



Germany Body Comp

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Workout A	Cardio or Conditioning	Workout B	Cardio or Conditioning	Workout C	OFF	Cardio or Conditioning
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							



Workout A

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Standing Hip CARs 2/s 4 Shoulder CARs 2/s 5 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	4	10-12/s	40X0	30s							
A2) Chinups	4	10-12	40X0	30s							
B1) Trap Bar Deadlift	4	10-12	30X0	30s							
B2) Flat BB Bench	4	10-12	30X0	30s							
C1) 65° Seated Hammer Curl	4	10-12	30X1	30s							
C2) Seated Overhead Tri Extentions	4	10-12	30X0	30s							

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



Workout B

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Standing Hip CARs 2/s 4 Shoulder CARs 2/s 5 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	4	10-12/s	40X0	30s							
A2) Seated DB Overhead Press	4	10-12	40X0	30s							
B1) Leg Press	4	10-12	30X0	30s							
B2) Bent Over Rows	4	10-12	30X0	30s							
C1) 45° Back Extensions	4	10-12	30X1	30s							
C2) Ab Cart Rollout (Knees)	4	10-12	30X0	30s							

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



Workout C

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Standing Hip CARs 2/s 4 Shoulder CARs 2/s 5 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) High Box Step Downs	4	10-12/s	40X0	30s							
A2) Lat Pulldown - Wide Pronated	4	10-12	40X0	30s							
B1) Hip Thrusts	4	10-12	30X0	30s							
B2) 45° Incline DB Press	4	10-12	30X0	30s							
C1) Cable Curl - Straight Bar Supinated	4	10-12	30X1	30s							
C2) Tri Pressdown - Rope	4	10-12	30X0	30s							

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