



Juicy Caboosey

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Glute + Upper Press	Cardio or Conditioning	Glute + Upper Pull	Cardio or Conditioning	Glute + Full	OFF	Cardio or Conditioning
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							



Monday - Glute + Upper Press

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Standing Hip CARs 2/s 3 Squat Prying 1 min 4 Clam Shells 10/s

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) Hip Thrusts	4	6-8	40X0	60s							
A2) Seated DB Overhead Press	4	6-8	40X0	60s							
B1) Walking Lunges	4	10-12/s	20X0	60s							
B2) Hands Elevated Pushup	4	10-12	10X0	60s							
C1) Seated Machine Abductor	4	25	20X0	30s							
C2) Seated Machine Adductor	4	25	20X0	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



Wednesday - Glute + Upper Pull

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Standing Hip CARs 2/s 3 Squat Prying 1 min 4 Clam Shells 10/s

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) RFE Split Squats	4	6-8	40X0	60s							
A2) Lat Pulldown	4	6-8	40X0	60s							
B1) Goblet Squat (Heel Elevated)	4	10-12	30X0	60s							
B2) Bench Supported Row	4	10-12/s	20X1	60s							
C1) Plank Rotations	4	20/s	2020	30s							
C2) Facepull with External Rotation	4	20	20X0	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



Friday - Glute + Full

Athlete:
Trainer: Rob Sulaver

Movement Prep

1 World's Greatest Stretch 3/s 2 Standing Hip CARs 2/s 3 Squat Prying 1 min 4 Clam Shells 10/s

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 Hip Thrusts	4	6-8/s	30X1	60s							
A2) Ab Cart Rollout (Knees)	4	6-8	40X0	60s							
B1) Single Leg RDL	4	10-12/s	30X0	60s							
B2) Seated Overhead Tri Extentions	4	10-12	30X0	60s							
C1) Weighted Situp	4	12-15	20X1	30s							
C2) Frog Pumps	4	50	10X0	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