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| **PATRIOTS** | **Monday 8/7/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Glute Bridge x 10, Rocking Hip Flexor Stretch x 8 each leg, Body Weight Squats x 10, Shoulder Taps x 12** | | |
| **Rotation 1** | | |
| **Chain Back Squat**  **1 x 5 @ 60% & 4 x 3 @ 70%**  **Coach & Spot**  **Pigeon Stretch x 10 sec alternate legs each set** | | |
| **Rotation 2** | | |
| **High Pulls**  **5 x 3 @ 70% of HC Max**  **Banded Shrugs 5 x 10**  **Ins & Outs 5 x 12** | | |
| **Rotation 3** | | |
| **SLDL 3 x 8**  **Rev Lunge 3 x 6 each leg**  **Squat Jumps 3 x 5** | | |
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| **Finisher** | | |
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| **PATRIOTS** | **Tuesday 8/8/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls Forward/Backwards, Chain Breakers, Yoga Push-Ups, T – Spine Rotation, Plank** | | |
| **Rotation 1** | | |
| **Chain Bench Press**  **1 x 5 @ 60% & 4 x 3 @ 75%**  **Coach & Spot**  **Shoulder Taps 5 x 12** | | |
| **Rotation 2** | | |
| **Push Press**  **5 x 5**  **Face Pulls x 10**  **Plate Toe Touches 5 x 12** | | |
| **Rotation 3** | | |
| **Bent Over Rows 3 x 8**  **Incline Push-Up 3 x 10**  **2 Way Shoulders 3 x 8 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 8/9/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, Split Squat Jumps, Lateral Lunges, Sumo Squat, Toe Touches x 20** | | |
| **Rotation 1** | | |
| **BB Floor Press**  **4 x 6 @ 75%**  **Coach & Spot**  **Band Pull Downs 4 x 10** | | |
| **Rotation 2** | | |
| **SA DB Military Press 4 x 6 each arm**  **Plate Chops (1 & 2) & Plate Punches (3 & 4) 4 x 10**  **Ski Abs 4 x 12** | | |
| **Rotation 3** | | |
| **Upright Row 3 x 10**  **Curls 3 x 10**  **Scissor Kicks 3 x 10-20** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 8/14/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, Split Squat Jumps, Lateral Lunges, Sumo Squat, Toe Touches x 20** | | |
| **Rotation 1** | | |
| **Back Box Squat**  **4 x 10 @ 65%**  **Coach & Spot**  **Incline Pigeon Stretch 5 x 15 sec each** | | |
| **Rotation 2** | | |
| **Power Clean**  **4 x 3 @ 80%**  **Coach & Spot**  **Rocking Couch Stretch 5 x 6 each leg** | | |
| **Rotation 3** | | |
| **Russian Twist 3 x 20**  **Banded RDL/SLDL/RH 3 x 10**  **Fire Hydrants 3 x 10 each leg** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 8/15/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Chain Breakers, Yoga Push-Ups, T-Spine Rotations, Plank** | | |
| **Rotation 1** | | |
| **Bench Press**  **4 x 10 @ 65%**  **Coach & Spot**  **DB Chainsaws 4 x 8 each arm** | | |
| **Rotation 2** | | |
| **Push Press**  **4 x 5**  **1 Arm DB Shrug 4 x 6 each arm**  **Shoulder Taps 4 x 12** | | |
| **Rotation 3** | | |
| **Incline Push-Up 3 x 5-10**  **Bent Over Rows 3 x 8**  **In & Outs 3 x 12** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 8/16/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Squat to Stand, Elephant Stretch, Lateral Lunge, BW Squat, Fire Hydrants, Rocking Hip Flexor, Glute Bridge** | | |
| **Rotation 1** | | |
| **High Pulls 4 x 5**  **Face Pulls 4 x 10**  **Plank w/Leg Lifts 4 x 6 each** | | |
| **Rotation 2** | | |
| **Incline 4 x 10 @ 60% to 65%**  **Coach & Spot**  **Upright Row 4 x 10** | | |
| **Rotation 3** | | |
| **Pull-Ups 3 x 10**  **Curls 3 x 10**  **Spider Hops 3 x 20** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 8/21/23** | **STRENGTH** |
| **WARM-UP** | | |
| **OH Squat x 10, Glute Bridge x 10, Bird Dog x 10, Spider Hops x 20** | | |
| **Rotation 1** | | |
| **Hang Clean**  **4 x 4 @ 70%**  **Ins & Outs 4 x 12**  **Rocking Couch Stretch 4 x 6 each leg** | | |
| **Rotation 2** | | |
| **Deadlift to Shrug**  **1 x 8, 6, 4, & 2**  **Preacher Stretch 4 x 20 sec**  **Banded Shrug 4 x 10** | | |
| **Rotation 3** | | |
| **Banded RDL/SLDL/RH 3 x 10**  **Russian Twist 3 x 20**  **Single Leg Squat 3 x 6 each leg** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 8/23/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Chain Breakers, Yoga Push-Ups, T – Spine Rotations** | | |
| **Rotation 1** | | |
| **Bench Press 5 x 3 @ 70%**  **Coach & Spot**  **2 Way Shoulders 5 x 8 each** | | |
| **Rotation 2** | | |
| **Standing BB Military Press 5 x 6**  **Coach & Spot**  **Chainsaws 5 x 8 each** | | |
| **Rotation 3** | | |
| **Plate Front Raises 3 x 10**  **Pull-Ups 3 x 5-10**  **Dislocations 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Thursday 8/31/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Split Squat Jumps, Lateral Lunges, Reverse Lunges, High Kicks, 90’ 90’ Rotations, Toe Touches** | | |
| **Rotation 1** | | |
| **Floor Press 4 x 5**  **Coach & Spot**  **2 Way Shoulders 4 x 5 each way** | | |
| **Rotation 2** | | |
| **DB Pullover 4 x 10**  **BB Upright Rows 4 x 10**  **Rack Dips 4 x 10** | | |
| **Rotation 3** | | |
| **Banded Shrugs 3 x 10**  **Scissor Kicks 3 x 20**  **Yoga Push-Ups 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 8/28/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Body Weight Squats x 10, Squat to Stand x 10, Glute Bridge March x 10, Rocking Hip Flexor x 10,** | | |
| **Rotation 1** | | |
| **Back Box Squat 5 x 3 @ 75%**  **Coach & Spot**  **Pigeon Stretch 5 x 15 each** | | |
| **Rotation 2** | | |
| **High Pulls 5 x 3**  **SL Squat 5 x 5 each**  **Plank Rocks 5 x 10** | | |
| **Rotation 3** | | |
| **SL Calf Raises 3 x 10 each**  **Banded RDL/SLDL/RH 3 x 10**  **Toe Touches 3 x 12** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 8/31/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Chain Breakers, Yoga Push-Ups, T-Spine Rotations** | | |
| **Rotation 1** | | |
| **Bench Press 5 x 3 @ 75%**  **Coach & Spot**  **External Rotation 5 x 8 each** | | |
| **Rotation 2** | | |
| **Standing BB Military Press 5 x 6**  **Coach & Spot**  **Chainsaws 5 x 8 each** | | |
| **Rotation 3** | | |
| **BB or DB Shrugs 3 x 10**  **Front Plate Raises 3 x 10**  **Pull-Ups 5-10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 9/1/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, High Kicks, Butt Kicks, Split Squat Jumps, Lateral Lunges** | | |
| **Rotation 1** | | |
| **Floor Press 4 x 6 65% of Bench Max**  **Coach & Spot**  **Face Pulls 4 x 10** | | |
| **Rotation 2** | | |
| **DB Incline Row 4 x 10**  **Banded Bent Over Rows 4 x10**  **Plate Punch 4 x 10** | | |
| **Rotation 3** | | |
| **Band Pull Downs/Rack Dips/DB Tri Ex 3 x 10**  **DB/Straight Bar/Ez Bar/Banded Curls 3 x 10**  **Russian Twist 3 x 20** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 9/6/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Squat to Stand, Elephant Stretch, Lateral Lunge, BW Squat, Fire Hydrants, Rocking Hip Flexor, Glute Bridge** | | |
| **Rotation 1** | | |
| **Hang Clean 4 x 5 @ 70%**  **Rocking Hip Flexor Stretch 4 x 6 each**  **Preacher Stretch 15 sec** | | |
| **Rotation 2** | | |
| **Deadlift to Shrug 1 x 10-8-6-4**  **Pigeon Stretch 30 sec rotate each set**  **Plated Russian Twist 4 x 12** | | |
| **Rotation 3** | | |
| **Banded RDL/RH/SLDL 3 x 10**  **Single Leg Calf Raises 3 x 10 each**  **Plank Up Downs 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Thursday 9/7/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Chain Breakers, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **Bench Press 5 x 3 75%-80%**  **Coach & Spot**  **External Rotations 5 x 8 each** | | |
| **Rotation 2** | | |
| **Standing BB Military Press 5 x 6**  **Coach & Spot**  **Chainsaws 5 x 8 each** | | |
| **Rotation 3** | | |
| **One Arm DB Shrug 3 x 10 each**  **Plate Front Raises 3 x 10**  **Hand Release Push-Ups 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Thursday 9/8/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Squat to Stand, Elephant Stretch, Lateral Lunge, Split Squat Jumps, Yoga Push-Up, T-Spine, Glute Bridge Mar** | | |
| **Rotation 1** | | |
| **Floor Press 4 x 6**  **Coach & Spot**  **Face Pulls 4 x 10** | | |
| **Rotation 2** | | |
| **Incline Pushup 4 x 10**  **Plate Crunches 4 x 10**  **Band Shrugs 4 x 10** | | |
| **Rotation 3** | | |
| **Curls 3 x 10**  **Upright Rows 3 x 10**  **Plate Crunches 3 x 12** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 9/11/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Squat to Stand, Elephant Stretch, Lateral Lunge, Split Squat Jumps, Fire Hydrants, Rocking Hip Flex, Glute Bridge** | | |
| **Rotation 1** | | |
| **Back Box Squat 5 x 3 @ 80%**  **Coach & Spot**  **Incline Pigeon Stretch 5 x 10 sec each** | | |
| **Rotation 2** | | |
| **High Pulls 5 x 3**  **Russian Twist 5 x 10**  **SL Squat of Bench 5 x 5 each** | | |
| **Rotation 3** | | |
| **SL Calf Raises on Rack 3 x 10 each**  **Rocking Couch Stretch 3 x 6 each leg**  **Banded RDL/SLDL/RH 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 9/12/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Chain Breakers, Yoga Push-Ups, T-Spine Rotations** | | |
| **Rotation 1** | | |
| **Bench Press 5 x 3 @ 70%**  **Coach & Spot**  **Front Plate Raises 5 x 8 each** | | |
| **Rotation 2** | | |
| **BB Curls 5 x 10**  **Band Pull Downs 5 x 10**  **Chainsaws 5 x 8 each** | | |
| **Rotation 3** | | |
| **Pull-Ups 3 x 10**  **Hand Release Push-Up 3 x 10**  **One Arm DB Shrug 3 x 8 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 9/13/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Squat to Stand, Elephant Stretch, Lateral Lunge, BW Squat, Fire Hydrants, Mule Kicks, Rocking Fix Flexor, Glute Bridge** | | |
| **Rotation 1** | | |
| **Incline 5 x 3 @ 70%**  **Coach & Spot**  **Upright Rows 5 x 10 each** | | |
| **Rotation 2** | | |
| **Double Singles 4 x 6**  **Coach & Spot**  **Banded Shrugs 4 x 10 each** | | |
| **Rotation 3** | | |
| **Band Pull Downs 3 x 10**  **Curls 3 x 10**  **Plate Crunches 3 x 12-15 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 9/18/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Squat to Stand, Elephant Stretch, Lateral Lunge, BW Squat, Fire Hydrants, Mule Kicks, Rocking Fix Flexor, Glute Bridge** | | |
| **Rotation 1** | | |
| **Back Box Squat 5 x 4 @ 70%**  **Coach & Spot**  **Pigeon Stretch 15 sec/Rotate Legs Each Set** | | |
| **Rotation 2** | | |
| **Rack Pulls 5 x 4**  **DB RDL 5 x 5**  **Plank Series** | | |
| **Rotation 3** | | |
| **SL Squat off Bench 3 x 5 each**  **Banded RDL 3 x 10**  **Calf Raises on Rack 3 x 10 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 9/19/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, High Kicks, Split Squat Jumps, Shoulder Rolls, Chain Breakers, Yoga Push-Ups, T-Spine Rotations** | | |
| **Rotation 1** | | |
| **Bench Press 5 x 4 @ 70%**  **Coach & Spot**  **Dislocations 5 x 10** | | |
| **Rotation 2** | | |
| **SA DB Military Press 5 x 6 each**  **Bent Over Rows 5 x 6**  **T-Spine Rotations 5 x 6 each arm** | | |
| **Rotation 3** | | |
| **SA DB Shrug 3 x 8 each**  **BB Inverted Row 3 x 8-12**  **2 Way Shoulders 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 9/20/23** | **STRENGTH** |
| **WARM-UP** | | |
| **BW Squats, Rev Lunges, Quad Pull & Reach, Squat Jumps, 90’90 Rotations, Hand Release Push-Ups** | | |
| **Rotation 1** | | |
| **BB Incline 4 x 8**  **Coach & Spot**  **Halos 4 x 8 each** | | |
| **Rotation 2** | | |
| **Pullovers 4 x 10**  **Band Pull Downs 4 x 10**  **Toe Touches 4 x 12** | | |
| **Rotation 3** | | |
| **Curls 3 x 10**  **Bent Over Flys 3 x 10**  **Toe Touches 3 x 12** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 9/24/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, High Kicks, BW Squats, Split Squat Jumps, Glute Bridge March, 90’90 Rotations** | | |
| **Rotation 1** | | |
| **Back Box Squat 5 x 4 @ 70%**  **Coach & Spot**  **Rocking Couch Stretch 5 x 6 each** | | |
| **Rotation 2** | | |
| **Push Press 5 x 4**  **Banded Shrugs 5 x 10 each**  **Plank Up Downs 5 x 10** | | |
| **Rotation 3** | | |
| **SL Squat Off Bench 3 x 5 each**  **Banded RDL/RH 3 x 10**  **Calf Raises On Rack 3 x 10 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 9/27/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Chain Breakers, Yoga Push-Ups, T-Spine Rotations** | | |
| **Rotation 1** | | |
| **Bench Press 5 x 4 @ 75%**  **Coach & Spot**  **Waiter Curl 5 x 10 each** | | |
| **Rotation 2** | | |
| **SA DB Military Press 5 x 6 each**  **Band Bent Over Row 5 x 10 each**  **Plated Russian Twist 5 x 12** | | |
| **Rotation 3** | | |
| **2 Way Shoulders 3 x 10**  **SA DB Shrug 3 x 8 each**  **BB Inverted Row 3 x 8-12** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 10/3/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Lateral Lunges, BW Squats, Fire Hydrants, Mule Kicks, Leg Lifts, Scissor Kicks** | | |
| **Rotation 1** | | |
| **Hang Clean 4 x 3 @ 70%**  **Band Pull Downs 4 x 10**  **Preacher Stretch 15 sec** | | |
| **Rotation 2** | | |
| **BB Incline 4 x 8 65%**  **Coach & Spot**  **Shoulder Taps 4 x 8 each** | | |
| **Rotation 3** | | |
| **Hanging Leg Raises 3 x 10-12**  **SLDL 3 x 8**  **Russian Twist 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 10/4/21** | **STRENGTH** |
| **WARM-UP** | | |
| **BW Squats, Split Squat Jumps, Lateral Lunges, Glute Bridge, Glute Bridge March, 90’90 Rotations** | | |
| **Rotation 1** | | |
| **Back Box Squat 5 x 4 @ 75%-80%**  **Coach & Spot**  **Rocking Hip Flexor Stretch 5 x 6 each leg** | | |
| **Rotation 2** | | |
| **High Pull 5 x 4**  **Banded Clams 5 x 6 each leg**  **Plank w/Leg Taps 5 x 10 each** | | |
| **Rotation 3** | | |
| **SL Squat Off Bench 3 x 5 each**  **Banded RDL/SLDL/RH 3 x 10**  **Calf Raises on Rack 3 x 10 each leg** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 10/5/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Chain Breakers, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **Bench Press 5 x 4 @ 75%-80%**  **Coach & Spot**  **Banded Shrugs 5 x 10** | | |
| **Rotation 2** | | |
| **SA DB Military Press 5 x 6 each**  **Bent Over Rows 5 x 6**  **Dislocations 5 x 10** | | |
| **Rotation 3** | | |
| **BB Inverted Row 3 x 8-12**  **2 Way Shoulders 3 x 10**  **SA DB Shrug 3 x 8 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 10/6/23** | **STRENGTH** |
| **WARM-UP** | | |
| **BW Squat, Reverse Lunges, Lateral Lunges, Fire Hydrants, Mule Kicks, 90’90 Rotations** | | |
| **Rotation 1** | | |
| **BB Incline 4 x 8**  **Coach & Spot**  **Halos 4 x 8 each way** | | |
| **Rotation 2** | | |
| **Incline Rows 4 x 10**  **Coach & Spot**  **Incline Push-Up 4 x 10** | | |
| **Rotation 3** | | |
| **Curls 3 x 10**  **Bent Over Flys 3 x 10**  **Hanging Leg Raises 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 10/11/23** | **STRENGTH** |
| **WARM-UP** | | |
| **BW Squat, Reverse Lunges, Lateral Lunges, Fire Hydrants, Mule Kicks, 90’90 Rotations** | | |
| **Rotation 1** | | |
| **Back Squat 1 x 4 @ 65%, 1 x 4 @ 70%, 1 x 4 @ 75%, 2 x 4 @ 80%**  **Coach & Spot**  **Rocking Hip Flexor Stretch 5 x 6 each** | | |
| **Rotation 2** | | |
| **High Pulls 5 x 4**  **Banded Shrugs 5 x 8**  **Plate Toe Touches 5 x 10** | | |
| **Rotation 3** | | |
| **SL Squat Off Bench 3 x 5 each**  **Band RDL/SLDL/RH 3 x 10**  **Calf Raises on Rack 3 x 10 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Thursday 10/12/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Arm Circles, Chain Breakers, Trunk Twist, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **Bench Press 5 x 4 @ 65%, 70%, 75%, 80%, 85%**  **Coach & Spot**  **Band Bent Over Rows 5 x 10** | | |
| **Rotation 2** | | |
| **SA DB Military Press 5 x 6**  **2 Way Shoulders 5 x 8 each**  **Dislocations 5 x 10** | | |
| **Rotation 3** | | |
| **BB Inverted Row 3 x 8-12**  **2 Way Shoulders 3 x 10**  **SA DB Shrugs 3 x 8 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Friday 10/13/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Glute Bridge, Glute Bridge March, Fire Hydrants, Mule Kicks, 90’90 Rotations** | | |
| **Rotation 1** | | |
| **Incline 4 x 6**  **Coach & Spot**  **Halos 4 x 10** | | |
| **Rotation 2** | | |
| **Hang Clean 4 x 5**  **Band Pull Downs 4 x 10**  **Plated Russian Twist 4 x 10** | | |
| **Rotation 3** | | |
| **Han Release Push-Up 3 x 10**  **Curls 3 x 10**  **Hanging Leg Raises/Plate Crunches 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 10/16/23** | **STRENGTH** |
| **WARM-UP** | | |
| **BW Squat, Reverse Lunges, Lateral Lunges, Fire Hydrants, Mule Kicks, 90’90 Rotations** | | |
| **Rotation 1** | | |
| **Back Squat 1 x 4 @ 65%, 1 x 4 @ 70%, 1 x 4 @ 75%, 2 x 4 @ 80%**  **Coach & Spot**  **Rocking Hip Flexor Stretch 5 x 6 each** | | |
| **Rotation 2** | | |
| **Rack Pulls 4 x 4**  **SL Squat Off Bench 4 x 5 each**  **SL Calf Raises on Rack 4 x 8** | | |
| **Rotation 3** | | |
| **SL Squat Off Bench 3 x 5 each**  **Band RDL/SLDL/RH 3 x 10**  **Calf Raises on Rack 3 x 10 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 10/17/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Arm Circles, Chain Breakers, Trunk Twist, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **DB Bench 4 x 8**  **Coach & Spot**  **Face Pulls 4 x 10** | | |
| **Rotation 2** | | |
| **BB Military Press 4 x 6**  **Coach & Spot**  **Plank w/Shoulder Taps 4 x 10** | | |
| **Rotation 3** | | |
| **Pull-Ups 3 x 8-12**  **Hand Release Push-Ups 3 x 10**  **Rack Dips 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 10/20/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, High Kicks, Heel Kicks, Split Squat Jumps, Vertical Jumps x 5** | | |
| **Rotation 1** | | |
| **Deadlift to Shrug 4 x 5**  **Coach & Spot**  **Rocking Couch Stretch 4 x 88 each** | | |
| **Rotation 2** | | |
| **Rack Cleans 4 x 5 each**  **Coach & Spot**  **Side Plank w/Leg Raise 4 x 5 each** | | |
| **Rotation 3** | | |
| **Russian Twist 3 x 10**  **BB Heavy Shrugs 3 x 10**  **Plate Punches 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 10/18/23** | **STRENGTH** |
| **WARM-UP** | | |
| **Quad Pull & Reach, Elephant Stretch, Lunges, Sumo Squat, Hip Circles, Leg Lefts, Cobra Stretch** | | |
| **Rotation 1** | | |
| **BB Incline 4 x 6**  **Coach & Spot**  **Halos/Upright Rows 4 x 10 each** | | |
| **Rotation 2** | | |
| **Bent Over Rows 4 x 8**  **Coach & Spot**  **Banded Shrugs 4 x 10** | | |
| **Rotation 3** | | |
| **BB Curls 3 x 10**  **Bent Over Flys 3 x 10**  **Plate Crunches 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 10/25/21** | **STRENGTH** |
| **WARM-UP** | | |
| **BW Squat, Reverse Lunges, Lateral Lunges, Hip Circles, Mule Kicks, 90’90 Rotations** | | |
| **Rotation 1** | | |
| **Rack Cleans 4 x 3**  **Rocking Hip Flexor Stretch 4 x 6**  **Preacher Stretch 4 15 sec** | | |
| **Rotation 2** | | |
| **Goblet Squat 4 x 8**  **Squat to Stand 4 x 6**  **Fire Hydrants 4 x 6 each** | | |
| **Rotation 3** | | |
| **Calf Raises on Rack 3 x 10**  **Russian Twist 3 x 10**  **FFE Split Squat 3 x 5 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 10/26/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Arm Circles, Chain Breakers, Trunk Twist, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **DB Bench 4 x 8**  **Coach & Spot**  **Crucifix 4 x 8** | | |
| **Rotation 2** | | |
| **BB Military Press 4 x 6**  **Coach & Spot**  **DB Pullover 4 x 6** | | |
| **Rotation 3** | | |
| **Rack Dips 3 x 10**  **Plate Sit-Ups 3 x 10**  **Flat Bench Flys 3 x 10 each** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 10/27/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Quad Pull & Reach, Elephant Stretch, Lunges, Sumo Squat, Hip Circles, Leg Lefts, Cobra Stretch** | | |
| **Rotation 1** | | |
| **BB Incline Push-Ups 4 x 10-12**  **Face Pulls 4 x 10**  **External Rotations 4 x 8 each** | | |
| **Rotation 2** | | |
| **DB Incline Rows 4 x 10**  **Coach & Spot**  **Pull Ups 4 x 10** | | |
| **Rotation 3** | | |
| **Curls 3 x 10**  **One Arm DB Shrug 3 x 10 each**  **Toe Touches 3 x 15** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 11/1/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, High Kicks, Heel Kicks, BW Squats, Lateral Lunges, Reverse Lunges** | | |
| **Rotation 1** | | |
| **Goblet Squats 4 x 6**  **Squat to Stand 4 x 6**  **Banded Clams 4 x 6 each** | | |
| **Rotation 2** | | |
| **High Pulls 4 x 3**  **Rocking Couch Stretch 4 x 8 each**  **Preacher Stretch 15 sec.** | | |
| **Rotation 3** | | |
| **FFE Split Squat 3 x 5 each**  **Calf Raises on Rack 3 x 10 each**  **Toe Touches 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 11/2/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Arm Circles, Chain Breakers, Trunk Twist, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **DB Bench 4 x 8**  **Coach & Spot**  **Pull-Ups 4 x 10** | | |
| **Rotation 2** | | |
| **BB Military Press 4 x 6**  **Coach & Spot**  **T Push-Ups 4 x 10** | | |
| **Rotation 3** | | |
| **Curl to Press 3 x 10**  **Bench Dips 3 x 10**  **Plate Crunches 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 11/2/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Glute Bridge, Glute Bridge March, Fire Hydrants, Mule Kicks, 90’90 Rotations** | | |
| **Rotation 1** | | |
| **DB Incline Rows 4 x 10**  **Coach & Spot**  **Dislocations 4 x 10** | | |
| **Rotation 2** | | |
| **BB Incline Push-Ups 4 x 10-15**  **Chainsaws 4 x 8 each**  **Russian Twist 4 x 12** | | |
| **Rotation 3** | | |
| **Incline Reverse Flys 3 x 10**  **One Arm DB Shrug 3 x 6 each**  **Pull Ups 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 11/8/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, High Kicks, Heel Kicks, BW Squats, Lateral Lunges, Reverse Lunges** | | |
| **Rotation 1** | | |
| **Goblet Squats 4 x 6**  **Squat to Stand 4 x 6**  **OH Squats 4 x 6 each** | | |
| **Rotation 2** | | |
| **Rack Pulls 4 x 3**  **Rocking Couch Stretch 4 x 8 each**  **Preacher Stretch 15 sec.** | | |
| **Rotation 3** | | |
| **FFE Split Squat 3 x 5 each**  **Calf Raises on Rack 3 x 10 each**  **Plate Sit-Ups 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 11/9/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Arm Circles, Chain Breakers, Trunk Twist, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **Bench 4 x 6 @ 70%**  **Coach & Spot**  **Upright Rows 4 x 10** | | |
| **Rotation 2** | | |
| **Bent Over Rows 4 x 6**  **Plate Sit-Ups 4 x 10**  **Foam Roller T-Spine Extension 4 x 10** | | |
| **Rotation 3** | | |
| **BB Incline Push-Ups 3 x 10-15**  **Rack Dips 3 x 10**  **Curls 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 11/10/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Glute Bridge, Glute Bridge March, Fire Hydrants** | | |
| **Rotation 1** | | |
| **DB Incline Rows 4 x 10**  **Coach & Spot**  **Dislocations 4 x 10** | | |
| **Rotation 2** | | |
| **BB Incline Push-Ups 4 x 10-15**  **Chainsaws 4 x 8 each**  **Russian Twist 4 x 12** | | |
| **Rotation 3** | | |
| **DB Pull Over 3 x 10**  **One Arm DB Shrug 3 x 6 each**  **Pull Ups 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 11/15/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, High Kicks, Heel Kicks, BW Squats, Lateral Lunges, Reverse Lunges** | | |
| **Rotation 1** | | |
| **Goblet Squats 4 x 6**  **Squat to Stand 4 x 6**  **OH Squats 4 x 6 each** | | |
| **Rotation 2** | | |
| **Rack Pulls 4 x 3**  **Rocking Couch Stretch 4 x 8 each**  **Preacher Stretch 15 sec.** | | |
| **Rotation 3** | | |
| **FFE Split Squat 3 x 5 each**  **Calf Raises on Rack 3 x 10 each**  **Plate Crunches 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 11/16/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Arm Circles, Chain Breakers, Trunk Twist, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **Bench 4 x 6 @ 70%**  **Coach & Spot**  **Plate Chops 4 x 10** | | |
| **Rotation 2** | | |
| **Bent Over Rows 4 x 6**  **Toe Touches 4 x 10**  **Foam Roller T-Spine Extension 4 x 10** | | |
| **Rotation 3** | | |
| **2 Way Shoulders 3 x 10**  **Rack Dips 3 x 10**  **Curls 3 x 10** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 11/17/21** | **STRENGTH** |
| **WARM-UP** | | |
| **BW Squats, Squat to Stand, Front Lunges, Elephant Stretch, Quad Pull & Reach, Sumo Squat** | | |
| **Rotation 1** | | |
| **DB Incline Rows 4 x 10**  **Coach & Spot**  **Dislocations 4 x 10** | | |
| **Rotation 2** | | |
| **BB Incline Push-Ups 4 x 10-15**  **Chainsaws 4 x 8 each**  **Band Rows 4 x 10** | | |
| **Rotation 3** | | |
| **DB Pull Over 3 x 8**  **One Arm DB Shrug 3 x 6 each**  **Russian Twist 3 x 8** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 12/1/21** | **STRENGTH** |
| **WARM-UP** | | |
| **BW Squats, Squat to Stand, Front Lunges, Elephant Stretch, Quad Pull & Reach, Sumo Squat** | | |
| **Rotation 1** | | |
| **Back Squat (max) 1 x 5, 1 x 3, 1 x 2, 3 x 1**  **Coach & Spot**  **Rocking Flex Stretch/Seated Push Down** | | |
| **Rotation 2** | | |
| **FFE Split Squat 3 x 5**  **SLDL 3 x 6**  **Plate Crunches 3 x 10** | | |
| **Rotation 3** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 12/2/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Arm Circles, Chain Breakers, Trunk Twist, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **Bench (max) 1 x 5, 1 x 3, 1 x 2, 3 x 1**  **Coach & Spot**  **Upright Rows 3 x 10/Plate Chops 3 x 10** | | |
| **Rotation 2** | | |
| **Bent Over Rows 3 x 6**  **Toe Touches 3 x 10**  **2 Way Shoulders 3 x 10** | | |
| **Rotation 3** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 12/3/21** | **STRENGTH** |
| **WARM-UP** | | |
| **OH Squat, Lateral Lunges, Reverse Lunges, Fire Hydrants, Mule Kicks, Wrist** | | |
| **Rotation 1** | | |
| **Hang Clean (max) 1 x 5, 1 x 3, 1 x 2, 3 x 1**  **Coach & Spot**  **Rocking Couch Stretch 3 x 5 each leg/Preacher Stretch 3 x 10 sec** | | |
| **Rotation 2** | | |
| **Rack Dips 3 x 10**  **Straight Bar Curls 3 x 10**  **Russian Twist 3 x 10** | | |
| **Rotation 3** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Monday 12/6/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Jumping Jacks, High Knees, High Kicks, Heel Kicks, BW Squats, Lateral Lunges, Reverse Lunges, Wrist** | | |
| **Rotation 1** | | |
| **Front Squat (max) 1 x 5, 1 x 3, 1 x 2, 3 x 1**  **Coach & Spot**  **Pigeon Stretch 6 x 15 sec (alternate legs each set)** | | |
| **Rotation 2** | | |
| **FFE Split Squat 3 x 5**  **SLDL 3 x 6**  **Plate Crunches 3 x 10** | | |
| **Rotation 3** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Tuesday 12/7/21** | **STRENGTH** |
| **WARM-UP** | | |
| **Shoulder Rolls, Arm Circles, Chain Breakers, Trunk Twist, Yoga Push-Ups, T-Spine Rotation** | | |
| **Rotation 1** | | |
| **Incline (max) 1 x 5, 1 x 3, 1 x 2, 3 x 1**  **Coach & Spot**  **Upright Rows 3 x 10/Plate Chops 3 x 10** | | |
| **Rotation 2** | | |
| **Bent Over Rows 3 x 6**  **Toe Touches 3 x 10**  **2 Way Shoulders 3 x 10** | | |
| **Rotation 3** | | |
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| **Finisher** | | |

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| **PATRIOTS** | **Wednesday 12/8/21** | **STRENGTH** |
| **WARM-UP** | | |
| **OH Squat, Lateral Lunges, Reverse Lunges, Fire Hydrants, Mule Kicks, Wrist** | | |
| **Rotation 1** | | |
| **Power Clean (max) 1 x 5, 1 x 3, 1 x 2, 3 x 1**  **Coach & Spot**  **Rocking Couch Stretch 3 x 5 each leg/Preacher Stretch 3 x 10 sec** | | |
| **Rotation 2** | | |
| **Rack Dips 3 x 10**  **Straight Bar Curls 3 x 10**  **Russian Twist 3 x 10** | | |
| **Rotation 3** | | |
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| **Finisher** | | |