?v=IJbOL0lfACY) 2 sets of 6

[Medicine Ball Recoiled Slam](https://www.youtube.com/watch?v=iBB7g8Je4NE) 2 sets of 5 6 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 4 sets of 4

[Suspension Trainer Y](https://www.youtube.com/shorts/cTWiiURX2dk) 3 sets of 8

[Yoke Bar Bulgarian Split Squat](https://www.youtube.com/watch?v=YDkJGX932J0) 3 sets of 6

[1-Arm Kettlebell Waiter’s Walk (Bottoms Up)](https://www.youtube.com/watch?v=F3av7o6OAKI) 3 sets 40 yds

[1-leg Landmine RDL](https://www.youtube.com/watch?v=wZJERqVNY98) 3 sets of 8

[Split Stance 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=Ebnl-_Ug2Kk) 3 sets of 10

[Goblet Lateral Step Ups](https://www.youtube.com/watch?v=cxAyTKh1yaY) 3 sets of 6

[Wide Stance Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=CKwzNdtkcR8) 3 sets of 8

[Prone 1-Arm ER on Table](https://www.youtube.com/watch?v=g_Pvk8E4EkI) 3 sets of 8

Week 6 Day 4

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Split Stance 1-Arm Landmine Press](https://www.youtube.com/watch?v=nHzSvaT0qPk) 3 sets of 6

[Feet-Elevated Suspension Trainer Inverted Row](https://www.youtube.com/watch?v=ADBLzRxbuQE) 3 sets of 8

[Kettlebell Reverse Crunch](https://www.youtube.com/watch?v=VQQW-eL9WIg) 3 sets of 8

[Kneeling 1-Arm Cable Press](https://www.youtube.com/watch?v=5k2Bz_XR37U) 3 sets of 8

[Kneeling Cable Face Pull](https://www.youtube.com/watch?v=deiVu3otzCw) 3 sets of 8

[Split-Stance Cable Chop w/Rope](https://www.youtube.com/watch?v=3rGIEenIXvM) 3 sets of 8

[Kneeling 1-Arm Shoulder ER to Press w/Band](https://www.youtube.com/watch?v=wRtw5oCbcoY) 3 sets of 10

[Plank Plate Switches](https://www.youtube.com/watch?v=sWG725c7HQI) 3 sets of 6

[Forearm Circuit](https://www.youtube.com/watch?v=TiAwPwqOxk8) 2 sets of 10 each exercise

Week 7 Day 1

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 6

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Step Behind Shotput](https://www.youtube.com/watch?v=w0d7kI033vY) 2 sets of 6 6 lbs.

[1-Arm Kettle Bell Swings](https://www.youtube.com/watch?v=R8uI-EopErw) 2 sets of 6 25 lbs.

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 3 sets of 8 Arm:

[Box Jump](https://www.youtube.com/watch?v=52r_Ul5k03g) 2 sets of 8

[Medicine Ball Recoil Overhead Throw](https://www.youtube.com/watch?v=1YC5qtD-vu0) 2 sets of 4 4 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 4 sets of 4

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 3 sets of 8

[Yoke Bar Bulgarian Split Squat](https://www.youtube.com/watch?v=YDkJGX932J0) 3 sets of 8

[1-Arm Kettlebell Waiter’s Walk (Bottoms Up)](https://www.youtube.com/watch?v=F3av7o6OAKI) 3 sets of 40 yds

[1-Leg Hip Thrust](https://www.youtube.com/watch?v=xRoPfiYGo00) 3 sets of 8

[Split Stance 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=Ebnl-_Ug2Kk) 3 sets of 10

[Goblet Lateral Lunge](https://www.youtube.com/watch?v=6DMXBtF_Spg) 3 sets of 8

[Wide Stance Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=CKwzNdtkcR8) 3 sets of 8

[Prone 1-Arm ER on Table](https://www.youtube.com/watch?v=g_Pvk8E4EkI) 3 sets of 8

Week 7 Day 2

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Plate-Loaded Push Up](https://www.youtube.com/watch?v=gvGvNCsr4kE) 3 sets of 8

[Pull-Up w/Band Assistance](https://www.youtube.com/watch?v=7yqudG7vnow) 3 sets of 8

[Anti-Rotation Dead Bug](https://www.youtube.com/watch?v=xqDJlZmK8ak) 3 sets of 5

[Split Stance 1-Arm Landmine Press](https://www.youtube.com/watch?v=nHzSvaT0qPk) 3 sets of 8

[Split Stance 1-Arm Cable Row](https://www.youtube.com/watch?v=8CF4JS24kjY) 3 sets of 8

[Speed Split Stance Cable Anti-Rotation Press w/Rope](https://www.youtube.com/shorts/2EER-oCyHEg) 3 sets of 6

[Side-Lying 1-Arm ER on Table](https://www.youtube.com/watch?v=ofCuEsEkMcM) 3 sets of 12

[Plank Plate Switches](https://www.youtube.com/watch?v=sWG725c7HQI) 3 sets of 8

[Forearm Circuit](https://www.youtube.com/watch?v=TiAwPwqOxk8) 2 sets of 10 each exercise

Week 7 Day 3

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Drop Lunge to Scoop Toss](https://www.youtube.com/watch?v=AC5FbUw81-M) 2 sets of 6 6 lbs.

[1-Arm Kettle Bell Swings](https://www.youtube.com/watch?v=R8uI-EopErw) 2 sets of 12 25 lbs.

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 3 sets of 8 Arm:

[Skater Jump w/ER Stick w/Band](https://www.youtube.com/watch?v=IJbOL0lfACY) 2 sets of 6

[Medicine Ball Recoiled Slam](https://www.youtube.com/watch?v=iBB7g8Je4NE) 2 sets of 5 6 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 4 sets of 4

[Suspension Trainer Y](https://www.youtube.com/shorts/cTWiiURX2dk) 3 sets of 8

[Yoke Bar Bulgarian Split Squat](https://www.youtube.com/watch?v=YDkJGX932J0) 3 sets of 6

[1-Arm Kettlebell Waiter’s Walk (Bottoms Up)](https://www.youtube.com/watch?v=F3av7o6OAKI) 3 sets 40 yds

[1-leg Landmine RDL](https://www.youtube.com/watch?v=wZJERqVNY98) 3 sets of 8

[Split Stance 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=Ebnl-_Ug2Kk) 3 sets of 10

[Goblet Lateral Step Ups](https://www.youtube.com/watch?v=cxAyTKh1yaY) 3 sets of 8

[Wide Stance Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=CKwzNdtkcR8) 3 sets of 8

[Prone 1-Arm ER on Table](https://www.youtube.com/watch?v=g_Pvk8E4EkI) 3 sets of 8

Week 7 Day 4

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Split Stance 1-Arm Landmine Press](https://www.youtube.com/watch?v=nHzSvaT0qPk) 3 sets of 8

[Feet-Elevated Suspension Trainer Inverted Row](https://www.youtube.com/watch?v=ADBLzRxbuQE) 3 sets of 10

[Kettlebell Reverse Crunch](https://www.youtube.com/watch?v=VQQW-eL9WIg) 3 sets of 10

[Kneeling 1-Arm Cable Press](https://www.youtube.com/watch?v=5k2Bz_XR37U) 3 sets of 8

[Kneeling Cable Face Pull](https://www.youtube.com/watch?v=deiVu3otzCw) 3 sets of 8

[Split-Stance Cable Chop w/Rope](https://www.youtube.com/watch?v=3rGIEenIXvM) 3 sets of 10

[Kneeling 1-Arm Shoulder ER to Press w/Band](https://www.youtube.com/watch?v=wRtw5oCbcoY) 3 sets of 10

[Plank Plate Switches](https://www.youtube.com/watch?v=sWG725c7HQI) 3 sets of 8

[Forearm Circuit](https://www.youtube.com/watch?v=TiAwPwqOxk8) 2 sets of 10 each exercise

Week 8 Day 1

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 6

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Step Behind Shotput](https://www.youtube.com/watch?v=w0d7kI033vY) 2 sets of 6 6 lbs.

[1-Arm Kettle Bell Swings](https://www.youtube.com/watch?v=R8uI-EopErw) 2 sets of 6 25 lbs.

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 3 sets of 8 2 lbs. Arm:

[Box Jump](https://www.youtube.com/watch?v=52r_Ul5k03g) 2 sets of 8

[Medicine Ball Recoil Overhead Throw](https://www.youtube.com/watch?v=1YC5qtD-vu0) 2 sets of 4 4 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 2 sets of 4

[Kneeling 1-Arm Y with Band](https://www.youtube.com/watch?v=Fav7ll2Czf8) 2 sets of 8

[Yoke Bar Bulgarian Split Squat](https://www.youtube.com/watch?v=YDkJGX932J0) 2 sets of 8

[1-Arm Kettlebell Waiter’s Walk (Bottoms Up)](https://www.youtube.com/watch?v=F3av7o6OAKI) 2 sets of 40 yds

[1-Leg Hip Thrust](https://www.youtube.com/watch?v=xRoPfiYGo00) 2 sets of 8

[Split Stance 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=Ebnl-_Ug2Kk) 2 sets of 10

[Goblet Lateral Lunge](https://www.youtube.com/watch?v=6DMXBtF_Spg) 2 sets of 8

[Wide Stance Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=CKwzNdtkcR8) 2 sets of 8

[Prone 1-Arm ER on Table](https://www.youtube.com/watch?v=g_Pvk8E4EkI) 3 sets of 8

Week 8 Day 2

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Plate-Loaded Push Up](https://www.youtube.com/watch?v=gvGvNCsr4kE) 2 sets of 8

[Pull-Up w/Band Assistance](https://www.youtube.com/watch?v=7yqudG7vnow) 2 sets of 10

[Anti-Rotation Dead Bug](https://www.youtube.com/watch?v=xqDJlZmK8ak) 2 sets of 5

[Split Stance 1-Arm Landmine Press](https://www.youtube.com/watch?v=nHzSvaT0qPk) 2 sets of 8

[Split Stance 1-Arm Cable Row](https://www.youtube.com/watch?v=8CF4JS24kjY) 2 sets of 8

[Speed Split Stance Cable Anti-Rotation Press w/Rope](https://www.youtube.com/shorts/2EER-oCyHEg) 2 sets of 6

[Side-Lying 1-Arm ER on Table](https://www.youtube.com/watch?v=ofCuEsEkMcM) 2 sets of 12

[Plank Plate Switches](https://www.youtube.com/watch?v=sWG725c7HQI) 2 sets of 8

[Forearm Circuit](https://www.youtube.com/watch?v=TiAwPwqOxk8) 2 sets of 10 each exercise

Week 8 Day 3

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

Base Stealing Sprints 1 set of 5

[Medicine Ball Drop Lunge to Scoop Toss](https://www.youtube.com/watch?v=AC5FbUw81-M) 2 sets of 6 6 lbs.

[1-Arm Kettle Bell Swings](https://www.youtube.com/watch?v=R8uI-EopErw) 2 sets of 12 25 lbs.

[Kneeling ER Throws](https://www.youtube.com/watch?v=PVa1R6VvDco) 3 sets of 8 Arm:

[Skater Jump w/ER Stick w/Band](https://www.youtube.com/watch?v=IJbOL0lfACY) 2 sets of 6

[Medicine Ball Recoiled Slam](https://www.youtube.com/watch?v=iBB7g8Je4NE) 2 sets of 5 6 lbs.

[Trap Bar Deadlift](https://www.youtube.com/watch?v=VNgxEhOoOjo) 2 sets of 4

[Suspension Trainer Y](https://www.youtube.com/shorts/cTWiiURX2dk) 2 sets of 8

[Yoke Bar Bulgarian Split Squat](https://www.youtube.com/watch?v=YDkJGX932J0) 2 sets of 8

[1-Arm Kettlebell Waiter’s Walk (Bottoms Up)](https://www.youtube.com/watch?v=F3av7o6OAKI) 2 sets 40 yds

[1-leg Landmine RDL](https://www.youtube.com/watch?v=wZJERqVNY98) 2 sets of 8

[Split Stance 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=Ebnl-_Ug2Kk) 2 sets of 10

[Goblet Lateral Step Ups](https://www.youtube.com/watch?v=cxAyTKh1yaY) 2 sets of 8

[Wide Stance Cable Anti-Rotation Chop w/Rope](https://www.youtube.com/watch?v=CKwzNdtkcR8) 2 sets of 8

[Prone 1-Arm ER on Table](https://www.youtube.com/watch?v=g_Pvk8E4EkI) 2 sets of 8

Week 8 Day 4

[Foam Rolling Series](https://www.youtube.com/watch?v=t4A523-O5uk) 1 set 30 sec. **Warm-up:**

[Groin Mobilization](https://www.youtube.com/watch?v=uYqw17e8Mb0) 1 set of 6

[Supine Glute Stretch](https://www.youtube.com/watch?v=VNr8ZLC8-zs) 1 set of 6

[Hip Flexor Mobilization](https://www.youtube.com/watch?v=rR__FUUead4) 1 set of 6

[Rolling Post Cuffs](https://www.youtube.com/watch?v=s7muoAD08x4) 20 sec.

[Groin Dips](https://www.youtube.com/watch?v=lo1amzCeAPE) 1 set of 5

[Dead Bug](https://www.youtube.com/watch?v=jbWmbhElf3Q) 1 set of 5

[Supine Bridge March](https://www.youtube.com/watch?v=7MEEh9GLVG4) 1 set of 5

1-Arm [Back-to-Wall Arm Elevations](https://www.youtube.com/watch?v=QEBqufick-s) 1 set of 8

1-Arm [Wall “Y” Slides](https://www.youtube.com/watch?v=JgvG8TOUlJI) 1 set of 8

[Bodyweight Squat w/Band](https://www.youtube.com/watch?v=AmpGugDza7Q) 1 set of 8

[Spidermans](https://www.youtube.com/watch?v=zzMZR0arjsc) 1 set of 3

[Bowler Squat](https://www.youtube.com/watch?v=CklAEBtBsuo) 1 set of 3

[Lateral Lunge to OH Reach](https://www.youtube.com/watch?v=3QpE466al5I) 1 set of 3

High Knees/Butt Kickers/Carioca/Skip/Back Pedal 1 set 20 Yds

[Kneeling 1-Arm ER Wall Holds](https://www.youtube.com/watch?v=z4TUWHOhpxs) 1 set of 8

[Split Stance 1-Arm Landmine Press](https://www.youtube.com/watch?v=nHzSvaT0qPk) 2 sets of 8

[Feet-Elevated Suspension Trainer Inverted Row](https://www.youtube.com/watch?v=ADBLzRxbuQE) 2 sets of 10

[Kettlebell Reverse Crunch](https://www.youtube.com/watch?v=VQQW-eL9WIg) 2 sets of 10

[Kneeling 1-Arm Cable Press](https://www.youtube.com/watch?v=5k2Bz_XR37U) 2 sets of 8

[Kneeling Cable Face Pull](https://www.youtube.com/watch?v=deiVu3otzCw) 2 sets of 8

[Split-Stance Cable Chop w/Rope](https://www.youtube.com/watch?v=3rGIEenIXvM) 2 sets of 10

[Kneeling 1-Arm Shoulder ER to Press w/Band](https://www.youtube.com/watch?v=wRtw5oCbcoY) 2 sets of 10

[Plank Plate Switches](https://www.youtube.com/watch?v=sWG725c7HQI) 2 sets of 8

[Forearm Circuit](https://www.youtube.com/watch?v=TiAwPwqOxk8) 2 sets of 10 each exercise