



NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_

## Master Schedule

Day	Lift / Condition/ Functional	Classroom / Wrestling	Location
T0 (PRE)	N/A	Testing Breakdown/College Packets	804
T1 (PRE)	Bench/Squat/Pull-up (Weight)		Weight room
T2 (PRE)	400/ Power Clean/ (Make-up)		Track/Weightroom
T3 (PRE)	Squat BW+25/Bench BW (Make-up)		Weight room
T4 (PRE)		Goal Setting on Testing/College Packets	804
1	AMRAP (BW + 1 DB) 10 Minutes	Elite HS to College Packets	Wrestling Room/ 804
2	Squat Push/Pull Complex Circuit for Time		Weight Room
3	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
4	AMRAP (Cleanpull/P-up/HEX (Time) 10 Minutes		Weight Room
5	Body Control circuit for Time	High School Course Calander	Wrestling Room/ 804
6	1 Mile		HOME
7	Active Recovery		HOME
8	GVT BW Legs/Shoulder	Athlete Nutrition (Match Day/ IN Season)	Wrestling Room/ 804
9	GVT Chest/Back		Weight Room
10	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
11	GVT Legs/Shoulder		Weight Room
12	GVT BW CHEST/BACK (DB/PUPBAR)	How to be a Kid and an Athlete (Smart Decisions)	Wrestling Room/ 804
13	Jump Rope Routine		Home
14	Active Recovery		Home
15	Total Body Strength Core BW	Social media an asset or a curse	Wrestling Room/ 804
16	Lower Body Strength		Weight Room
17	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
18	Upper Body Strength		Weight Room
19	Total Body Strength Core BW	Program Culture	Wrestling Room/ 804
20	1 Mile		Home
21	Active Recovery		Home
22	BW Rotations for time	Program Culture (Cont.) What we do	Wrestling Room/ 804
23	Power Movements for Time		Weight Room
24	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
25	Mass Set for time		Weight Room
26	Mass Set BW for Time	Core Covenants	Wrestling Room/ 804
27	Jump Rope Routine		Home
28	Active Recovery		Home
<b>Spring Break</b>			
T0 (1)	N/A	Reclaiming/Assesing Motivation and Aligning Goals	804
T1 (1)	Bench/Squat/Pull-up (Weight)		Weight room
T2 (1)	400/ Power Clean/ (Make-up)		Track/Weightroom
T3 (1)	Squat BW+25/Bench BW (Make-up)		Weight room
T4 (1)		Goal Setting Broken down into Areas	804
29	Total Body Strength Core BW	Toxic Vs. Builder Relationships	Wrestling Room/ 804
30	Lower Body Strength		Weigh Room
31	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
32	Upper Body Strength		Weigh Room
33	Total Body Strength Core BW	Analyzing Film	Wrestling Room/ 804
34	1 Mile		Home
35	Active Recovery		Home
36	GVT BW Legs/Shoulder	Accountability Check	Wrestling Room/ 804
37	GVT Chest/Back		Weight Room
38	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
39	GVT Legs/Shoulder		Weight Room
40	GVT BW CHEST/BACK (DB/PUPBAR)	The fun in getting better (Process driven)	Wrestling Room/ 804
41	Jump Rope Routine		Home
42	Active Recovery		Home
43	AMRAP (BW + 1 DB) 10 Minutes	Winning? What is Winning?	Wrestling Room/ 804
44	Squat Push/Pull Complex Circuit for Time		Weight Room
45	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
46	AMRAP (Cleanpull/P-up/HEX (Time) 10 Minutes		Weight Room
47	Body Control circuit for Time	Controllables	Wrestling Room/ 804
48	2 Mile		HOME
49	Active Recovery		HOME
50	BW Rotations for time	Champion Vs. Chumpion	Wrestling Room/ 804
51	Power Movements for Time		Weight Room
52	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
53	Mass Set for time		Weight Room
54	Mass Set BW for Time	Being a Bronco The RB Standard	Wrestling Room/ 804
55	Jump Rope Routine		HOME
56	Active Recovery		HOME
57	Total Body Strength Core BW	Being the one every wants to be	Wrestling Room/ 804
58	Lower Body Strength		Weigh Room
59	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
60	Upper Body Strength		Weight Room
61	Total Body Strength Core BW	What does all this mean? Contribution to Society	Wrestling Room/ 804
62	2 Mile		HOME
63	Active Recovery		HOME
T0 (2)	No School	No School	No School
T1 (2)	Bench/Squat/Pull-up (Weight)		Weight room
T2 (2)	400/ Power Clean/ (Make-up)		Track/Weightroom
T3 (2)	Squat BW+25/Bench BW (Make-up)		Weight room
T4 (2)		Why Coaches Coach	804
64		Summer Season Plan	804
65		State of the Program	804
66		Fun have fun	

### Wrestling Max Lifts/ Goals

Name	Weight	Bench Max	Squat Max	Power Clean	400 time	Pull-up Max	Squat BW +25	Bench BW	Differential	2 Sentences on why this is important to you:
	Day of Test	5+ Reps	5+ reps	1 Rep	1 lap	Arm ext Chin above	Max Reps	Max Reps	Total Athlete Formula Above 0 good above 20 Elite	
Johnny Wrestle	165	225	315	185	58	20	20	20	20.4	
Differential Equation: $7 + (\text{Total Bench/Squat PowerClean}) / \text{Weight} + 7 + (\text{Total Pull-up/Squat reps/Bench Reps}) - 400 \text{ Time}$										
									#DIV/0!	Pre- Test(March)
										GOAL 1
Date:			Examiner:			Notes on Mood Sleep Etc:				
									#DIV/0!	Test 1 (April)
										GOAL 2
Date:			Examiner:			Notes on Mood Sleep Etc:				
									#DIV/0!	Test 2 (May)
										GOAL 3
Date:			Examiner:			Notes on Mood Sleep Etc:				
									#DIV/0!	Test 3 (June)
										GOAL 5
Date:			Examiner:			Notes on Mood Sleep Etc:				
									#DIV/0!	Test 4 (TBD)
										GOAL 5
Date:			Examiner:			Notes on Mood Sleep Etc:				

**RB Wrestling Spring**

1				2			
Max Rotations in 10 Minutes				FOR TIME			
Exercise	RX	Weight	Reps	Exercise	RX	Weight	REPS
Turkish get-up			3 Each arm	Squat (BOX)	135		50
PIKE Push-up			6	Push-Press	115		25
				Pull-up	you		10
MED BALL JUMP SQUAT			9	Over-head squat	45		25
				Push-press	95		25
				Pull-up	you		10
				Front Squat	95		25
				Push-Press	65		25
				Pull-up	you		10

Full Rotations Completed in 8 Minutes: \_\_\_\_\_

Toughness Builder! Embrace it being hard! Embrace is breaking Barriers

Completed Time: \_\_\_\_\_

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

3				Classroom Work			
Shoulder Mobility		Hip Mobility		Monday Topic:			
Wall Crawl		Band Hamstring		Notes:			
Ext/Int Rotation		Band Lunge					
Upright row		Band Half Pigeon					
Shoulder Extention		Lateral Band Walk					
Band Pull Apart		Monster Walks					
Side bend pull		Banded Glute Bridges					
Diagonal Pull		Band Clam Shells					
Pull Rotation		Band Fire Hydrants		Wednesday Technique of the week:		Descibe in your own words	

Notes: How did it feel? Thoughts:

**Workout Days (Week 1)**

Max Rotations in 10 Minutes				4		FOR TIME				5
Full Rotations Completed in 8 Minutes: _____	Reps	Weight	RX	Exercise	Toughness Builder! Embrace it being hard! Embrace is breaking Barriers	Completed Time: _____	Reps	Weight	RX	Exercise
	3		135	Clean PULL			2X 3		YOU	Pistol Squat
							15		YOU	PerfectPull-up
							2 X10		25	MAN MAKER
	6		YOU	Push-up			2X 3		YOU	Pistol Squat
							10		YOU	PerfectPull-up
							2 X10		25	MAN MAKER
							2X 3		YOU	Pistol Squat
	9		135	HEX BAR			5		YOU	PerfectPull-up
				2 X10		25	MAN MAKER			

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Class Work				6				7			
Friday Topic:				Run	Time		Notes: How did it feel? Thoughts:		<b>Active rest</b> <b>Choose 1-2</b>		
Notes:		1 Mile:							10 minute stretching routine		
									2- 4 mile Walk		
									Ice bath or Chyro		
									Notes: How did it feel? Thoughts:		

**Weekly Recap:** Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

**RB Wrestling Spring**

8	1	2	3	4	5	6	7	8	9	10
Walking Lunges	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25
Band-pulls	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25
Frog Squat	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Hand-stand push-ups	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
9	1	2	3	4	5	6	7	8	9	10
Bench Press	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Pull Up	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Horzintol pull-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Push-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx

Make sure every set is Challenging after set 1. (Max 1:30 between sets)

Notes: How did it feel? Thoughts:		Notes: How did it feel? Thoughts:
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10				Classroom Work						
<b>Shoulder Mobility</b>		<b>Hip Mobility</b>		<b>Monday Topic:</b>						
Wall Crawl		Band Hamstring		Notes:						
Ext/Int Rotation		Band Lunge								
Upright row		Band Half Pigeon								
Shoulder Extention		Lateral Band Walk								
Band Pull Apart		Monster Walks								
Side bend pull		Banded Glute Bridges						WednesdayTechnique of the week:	Descibe in your own words	
Diagonal Pull		Band Clam Shells								
Pull Rotation		Band Fire Hydrants								
Notes: How did it feel? Thoughts:										

## Workout Days (Week 2)

11	1	2	3	4	5	6	7	8	9	10
Squats	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Shouler Press	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Dead Lifts	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Lateral Raises	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
12	1	2	3	4	5	6	7	8	9	10
Explosive Push-up	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
DB ROW	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Inverted tempo push-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Chin-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx

Make sure every set is Challenging after set 1. (Max 1:30 between sets)

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Class Work	13	14
<b>Friday Topic:</b>	Jump Rope	Routine
Notes:	Notes: How did it feel? Thoughts:	
	<b>Active rest</b>	
	<b>Choose 1-2</b>	
	10 minute stretching routine	
	2- 4 mile Walk	
	Ice bath or Chyro	
	Notes: How did it feel? Thoughts:	

**Weekly Recap:** Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

## RB Wrestling Spring

15	Set 1	Set 2	Set 3	Set 4	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	Set 4	Set 3	Set 2	Set 1	16
Alternating Shoulder Taps	You X 30	You X 30	You X 30	You X 30		__X MAX	__X MAX	__X MAX	__X MAX	Chin ups
Side Plank	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2		__X 15	__X 12	__X 10	__X 8	Squats
Elbow to hand plank	You X MAX	You X MAX	You X MAX	You X MAX		__X 15	__X 12	__X 10	__X 8	DB Walking Lunges
Duck Walk	20 Yards	20 Yards	20 Yards	20 Yards		__X 15	__X 12	__X 10	__X 8	Hex Bar
Squat to side lunge	You X 15	You X 15	You X 15	You X 15		__X 15	__X 12	__X 10	__X 8	Squat Jumps
Jump Tuck	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	Hammy Killers
Hanging knee raises	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	Level change Press
Med ball sit-ups	__X 15	__X 12	__X 10	__X 8						

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

17	Classroom Work
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Shoulder Mobility	Hip Mobility
Wall Crawl	Band Hamstring
Ext/Int Rotation	Band Lunge
Upright row	Band Half Pigeon
Shoulder Extention	Lateral Band Walk
Band Pull Apart	Monster Walks
Side bend pull	Banded Glute Bridges
Diagonal Pull	Band Clam Shells
Pull Rotation	Band Fire Hydrants

**Monday Topic:**

Notes:

**Wednesday** Technique of the week: \_\_\_\_\_ Describe in your own words \_\_\_\_\_

Notes: How did it feel? Thoughts:



## Workout Days (Week 3)

18	Set 1	Set 2	Set 3	Set 4	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	Set 4	Set 3	Set 2	Set 1	19	
Pull-ups	__X MAX	__X MAX	__X MAX	__X MAX		__X MAX	__X MAX	__X MAX	__X MAX	__X MAX	Muscle Up
Power-Cleans	__X 8	__X 8	__X 6	__X 3		__X 15	__X 15	__X 15	__X 15	__X 15	Body Weight full Squat
Bench Press	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	__X 8	Bicep Curl
DB Press	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	__X 8	Tricep Extension
Dumb bell flys	__X 15	__X 12	__X 10	__X 8		You X 30/2	You X 30/3	You X 30/4	You X 30/5	You X 30/5	Bird dog Hold
Band pull down	__X 15	__X 12	__X 10	__X 8		__X 15	__X 15	__X 15	__X 15	__X 15	Explosive sit-up
Band Rev Fly	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	__X 8	Supermans
						__X 15	__X 12	__X 10	__X 8	__X 8	Toes to bar

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Class Work				20			21	
<b>Friday Topic:</b>				Run	Time		Notes: How did it feel? Thoughts:	
Notes:				1 Mile:				<b>Active rest</b> <b>Choose 1-2</b>
								10 minute stretching routine
								2- 4 mile Walk
								Ice bath or Chyro
						Notes: How did it feel? Thoughts:		

**Weekly Recap:** Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

## RB Wrestling Spring

RB Wrestling Spring										
22	5 Rotations For Time					23	3 Rotations for time			
Exercise	Completed Time:	Reps	Weight	RX	Power Movements! Be an Athlete! No lazy reps	Completed Time:	RX	Weight	Reps	Exercise
Pull-ups		20		You			135		5	Power Clean
Push-ups		30		You			135		5	Dead Lift
Sit-ups		40		You			TIRE		5	Tire Flip
Squats		50		You			Run		1 lap	400M

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

24				Classroom Work			
Shoulder Mobility		Hip Mobility		Monday Topic:			
Wall Crawl		Band Hamstring		Notes:			
Ext/Int Rotation		Band Lunge					
Upright row		Band Half Pigeon					
Shoulder Extention		Lateral Band Walk					
Band Pull Apart		Monster Walks					
Side bend pull		Banded Glute Bridges					
Diagonal Pull		Band Clam Shells					
Pull Rotation		Band Fire Hydrants					
Notes: How did it feel? Thoughts:				Wednesday Technique of the week:		Descibe in your own words	

## Workout Days (Week 4)

25	For Time					For Time				26
Exercise	RX	Weight	Reps	Completed Time:	Power Movements! Be an Athlete! No lazy reps	Completed Time:	Reps	Weight	RX	Exercise
Clean/Press/Squat	115		25				Burpees			
Clean Pull	135		10				Crunch to sky			
Squat	135		25				Squat Jumps			
Push-Press	95		50				Toes to bar			
							Split jumps			
							Inchworms			

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Class Work		27			28
<b>Friday Topic:</b>		Jump Rope	Routine	Notes: How did it feel? Thoughts:	<b>Active rest</b> <b>Choose 1-2</b>
Notes:					10 minute stretching routine
					2- 4 mile Walk
					Ice bath or Chyro
					Notes: How did it feel? Thoughts:

**Weekly Recap:** Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

## RB Wrestling Spring

29	Set 1	Set 2	Set 3	Set 4	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	Set 4	Set 3	Set 2	Set 1	30
Alternating Shoulder Taps	You X 30	You X 30	You X 30	You X 30		__X MAX	__X MAX	__X MAX	__X MAX	Chin ups
Side Plank	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2		__X 15	__X 12	__X 10	__X 8	Squats
Elbow to hand plank	You X MAX	You X MAX	You X MAX	You X MAX		__X 15	__X 12	__X 10	__X 8	DB Walking Lunges
Duck Walk	20 Yards	20 Yards	20 Yards	20 Yards		__X 15	__X 12	__X 10	__X 8	Hex Bar
Squat to side lunge	You X 15	You X 15	You X 15	You X 15		__X 15	__X 12	__X 10	__X 8	Squat Jumps
Jump Tuck	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	Hammy Killers
Hanging knee raises	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	Level change Press
Med ball sit-ups	__X 15	__X 12	__X 10	__X 8						

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

31	Classroom Work
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Shoulder Mobility	Hip Mobility
Wall Crawl	Band Hamstring
Ext/Int Rotation	Band Lunge
Upright row	Band Half Pigeon
Shoulder Extention	Lateral Band Walk
Band Pull Apart	Monster Walks
Side bend pull	Banded Glute Bridges
Diagonal Pull	Band Clam Shells
Pull Rotation	Band Fire Hydrants

**Monday Topic:**

Notes:

<p>Wednesday Technique of the week:</p>	<p>Descibe in your own words</p>
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Notes: How did it feel? Thoughts:

## Workout Days (Week 5)

32	Set 1	Set 2	Set 3	Set 4	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	Set 4	Set 3	Set 2	Set 1	33	
Pull-ups	__X MAX	__X MAX	__X MAX	__X MAX		__X MAX	__X MAX	__X MAX	__X MAX	__X MAX	Muscle Up
Power-Cleans	__X 8	__X 8	__X 6	__X 3		__X 15	__X 15	__X 15	__X 15	__X 15	Body Weight full Squat
Bench Press	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	__X 8	Bicep Curl
DB Press	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	__X 8	Tricep Extension
Dumb bell flys	__X 15	__X 12	__X 10	__X 8		You X 30/2	You X 30/3	You X 30/4	You X 30/5	You X 30/5	Bird dog Hold
Band pull down	__X 15	__X 12	__X 10	__X 8		__X 15	__X 15	__X 15	__X 15	__X 15	Explosive sit-up
Band Rev Fly	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	__X 8	Supermans
						__X 15	__X 12	__X 10	__X 8	__X 8	Toes to bar

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Class Work		34			35
<b>Friday Topic:</b>		Run	Time		Notes: How did it feel? Thoughts:
Notes:		1 Mile:			
					<b>Active rest</b> <b>Choose 1-2</b> 10 minute stretching routine 2- 4 mile Walk Ice bath or Chyro Notes: How did it feel? Thoughts:

**Weekly Recap:** Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

**RB Wrestling Spring**

<b>36</b>	1	2	3	4	5	6	7	8	9	10
Explosive Push-up	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
DB ROW	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Inverted tempo push-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Chin-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
<b>37</b>	1	2	3	4	5	6	7	8	9	10
Squats	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Shouler Press	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Dead Lifts	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Lateral Raises	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx

Make sure every set is Challenging after set 1. (Max 1:30 between sets)

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

<b>38</b>				<b>Classroom Work</b>			
<b>Shoulder Mobility</b>		<b>Hip Mobility</b>		<b>Monday Topic:</b>			
Wall Crawl		Band Hamstring		Notes:			
Ext/Int Rotation		Band Lunge					
Upright row		Band Half Pigeon					
Shoulder Extention		Lateral Band Walk					
Band Pull Apart		Monster Walks					
Side bend pull		Banded Glute Bridges				WednesdayTechnique of the week:	Descibe in your own words
Diagonal Pull		Band Clam Shells					
Pull Rotation		Band Fire Hydrants					
Notes: How did it feel? Thoughts:							

## Workout Days (Week 6)

39	1	2	3	4	5	6	7	8	9	10
Bench Press	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Pull Up	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Horzintol pull-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Push-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
40	1	2	3	4	5	6	7	8	9	10
Walking Lunges	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25
Band-pulls	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25	___ X25
Frog Squat	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
push-ups	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx

Make sure every set is Challenging after set 1. (Max 1:30 between sets)

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Class Work	41	42
<b>Friday Topic:</b>  Notes:	Jump Rope  Routine  Notes: How did it feel? Thoughts:	<b>Active rest</b> <b>Choose 1-2</b>  10 minute stretching routine  2- 4 mile Walk  Ice bath or Chyro  Notes: How did it feel? Thoughts:

**Weekly Recap:** Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

**RB Wrestling Spring**

43				Max Rotations in 10 Minutes				44			
<b>Exercise</b>	<b>RX</b>	<b>Weight</b>	<b>Reps</b>	Full Rotations Completed in 8 Minutes: _____	Toughness Builder! Embrace it being hard! Embrace is breaking Barriers	Full Rotations Completed in 8 Minutes: _____	<b>Reps</b>	<b>Weight</b>	<b>RX</b>	<b>Exercise</b>	
Turkish get-up			3 Each arm				3		135	Clean PULL	
PIKE Push-up			6				6		YOU	Push-up	
MED BALL JUMP SQUAT			9				9		135	HEX BAR	

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

45				Classroom Work			
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<b>Shoulder Mobility</b>		<b>Hip Mobility</b>		<b>Monday Topic:</b>	
Wall Crawl		Band Hamstring		Notes:	
Ext/Int Rotation		Band Lunge			
Upright row		Band Half Pigeon			
Shoulder Extention		Lateral Band Walk			
Band Pull Apart		Monster Walks			
Side bend pull		Banded Glute Bridges			
Diagonal Pull		Band Clam Shells			
Pull Rotation		Band Fire Hydrants			
Notes: How did it feel? Thoughts:				<b>Wednesday Technique of the week:</b>	
				Descibe in your own words	

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:



## Workout Days (Week 7)

46	FOR TIME					FOR TIME				47			
Exercise	RX	Weight	REPS	Completed Time:	Toughness Builder! Embrace it being hard! Embrace is breaking Barriers	Completed Time:	Reps	Weight	RX	Exercise			
Squat (BOX)	135		50							2X 3		YOU	Pistol Squat
Push-Press	115		25							15		YOU	PerfectPull-up
Pull-up	you		10							2 X10		25	MAN MAKER
Over-head squat	45		25							2X 3		YOU	Pistol Squat
Push-press	95		25							10		YOU	PerfectPull-up
Pull-up	you		10							2 X10		25	MAN MAKER
Front Squat	95		25							2X 3		YOU	Pistol Squat
Push-Press	65		25							5		YOU	PerfectPull-up
Pull-up	you		10							2 X10		25	MAN MAKER

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Class Work		48			49
<b>Friday Topic:</b>		Run	Time		Notes: How did it feel? Thoughts:
Notes:		2 Mile:			
					<b>Active rest</b> <b>Choose 1-2</b> 10 minute stretching routine  2- 4 mile Walk  Ice bath or Chyro  Notes: How did it feel? Thoughts:

**Weekly Recap:** Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

**RB Wrestling Spring**

50					5 Rotations For Time					51					3 Rotations for time				
Exercise	RX	Reps	Weight	Completed Time: _____	Power Movements! Be an Athlete! No lazy reps	Exercise	RX	Weight	Reps	Completed Time: _____									
Pull-ups	You	20				Power Clean	135		5										
Push-ups	You	30				Dead Lift	135		5										
Sit-ups	You	40				Tire Flip	TIRE		5										
Squats	You	50				400M	Run		1 lap										

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

52	Classroom Work
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Shoulder Mobility		Hip Mobility		Monday Topic:	
Wall Crawl		Band Hamstring		Notes:	
Ext/Int Rotation		Band Lunge			
Upright row		Band Half Pigeon			
Shoulder Extention		Lateral Band Walk			
Band Pull Apart		Monster Walks			
Side bend pull		Banded Glute Bridges			
Diagonal Pull		Band Clam Shells			
Pull Rotation		Band Fire Hydrants			
Notes: How did it feel? Thoughts:				Wednesday Technique of the week:	
				Descibe in your own words	

Notes: How did it feel? Thoughts:

## Workout Days (Week 8)

53	For Time					For Time				54
Exercise	RX	Weight	Reps	Completed Time:	Power Movements! Be an Athlete! No lazy reps	Completed Time:	Reps	Weight	RX	Exercise
Clean/Press/Squat	115		25				25	you	Burpees	
Clean	135		10				25	25	Crunch to sky	
Squat	135		25				25	you	Squat Jumps	
Push-Press	95		50				25	you	Toes to bar	
							25	you	Split jumps	
							100 meters	25's	Inchworms	

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Class Work		55			56
<b>Friday Topic:</b>		Jump Rope	Routine	Notes: How did it feel? Thoughts:	<b>Active rest</b> <b>Choose 1-2</b>
Notes:					10 minute stretching routine
					2- 4 mile Walk
					Ice bath or Chyro
					Notes: How did it feel? Thoughts:

**Weekly Recap:** Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)



## Workout Days (Week 9)

60	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	61
Pull-ups	__X MAX	__X MAX	__X MAX	__X MAX	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	__X MAX	__X MAX	__X MAX	__X MAX	Muscle Up
Power-Cleans	__X 8	__X 8	__X 6	__X 3		__X 15	__X 15	__X 15	__X 15	Body Weight full Squat
Bench Press	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	Bicep Curl
DB Press	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	Tricep Extension
Dumb bell flys	__X 15	__X 12	__X 10	__X 8		You X 30/2	You X 30/3	You X 30/4	You X 30/5	Bird dog Hold
Band pull down	__X 15	__X 12	__X 10	__X 8		__X 15	__X 15	__X 15	__X 15	Explosive sit-up
Band Rev Fly	__X 15	__X 12	__X 10	__X 8		__X 15	__X 12	__X 10	__X 8	Supermans
						__X 15	__X 12	__X 10	__X 8	Toes to bar

Notes: How did it feel? Thoughts:

Notes: How did it feel? Thoughts:

Class Work	62			63
<b>Friday Topic:</b>		Run	Time	Notes: How did it feel? Thoughts:
Notes:		2 Mile:		
				<b>Active rest</b> <b>Choose 1-2</b> 10 minute stretching routine 2- 4 mile Walk Ice bath or Chyro Notes: How did it feel? Thoughts:

**Weekly Recap:** Completion, Competition and Capability (Did you complete, Did you compete, Did you do to your full capacity)

