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

Aerobic Warm up	At least 15 min!

Activation - no circuit	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
Foam roller chest stretches	1-2 min	1-2 min	1-2 min	1-2 min	1-2 min	1-2 min
90 / 90 hip stretch	60 sec each side	60 sec each side	60 sec each side	60 sec each side	60 sec each side	60 sec each side
Clam shel hip ups	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side
lateral lunge hip stretch	2 x 10 lunges each way	2 x 10 lunges each way	2 x 10 lunges each way	2 x 10 lunges each way	2 x 10 lunges each way	2 x 10 lunges each way
single leg hop	2 x 12 each leg	2 x 12 each leg	2 x 12 each leg	2 x 12 each leg	2 x 12 each leg	2 x 12 each leg
Tempo split squat body weight	2 x 15 each leg	2 x 15 each leg	2 x 15 each leg			

Additional Plyo (optional)	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
lateral bound (hold landing)	2 x 8 total	2 x 8 total	3 x 8 total	3 x 8 total	3 x 8 total	3 x 8 total

General Lifts (one exercise at a time)	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
choose one: Power or General						
power: Single arm split squat BB press	3 x 8 fast	3 x 8 fast	3 x 8 fast	3 x 8 fast	3 x 8 fast	3 x 8 fast
general: DB tricep extension	3 x 8 med/heavy	3 x 8 med/heavy	3 x 8 med/heavy	3 x 8 med/heavy	3 x 8 med/heavy	3 x 8 med/heavy
Bench Press	3 x 6 medium	3 x 5 med / heavy	3 x 5 heavy	3 x 4 heavy	3 x 4 Vheavy	3 x 4 Vheavy
Single leg RDL (DB or BB)	3 x 6 each leg med	3 x 6 each leg med	3 x 4 each leg heavy	3 x 4 each leg heavy	3 x 4 each leg heavy	3 x 4 each leg heavy
choose one: Power or General						
power: BB Push jerk	3 x 6 med	3 x 6 med	3 x 6 med	3 x 6 med	3 x 6 med	3 x 6 med
General: body weight pull ups	3 x building to max	3 x building to max	3 x building to max	3 x building to max	3 x building to max	3 x building to max

Core circuit 2-3 times through	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
dead bugs	x 60 sec	x 60 sec	x 60 sec	x 60 sec	x 60 sec	x 60 sec
Side plank knee to elbows	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side
Swiss ball V up	x 12	x 15	x 15	x 20	x 20	x 20
Swis ball runners	x 12 each side	x 12 each side	x 12 each side	x 12 each side	x 12 each side	x 12 each side
kneeling cross chest cable pull	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side