

2-Day Integrated Performance Training

Name: _____

3 Week Program - Foundation Phase

Daily Dozen: Warm-Up		Reps	Sets
1	Arm Circles Forward	12	1
2	Arm Circles Backward	12	1
3	Arm Over-Unders	12	1
4	Ttunk Rotations	12	1
5	Prisoner Squat	12	1
6	Alternating Side Lunge	6 each	1
7	Alternating Quad Stretch	6 each	1
8	Alternating Reverse Lunge w/Upper Rotation	6 each	1
9	Spiderman with Reach Back	6 each	1
10	Rhythm Jumps	12	1
11	Seal Claps	12	1
12	LEFT Drill	1	1

FAB-5 Static Stretch: Cool-Down		Reps	Sets
1	Seated Chest Stretch	30 sec	1
2	Kneeling Lat Stretch	30 sec	1
3	Prone Piriformis	30 sec	1
4	Spiderman Hold	6 reps	1
5	Calf Stretch	30 sec	1

NOTES:

Week: 1 Day: 1 Date: _____ Body Wt. _____

Week: 1 Day: 2 Date: _____ Body Wt. _____

12's Day		Set 1		Set 2		Set 3		Set 4	
Domain	Exercise	Wt.	Rep	Wt.	Rep	Wt.	Rep	Wt.	Rep
Leg	2L, BB Back Squat		12		12		12		
Core	2L Floor Bridge		12		12		12		
Chest	2A BB Flat Chest Press		12		12		12		
SAQ	Rapid Lateral Side Jump		30		30		30		
Back	2L, 2A Cable Row		12		12		12		
Core	Prone ISO-ABS		30s		30s		30s		
Shouldr	2L, 2A DB Side Raise		12		12		12		
Reactiv	Squat Jump		6e		6e		6e		

12's Day		Set 1		Set 2		Set 3		Set 4	
Domain	Exercise	Wt.	Rep	Wt.	Rep	Wt.	Rep	Wt.	Rep
Leg	Alt. Rev. BB Lunge		6e		6e		6e		
Core	Prone SB Back Extension		12		12		12		
Chest	2L, 2A DB SB Chest Press		12		12		12		
SAQ	4-Cone Figure 8 Drill		3		3		3		
Back	2L, Floor Inverted Pull-Up		12		12		12		
Core	Side ISO-ABS		6 e		6 e		6 e		
Shouldr	2L, 2A DB OH Press		12		12		12		
Reactiv	Jump Rope		60s		60s		60s		

Week: 2 Day: 1 Date: _____ Body Wt. _____

Week: 2 Day: 2 Date: _____ Body Wt. _____

8's Day		Set 1		Set 2		Set 3		Set 4	
Domain	Exercise	Wt.	Rep	Wt.	Rep	Wt.	Rep	Wt.	Rep
Leg	2L, BB Back Squat		8		8		8		
Core	2L Floor Bridge		12		12		12		
Chest	2A BB Flat Chest Press		8		8		8		
SAQ	Rapid Lateral Side Jump		30		30		30		
Back	2L, 2A Cable Row		8		8		8		
Core	Prone ISO-ABS		30s		30s		30s		
Shouldr	2L, 2A DB Side Raise		8		8		8		
Reactiv	Power Step-Up		6e		6e		6e		

8's Day 2		Set 1		Set 2		Set 3		Set 4	
Domain	Exercise	Wt.	Rep	Wt.	Rep	Wt.	Rep	Wt.	Rep
Leg	2L, BB Alt. Rev. Lunge		4e		4e		4e		
Core	Prone SB Back Extension		12		12		12		
Chest	2L, 2A DB SB Chest Press		8		8		8		
SAQ	4-Cone Figure 8 Drill		4		4		4		
Back	2L, Floor Inverted Pull-Up		12		12		12		
Core	Side ISO-ABS		6e		6e		6e		
Shouldr	2L, 2A DB OH Press		8		8		8		
Reactiv	Jump Rope		60s		60s		60s		

Week: 3 Day: 1 Date: _____ Body Wt. _____

Week: 3 Day: 2 Date: _____ Body Wt. _____

6's Day		Set 1		Set 2		Set 3		Set 4	
Domain	Exercise	Wt.	Rep	Wt.	Rep	Wt.	Rep	Wt.	Rep
Leg	2L, BB Back Squat		6		6		6		6+
Core	2L Floor Bridge		12		12		12		
Chest	2A BB Flat Chest Press		6		6		6		6+
SAQ	Rapid Lateral Side Jump		30		30		30		
Back	2L, 2A Cable Row		6		6		6		6+
Core	Prone ISO-ABS		30s		30s		30s		
Shouldr	2L, 2A DB Side Raise		6		6		6		6+
Reactiv	Power Step-Up		6 e		6 e		6 e		

6's Day 2 (Foundation Phase)		Set 1		Set 2		Set 3		Set 4	
Domain	Exercise	Wt.	Rep	Wt.	Rep	Wt.	Rep	Wt.	Rep
Leg	2L, BB Alt. Rev. Lunge		3e		3e		3e		3e+
Core	Prone SB Back Extension		12		12		12		
Chest	2L, 2A DB SB Chest Press		6		6		6		6+
SAQ	4-Cone Figure 8 Drill		3		3		3		
Back	2L, Floor Inverted Pull-Up		12		12		12		12+
Core	Side ISO-ABS		6 e		6 e		6 e		
Shouldr	2L, 2A DB OH Press		6		6		6		6+
Reactiv	Jump Rope		60s		60s		60s		