

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Box Jumps 10x2	Overhead Press 3x5	See Conditioning Week 1	Back Squat 3x5 (+5)	Deadlift 1x5	See Conditioning Week 1	REST
Back Squat 3x5	Max Effort Pushups - 3 sets		Goblet Squats 3x10	Max effort pullups or jumping pullups - 3 sets		
DB Step-ups 3x10	DB Shoulder Press 3x10		Bulgarian Split Squats 3x10	DB RDL's 3x10		
DB Lunges 3x10	Tri Extension - 3x12		10 minutes of bodyweight walking lunges	Hammer Curls 3x10		

Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Box Jumps 8x3	Overhead Press 3x5 (+2.5)	See Conditioning Week 2	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 2	REST
Back Squat 3x5 (+5)	Max Effort Pushups - 3 sets		Goblet Squats 3x12	Max effort pullups or jumping pullups - 3 sets		
DB Step-ups 3x12	DB Shoulder Press 3x12		Bulgarian Split Squats 3x12	DB RDL's 3x12		
DB Lunges 3x12	Tri Extension - 4x12		12 minutes of bodyweight walking lunges	Hammer Curls 3x12		

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Box Jumps 12x1	Overhead Press 3x5 (+2.5)	See Conditioning Week 3	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 3	REST
Back Squat 3x5 (+5)	Max Effort Pushups - 3 sets		Goblet Squats 4x10	Max effort pullups or jumping pullups - 3 sets		
DB Step-ups 4x10	DB Shoulder Press 4x10		Bulgarian Split Squats 4x10	DB RDL's 3x12		
DB Lunges 4x10	Tri Extension - 4x10		15 minutes of bodyweight walking lunges	Hammer Curls 4x10		

Week 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Box Jumps 10x2	Overhead Press 3x5	See Conditioning Week 4	Back Squat 3x5 (+5)	Deadlift 1x5	See Conditioning Week 4	REST
Back Squat 3x5	Max Effort Pushups - 3 sets		Goblet Squats 3x10	Max effort pullups or jumping pullups - 3 sets		
DB Step-ups 3x10	DB Shoulder Press 3x10		Bulgarian Split Squats 3x10	DB RDL's 3x10		
DB Lunges 3x10	Tri Extension - 3x12		10 minutes of bodyweight walking lunges	Hammer Curls 3x10		

Week 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Seated Box Jumps 10x2	Overhead Press 3x5 (+2.5)	See Cone Agility Page for Details	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 5	REST
Back Squat 3x5 (+5)	Max Effort Dips - 3 sets	Base Inside Box x 3	Front Squats 3x10	Max effort chinups or jumping chinups - 3 sets		
Lat Pulldowns 3x10	DB Incline Press 3x10	Base Inside M x 3	Bulgarain Split Squats 3x10	Single Leg DB RDL's 3x10		
BW Lunges 3x20	Skull Crushers - 3x12	360s x 3	DB Bentover Row 3x10	Seated DB Curls 3x10		

Week 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Seated Box Jumps 8x3	Overhead Press 3x5 (+2.5)	See Cone Agility Page for Details	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 6	REST
Back Squat 3x5 (+5)	Max Effort Dips - 3 sets	Base Outside Box x 3	Front Squats 4x8	Max effort chinups or jumping chinups - 3 sets		
Lat Pulldowns 3x12	DB Incline Press 3x12	Base Outside M x 3	Bulgarain Split Squats 3x12	Single Leg DB RDL's 3x12		
BW Lunges 4x20	Skull Crushers - 4x10	Figure 8s x 3	DB Bentover Row 3x12	Seated DB Curls 3x12		

Week 7

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Seated Box Jumps 8x3	Overhead Press 3x5 (+2.5)	See Cone Agility Page for Details	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 7	REST
Back Squat 3x5 (+5)	Max Effort Dips - 3 sets	Advanced Inside Box x 3	Front Squats 4x10	Max effort chinups or jumping chinups - 3 sets		
Lat Pulldowns 4x10	DB Incline Press 4x10	Advanced Inside M x 3	Bulgarain Split Squats 4x10	Single Leg DB RDL's 4x10		
BW Lunges 3x30	Skull Crushers - 4x12	Outside 'X' x 3	DB Bentover Row 4x10	Seated DB Curls 4x10		

Week 8

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Seated Box Jumps 10x2	Overhead Press 3x5 (+2.5)	See Cone Agility Page for Details	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 8	REST
Back Squat 3x5 (+5)	Max Effort Dips - 3 sets	Advanced Outside Box x 3	Front Squats 3x10	Max effort chinups or jumping chinups - 3 sets		
Lat Pulldowns 3x10	DB Incline Press 3x10	Advanced Outside M x 3	Bulgarain Split Squats 3x10	Single Leg DB RDL's 3x10		
BW Lunges 3x20	Skull Crushers - 3x12	Inside 'X' x 3	DB Bentover Row 3x10	Seated DB Curls 3x10		

Week 9

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Back Squat 3x5 (+5)	Overhead Press 3x5 (+2.5)	See Conditioning Week 9	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 9	REST
Back Squat 5x10	Bench Press 5x10	Base Inside Box x 5	100 BW Air Squats	Max effort pullups or jumping pullups - 3 sets		
Barbell Rows 3x10	Max Effort Pushups - 3 sets	Base Inside M x 5	Barbell Bentover Rows 3x10	Barbell RDL's 3x10		
DB Lunges 3x10	Overhead Tri Extension - 3x12	360s x 5	Wall Sit - 3 sets Max Effort	Barbell Curls 3x10		

Week 10

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Back Squat 3x5 (+5)	Overhead Press 3x5 (+2.5)	See Cone Agility Page for De	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 10	REST
Back Squat 5x10	Bench Press 5x10	Base Outside Box x 5	100 BW Air Squats	Max effort pullups or jumping pullups - 3 sets		
Barbell Rows 4x10	Max Effort Pushups - 3 sets	Base Outside M x 5	Barbell Bentover Rows 4x10	Barbell RDL's 4x10		
DB Lunges 4x10	Overhead Tri Extension - 4x10	Figure 8s x 5	Wall Sit - 4 sets Max Effort	Barbell Curls 4x10		

Week 11

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Back Squat 3x5 (+5)	Overhead Press 3x5 (+2.5)	See Cone Agility Page for De	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 11	REST
Back Squat 5x10	Bench Press 5x10	Advanced Inside Box x 5	100 BW Air Squats	Max effort pullups or jumping pullups - 3 sets		
Barbell Rows 3x12	Max Effort Pushups - 3 sets	Advanced Inside M x 5	Barbell Bentover Rows 3x12	Barbell RDL's 3x12		
DB Lunges 3x12	Overhead Tri Extension - 3x12	Outside 'X' x 5	Wall Sit - 4 sets Max Effort	Barbell Curls 3x12		

Week 12

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Back Squat 3x5 (+5)	Overhead Press 3x5 (+2.5)	See Cone Agility Page for De	Back Squat 3x5 (+5)	Deadlift 1x5 (+10)	See Conditioning Week 12	REST
Back Squat 5x10	Bench Press 5x10	Advanced Outside Box x 5	100 BW Air Squats	Max effort pullups or jumping pullups - 3 sets		
Barbell Rows 3x10	Max Effort Pushups - 3 sets	Advanced Outside M x 5	Barbell Bentover Rows 3x10	Barbell RDL's 3x10		
DB Lunges 3x10	Overhead Tri Extension - 3x12	Inside 'X' x 5	Wall Sit - 3 sets Max Effort	Barbell Curls 3x10		