

Monday 15 Min Cardio Glute Activation Series	Split Squat Pulses: 8ea-3 DB PullThru/ Elev. Glt Bridge:10 Squat to Lat Leg Lift: 8 ea	DB Upright Rows: 10 reps Shoulder Press: 12 Reps Pushup to SA Row: 5	Dead Bugs SL Drops Plank w/ Hip Touches Ankle Taps
Tuesday Practice Mobility Series	Goblet Squat: 10 reps Incline Dumbbell Press: 10 reps Weighted Hip Thrusts/SL: 12	Shoulder 21's DB Romanian Deadlift: 12 reps SA Bent Over Row: 10 each	Flutter Kicks Mtn Climber Twists Leg Extension Crunch Bicycles
Wednesday 15 Min Cardio Glute Activation Series	Dumbbell Thruster: 10 reps DB Bench Press/PullOver: 12 Jump Lunges: 5 each	Tricep Extensions: 12 reps Bulgarian Split Squat: 8 each Incline Dumbbell Curl: 12 reps	Leg Lift Circles Candle Sticks Cross Crunch w Leg Lift Russian Twist w Reach
Thursday Practice Mobility Series	Weighted Hip Thrusts/SL: 12 SA DB Snatch: 8 each SUMO Deadlift: 12 reps	Bicep 21's: 7-7-7 DB Hang Clean to Press: 8 reps Skull Crushers: 10	Straight Leg Toe Taps Side Plank Reach Through Plank Oscillations Plank Jacks
Friday 15 Min Cardio Glute Activation Series	Sumo Squat w Pulses: 10-3 Goblet Lat Lunge: 8 each SL Squat to Bench: 8 each	Supported SL RDL: 8 each Side to Front Lat Comp: 10 reps Bent Over Wide Row: 10 reps	Leg Lift to Scissor Kick Toe Touches V-Up Circles Elevated Plank Side touches

Saturday Game Day Sunday OFF	Morning Core Circuit: 10 min	Mobility Series	30-60 min Cardio
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Glute Activation Series (blue band)

lateral walks: 20 steps
external knee rotations: 8-8-10
lateral straight leg raise: 10 each
straight back standing kicks: 10 each
glute bridge holds: 10 reps
reverse lunges: 10 each
kneeling kick backs: 10 each
front foot elevated split squat: 8 each

Mobility Series:

standing ankle mobility: 10 each
roll out calf w/ Rumex: 2 min
elevated toe raises: 10 each
dorsiflexion bounces: 30 each
dorsiflexion/ankle exercises w band: 10-10-10-10
cat/cow: 20 reps
dorsiflexion bounces: 30 each
90/90 hip switches: 10 reps