

The
ULTIMATE
Bodyweight Training
Program

No Equipment = No Problem



WEEK 3				
DAY 1 VIDEO PLAYLIST				
WARM UP	WEEK 3			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	30EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:40s	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	4	x	6EA	
MB SLAM	4	x	10	
JAMS	4	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	4	x	5	
BODYWEIGHT LUNGE	4	x	10EA	
GLUTE BRIDGE	4	x	15	
INVERTED ROW	4	x	8	
PUSH UP	4	x	10	
MB RDL	4	x	15	
FINISHER				TIME
BODYWEIGHT FINISHER	1	x	10,20,30, 40	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:60s	
PUSH UP CHEST TOUCH	3	x	12EA	

DAY 2 VIDEO PLAYLIST				
WARM UP		WEEK 3		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:50	
Mt. Climbers	2	x	:50	
Push-Up Chest Touch	2	x	:50	
Lateral Lunge	2	x	:50	
Plank	2	x	:50	
Iso Hold w/ T-Spine	2	x	:50	
Bear Hold	2	x	:50	
Push-Ups	2	x	:50	
Lunge Jumps	2	x	:50	
Bodyweight Abs	2	x	:50	
Bodyweight Lunge	2	x	:50	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 3				
DAY 4 VIDEO PLAYLIST				
WARM UP	WEEK 3			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:30s EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	4	x	10	
HALF KNEELING MB SIDE TOSS	4	x	5EA	
KNEELING LATERAL PUSH TOSS	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	4	x	5	
BODYWEIGHT SQUAT	4	x	15	
DOUBLE LEG ASSISTED PULL UP	4	x	10	
PUSH UP	4	x	8	
LATERAL LUNGE	4	x	10EA	
SUMO T-SPINE	4	x	6EA	
FINISHER				
LOWER BODY FINISHER	1	x	:20s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:40s EA	
1 HAND PLANK	3	x	:30s EA	

DAY 5 VIDEO PLAYLIST				
WARM UP		WEEK 3		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:50	
Scap Push-Up	2	x	:50	
Squat Jumps	2	x	:50	
Glute Bridge Hip Pivot (R)	2	x	:50	
Glute Bridge Hip Pivot (L)	2	x	:50	
Twisters Jump Rope	2	x	:50	
T-Pushups	2	x	:50	
Lateral Lunge	2	x	:50	
Side Plank (L/R)	2	x	:50	
Side Plank (L/R)	2	x	:50	
Hand Walks	2	x	:50	
Lateral Hurdle Hops	2	x	:50	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 4				
DAY 1				
WARM UP	WEEK 4			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	40EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:60S	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	4	x	6EA	
MB SLAM	4	x	10	
JAMS	4	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	4	x	5	
BODYWEIGHT LUNGE	4	x	10EA	
GLUTE BRIDGE	4	x	15	
INVERTED ROW	4	x	8	
PUSH UP	4	x	10	
MB RDL	4	x	15	
FINISHER				TIME
BODYWEIGHT FINISHER	2	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:60s	
PUSH UP CHEST TOUCH	3	x	12EA	

DAY 2				
WARM UP		WEEK 4		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:60	
Mt. Climbers	2	x	:60	
Push-Up Chest Touch	2	x	:60	
Lateral Lunge	2	x	:60	
Plank	2	x	:60	
Iso Hold w/ T-Spine	2	x	:60	
Bear Hold	2	x	:60	
Push-Ups	2	x	:60	
Lunge Jumps	2	x	:60	
Bodyweight Abs	2	x	:60	
Bodyweight Lunge	2	x	:60	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 4				
DAY 4				
WARM UP	WEEK 4			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:30S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	4	x	10	
HALF KNEELING MB SIDE TOSS	4	x	5EA	
KNEELING LATERAL PUSH TOSS	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	4	x	5	
BODYWEIGHT SQUAT	4	x	15	
DOUBLE LEG ASSISTED PULL UP	4	x	10	
PUSH UP	4	x	10	
LATERAL LUNGE	4	x	10EA	
SUMO T-SPINE	4	x	6EA	
FINISHER				
LOWER BODY FINISHER	1	x	:25s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:40s EA	
1 HAND PLANK	3	x	:30s EA	

DAY 5				
WARM UP		WEEK 4		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:60	
Scap Push-Up	2	x	:60	
Squat Jumps	2	x	:60	
Glute Bridge Hip Pivot (R)	2	x	:60	
Glute Bridge Hip Pivot (L)	2	x	:60	
Twisters Jump Rope	2	x	:60	
T-Pushups	2	x	:60	
Lateral Lunge	2	x	:60	
Side Plank (L/R)	2	x	:60	
Side Plank (L/R)	2	x	:60	
Hand Walks	2	x	:60	
Lateral Hurdle Hops	2	x	:60	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

Stationary

Lower Body Focused (5 Min)

WATCH VIDEO HERE

1.) Standing Knee Hugs R/L

Iso Hold without hug 2x per leg

2.) Wide Hip Hinge x10

3.) 3 Way Kneeing Lunge

Forward, 45, Lateral

4.) Bear Position Calf Rocks x6

5.) Hip Flexor Switch x6

6.) Worlds Greatest Twist + Switch x6

7.) SL Hamstring Toe Touch x5ea

8.) 5 Second Ecc Squat.

9.) 30 Seconds ankle holds

Stationary

Upper Focused (5 Min)

WATCH VIDEO HERE

3 Types of Push ups

- 1. Close Grip Plyo to Wide Grip Eccentric x5***
- 2. Regular Iso Hold 5 second hold x5***
- 3. Regular push up x5***

Lat Stretch

- 1. Double x10 Seconds***
- 2. SA x 10 Seconds ea***
- 3. Touch shoulder for x5 ea***

Kneeling

- 1. Arm circles small to bigs (forward and back) x 10 each***
- 2. Hugs Alt. Arm x 10 each***

Quicks (Push up position)

- 1. 20 seconds Over/ Over- Back/Back***

Day 3 - Mobility Day

[VIDEO PLAYLIST](#)

*No Lax Ball or Foam Roll Skip to Dynamic Mobility

LAX BALL FEET (5 min each foot) *4:32 of video		
Mid Foot	Heel	Toes
FOAM ROLL LOWER (10 minutes)		
	IT Band	Hamstrings
	Quads	Calves
	Groin	Low Back
	Glutes	
FOAM ROLL UPPER (10 minutes)		
	T Spine	Biceps
	Scaps	Triceps
	Pecs	Forearm
DYNAMIC MOBILITY (10 minutes)		
Rocking Groin Stretch	Side Lying Windmill	
In/Out the Window	Lat Stretch	
Fire Hydrants	Cat/Camel	
Clam Shells	Kneeling Ankle Mobility	
YOGA HOLDS (1 minute each hold each side)		
Lunge and Reach	RDL Hold	
Pigeon + Quad Stretch	Frog Hold	
BAND STRETCH (Prolonged Holds - 1 min. each hold each side)		
	Lying Wall	
Hip Flexor Distraction	Splits	
Hamstring Distraction	Banded Leg Swings x 5-10ea	
Pigeon Distraction		

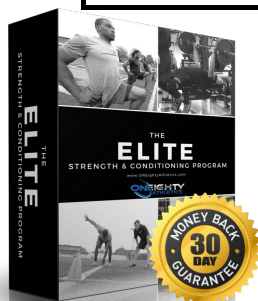
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Maximizes Your TEAMS Training and Athletic Potential

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SPEED | AGILITIES | CONDITIONING

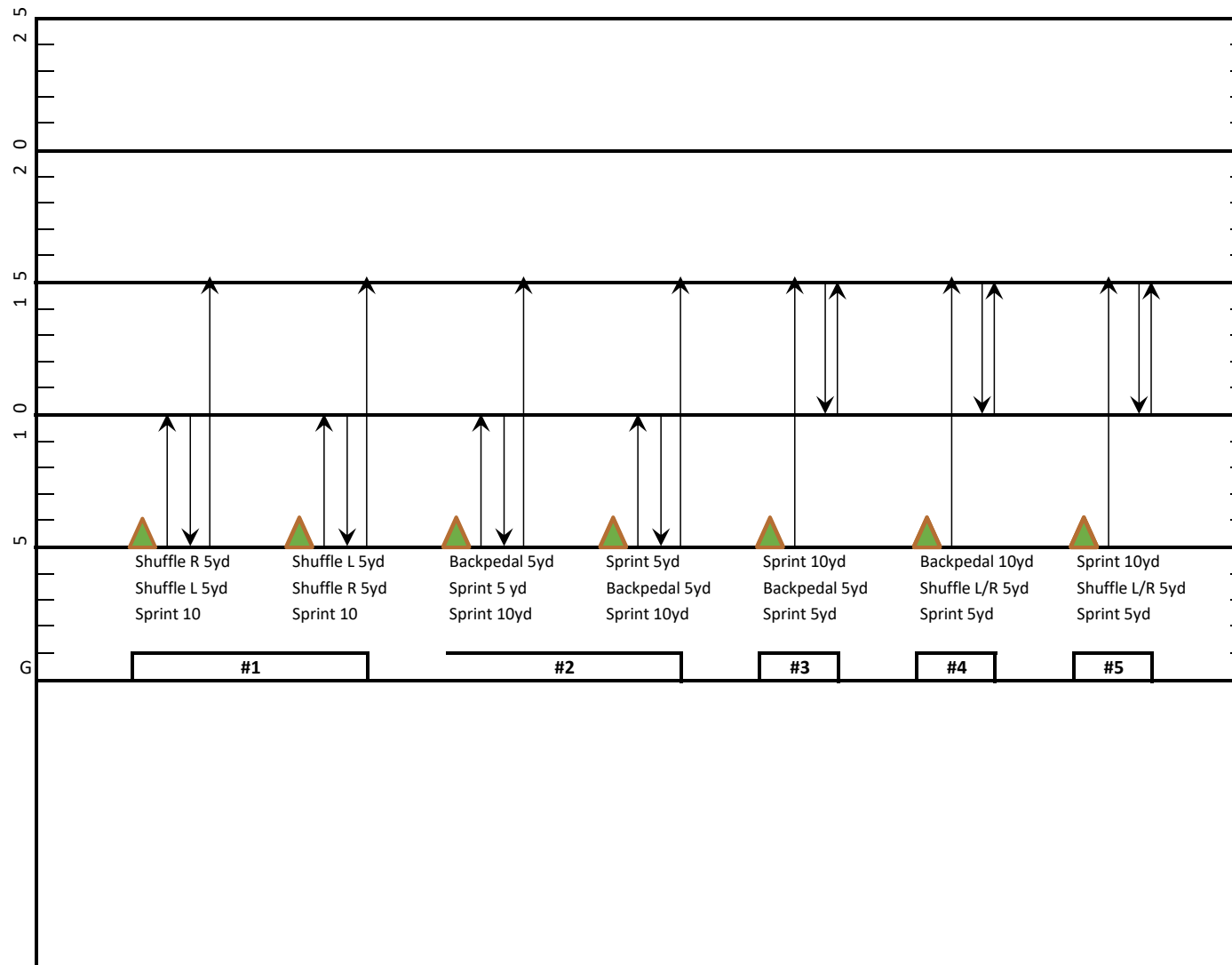
WEEK 1-8

MONDAY	TUESDAY	THURSDAY	FRIDAY
1.) Speed Dynamics a. Kneeling Arm Action x2 (15sec) b. Single Exchange x2 c. Double Exchange x2 (Make sure to get 2 reps in here. Start with R & L leg.) d. Triple x2 2.) 2 Cone Agilites (2 reps ea way) *SEE AGILITES a. Sprint-Sprint b. Sprint- Backpedal c. Backpedal-Sprint d. Figure 8 3.) 5x10yd Sprint (Walk Back Rest) 1 Minute Rest between sets 4.) **4x20yd Sprint (Walk Back Rest) 1 Minute Rest between sets Full Speed <u>Target Times:</u> **Add two reps every 3 weeks Week 1-3 - 4 reps Week 4-6 - 6 reps Week 7,8 - 8 reps <u>Go LIFT!</u>	1.) After Lift 2.) 6x200m <:30-35 seconds or Run in place for 35 seconds. Follow reps below. 1:30 Minute Rest <u>Target Times:</u> HARD - <:30-:35 MOD - <:35-:40 EASY - <:40-:45 **Add 2 reps every 2 weeks Week 1-2 - 6 reps Week 3-4 - 8 reps Week 5-6 - 10 reps Week 7-8 - 12 reps <u>STRETCH</u>	1.) Wall Drill a.1 count x2 (1 ft ea) b.3 count x2 (1 ft ea) c.5 count x2 (1 ft ea) d.20sec ALL OUT 2.) 5-5-10 x 2 ea way Week 1-2 - Pattern 1 Week 3-4 - Pattern 2 Week 5-6 - Pattern 3 Week 7-8 - Pattern 4 3.) 5-10-5 Shuttle x 2 each way 4.) 6-10x30yd Sprint Full Speed 1:00 Minute Rest <u>Target Times:</u> Full Speed Full Speed Full Speed Full Speed <u>Go LIFT!</u>	1.) After Lift 2.) 2 x 400m Sprint (1 Lap around Track) <:60 seconds 3 Minute Rest or Run in place for 60 seconds. Follow reps below. 3 Minute Rest <u>Target Times:</u> HARD - <:60s MOD - <:65s EASY - <:70s **Add one rep every 3 weeks Week 1-3 - 3 reps Week 4-6 - 4 reps Week 7,8 - 5 reps <u>STRETCH</u>



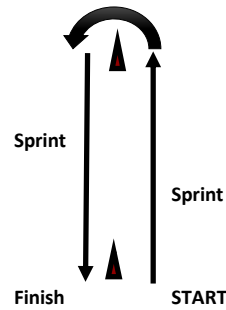
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5-5-10 LINE DRILLS



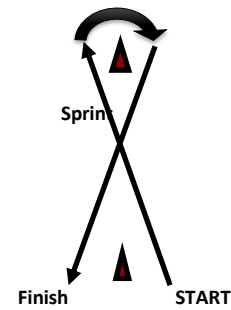
2 Cone Agilities

Sprint - Sprint



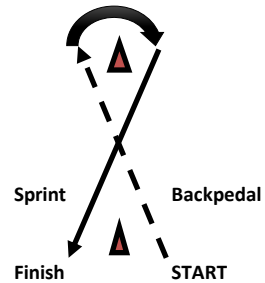
Begin drill in a two point stance. Sprint to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start

Figure 8: Sprint-Sprint



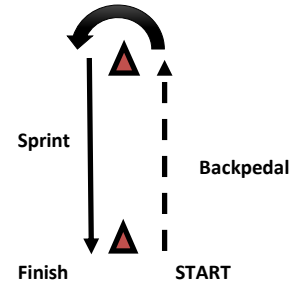
Begin drill in a two point stance. Sprint to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start

Figure 8: Backpedal - Sprint



Begin drill in a two point stance. Backpedal to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start

Backpedal-Sprint



Begin drill in a two point stance. Backpedal to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start