



6-12-25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Chest & Biceps	Hip Dominant & Core	Cardio or Conditioning	Back & Shoulders	Knee Dominant & Triceps	OFF	Cardio or Conditioning
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							



Monday - Chest & Biceps

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Shoulder CARs 2/s 4 Floor Slides 10x

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Warm up sets as needed											
A1) Flat BB Bench	5	6	40X0	10-20s							
A2) Cable Fly - High to Low	5	12	30X1	10-20s							
A3) Pushups	5	25	20X0	2-4 min							
B1) 65° Seated Hammer Curl	5	6	20X2	10-20s							
B2) Spider Curls	5	12	30X1	10-20s							
B3) Cable Curl - Straight Bar Pronated	5	25	20X0	2-4 min							

Cool Down

Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves



Tuesday - Hip Dom & Core

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Standing Hip CARs 2/s 4 Squat Prying 1 min

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Warm up sets as needed											
A1) Single Leg RDL	5	6/s	40X0	10-20s							
A2) Hip Thrusts	5	12	30X1	10-20s							
A3) KB Swings	5	25	10X0	2-4 min							
B1) Dragon Flags (Full Bruce Lee)	5	6	40X0	10-20s							
B2) Ab Cart Rollout (Knees)	5	12	30X0	10-20s							
B3) Hanging Knee Raises	5	25	20X0	2-4 min							

Cool Down

Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves



Thursday - Back & Shoulders

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Shoulder CARs 2/s 4 Floor Slides 10x

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Warm up sets as needed											
A1) Weighted Chinup	5	6	40X0	10-20s							
A2) Seated Rows	5	12	30X1	10-20s							
A3) Band Pullaparts	5	25	20X0	2-4 min							
B1) Seated DB Overhead Press	5	6	20X2	10-20s							
B2) Lateral Raise - Bottom Half	5	12	30X0	10-20s							
B3) Band High Pull	5	25	20X0	2-4 min							

Cool Down

Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves



Friday - Knee Dominant & Triceps

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Standing Hip CARs 2/s 4 Squat Prying 1 min

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Warm up sets as needed											
A1) FFE Split Squats	5	6/s	40X0	20s							
A2) Leg Press	5	12	30X1	20s							
A3) Goblet Squat (Heel Elevated)	5	25	20X0	2-4 min							
B1) Narrow DB Press	5	6	20X2	20s							
B2) Seated Overhead Tri Extentions	5	12	30X0	20s							
B3) Tri Pressdown - Rope	5	25	20X0	2-4 min							

Cool Down

Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves