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	
Reverse lunge step up jump (small box)	x 5 each leg		x 5 each leg		x 5 each leg		x 5 each leg		x 5 each leg		x 5 each leg	
SL mini hurdle w/ bosu	x 10 each leg		x 10 each leg		x 10 each leg		x 10 each leg		x 10 each leg		x 10 each leg	
***can do SL jumps w. monster band around knees												
Power lift super set 2-3 sets	**Week 1**		**Week 2**		**Week 3**		**Week 4**		**Week 5**		**Week 6**	
single arm split stance BB push press	x 6 each arm		x 6 each arm		x 6 each arm		x 6 each arm		x 6 each arm		x 6 each arm	
*** can add weight												
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 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:												
Bench Press	3 x 6 med		3 x 5 med / heavy		3 x 5 heavy		3 x 4 heavy		3-4 x 3 Vheavy		3-4 x 3 Vheavy	
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	