

As a reminder our RPE weight scale is as follows:							
Light: technique focus. controlled movement. won't be sore the next day							
Medium: challenging but can complete all reps and all sets with perfect technique							
Heavy: Can barely compete the last rep in each set							
Vheavy: Maxed out. Likely needs a spot to finish the last rep							
Dynamic: Light but quick, precise movements. Lifting as quick as you can							
Stability Max Day 1							
Aerobic Warm up	5-15 min						
Stretching and personal P.T. exercises	10 min						
Activation circuit - any order x2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
cable row overhead press	x10	x10	x10	x10	x10	x10	
Downard dog to spider	x 8 each side (hold 5 sec)	x 8 each side (hold 5 sec)	x 8 each side (hold 5 sec)	x 8 each side (hold 5 sec)	x 8 each side (hold 5 sec)	x 8 each side (hold 5 sec)	
Prone chest stretch	x 8 each side	x 8 each side	x 8 each side	x 8 each side	x 8 each side	x 8 each side	
Bous Ball SL band cross overs	x 10 each side	x 10 each side	x 10 each side	x 10 each side	x 10 each side	x 10 each side	
SL stability - circuit exercises 2-3 rounds 30-60 sec rest between exercises							
KB curtsy squat	x8 each leg med	x8 each leg med	x8 each leg med	x8 each leg med	x8 each leg med	x8 each leg med	
Band skate jumps (light, band on knees)	x16 total	x16 total	x16 total	x16 total	x16 total	x16 total	
single leg plate hop	x10 each leg	x10 each leg	x10 each leg	x10 each leg	x10 each leg	x10 each leg	
Power lift super set 2-3 sets	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Single leg KB push press	x 6 each side med	x 6 each side med	x 6 each side med	x 6 each side med	x 6 each side med	x 6 each side med	
Split stance pogo	x 10 jumps	x 10 jumps	x 10 jumps	x 10 jumps	x 10 jumps	x 10 jumps	
*** always add a light warm up set ***							
*** in between sets add dyno disk balance drills***							
General Lifts (no circuit, any order)	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Weighted or body weight pull up	3 x 4 med	3 x 4 med/ heavy	3 x 4 heavy	3 x 4 heavy	3-4 x 3 Vheavy	3-4 x 3 Vheavy	
RFE split squat (DB or BB)	3 x 6 med	3 x 5 med/heavy	3 x 5 med/heavy	3 x 4 heavy	3-4 x 4 heavy	3-4 x 4 heavy	
Optional add:							
Push up (can add weight plate on back)	3 x 5-8	3 x 5-8	3 x 5-8	3 x 5-8	3 x 5-8	3 x 5-8	
Core circuit 2-3 times through	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
High plank band fly	x 8 each side light	x 8 each side light	x 8 each side light	x 8 each side light	x 8 each side light	x 8 each side light	
kneeling side plank roll out (w/ mini ball or TRX)	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side	
Hanging leg lift, op knee to elb	x 8-15	x 8-15	x 8-15	x 8-15	x 8-15	x 8-15	
Single leg lowers w/ band hold	x 60 sec slow	x 60 sec slow	x 60 sec slow	x 60 sec slow	x 60 sec slow	x 60 sec slow	
Seated KB single arm press	x10 each side	x10 each side	x10 each side	x10 each side	x10 each side	x10 each side	