

PERFORMANCE COURSE

| | | | | | |
|---|------|---|------|---|------|
| NAME: | | PHASE: VACATION | | PROGRAM: AT HOME | |
| CORRECTIVE CIRCUIT | | CORRECTIVE CIRCUIT | | CORRECTIVE CIRCUIT | |
| DEEP SQUAT | | STRAIGHT LEG RAISE | | SHOULDER | |
| 1/2 Kneeling Ankle Mobility | x10E | Push Up Position Shoulder Tap | x10E | Kneeling T-Spine Rotation | x10E |
| 90/90 Hip Switches | x5E | Leg Lower | x10E | Serratus Plank Push Up | x10 |
| Squat to Stand w/Reach | x10 | Single Leg RDL | x10E | Dynamic Blackburns | x10 |
| Repeat Circuit for total of 2 rounds | | Repeat Circuit for total of 2 rounds | | Repeat Circuit for total of 2 rounds | |

| | | |
|--------------|--------------|--------------|
| DAY 1 | DAY 2 | DAY 3 |
|--------------|--------------|--------------|

| | | | | | |
|---|-----------------------|---|-----------------------|---|-----------------------|
| WARMUP | | WARMUP | | WARMUP | |
| Glute Bridge | 30sec | Glute Bridge | 30sec | Glute Bridge | 30sec |
| Hip Rocks | 30sec | Hip Rocks | 30sec | Hip Rocks | 30sec |
| Fire Hydrants | 10 reps each | Fire Hydrants | 10 reps each | Fire Hydrants | 10 reps each |
| Push Up Position Shoulder tap | 10 reps each | Push Up Position Shoulder tap | 10 reps each | Push Up Position Shoulder tap | 10 reps each |
| Spiderman Lunge w/ Rotation | 5 reps each | Spiderman Lunge w/ Rotation | 5 reps each | Spiderman Lunge w/ Rotation | 5 reps each |
| Inchworm Walkouts | 5 reps | Inchworm Walkouts | 5 reps | Inchworm Walkouts | 5 reps |
| Field Goal Hold to Press | 10reps w/ 2 sec pause | Field Goal Hold to Press | 10reps w/ 2 sec pause | Field Goal Hold to Press | 10reps w/ 2 sec pause |

| | | | | | |
|--|---------------------------------------|--|---|--|---|
| STRENGTH | | STRENGTH | | STRENGTH | |
| T1: ISO Squat (hold weight in Goblet position if needed) | 4x20sec (pair w/ Combo Vertical Jump) | T1: Goblet or Bodyweight Split Squat | 4x5 w/ 4 sec Pause at bottom each rep | T1: Max Effort Pushups | 2 sets of as many reps as you can get in one minute |
| | | | | (try to get one more reps than last week) | |
| T2: Plank to Push Up | 4x10reps | T2: Glute Bridge Walkouts | 4x6 (small steps) Hold at bottom and top for 2sec | T2: Max Effort Pull Ups | 2 sets of max effort chin hang or chin up |
| T2B: Dynamic Blackburns | 4x10reps | T2B: Lateral Plank | 4x20sec each way | or Chin Hangs | |
| | | | | (try to get one more rep or 2 more seconds than last week) | |
| T3: Goblet/Body weight Lateral Lunge | 3x8E | T3: Single Arm Banded or DB Row (neutral Grip) | 3x8E | T3: Walking Lunges | 3x15each leg |
| | | | | T3B: Foward Leopard Crawl | 3x20 yds |

| | | | | | |
|--|-----------------------|--|-----------------------|--|-----------------------|
| SPRINT DRILLS | | SPRINT DRILLS | | SPRINT DRILLS | |
| Knee Hugs | 10yds | Knee Hugs | 10yds | Knee Hugs | 10yds |
| Ankle tug | 10yds | Ankle tug | 10yds | Ankle tug | 10yds |
| Slow Shuffle | 10yds each way | Slow Shuffle | 10yds each way | Slow Shuffle | 10yds each way |
| Dynamic March | 10yds | Dynamic March | 10yds | Dynamic March | 10yds |
| Fast Shuffle | 10yds each | Fast Shuffle | 10yds each | Fast Shuffle | 10yds each |
| Goose Step to Sprint | 5yds and Sprint 10yds | Goose Step to Sprint | 5yds and Sprint 10yds | Goose Step to Sprint | 5yds and Sprint 10yds |
| Sprint to Backward Run | 40yds @80, 90, 100% | Sprint to Backward Run | 40yds @80, 90, 100% | Sprint to Backward Run | 40yds @80, 90, 100% |

| | | | | | |
|--|---------------------------------------|--|---------------------------------------|--------------------------------|----------------------|
| MOVEMENT | | MOVEMENT | | MOVEMENT | |
| Vertical Jump | 4x3 stick and hold in UAP on last rep | Broad Jumps | 4x3 stick and hold in UAP on last rep | Speed Skaters | 4x8 seconds |
| Flying 10's (stride 20yds, sprint 10yds, stride) | 4x10 yds | Push Up Position to Sprint | 4x15 yds | Shuffle Ladder | 4 sets of 5 - 10 - 5 |

| | | | | | |
|-----------------------------------|-----------------------------|---------------------------------|--------|--|----------------------------------|
| CONDITIONING | | CONDITIONING | | CONDITIONING | |
| 2x300 yd Shuttles | 50 yds and back for 3 trips | 60 Yard Sprints | 6 sets | 6x60yd shuttles | 5 back, 10 back, 15 back = 1 rep |
| | | | | (5yd and back, 10yd and back, 15yd and back) | |

SPEED-STRENGTH-CONDITIONING