

## 6 Week Workout Plan

This program is 6 weeks long with 4 training days each week. Each workout includes:

- Warm-Up to prepare your body and joints
- Main Strength/Power Sets with equipment and no-equipment options
- Finishers or Core/Shoulder Stability for targeted athletic work
- Cool-Down to recover and stay mobile

### Equipment vs. No-Equipment Options

- Each workout lists an equipment exercise (dumbbells, bands, med balls) and a no-equipment alternative.
- If you don't have equipment, choose the alternative — or improvise. Example: Use a backpack with books instead of dumbbells, or a towel instead of a band.
- Don't skip training because you don't have the exact setup — movement matters most.

### Check Off Workouts as You Go

- In the menu, check off each training day once completed (4 boxes per week).
- Inside each workout page, check off individual exercises as you finish them to track progress through the session.

### Use the Notes Section

- Record weights used, adjustments, or how you felt to track progress.
- Examples:
  - “Used 15lb dumbbells for split squats — move up to 20lb next week.”
  - “No bands today — did bodyweight rows instead.”
  - “Felt sore from practice, shortened rest periods.”

### Consistency Over Perfection

- Aim to complete all 4 days each week, but if you miss one, don't double up — just continue with the next workout.
- Focus on good technique and steady improvement rather than chasing max weight every session.

### Questions?

- If you're unsure about an exercise, need an alternative, or want feedback, reach out to a coach — they're here to help you get the most out of the program.

<b>Week</b>	<b>Day 1: Lower Body</b>	<b>Day 2: Upper Body</b>	<b>Day 3: Speed/Agility</b>	<b>Day 4: Total Body</b>
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				

## Week 1 – Day 1: Lower Body Power + Core

### Warm-Up

- High Knees (30 sec): Drive knees up quickly while pumping arms.
- Glute Bridge (10 reps): Lie on back, knees bent, feet flat. Lift hips up until body forms a line from shoulders to knees.
- World's Greatest Stretch (5/side): Lunge forward, both hands inside foot, reach elbow toward ground, then twist chest up.
- Jumping Jacks (30 sec): Quick, light hops with arms and legs moving out/in.
- Air Squats (10 reps): Sit hips back and down, chest tall, feet flat.

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Lower Body Power & Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Goblet Squats</b> (3x8): Hold a dumbbell or kettlebell at chest. Sit hips back and down. Keep chest upright.	<input type="checkbox"/> <b>Jump Squats</b> (3x10): Explode up from a deep squat. Land softly and reload.	
<input type="checkbox"/> <b>Dumbbell Reverse Lunges</b> (3x6/leg): Hold DBs at sides. Step back into a lunge, keeping front shin vertical.	<input type="checkbox"/> <b>Reverse Lunges</b> (3x8/leg): Step back into a lunge, push through front foot to return.	
<input type="checkbox"/> <b>Broad Jump to Sprint</b> (3x5): Jump forward as far as you can, stick landing, then sprint 10 yards.	<input type="checkbox"/> <b>Broad Jump to Sprint</b> (3x5): Jump forward as far as you can, stick landing, then sprint 10 yards.	
<input type="checkbox"/> <b>Plank Row</b> (Renegade Row) (3x8): In push-up position with DBs, row one DB up while keeping hips stable.	<input type="checkbox"/> <b>Plank Shoulder Taps</b> (3x20 taps): In plank position, alternate tapping opposite shoulder. Keep hips steady.	
<input type="checkbox"/> <b>Hollow Body Hold</b> (3x20 sec): Lie on back, arms overhead, legs straight. Lift shoulders and legs 6" off the ground and hold.	<input type="checkbox"/> <b>Hollow Body Hold</b> (3x20 sec): Lie on back, arms overhead, legs straight. Lift shoulders and legs 6" off the ground and hold.	

### Cool Down

- Forward Fold (30 sec)
- Calf Stretch on Wall (30 sec each)
- Deep Belly Breathing (1 min)

## Week 1 – Day 2: Upper Body Strength + Stability

### Warm-Up

- Arm Circles (30 sec each direction): Small to large, forward/backward.
- Shoulder Taps (20 total): From push-up position, alternate tapping shoulders.
- Wall Slides (10 reps): Stand with back and arms against wall. Slide arms up and down in a Y-position while maintaining contact.
- Cat-Cow (5 reps): On all fours, alternate arching and rounding the back.
- Push-up to Down Dog (5 reps): Lower into a push-up, then press back into down dog.

### Main Set – Upper Body Strength & Stability

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>DB Floor Press</b> (3x10): Lie on the ground and press dumbbells from chest to full extension.	<input type="checkbox"/> <b>Push-Ups</b> (3x10): Keep elbows at 45°, body in straight line. Modify on knees if needed.	
<input type="checkbox"/> <b>One-Arm Dumbbell Row</b> (3x8/arm): Hinge at hips, pull DB to side body, stabilizing with opposite arm.	<input type="checkbox"/> <b>Superman Pull</b> (3x10): Lie face down with arms extended. Lift chest and arms, then pull elbows back, squeezing shoulder blades.	
<input type="checkbox"/> <b>DB Overhead Press</b> (3x8): Press DBs straight overhead, keep ribs down and core tight.	<input type="checkbox"/> <b>Pike Push-Ups</b> (3x6): In downward dog position, bend elbows and lower head toward ground. Builds shoulder strength.	
<input type="checkbox"/> <b>Dead Bug</b> (3x10): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	<input type="checkbox"/> <b>Dead Bug</b> (3x10): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	
<input type="checkbox"/> <b>Side Plank Hold</b> (2x30 sec/side): Elbow under shoulder, hips lifted, top foot stacked or staggered.	<input type="checkbox"/> <b>Side Plank Hold</b> (2x30 sec/side): Elbow under shoulder, hips lifted, top foot stacked or staggered.	

### Finisher – Explosive Core Rotation

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Rotational Med Ball Slam</b> (3x6/side): Start from loaded hip position, rotate and slam ball down across body.	<input type="checkbox"/> <b>Russian Twists</b> (3x20 total): Sit tall, twist torso side to side.	

### Cool Down

- Arm across chest stretch (30 sec/side)
- Doorway pec stretch (30 sec/side)
- Child's pose (1 min)

## Week 1 – Day 3: Speed, Agility & Conditioning

### Warm-Up

- Skips in Place (30 sec): Light rhythm skip, staying in place.
- Lateral Lunge + Reach (5/side): Step out, sit hips back, and reach toward opposite foot.
- A-Skip or March (30 sec): Emphasize high knees and arm drive.
- Lateral Shuffle w/ Pause (30 sec): Quick 3-step shuffle and stick.
- Arm Swings (30 sec): Forward/back and across chest.

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Speed + Agility

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Band-Resisted Sprint</b> (3x10 yd): Partner holds resistance band as athlete drives forward with power.	<input type="checkbox"/> <b>High-Knee Sprint in Place</b> (3x20 sec): Drive knees rapidly, fast foot contact.	
<input type="checkbox"/> <b>3-Cone Agility Drill</b> (3x5): Set up cones in an L-shape or triangle (3–5 yards apart). Start at Cone 1, sprint forward to Cone 2, shuffle sideways to Cone 3, then backpedal to Cone 1. Maintain a low athletic stance throughout. Focus on clean direction changes and footwork.	<input type="checkbox"/> <b>DIY 3-Cone Drill</b> (3x5): Use shoes or water bottles as markers. Sprint/shuffle/backpedal.	
<input type="checkbox"/> <b>Sprint-Float-Sprint</b> (3x5): Sprint 5 yd → jog 10 yd → sprint 5 yd.	<input type="checkbox"/> <b>Sprint-Float-Sprint</b> (3x5): Sprint 5 yd → jog 10 yd → sprint 5 yd.	
<input type="checkbox"/> <b>Lateral Bounds</b> (3x10): Big side-to-side jumps, land softly and hold for balance.	<input type="checkbox"/> <b>Lateral Bounds</b> (3x10): Big side-to-side jumps, land softly and hold for balance.	
<input type="checkbox"/> <b>Crossover Sprint</b> (3x5): From an athletic stance, perform 5 high-knee crossover steps, staying square to the front. On the fifth step, plant and explode into a sprint. Focus on knee drive and quick transitions.	<input type="checkbox"/> <b>Crossover Sprint</b> (3x5): From an athletic stance, perform 5 high-knee crossover steps, staying square to the front. On the fifth step, plant and explode into a sprint. Focus on knee drive and quick transitions.	

### Cool Down

- Hamstring scoops (30 sec/leg)
- Hip flexor stretch (30 sec/side)
- Deep breathing (1 min)

## Week 1 – Day 4: Total Body Explosiveness + Core

### Warm-Up

- Jump Rope or Jog in Place (2 min): Light bounce or skip to elevate heart rate.
- Dynamic Lunges (10 total): Step forward, lower hips, rotate torso toward lead leg.
- Arm Swings (30 sec): Swing arms forward/back and across body.
- Inchworm Walkout x 5: Walk hands out to a plank, return standing.
- Fast Feet (30 sec): Run in place with short, rapid steps. Stay light on your feet, with fast ground contact and arms pumping in rhythm. Focus on speed and control.

### Main Set – Explosiveness + Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Med Ball Slam</b> (3x10): Overhead to floor with force. Emphasize triple extension and fast hands.	<input type="checkbox"/> <b>Tuck Jumps</b> (3x10): Jump vertically, bring knees to chest, land softly and reset.	
<input type="checkbox"/> <b>Dumbbell Thrusters</b> (3x8): Front squat with DBs → explode up into overhead press.	<input type="checkbox"/> <b>Bodyweight Thrusters</b> (3x10): Deep squat → rise into upward arm press.	
<input type="checkbox"/> <b>Dumbbell Swings</b> (3x15): Hold weight with both hands. Hinge and drive hips forward to swing weight to chest level.	<input type="checkbox"/> <b>Broad Jump to Stick</b> (3x5): Jump far forward and freeze in strong landing.	
<input type="checkbox"/> <b>V-Ups with Dumbbell</b> (3x12): Hold weight overhead and crunch up into V-position.	<input type="checkbox"/> <b>V-Ups</b> (3x12): Crunch up into V-position.	
<input type="checkbox"/> <b>Plank to Push-Up Position</b> (3x10): Move from forearms to hands while keeping a tight core.	<input type="checkbox"/> <b>Plank to Push-Up Position</b> (3x10): Move from forearms to hands while keeping a tight core.	
<input type="checkbox"/> <b>Lean Fall Sprint</b> (3x): Lean forward from standing until falling, then explode into sprint while driving trail knee forward.	<input type="checkbox"/> <b>Lean Fall Sprint</b> (3x): Lean forward from standing until falling, then explode into sprint while driving trail knee forward.	

### Cool Down

- Deep quad stretch (30 sec/side)
- Seated forward fold (30 sec)
- Belly breathing (1 min)

## Week 2 – Day 1: Lower Body Power + Core

### Warm-Up

- High Knees (30 sec): Drive knees up quickly while pumping arms.
- Glute Bridges (10 reps): Lie on back, knees bent, feet flat. Lift hips up until body forms a line from shoulders to knees.
- World's Greatest Stretch (5/side): Lunge forward, both hands inside foot, reach elbow toward ground, then twist chest up.
- Jumping Jacks (30 sec): Quick, light hops with arms and legs moving out/in.
- Air Squats (10 reps): Sit hips back and down, chest tall, feet flat.

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Lower Body Power & Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Dumbbell Split Squat</b> (3x6/leg): Hold dumbbells at your sides, lower into a lunge keeping the torso tall. Push through front heel to return.	<input type="checkbox"/> <b>Split Squat</b> (3x8/leg): Hold arms at your sides, lower into a lunge keeping the torso tall. Push through front heel to return.	
<input type="checkbox"/> <b>Dumbbell Swings</b> (3x15): Hold weight with both hands. Hinge and drive hips forward to swing weight to chest level.	<input type="checkbox"/> <b>Broad Jump to Stick</b> (3x8): Jump forward as far as you can, stick landing, then sprint 10 yards.	
<input type="checkbox"/> <b>Dumbbell Lateral Lunge</b> (3x6/side): Hold dumbbells at your chest or sides. Step out to the side and sit into the hip while keeping the other leg straight.	<input type="checkbox"/> <b>Lateral Lunge</b> (3x8/side): Step out to the side and sit into the hip while keeping the other leg straight.	
<input type="checkbox"/> <b>Dumbbell Suitcase Hold March</b> (3x16 /side): Hold one dumbbell in one hand on the side. Slowly march in place while resisting side lean.	<input type="checkbox"/> <b>Marching Plank</b> (3x20 sec): From a side plank, lift and lower the top leg in a controlled marching motion. Focus on keeping the body stable and hips stacked.	
<input type="checkbox"/> <b>Dead Bug</b> (3x10): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	<input type="checkbox"/> <b>Dead Bug</b> (3x10): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	

### Cool Down

- Hamstring Scoop Walk (30 sec/side)
- Calf Stretch on Wall (30 sec each)
- Deep Belly Breathing (1 min)

## Week 2 – Day 2: Upper Body Strength + Stability

### Warm-Up

- Arm Circles (30 sec each direction): Small to large, forward/backward.
- Banded Pull-Aparts (20 total): With arms straight, pull the band apart at shoulder height. Squeeze your shoulder blades together like you're pinching a pencil.
- Wall Slides (10 reps): Stand with back and arms against wall. Slide arms up and down in a Y-position while maintaining contact.
- Cat-Cow (5 reps): On all fours, alternate arching and rounding the back.

### Main Set – Upper Body Strength & Stability

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Dumbbell Floor Press</b> (3x10): Lie on the ground and press dumbbells from chest to full extension.	<input type="checkbox"/> <b>Push-Ups</b> (3x10): Lie face down with arms extended. Lift chest and arms, then pull elbows back, squeezing shoulder blades.	
<input type="checkbox"/> <b>One-Arm Dumbbell Row</b> (3x8/arm): Hinge at hips, pull DB to side body, stabilizing with opposite arm.	<input type="checkbox"/> <b>Superman Pull</b> (3x10): Hold loaded backpack with both hands, hinge forward, and row to chest.	
<input type="checkbox"/> <b>Z-Press</b> (3x8): Sit with legs extended, press dumbbells overhead while maintaining posture.	<input type="checkbox"/> <b>Pike Push-Ups</b> (3x8): In downward dog position, bend elbows and lower head toward ground.	
<input type="checkbox"/> <b>Dead Bug Dumbbell Overhead Hold</b> (3x10): Hold dumbbell straight above chest while performing alternating leg extensions.	<input type="checkbox"/> <b>Dead Bug</b> (3x10): Extend one arm and opposite leg. Control motion and maintain core engagement.	
<input type="checkbox"/> <b>Side Plank + Reach Under</b> (3x8/side): In side plank, rotate top arm under torso and back up.	<input type="checkbox"/> <b>Side Plank + Reach Under</b> (3x8/side): In side plank, rotate top arm under torso and back up.	

### Finisher

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Banded IYT</b> (3x8): Anchor a band low and hold the ends with straight arms. Pull arms straight up (I), out at 45° (Y), and straight out to the sides (T), squeezing shoulder blades together each rep.	<input type="checkbox"/> <b>Banded IYT</b> (3x8): Anchor a band low and hold the ends with straight arms. Pull arms straight up (I), out at 45° (Y), and straight out to the sides (T), squeezing shoulder blades together each rep.	
<input type="checkbox"/> <b>Weighted Plank Pull-Throughs</b> (3x8): In plank, drag a weight (or DB) across your body side to side while keeping hips level.	<input type="checkbox"/> <b>Plank Shoulder Taps</b> (3x20): In plank position, alternate tapping opposite shoulder. Keep hips steady.	

### Cool Down

- Arm across chest stretch (30 sec/side)
- Doorway pec stretch (30 sec/side)
- Child's pose (1 min)

## Week 2 – Day 3: Speed, Agility & Conditioning

### Warm-Up

- High Knees (30 sec): Drive knees up quickly while pumping arms.
- Lateral Lunge + Reach (5/side): Step out, sit hips back, and reach forward.
- A-Skip or March (30 sec): Emphasize high knees and arm drive.
- Lateral Shuffle w/ Pause (30 sec): Quick 3-step shuffle and stick.
- Jump Rope or Fast Feet (30 sec): Light bounce or skip to elevate heart rate.

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Speed + Agility

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Band-Resisted Sprint</b> (3x5): Partner holds resistance band as athlete drives forward with power for 10 yds.	<input type="checkbox"/> <b>Sprint-Float-Sprint</b> (3x5): Sprint 5 yd → jog 10 yd → sprint 5 yd.	
<input type="checkbox"/> <b>Cone Zigzag Drill</b> (3x5): Set cones in a zigzag pattern. Sprint and change direction quickly at each cone. Focus on footwork and reaction.	<input type="checkbox"/> <b>DIY Zigzag Drill</b> (3x5): Use shoes or water bottles as markers. Sprint and change direction quickly at each	
<input type="checkbox"/> <b>Belly Start Sprint</b> (3x5): Start lying flat on your stomach facing one direction. On cue, pop up, turn 180° (as if reacting to an overthrow), and sprint 10 yards.	<input type="checkbox"/> <b>Belly Start Sprint</b> (3x5): Start lying flat on your stomach facing one direction. On cue, pop up, turn 180° (as if reacting to an overthrow), and sprint 10 yards.	
<input type="checkbox"/> <b>Lateral Bounds</b> (3x8/side): Big side-to-side jumps, land softly and hold for balance.	<input type="checkbox"/> <b>Lateral Bounds to Balance</b> (3x8/side): Big side-to-side jumps, land softly and hold for balance.	
<input type="checkbox"/> <b>Russian Twist</b> (3x20): Sit tall, twist torso side to side.	<input type="checkbox"/> <b>Russian Twist</b> (3x20): Sit tall, twist torso side to side.	

### Cool Down

- Hamstring scoops (30 sec/leg)
- Hip flexor stretch (30 sec/side)
- Deep breathing (1 min)

## Week 2 – Day 4: Total Body Explosiveness + Core

### Warm-Up

- Jump Rope or Jog in Place (2 min): Light bounce or skip to elevate heart rate.
- Dynamic Lunges (10 total): Step forward, lower hips, rotate torso toward lead leg.
- Arm Swings (30 sec): Swing arms forward/back and across body.
- Inchworm Walkout x 5: Walk hands out to a plank, return standing.
- Fast Feet (30 sec): Run in place with short, rapid steps. Stay light on your feet, with fast ground contact and arms pumping in rhythm. Focus on speed and control.

### Main Set – Explosiveness + Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Med Ball Slam</b> (3x10): Overhead to floor with force. Emphasize triple extension and fast hands.	<input type="checkbox"/> <b>Tuck Jumps</b> (3x10): Jump vertically, bring knees to chest, land softly and reset.	
<input type="checkbox"/> <b>Dumbbell Squat to Press</b> (3x8): Hold dumbbells at shoulders, squat down, then press overhead as you stand up.	<input type="checkbox"/> <b>Bodyweight Thruster</b> (3x10): Deep squat → rise into upward arm press.	
<input type="checkbox"/> <b>Dumbbell Swings</b> (3x15): Hold weight with both hands. Hinge and drive hips forward to swing weight to chest level.	<input type="checkbox"/> <b>Broad Jump + Stick</b> (3x6): Jump far forward and freeze in strong landing.	
<input type="checkbox"/> <b>V-Ups with Dumbbell</b> (3x12): Hold weight overhead and crunch up into V-position.	<input type="checkbox"/> <b>V-Ups</b> (3x12): Crunch up into V-position.	
<input type="checkbox"/> <b>Plank + DB Pull Through</b> (3x8): In high plank, drag a dumbbell underneath your body from side to side. Keep hips steady.	<input type="checkbox"/> <b>Plank to Push-Up</b> (3x10): Move from forearms to hands while keeping a tight core.	

### Explosive Sprint Drill

Drill	Weight Used / Notes
<input type="checkbox"/> <b>Lean Fall Sprint</b> (3x5): Lean forward from standing until falling, then explode into a few steps of a sprint while driving trail knee forward.	
<input type="checkbox"/> <b>Crab Start Sprint</b> (3x): Start in a low crab position—facing up, feet flat, hands on the ground behind you. Push up and forward quickly to transition into an explosive sprint.	

### Cool Down

- Deep quad stretch (30 sec/side)
- Seated forward fold (30 sec)
- Belly breathing (1 min)

## Week 3 – Day 1: Lower Body Power + Core

### Warm-Up

- High Knees (30 sec): Drive knees up quickly while pumping arms.
- Glute Bridges (10 reps): Lie on back, knees bent, feet flat. Lift hips up until body forms a line from shoulders to knees.
- World's Greatest Stretch (5/side): Lunge forward, both hands inside foot, reach elbow toward ground, then twist chest up.
- Jumping Jacks (30 sec): Quick, light hops with arms and legs moving out/in.
- Air Squats (10 reps): Sit hips back and down, chest tall, feet flat.

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Lower Body Power & Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Box Jumps</b> (3x5): Jump onto a sturdy box or platform, land softly, step down with control.	<input type="checkbox"/> <b>Tuck Jump</b> (3x5): Jump vertically, bring knees to chest, land softly and reset.	
<input type="checkbox"/> <b>Bulgarian Split Squat</b> (3x6/leg): Rear foot elevated, lower until front thigh is parallel. Push through front heel to return. Dumbbells optional.	<input type="checkbox"/> <b>Split Squat</b> (3x8/leg): Hold arms at your sides, lower into a lunge keeping the torso tall. Push through front heel to return.	
<input type="checkbox"/> <b>Banded Glute Bridge</b> (3x12): Band above knees, press knees out while lifting hips up. Squeeze glutes at top.	<input type="checkbox"/> <b>Glute Bridge</b> (3x12): Lie on back, knees bent, feet flat. Lift hips up until body forms a line from shoulders to knees.	
<input type="checkbox"/> <b>Dead Bug w/ Bands</b> (3x8/side): Perform dead bug with a resistance band around feet.	<input type="checkbox"/> <b>Dead Bug</b> (3x10): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	
<input type="checkbox"/> <b>Leg Raise Core Engagement</b> (3x10): Anchor exercise band overhead, lie on back holding handles to floor. Raise one straight leg while keeping hips level and arms down. Lower with control.	<input type="checkbox"/> <b>Leg Raise Hold</b> (3x10): Lie on back with arms at sides. Raise one straight leg while keeping the other flat and hips level. Pause briefly at the top, then lower with control.	

### Cool Down

- Pigeon Stretch or 90/90 Hold (30 sec/side)
- Calf Stretch on Wall (30 sec each)
- Deep Belly Breathing (1 min)

## Week 3 – Day 2: Upper Body Strength + Stability

### Warm-Up

- Arm Swings (30 sec): Forward/back and across chest.
- Wall Slides (10 reps): Stand with back and arms against wall. Slide arms up and down in a Y-position while maintaining contact.
- Cat-Cow (30 sec): On all fours, alternate arching and rounding the back.
- Push-Up to Down Dog (5 reps): Lower into a push-up, then press back into down dog.

### Main Set – Upper Body Strength & Stability

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Chest Press with Hold</b> (3x8): Lie on floor, press dumbbells up and pause at the top.	<input type="checkbox"/> <b>Push-Up Hold + Tap</b> (3x8): Hold top of push-up, tap opposite shoulder without letting hips shift.	
<input type="checkbox"/> <b>Bent-Over Row</b> (3x10): Hinge at hips, flat back. Pull weights to ribs, squeeze shoulder blades together.	<input type="checkbox"/> <b>Superman Pull</b> (3x10): Lie face down with arms extended. Lift chest and arms, then pull elbows back, squeezing shoulder blades.	
<input type="checkbox"/> <b>Single-Arm Overhead Press</b> (3x8/arm): Press dumbbell overhead while keeping ribs down and body stable.	<input type="checkbox"/> <b>Pike Push-Ups</b> (3x6): In downward dog position, bend elbows and lower head toward ground. Builds shoulder strength.	
<input type="checkbox"/> <b>Pallof Press</b> (3x10/side): Use band or cable. Stand side-on, press band straight out from chest, resisting rotation.	<input type="checkbox"/> <b>Dead Bug</b> (3x10): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	
<input type="checkbox"/> <b>Side Plank Row</b> (3x6/side): Hold a side plank facing a band anchored in front of you. Row the band toward your ribs with the top arm, keeping your body stable and resisting rotation.	<input type="checkbox"/> <b>Side Plank + Reach Under</b> (3x8/side): In side plank, rotate top arm under torso and back up.	

### Finisher

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Superman to Row w/ Band</b> (3x10): Stand facing a band anchor, holding the band in one hand. Extend three-side arm and leg like a Superman hold. Then drive the knee up and row the band toward your ribs at the same time.	<input type="checkbox"/> <b>Bird Dog</b> (3x10): From hands and knees, extend one arm and the opposite leg straight out. Hold briefly, then bring elbow and knee together under the body. Repeat with control, then switch sides.	
<input type="checkbox"/> <b>Plank with Dumbbell Pull Through</b> (3x10): In high plank, drag a dumbbell underneath your body from side to side. Keep hips steady.	<input type="checkbox"/> <b>Plank to Pushup</b> (3x10): Move from forearms to hands while keeping a tight core.	

### Cool Down

- Doorway pec stretch (30 sec/side)
- Child's pose (1 min)

## Week 3 – Day 3: Speed, Agility & Conditioning

### Warm-Up

- Fast Feet (3x10 sec bursts): Run in place with short, rapid steps. Stay light on your feet, with fast ground contact and arms pumping in rhythm. Focus on speed and control.
- Lateral Lunge + Reach (5/side): Step out, sit hips back, and reach forward.
- A-Skip or March (30 sec): Emphasize high knees and arm drive.
- Lateral Shuffle with Pause (3x10 yd): Quick 3-step shuffle and stick
- Arm Swings (30 sec): Forward/back and across chest.

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Speed + Agility

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Drop Jumps</b> (3x4): Step off a low box, land softly, and immediately jump vertically.	<input type="checkbox"/> <b>Jump Squat</b> (3x6): Explode up from a deep squat. Land softly and reload.	
<input type="checkbox"/> <b>Cone Lateral Shuttle</b> (3x6): Set up 2 cones 5–10 yards apart. Lateral shuffle to one cone, touch the line, and shuffle back.	<input type="checkbox"/> <b>DIY Lateral Shuttle</b> (3x6): Use shoes or water bottles as markers. Laterally shuffle between each.	
<input type="checkbox"/> <b>Lateral Mini-Hurdle or Line Hops</b> (3x10 sec): Quick side-to-side hops over low hurdles or tape line. Stay low and bouncy.	<input type="checkbox"/> <b>Lateral Quick Feet Over Line</b> (3x10 sec): Rapid small hops side-to-side over a line. Prioritize speed and footwork.	
<input type="checkbox"/> <b>Band-Resisted Crossover Sprint</b> (3x10 yd): Use a band at waist. From an athletic stance, perform 5 high-knee crossover steps, staying square to the front. On the fifth step, plant and explode into a sprint. Focus on knee drive and quick transitions.	<input type="checkbox"/> <b>Crossover Sprint</b> (3x10 yd): From an athletic stance, perform 5 high-knee crossover steps, staying square to the front. On the fifth step, plant and explode into a sprint. Focus on knee drive and quick transitions.	
<input type="checkbox"/> <b>Standing Pallof March</b> (3x10): Stand side-on to a band, press arms straight and march in place. Resist twisting.	<input type="checkbox"/> <b>Dead Bug</b> (3x30 sec): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	

### Cool Down

- Kneeling Hip Flexor Stretch (30 sec/side)
- Seated 90/90 Hold + Rotation (30 sec/side)
- Deep Breathing (1 min)

## Week 3 – Day 4: Total Body Explosiveness + Core

### Warm-Up

- Jump Rope or Jog in Place (2 min): Light bounce or skip to elevate heart rate.
- Dynamic Lunge (10 total): Step forward, lower hips, rotate torso toward lead leg.
- Glute Bridge (10): Lie on back, knees bent, feet flat. Lift hips up until body forms a line from shoulders to knees.
- Inchworm Walkout (5 reps): Walk hands out to a plank, return standing.
- Fast Feet (2x10 sec): Run in place with short, rapid steps. Stay light on your feet, with fast ground contact and arms pumping in rhythm. Focus on speed and control.

### Main Set – Explosiveness + Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Box Jumps</b> (3x5): Jump onto a sturdy box or platform, land softly, step down with control.	<input type="checkbox"/> <b>Tuck Jump</b> (3x6): Jump vertically, bring knees to chest, land softly and reset.	
<input type="checkbox"/> <b>DB Step-Ups to Knee Drive</b> (3x8/leg): Step onto box or bench with dumbbells, drive opposite knee up forcefully.	<input type="checkbox"/> <b>Step-Up to Knee Drive</b> (3x8/leg): Step onto box or bench, drive opposite knee up forcefully.	
<input type="checkbox"/> <b>Banded Hip Thrusts</b> (3x10): Shoulders on bench (or chair/couch), band at hips. Lower and drive hips up to full lockout.	<input type="checkbox"/> <b>Hip Thrusts</b> (3x12): Shoulders on bench (or chair/couch). Lower and drive hips up to full lockout.	
<input type="checkbox"/> <b>Superman Row</b> (3x10/side): Stand facing a band anchor, holding the band in one hand. Extend the same-side arm and leg like a Superman hold. Then drive the knee up and row the band toward your ribs at the same time.	<input type="checkbox"/> <b>Bird Dog</b> (3x10): From hands and knees, extend one arm and the opposite leg straight out. Hold briefly, then bring elbow and knee together under the body. Repeat with control, then switch sides.	
<input type="checkbox"/> <b>V-Ups with Dumbbell</b> (3x12): Hold weight overhead and crunch up into V-position.	<input type="checkbox"/> <b>V-Ups</b> (3x12): Crunch up into V-position.	

### Explosive Sprint Drill

With Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Lean Fall Sprint</b> (3x5): Lean forward from standing until falling, then explode into sprint while driving trail knee forward.	
<input type="checkbox"/> <b>Lateral Hop + Sprint</b> (2x/side): Hop laterally over a cone or line, then immediately sprint forward 10–15 yards.	

### Cool Down

- Half Kneeling Quad + Hip Flexor Stretch (30 sec/side)
- Seated Glute Stretch or 90/90 (30 sec/side)
- Supine Twist (30 sec/side)

## Week 4 – Day 1: Lower Body Power + Core

### Warm-Up

- Jumping Jacks (30 sec): Quick, light hops with arms and legs moving out/in.
- Hip Circles (10/side): On all fours, lift and rotate one hip at a time in a circular motion
- Glute Bridges (10): Lie on back, knees bent, feet flat. Lift hips up until body forms a line from shoulders to knees.
- Bodyweight Squat + Pause (10): Pause for 2 sec at bottom of each squat

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Lower Body Power

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Drop Jumps</b> (3x6): Step off a low box, land softly, and immediately jump vertically.	<input type="checkbox"/> <b>Jump Squat</b> (3x6): Explode up from a deep squat. Land softly and reload.	
<input type="checkbox"/> <b>DB Step Back Lunge to Drive</b> (3x6/leg): Step back into a lunge then drive knee up explosively	<input type="checkbox"/> <b>Reverse Lunge to Knee Drive</b> (3x8/leg): Step back into a lunge and drive knee up on return	
<input type="checkbox"/> <b>Banded Monster Walk</b> (3x10 each way): Step sideways in a squat position with band above knees	<input type="checkbox"/> <b>Monster Walk</b> (3x10 each way): Step sideways in a squat position	
<input type="checkbox"/> <b>Lateral Hop + Sprint</b> (3x5/side): Hop laterally over a cone or line, then immediately sprint forward 10–15 yards.	<input type="checkbox"/> <b>Lateral Hop + Sprint</b> (3x5/side): Hop laterally over any small object, then immediately sprint forward 10–15 yards.	
<input type="checkbox"/> <b>Banded Hip Thrust</b> (3x10): Shoulders on bench (or chair/couch), band at hips. Lower and drive hips up to full lockout.	<input type="checkbox"/> <b>Hip Thrust</b> (3x10/leg): Shoulders on bench (or chair/couch). Lower and drive hips up to full lockout.	

### Cool Down

- Seated 90/90 Hold + Rotation
- Standing Hamstring Stretch
- Diaphragmatic Breathing:

## Week 4 – Day 2: Upper Body Strength + Anti-Rotation

### Warm-Up

- Arm Circles (30 sec): Small to large, forward/backward.
- Wall Slides (10 reps): Stand with back and arms against wall. Slide arms up and down in a Y-position while maintaining contact.
- Cat-Cow with Thoracic Reach (5/side): Flow between arching (cow) and rounding (cat) your back. At the top of cat, reach one arm through to twist upper back.
- Push-Up to Down Dog (5 reps): Lower into a push-up, then press back into down dog.

### Main Set – Upper Body Strength & Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Z-Press</b> (3x8): Sit with legs extended, press dumbbells overhead while maintaining posture. Great for shoulder and core.	<input type="checkbox"/> <b>Pike Push-Ups</b> (3x8): In downward dog position, bend elbows and lower head toward ground.	
<input type="checkbox"/> <b>DB Chest-Supported Row</b> (3x10): Row dumbbells while chest rests on a bench or incline	<input type="checkbox"/> <b>Bent-Over Row</b> (3x10): Hinge at hips, flat back. Pull weights to ribs, squeeze shoulder blades together.	
<input type="checkbox"/> <b>Half-Kneeling Single-Arm Press</b> (3x8/arm): Press from kneeling position to challenge stability	<input type="checkbox"/> <b>Wall Push-Ups w/ Hold</b> (3x10): Pause at bottom to increase time under tension	
<input type="checkbox"/> <b>Pallof Press</b> (3x8/side): Use band or cable. Stand side-on, press band straight out from chest, resisting rotation.	<input type="checkbox"/> <b>Dead Bug</b> (3x10): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	
<input type="checkbox"/> <b>Superman to Row</b> (3x10/side): Stand facing a band anchor, holding the band in one hand. Extend the same-side arm and leg like a Superman hold. Then drive the knee up and row the band toward your ribs at the same time.	<input type="checkbox"/> <b>Lying Superman to Row</b> (3x10): Lie face down with arms extended overhead and legs straight. Lift arms, chest, and legs off the ground at the same time, squeezing glutes and shoulder blades. Hold briefly, then lower with control.	

### Finisher – Shoulder & Core Stability

With Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Band Pull-Aparts</b> (3x12): With arms straight, pull the band apart at shoulder height. Squeeze your shoulder blades together like you're pinching a pencil.	
<input type="checkbox"/> <b>Dead Bug with Bands:</b> (3x12) Perform dead bug with a resistance band around feet.	

### Cool Down

- Doorway pec stretch (30 sec/side)
- Child's pose (1 min)
- Foam Roller Shoulder Arc (1 min)

## Week 4 – Day 3: Change of Direction + Acceleration

### Warm-Up

- Jump Rope (1 min): Light bounce or skip to elevate heart rate.
- A-Skip (30 sec): Emphasize high knees and arm drive.
- Lateral Lunge w/ Reach (5/side): Step out, sit hips back, and reach forward.
- Fast Feet (30 sec): Run in place with short, rapid steps. Stay light on your feet, with fast ground contact and arms pumping in rhythm. Focus on speed and control.
- Arm Circles (30 sec): Small to large, forward/backward. 5-10

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Agility & Reaction

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Cone 5-10-5 Shuttle</b> (3x): Start straddling the center line. Sprint 5 yards to one side and touch the line, change direction and sprint 10 yards to the far line, touch, then sprint back 5 yards through the start line. Focus on quick direction changes and staying low through turns.	<input type="checkbox"/> <b>Sprint-Backpedal-Sprint</b> (3x): Use shoes or water bottles as markers. Start straddling the center line. Sprint 5 yards to one side and touch the line, change direction and sprint 10 yards to the far line, touch, then sprint back 5 yards through the start line.	
<input type="checkbox"/> <b>Band-Resisted Sprint</b> (3x10 yd): Partner holds resistance band as athlete drives forward with power for 10 yds.	<input type="checkbox"/> <b>High-Knee Sprint in Place</b> (3x): Drive knees rapidly, fast foot contact.	
<input type="checkbox"/> <b>Lateral Bounds</b> (3x30 sec): Big side-to-side jumps, land softly and hold for balance.	<input type="checkbox"/> <b>Lateral Bounds</b> (3x30 sec): Big side-to-side jumps, land softly and hold for balance.	
<input type="checkbox"/> <b>Line Hops – Forward + Lateral</b> (3x10 sec each direction): Quick short hops over a line or mark	<input type="checkbox"/> <b>Line Hops – Forward + Lateral</b> (3x10 sec each direction): Quick short hops over a line or mark	
<input type="checkbox"/> <b>Rotational Med Ball Slam</b> (3x20): Start from loaded hip position, rotate and slam ball down across body.	<input type="checkbox"/> <b>Russian Twist</b> (3x20): Sit tall, twist torso side to side.	

### Cool Down

- Kneeling Hip Flexor Stretch (30 sec/side)
- Seated 90/90 Hold + Rotation (30 sec/side)
- Deep Breathing (1 min)

## Week 4 – Day 4: Total Body Power + Core Control

### Warm-Up

- Jump Rope (1 min): Light bounce or skip to elevate heart rate.
- Dynamic Lunge (10 reps): Step forward, lower hips, rotate torso toward lead leg.
- Inchworm Walkout (5 reps): Walk hands out to a plank, return standing.
- Glute Bridge (10): Lie on back, knees bent, feet flat. Lift hips up until body forms a line from shoulders to knees.
- Fast Feet (3x10 sec): Run in place with short, rapid steps. Stay light on your feet, with fast ground contact and arms pumping in rhythm. Focus on speed and control.

### Main Set – Explosiveness + Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Box Jump</b> (3x5): Jump onto a sturdy box or platform, land softly, step down with control.	<input type="checkbox"/> <b>Tuck Jump</b> (3x5): Jump vertically, bring knees to chest, land softly and reset.	
<input type="checkbox"/> <b>DB Thruster</b> (3x8): Front squat with DBs → explode up into overhead press.	<input type="checkbox"/> <b>Bodyweight Thruster</b> (3x10): Deep squat → rise into upward arm press.	
<input type="checkbox"/> <b>Dumbbell Swing</b> (3x15): Hold weight with both hands. Hinge and drive hips forward to swing weight to chest level.	<input type="checkbox"/> <b>Broad Jump to Stick</b> (3x10): Jump far forward and freeze in strong landing.	
<input type="checkbox"/> <b>Superman Row</b> (3x10): Stand facing a band anchor, holding the band in one hand. Extend the same-side arm and leg like a Superman hold. Then drive the knee up and row the band toward your ribs at the same time.	<input type="checkbox"/> <b>Lying Superman</b> (3x10): Lie face down with arms extended overhead and legs straight. Lift arms, chest, and legs off the ground at the same time, squeezing glutes and shoulder blades. Hold briefly, then lower with control.	
<input type="checkbox"/> <b>Standing Pallof March</b> (3x10/side): Stand side-on to a band, press arms straight and march in place. Resist twisting.	<input type="checkbox"/> <b>Dead Bug</b> (3x10): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	

### Explosive Sprint Drill

With Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Lean Fall Sprint</b> (3x): Lean forward from standing until falling, then explode into sprint while driving trail knee forward.	
<input type="checkbox"/> <b>Backpedal to Sprint</b> (2x20 yd): Backpedal 5 yd, then burst forward for 10 yds	

### Cool Down

- Seated Hamstring Stretch (30 sec/side)
- Pigeon Pose or 90/90 (30 sec/side)
- Deep Breathing (1 min)

## Week 5 – Day 1: Lower Body Power + Core

### Warm-Up

- Butt Kicks (30 sec): Run in place, kicking heels toward glutes with quick, light steps.
- Lateral Lunge + Reach (5/side): Step
- Air Squats (10x): Sit hips back and down, chest tall, feet flat.
- Dynamic Lunges (10 total): Step forward, lower hips, rotate torso toward lead leg.

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Lower Body Power

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Drop Jump to Broad Jump</b> (3x6): Step off a low box, land softly, then immediately explode forward into a broad jump.	<input type="checkbox"/> <b>Squat Jump to Broad Jump</b> (3x6): Perform a vertical jump squat, land softly, then immediately explode forward into a broad jump.	
<input type="checkbox"/> <b>DB Front Foot Elevated Split Squat</b> (3x6/leg): Stand with front foot on a low step, dumbbells at sides. Lower into a lunge, then drive through front heel to stand.	<input type="checkbox"/> <b>Split Squat</b> (3x10/leg): Hold arms at your sides, lower into a lunge keeping the torso tall. Push through front heel to return.	
<input type="checkbox"/> <b>Banded Monster Walk</b> (3x10 steps): Step sideways in a squat position with band above knees	<input type="checkbox"/> <b>Air Squat + Lateral Step</b> (3x10): Step sideways in a squat position	
<input type="checkbox"/> <b>Side Plank Row</b> (3x10/side): Hold a side plank facing a band anchored in front of you. Row the band toward your ribs with the top arm, keeping your body stable and resisting rotation.	<input type="checkbox"/> <b>Side Plank + Reach Under</b> (3x10/side): In side plank, rotate top arm under torso and back up. Builds core and shoulder control.	
<input type="checkbox"/> <b>Wall Sit</b> (2x30 sec): Lean back against a wall with feet shoulder-width apart and slide down until knees are bent at 90°	<input type="checkbox"/> <b>Wall Sit</b> (2x30 sec): Lean back against a wall with feet shoulder-width apart and slide down until knees are bent at 90°	

### Cool Down

- 90/90 Rotations (5/side)
- Hamstring Wall Stretch (30 sec/side)
- Lying Knee Hug + Pull (30 sec/side)
- Box Breathing (1 min)

## Week 5 – Day 2: Upper Body Strength + Anti-Rotation

### Warm-Up

- Arm Swings + Cross (30 sec): Forward/back and across chest.
- Wall Angels (10 reps): Stand against wall, slide arms up/down keeping contact with wall.
- Scapular Push-Up (10 reps): From a plank position, keep arms straight and squeeze shoulder blades together, then push them apart.
- Cat-Cow with Thoracic Reach (5 reps/side): Flow between arching (cow) and rounding (cat) your back. At the top of cat, reach one arm through to twist upper back.

### Main Set – Upper Body Strength & Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>DB Incline Press</b> (3x8): Lie on an incline holding dumbbells at chest level. Press them upward until arms are straight, then lower under control to the starting position.	<input type="checkbox"/> <b>Decline Push-up</b> (3x8): Place feet on a low step with hands on the floor. Lower chest toward the ground, then press back up, keeping body straight and core tight.	
<input type="checkbox"/> <b>Plank Row</b> (3x8/arm): In push-up position with DBs, row one DB up while keeping hips stable.	<input type="checkbox"/> <b>Plank Shoulder Taps</b> (3x20): In plank position, alternate tapping opposite shoulder.	
<input type="checkbox"/> <b>Bentover Row</b> (3x10): Hinge at hips, flat back. Pull weights to ribs, squeeze shoulder blades together.	<input type="checkbox"/> <b>Superman Pull</b> (3x10): Lie face down with arms extended. Lift chest and arms, then pull elbows back, squeezing shoulder blades.	
<input type="checkbox"/> <b>Half Kneeling Pallof Press</b> (3x10/side): In a half-kneel sideways to a band, press arms straight out and back, resisting rotation and keeping core tight	<input type="checkbox"/> <b>Dead Bug</b> (3x10/side): Lie on back with arms and legs in the air. Extend opposite arm/leg, keep back flat.	
<input type="checkbox"/> <b>Banded IYT</b> (3x8): Anchor a band low and hold the ends with straight arms. Pull arms straight up (I), out at 45° (Y), and straight out to the sides (T), squeezing shoulder blades together each rep.	<input type="checkbox"/> <b>Banded IYT</b> (3x8): Anchor a band low and hold the ends with straight arms. Pull arms straight up (I), out at 45° (Y), and straight out to the sides (T), squeezing shoulder blades together each rep.	

### Finisher – Shoulder & Core Stability

With Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Mountain Climber</b> (3x30 sec): From a high plank, drive knees alternately toward the chest in a quick, running motion.	
<input type="checkbox"/> <b>Bear Crawl Hold + Toe Taps</b> : (3x12) Hold a bear crawl position (knees under hips, hovering off the floor). Tap one foot laterally out to the side, return to center, then alternate.	

### Cool Down

- Doorway Chest Stretch
- Seated Neck Rolls
- Breath Hold to Exhale (3x)

## Week 5 – Day 3: Change of Direction + Acceleration

### Warm-Up

- Jump Rope (1 min): Light bounce or skip to elevate heart rate.
- High Knees (30 sec): Drive knees up quickly while pumping arms.
- Lateral Lunge + Reach (5/side): Step out, sit hips back, and reach forward.
- A-Skip (1 min): Skip forward while driving one knee up and the opposite arm forward. Land softly on the ball of the foot and quickly switch sides, keeping a steady rhythm and tall posture.

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Agility & Reaction

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Lateral Hop + Sprint</b> (3x5): Hop laterally over a cone or line, then immediately sprint forward 10–15 yards.	<input type="checkbox"/> <b>Lateral Hop + Sprint</b> (3x5): Hop laterally over a cone or line, then immediately sprint forward 10–15 yards.	
<input type="checkbox"/> <b>Sprint-Float-Sprint</b> (3x4): Sprint 5 yd → jog 10 yd → sprint 5 yd.	<input type="checkbox"/> <b>Sprint-Float-Sprint</b> (3x4): Sprint 5 yd → jog 10 yd → sprint 5 yd.	
<input type="checkbox"/> <b>Cone Zigzag Drill</b> (3x4): Set cones in a zigzag pattern. Sprint and change direction quickly at each cone. Focus on footwork and reaction.	<input type="checkbox"/> <b>DIY Zigzag Drill</b> (3x4): Use shoes or water bottles as markers. Sprint and change direction quickly at each	
<input type="checkbox"/> <b>Lateral Bounds</b> (3x10): Big side-to-side jumps, land softly and hold for balance.	<input type="checkbox"/> <b>Lateral Bounds</b> (3x10): P Big side-to-side jumps, land softly and hold for balance.	
<input type="checkbox"/> <b>Belly Start Sprint</b> (3x4): Start lying flat on your stomach facing one direction. On cue, pop up, turn 180° (as if reacting to an overthrow), and sprint 10 yards.	<input type="checkbox"/> <b>Belly Start Sprint</b> (3x4): Start lying flat on your stomach facing one direction. On cue, pop up, turn 180° (as if reacting to an overthrow), and sprint 10 yards.	

### Cool Down

- 90/90 Hip Switch
- World's Greatest Stretch
- Box Breathing

## Week 6 – Day 1: Lower Body Power + Core

### Warm-Up

- Jump Rope (1 min): Light bounce or skip to elevate heart rate.
- World's Greatest Stretch (5/side): Lunge forward, both hands inside foot, reach elbow toward ground, then twist chest up.
- Glute Bridge (2x10): Lie on back, knees bent, feet flat. Lift hips up until body forms a line from shoulders to knees.
- Fast Feet (30 sec): Run in place with short, rapid steps. Stay light on your feet, with fast ground contact and arms pumping in rhythm. Focus on speed and control.
- Lateral Shuffle + Pause (4x5 yd): Quick 3-step shuffle and stick

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Lower Body Power

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Drop Jump</b> (3x6): Step off a low box, land softly, and immediately jump vertically.	<input type="checkbox"/> <b>Jump Squat</b> (3x6): Explode up from a deep squat. Land softly and reload.	
<input type="checkbox"/> <b>Bulgarian Split Squat</b> (3x6/leg): Rear foot elevated, lower until front thigh is parallel. Push through front heel to return.	<input type="checkbox"/> <b>Split Squat</b> (3x6/leg): Hold arms at your sides, lower into a lunge keeping the torso tall. Push through front heel to return.	
<input type="checkbox"/> <b>Wall Sit</b> (3x30 sec): Lean back against a wall with feet shoulder-width apart and slide down until knees are bent at 90°	<input type="checkbox"/> <b>Wall Sit</b> (3x30 sec): Lean back against a wall with feet shoulder-width apart and slide down until knees are bent at 90°	
<input type="checkbox"/> <b>Dumbbell Swing</b> (3x15): Hold weight with both hands. Hinge and drive hips forward to swing weight to chest level.	<input type="checkbox"/> <b>Broad Jump to Stick</b> (3x10): Jump far forward and freeze in strong landing.	
<input type="checkbox"/> <b>Dumbbell Step Up to Knee Drive</b> (3x10): Step onto box or bench with dumbbells, drive opposite knee up forcefully.	<input type="checkbox"/> <b>Step Up to Knee Drive</b> (3x10): Step onto box or bench, drive opposite knee up forcefully.	

### Cool Down

- Pigeon or 90/90 Stretch
- Wall Hamstring Stretch
- Box Breathing

## Week 6 – Day 2: Upper Body Strength + Anti-Rotation

### Warm-Up

- Arm Circles (30 sec): Small to large, forward/backward.
- Wall Slide (10x): Stand with back and arms against wall. Slide arms up and down in a Y-position while maintaining contact.
- Cat Cow (5x): On all fours, alternate arching and rounding the back.
- Incline Pushups (2x6): Place hands on a bench or step with body straight. Lower chest toward the surface, then press back up, keeping core tight and shoulders stable.

### Main Set – Upper Body Strength & Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Chest Press with Hold</b> (3x8): Lie on floor, press dumbbells up and pause at the top.	<input type="checkbox"/> <b>Push-Up Hold + Tap</b> (3x10): Hold top of push-up, tap opposite shoulder without letting hips shift.	
<input type="checkbox"/> <b>Dumbbell Chest Supported Row</b> (3x8/side): Row dumbbells while chest rests on a bench or incline	<input type="checkbox"/> <b>Bentover Row</b> (3x10): Hinge at hips, flat back. Pull weights to ribs, squeeze shoulder blades together.	
<input type="checkbox"/> <b>Banded Lat Pull-Down</b> (3x10): Anchor a resistance band overhead. Grip the band with both hands and pull it down toward your chest, driving elbows to your sides.	<input type="checkbox"/> <b>Superman Pull + Overhead Reach</b> (3x10): Lie face down with arms extended. Lift chest and arms, then pull elbows back, squeezing shoulder blades.	
<input type="checkbox"/> <b>Pike Push-Up</b> (3x10): In downward dog position, bend elbows and lower head toward ground.	<input type="checkbox"/> <b>Pike Push-Up</b> (3x10): In downward dog position, bend elbows and lower head toward ground.	
<input type="checkbox"/> <b>Tricep Dip</b> (3x10): Place hands on the edge of a bench or step with legs extended forward. Lower your body by bending elbows to about 90°, then press back up to straighten arms.	<input type="checkbox"/> <b>Tricep Dip</b> (3x10): Place hands on the edge of a bench or step with legs extended forward. Lower your body by bending elbows to about 90°, then press back up to straighten arms.	

### Finisher – Pallof Series

With Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Shoulder Pallof Extension</b> (3x10 each): Stand sideways to the band so it pulls from the same side as the working arm. Hold the band at your chest and press straight up, resisting the sideways pull and keeping your torso square.	
<input type="checkbox"/> <b>Shoulder Pallof Flexion</b> (3x10 each): Stand sideways to the band so it pulls from the opposite side of the working arm. Hold the band at your chest and press straight down, resisting the sideways pull and keeping your torso square.	

### Cool Down

- Thread the Needle (5/side)
- Chest Stretch in Doorway (30 sec)
- Foam Roller Shoulder Arch

## Week 6 – Day 3: Change of Direction + Acceleration

### Warm-Up

- Jump Rope (1 min): Light bounce or skip to elevate heart rate.
- High Knees (30 sec): Drive knees up quickly while pumping arms.
- Lateral Lunge + Reach (5 reps/leg): Step out, sit hips back, and reach forward.
- Butt Kicks (30 sec): Run in place, kicking heels toward glutes with quick, light steps to warm up hamstrings.
- Fast Feet (30 sec): Run in place with short, rapid steps. Stay light on your feet, with fast ground contact and arms pumping in rhythm. Focus on speed and control.

### Running Progression Block

- Arm Motion – Both Arms (30 sec): Fast, short arm pumps at 90°.
- Arm Motion – Alternating Arms (30 sec): Controlled but rapid running rhythm.
- Leaning Banded Knee Drive (2x30 sec/side): Band around foot, lean forward, drive knee up and down rapidly.
- Alternating Knee Drive – One/Two/Three/Stick (2x30 sec): Alternate knees with controlled pauses.
- Banded Running in Place (2x30 sec): Band around waist, run in place resisting the band.

### Main Set – Agility & Reaction

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Band-Resisted Sprint</b> (3x10 yd): Partner holds resistance band as athlete drives forward with power.	<input type="checkbox"/> <b>High-Knee Sprint in Place</b> (3x20 sec): Drive knees rapidly, fast foot contact.	
<input type="checkbox"/> <b>3-Cone Agility Drill</b> (3x5): Set up cones in an L-shape or triangle (3–5 yards apart). Start at Cone 1, sprint forward to Cone 2, shuffle sideways to Cone 3, then backpedal to Cone 1. Maintain a low athletic stance throughout. Focus on clean direction changes and footwork.	<input type="checkbox"/> <b>DIY 3-Cone Drill</b> (3x5): Use shoes or water bottles as markers. Sprint/shuffle/backpedal.	
<input type="checkbox"/> <b>Sprint-Float-Sprint</b> (3x5): Sprint 5 yd → jog 10 yd → sprint 5 yd.	<input type="checkbox"/> <b>Sprint-Float-Sprint</b> (3x5): Sprint 5 yd → jog 10 yd → sprint 5 yd.	
<input type="checkbox"/> <b>Lateral Bounds</b> (3x10): Big side-to-side jumps, land softly and hold for balance.	<input type="checkbox"/> <b>Lateral Bounds</b> (3x10): Big side-to-side jumps, land softly and hold for balance.	
<input type="checkbox"/> <b>Cone Zigzag Drill</b> (3x5): Set cones in a zigzag pattern. Sprint and change direction quickly at each cone. Focus on footwork and reaction.	<input type="checkbox"/> <b>DIY Zigzag Drill</b> (3x5): Use shoes or water bottles as markers. Sprint and change direction quickly at each	

### Cool Down

- 90/90 Hip Switch
- World's Greatest Stretch
- Box Breathing

## Week 6 – Day 4: Total Body Power + Core Control

### Warm-Up

- High Knees (30 sec): Drive knees up quickly while pumping arms.
- Glute Bridge (10 reps): Lie on back, knees bent, feet flat. Lift hips up until body forms a line from shoulders to knees.
- World's Greatest Stretch (5/side): Lunge forward, both hands inside foot, reach elbow toward ground, then twist chest up.
- Jumping Jacks (30 sec): Quick, light hops with arms and legs moving out/in.
- Air Squats (10 reps): Sit hips back and down, chest tall, feet flat.

### Main Set – Explosiveness + Core

With Equipment	No Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Med Ball Slam</b> (3x10): Overhead to floor with force. Emphasize triple extension and fast hands.	<input type="checkbox"/> <b>Tuck Jumps</b> (3x10): Jump vertically, bring knees to chest, land softly and reset.	
<input type="checkbox"/> <b>Dumbbell Squat to Press</b> (3x8): Hold dumbbells at shoulders, squat down, then press overhead as you stand up.	<input type="checkbox"/> <b>Bodyweight Thruster</b> (3x10): Deep squat → rise into upward arm press.	
<input type="checkbox"/> <b>Dumbbell Swings</b> (3x15): Hold weight with both hands. Hinge and drive hips forward to swing weight to chest level.	<input type="checkbox"/> <b>Broad Jump + Stick</b> (3x6): Jump far forward and freeze in strong landing.	
<input type="checkbox"/> <b>V-Ups with Dumbbell</b> (3x12): Hold weight overhead and crunch up into V-position.	<input type="checkbox"/> <b>V-Ups</b> (3x12): Crunch up into V-position.	
<input type="checkbox"/> <b>Plank + DB Pull Through</b> (3x8): In high plank, drag a dumbbell underneath your body from side to side. Keep hips steady.	<input type="checkbox"/> <b>Plank to Push-Up</b> (3x10): Move from forearms to hands while keeping a tight core.	

### Explosive Sprint Drill

With Equipment	Weight Used / Notes
<input type="checkbox"/> <b>Lean Fall Sprint</b> (3x5): Lean forward from standing until falling, then explode into sprint while driving trail knee forward.	
<input type="checkbox"/> <b>Lateral Hop + Sprint</b> (2x/side): Hop laterally over a cone or line, then immediately sprint forward 10–15 yards.	

### Cool Down

- Wall Quad Stretch
- Lying Glute Stretch
- Breathing or Foam Roll