

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 3 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 4 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 3				
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				TIME
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 4				
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

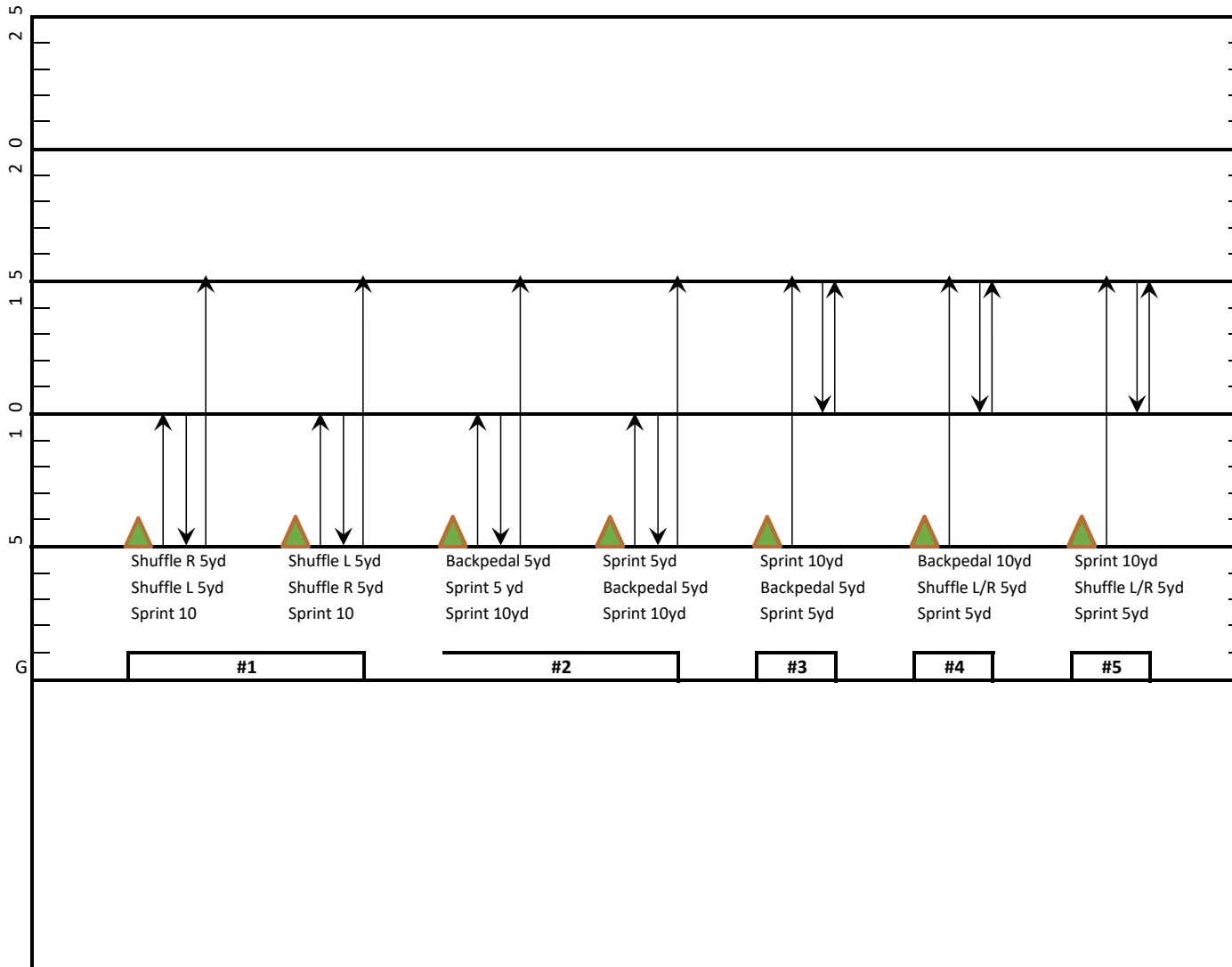
*No Lax Ball or Foam Roll Skip to Dynamic Mobility

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

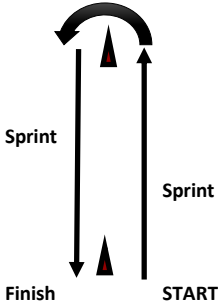
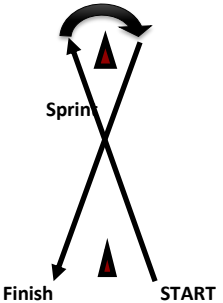
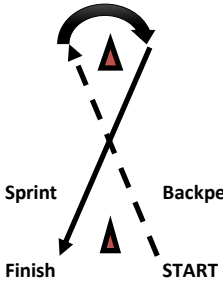
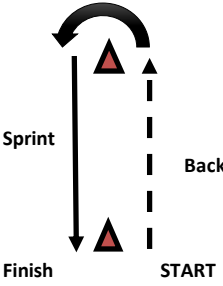
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5-5-10 LINE DRILLS



2 Cone Agilities

<p style="text-align: center;">Sprint - Sprint</p>  <p>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</p>	<p style="text-align: center;">Figure 8: Sprint-Sprint</p>  <p>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</p>
<p style="text-align: center;">Figure 8: Backpedal - Sprint</p>  <p>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</p>	<p style="text-align: center;">Backpedal-Sprint</p>  <p>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</p>