

Warm up

Lower Warmup



Quads	30 sec	Toe Sits	30 sec	Dead Bug	10
Inner Quads	30 sec	Ankle Sits	30 sec	Hip Bridge	10
Outer Quads	30 sec	Knee Drives	30 sec	Half Squat Hold	30 sec
Hamstrings	30 sec	90/90	3x5sec	Knee Separations	10
Glutes	30 sec	H.flexor / quad	10	Crab Walk	10
Calves	30 sec	Sprinter Stretch	30 sec	Knee Drives	10
Feet	30 sec	Frog	10	Video	
Piriformis	30 sec	Groin Stretch	5x5sec		
TFL	30 sec	Video			
Video					

Warm up

Upper Warmup



Lats	30 sec	Budda	20-30 sec	Diamond Rise	10x	
Pecs	30 sec	Seated Rotations	20-30 sec	Bear Plank	20-30 sec	
Pec minor	30 sec	Floor Clocks	3x5s	Elastic Separations	10x	
Upper Back	30 sec	Kneeling Wall Rotations	10x	Elastic Wall Slides	10x	
Traps	30 sec					
Forearms	30 sec					
Bicep	30 sec			Video		
Tricep	30 sec					
		Video				
Video						

Step 4

MAX SPEED SYSTEM

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Choose 1 from this group

RECRUIT

#	2-3 sets of 3 reps at 80% of your max	Video
1	Single Leg Squat on Box	Video
2	Barbell Reverse Lunge	Video
3	Bulgarian Split Squat	Video
4	Cross Over Step Up	Video
5	Reverse Lunge to Knee Drive	Video

Then 1 from this group

PRIME

	2-3 sets of 3 reps as Explosive as possible	Video
1	Resisted Jump Squats	Video
2	Resisted Skater Jump Pull In	Video
3	Box Jump	Video
4	Step off to Jump to Lateral Jump	Video
5	Scissor Jumps	Video

**** Take 1-2 Minutes of rest between sets