

Day 1	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Sweeping Hamstring	2	10	2	10	2	10	2	10
Walking Figure 4	2	10	2	10	2	10	2	10
Elevated Pigeon	2	:20	2	:20	2	:20	2	:20
B Stance Squat	3	8	4	5	3	8	4	5
DB Floor Press	3	12	3	8	3	12	3	8
DB Incline Chest Supported Row	3	15	3	10	3	15	3	10
DB Braced SL RDL	3	10	3	6	3	10	3	6
Copenhagen Plank	3	:15	3	:20	3	:20	3	:30
Sliding SL Pike	3	6	3	6	3	8	3	8
Hamstring PNF	1	:18	1	:18	1	:18	1	:18

Day 2	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Quadruped Hip Circle	2	5	2	5	2	5	2	5
Quadruped Lateral Leg Raise	2	5	2	5	2	5	2	5
Inchworm Walkouts	2	5	2	5	2	5	2	5
Sumo Deadlift	5	2	3	6	5	2	3	6
DB Z Press	3	8	3	12	3	8	3	12
Table Top Pull-Up Hold	3	1	3	1	3	1	3	1
Deficit Reverse Lunge	3	5	3	8	3	5	3	8
TRX Face Pull	3	15	3	15	3	20	3	20
Side Lying Hip Raise	3	8	3	8	3	12	3	12
Groin PNF (butterfly)	1	:18	1	:18	2	:18	2	:18

Day 3	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Shoulder CARs	2	5	2	5	2	5	2	5
Foot+Ankle Series	4	10	4	10	4	10	4	10
Quad Stretch + Reach	2	10	2	10	2	10	2	10
Deficit Bulgarian Split Squat	3	8	4	5	3	8	4	5
Landmine Half Kneeling Shoulder Press	3	12	3	8	3	12	3	8
Landmine Twist	3	10	3	10	3	12	3	12
Towel Inverted Row	3	x	3	x	3	x	3	x
Skater Squat/Band asst	3	8	3	8	3	10	3	10
Nordic Negatives	3	5	3	5	3	6	3	6
Hip Flexion	1	:18	1	:18	1	:18	1	:18

Day 4	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Hip CARs	2	5	2	5	2	5	2	5
Alt. Lateral Lunge	2	10	2	10	2	10	2	10
World's Greatest Stretch	2	5	2	5	2	5	2	5
Barbell Pause Hip Thrust	4	5	3	10	4	5	3	10
Close Grip Bench Press	3	5	3	12	3	5	3	12
Band Offset Pull-up	3	x	3	x	3	x	3	x
Farmer Carry	3	2:00	3	2:00	3	2:00	3	2:00
Toes to Bar	3	x	3	x	3	x	3	x
Pistol Squat/Assisted	3	8	3	8	3	8	3	8
Groin PNF (banded)	1	:18	1	:18	1	:18	1	:18