

A hockey player in a black and red jersey is shown in a dynamic pose on an ice rink, holding a hockey stick high. The background is a blurred indoor arena with lights and a goal.

# IN-SEASON DOMINATION

⚡ 26 ⚡

A red silhouette of a hockey player in a dynamic pose, holding a stick.

**HOCKEY  
TRAINING**

# Speed Accelerator A



## WARM-UP

### Get Mobile

**x8 reps**  
*unless otherwise noted*

|                                          |
|------------------------------------------|
| Wall Ankle Mobility                      |
| Box Quad w/ OH Reach                     |
| Quadruped Posterior Hip Mobility         |
| Lateral Kneeling Adductor w/ Reach Under |
| Quadruped T-Spine Rotation               |
| 1/2 Kneel Pec Mobility                   |

### Get Activated

**x8 reps**  
*unless otherwise noted*

|                |
|----------------|
| 2-Leg Hip Lift |
| Plank (30s)    |
| Scap Push Up   |

### Get Warm

**x10 yards**  
*unless otherwise noted*

|                     |
|---------------------|
| Linear March        |
| Straight Leg March  |
| Linear Skip         |
| Straight Leg Skip   |
| High Knees          |
| Butt Kicks          |
| Backpedal           |
| Power Skip (Height) |

## COOLDOWN

**2:00 OR 1:00/SIDE**

|                              |
|------------------------------|
| Lying Figure 4 Glute Stretch |
| Brettzel                     |
| Kneeling Lat Stretch         |



This is your only flexibility, mobility, and stability work throughout the program, so

**DO NOT SKIP!**

\*During your cooldown, perform box breathing (5-second inhale, 5-second hold, 5-second exhale, 5-second hold) for the duration of the stretch. If possible without losing balance, close your eyes



### View Exercise Demonstrations

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# Speed Accelerator B



## WARM-UP

### Get Mobile

**x8 reps**  
*unless otherwise noted*

Straight Leg Wall Ankle Mobility

Supported Quad Stretch SLDL

Supported Hip Airplane

Lateral Kneeling Adductor w/ ER

Spiderman w/ Arm Arc

Split Stance Cross Body Lat w/ Reach Under

### Get Stable

**x8 reps**  
*unless otherwise noted*

1-Leg Hip Lift

Alt. Leg Lowers w/ Arms Down

Bent Over Y, T, W

### Get Warm

**10 yards**  
*unless otherwise noted*

Pogo Jump Forward

Pogo Jump Backward

Lateral Pogo Jump

1-Leg Pogo Jump Forward

1-Leg Pogo Jump Backward

1-Leg Pogo Jump Medial

1-Leg Pogo Jump Lateral

Power Skip (Distance)

## COOLDOWN

**2:00 OR 1:00/SIDE**

Pigeon Stretch

Side Lying T-Spine Stretch

Box Quad Stretch



This is your only flexibility, mobility, and stability work throughout the program, so

**DO NOT SKIP!**

\*During your cooldown, perform box breathing (5-second inhale, 5-second hold, 5-second exhale, 5-second hold) for the duration of the stretch. If possible without losing balance, close your eyes



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# Edge Work

## WARM-UP

### Get Mobile

**6x5s+5s**  
*unless otherwise noted*

|                               |
|-------------------------------|
| Wall Ankle PNF                |
| Box Quad PNF                  |
| Pigeon PNF                    |
| Lateral Kneeling Adductor PNF |
| 1/2 Kneel Pec PNF             |
| Kneeling Bench Lat PNF        |

### Get Warm

**10 yards**  
*unless otherwise noted*

| Drop Squat Series (In Place) |            |
|------------------------------|------------|
| Drop Squat:                  | 3 x 10     |
| Drop Split Squat:            | 3 x 5/side |
| Drop 1-Leg Squat:            | 3 x 5/side |

## COOLDOWN

**2:00 OR 1:00/SIDE**

|                                         |
|-----------------------------------------|
| Lying Knee to Knee Stretch              |
| 1/2 Kneel Hip Flexor w/ T-Spine Stretch |
| Quadruped Cross Body Lat Stretch        |



This is your only flexibility, mobility, and stability work throughout the program, so

**DO NOT SKIP!**

\*During your cooldown, perform box breathing (5-second inhale, 5-second hold, 5-second exhale, 5-second hold) for the duration of the stretch. If possible without losing balance, close your eyes



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# Game Warm Up

## WARM-UP

### Get Mobile

**x8 reps**  
unless otherwise noted

|                                               |
|-----------------------------------------------|
| 3-Way Wall Ankle Mobility (5 each)            |
| Box Quad w/ T-Spine Rotation                  |
| Pigeon w/ Reach Across                        |
| Lateral Kneeling Adductor w/ T-Spine Rotation |
| 1/2 Kneel Hip Flexor w/ Arm Arc               |
| Lat Hang (5 breaths)                          |

### Get Stable

**x8 reps**  
unless otherwise noted

|                              |
|------------------------------|
| Short Side Plank w/ Leg Lift |
| Hand Plank w/ T-Rotation     |
| Hand Plank to Downward Dog   |

### Get Warm

**10 yards**  
unless otherwise noted

|                                       |
|---------------------------------------|
| Hurdle Walk Forward                   |
| Hurdle Walk Backward                  |
| 2-Shuffle to 1-Leg Stick              |
| Shuffle w/ Arm Swing                  |
| 2-Shuffle to Backpedal                |
| Carioca                               |
| Alt. Diagonal Bound 3x to Sprint      |
| Backward Facing Hip Turn 3x to Sprint |

## COOLDOWN

**2:00 OR 1:00/SIDE**

|                         |
|-------------------------|
| Seated 90-90 ER Stretch |
| 1/2 Kneel Quad Stretch  |
| 1/2 Kneel Pec Stretch   |



This is your only flexibility, mobility, and stability work throughout the program, so  
**DO NOT SKIP!**

\*During your cooldown, perform box breathing (5-second inhale, 5-second hold, 5-second exhale, 5-second hold) for the duration of the stretch. If possible without losing balance, close your eyes



### View Exercise Demonstrations

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# Speed Accelerator A

| A1     | Sled Sprint or Band/Cable Resisted Broad Jump (3x5,3x5,3x5,2x5)           |             |     |  |  | NOTES:<br>Project your body at a 45-degree angle for optimal acceleration mechanics.                                                      |  |  |  |  |
|--------|---------------------------------------------------------------------------|-------------|-----|--|--|-------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                                                       | 3 x 10yd    | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | N/A                                                                       | 3 x 10yd    | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | N/A                                                                       | 3 x 10yd    | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | N/A                                                                       | 2 x 10yd    | 30s |  |  |                                                                                                                                           |  |  |  |  |
| A2     | 1-Leg Hip Lift                                                            |             |     |  |  | NOTES:<br>Drive your opposite knee so your hip and knee are at 90-degrees.                                                                |  |  |  |  |
| WEEK 1 | 1-0-0                                                                     | 3 x 8/side  | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 1-0-0                                                                     | 3 x 10/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 1-0-0                                                                     | 3 x 12/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 1-0-0                                                                     | 2 x 12/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| B1     | Trap Bar Deadlift or BB Deadlift (3x5,5,5+, 3x3,3,3+, 3x5,3,1+, 2x5)      |             |     |  |  | NOTES:<br>Last set is an open set, so you're performing as many PERFECT reps as possible with a weight you think you can do for 5-8 reps. |  |  |  |  |
| WEEK 1 | 2-0-0                                                                     | 3 x 5,5,5+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 2-0-0                                                                     | 3 x 3,3,3+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 2-0-0                                                                     | 3 x 5,3,1+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 2-0-0                                                                     | 2 x 5       | 30s |  |  |                                                                                                                                           |  |  |  |  |
| B2     | Lateral Mini-Band Walk                                                    |             |     |  |  | NOTES:<br>Hold at skating depth.                                                                                                          |  |  |  |  |
| WEEK 1 | 1-0-0                                                                     | 3 x 8/side  | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 1-0-0                                                                     | 3 x 10/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 1-0-0                                                                     | 3 x 12/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 1-0-0                                                                     | 2 x 12/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| C1     | Barbell Bench Press or DB Bench Press (3x5,5,5+, 3x3,3,3+, 3x5,3,1+, 2x5) |             |     |  |  | NOTES:<br>Last set is an open set, so you're performing as many PERFECT reps as possible with a weight you think you can do for 5-8 reps. |  |  |  |  |
| WEEK 1 | 2-0-0                                                                     | 3 x 5,5,5+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 2-0-0                                                                     | 3 x 3,3,3+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 2-0-0                                                                     | 3 x 5,3,1+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 2-0-0                                                                     | 2 x 5       | 30s |  |  |                                                                                                                                           |  |  |  |  |
| C2     | Plank                                                                     |             |     |  |  | NOTES:<br>Tuck your pelvis like you're trying to tuck a tail between your legs.                                                           |  |  |  |  |
| WEEK 1 | N/A                                                                       | 3 x 30s     | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | N/A                                                                       | 3 x 45s     | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | N/A                                                                       | 3 x 60s     | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | N/A                                                                       | 2 x 60s     | 60s |  |  |                                                                                                                                           |  |  |  |  |
| D1     | BB Underhand Inverted Row                                                 |             |     |  |  | NOTES:<br>Palms facing you.                                                                                                               |  |  |  |  |
| WEEK 1 | 2-0-0                                                                     | 3 x 8       | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 2-0-0                                                                     | 3 x 10      | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 2-0-0                                                                     | 3 x 12      | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 2-0-0                                                                     | 2 x 12      | 30s |  |  |                                                                                                                                           |  |  |  |  |
| D2     | DB RDL                                                                    |             |     |  |  | NOTES:<br>Keep your back flat.                                                                                                            |  |  |  |  |
| WEEK 1 | 2-0-0                                                                     | 3 x 8       | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 2-0-0                                                                     | 3 x 10      | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 2-0-0                                                                     | 3 x 12      | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 2-0-0                                                                     | 2 x 12      | 60s |  |  |                                                                                                                                           |  |  |  |  |



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## View Exercise Demonstrations

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## Speed Accelerator B



| A1     | DB Squat w/ Eccentric Drop                                                           |             |     |  |  | NOTES:<br>Stop at skating depth without any extra movement.                          |  |  |  |  |
|--------|--------------------------------------------------------------------------------------|-------------|-----|--|--|--------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                                                                  | 3 x 5       | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                                                  | 3 x 5       | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                                                  | 3 x 5       | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                                                  | 2 x 5       | 30s |  |  |                                                                                      |  |  |  |  |
| A2     | 2-Leg Hip Lift w/ Plate Pullover                                                     |             |     |  |  | NOTES:<br>Tuck your pelvis like you're trying to tuck a tail between your legs.      |  |  |  |  |
| WEEK 1 | 2-0-0                                                                                | 3 x 8       | 60s |  |  |                                                                                      |  |  |  |  |
| WEEK 2 | 2-0-0                                                                                | 3 x 10      | 60s |  |  |                                                                                      |  |  |  |  |
| WEEK 3 | 2-0-0                                                                                | 3 x 12      | 60s |  |  |                                                                                      |  |  |  |  |
| WEEK 4 | 2-0-0                                                                                | 2 x 12      | 60s |  |  |                                                                                      |  |  |  |  |
| B1     | Heavy Sled Push Forward or DB Reverse Lunge (3x5/side, 3x5/side, 3x5/side, 2x5/side) |             |     |  |  | NOTES:<br>Project your body at a 45-degree angle for optimal acceleration mechanics. |  |  |  |  |
| WEEK 1 | 1-0-0                                                                                | 3 x 10yd    | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 2 | 1-0-0                                                                                | 3 x 10yd    | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 3 | 1-0-0                                                                                | 3 x 10yd    | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 4 | 1-0-0                                                                                | 2 x 10yd    | 30s |  |  |                                                                                      |  |  |  |  |
| B2     | Medball Alt. Split Squat Jump                                                        |             |     |  |  | NOTES:<br>Jump from, and land at, skating depth.                                     |  |  |  |  |
| WEEK 1 | N/A                                                                                  | 3 x 5/side  | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                                                  | 3 x 5/side  | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                                                  | 3 x 5/side  | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                                                  | 2 x 5/side  | 30s |  |  |                                                                                      |  |  |  |  |
| B3     | Tall Kneel Anti-Rotation Press                                                       |             |     |  |  | NOTES:<br>Tuck your pelvis like you're trying to tuck a tail between your legs.      |  |  |  |  |
| WEEK 1 | 1-0-0                                                                                | 3 x 8/side  | 60s |  |  |                                                                                      |  |  |  |  |
| WEEK 2 | 1-0-0                                                                                | 3 x 10/side | 60s |  |  |                                                                                      |  |  |  |  |
| WEEK 3 | 1-0-0                                                                                | 3 x 12/side | 60s |  |  |                                                                                      |  |  |  |  |
| WEEK 4 | 1-0-0                                                                                | 2 x 12/side | 60s |  |  |                                                                                      |  |  |  |  |
| C1     | 1-Arm Incline DB Bench                                                               |             |     |  |  | NOTES:<br>Keep your elbow at a 45-degree angle off the side of your body.            |  |  |  |  |
| WEEK 1 | 1-0-0                                                                                | 3 x 5/side  | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 2 | 1-0-0                                                                                | 3 x 5/side  | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 3 | 1-0-0                                                                                | 3 x 5/side  | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 4 | 1-0-0                                                                                | 2 x 5/side  | 30s |  |  |                                                                                      |  |  |  |  |
| C2     | Chin Up                                                                              |             |     |  |  | NOTES:<br>Palms facing you.                                                          |  |  |  |  |
| WEEK 1 | 1-0-0                                                                                | 3 x 5       | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 2 | 1-0-0                                                                                | 3 x 5       | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 3 | 1-0-0                                                                                | 3 x 5       | 30s |  |  |                                                                                      |  |  |  |  |
| WEEK 4 | 1-0-0                                                                                | 2 x 5       | 30s |  |  |                                                                                      |  |  |  |  |
| C3     | Medball Slam                                                                         |             |     |  |  | NOTES:<br>Try to throw the medball through the floor.                                |  |  |  |  |
| WEEK 1 | N/A                                                                                  | 3 x 5       | 60s |  |  |                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                                                  | 3 x 5       | 60s |  |  |                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                                                  | 3 x 5       | 60s |  |  |                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                                                  | 2 x 5       | 60s |  |  |                                                                                      |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 1 Edge Work A

| A1     | 5-0-5 [Lateral Cross Under Start] or Band/Cable Resisted Lateral Bound (3x3/side, 3x3/side, 3x3/side, 2x3/side) |              |     |  |  | NOTES:<br><br>Change directions facing laterally so you crossover in the opposite direction as your initial crossover.  |
|--------|-----------------------------------------------------------------------------------------------------------------|--------------|-----|--|--|-------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | N/A                                                                                                             | 3 x 1/side   | 30s |  |  |                                                                                                                         |
| WEEK 2 | N/A                                                                                                             | 3 x 1/side   | 30s |  |  |                                                                                                                         |
| WEEK 3 | N/A                                                                                                             | 3 x 1/side   | 30s |  |  |                                                                                                                         |
| WEEK 4 | N/A                                                                                                             | 2 x 1/side   | 30s |  |  |                                                                                                                         |
| A2     | Lateral Wall Push                                                                                               |              |     |  |  | NOTES:<br><br>Keep your inside shoulder, hip, and knee in contact with the wall while fully extending your outside leg. |
| WEEK 1 | N/A                                                                                                             | 3 x 10s/side | 60s |  |  |                                                                                                                         |
| WEEK 2 | N/A                                                                                                             | 3 x 15s/side | 60s |  |  |                                                                                                                         |
| WEEK 3 | N/A                                                                                                             | 3 x 20s/side | 60s |  |  |                                                                                                                         |
| WEEK 4 | N/A                                                                                                             | 2 x 20s/side | 60s |  |  |                                                                                                                         |
| B1     | Box Squat Jump                                                                                                  |              |     |  |  | NOTES:<br><br>Jump from, and land at, skating depth. You shouldn't be trying to jump to the highest box possible.       |
| WEEK 1 | 0-2-0                                                                                                           | 3 x 5        | 30s |  |  |                                                                                                                         |
| WEEK 2 | 0-2-0                                                                                                           | 3 x 5        | 30s |  |  |                                                                                                                         |
| WEEK 3 | 0-2-0                                                                                                           | 3 x 5        | 30s |  |  |                                                                                                                         |
| WEEK 4 | 0-2-0                                                                                                           | 2 x 5        | 30s |  |  |                                                                                                                         |
| B2     | Band Resisted Push Up                                                                                           |              |     |  |  | NOTES:<br><br>Keep your elbows at 45-degree angle off the side of your body.                                            |
| WEEK 1 | 1-0-0                                                                                                           | 3 x 5        | 30s |  |  |                                                                                                                         |
| WEEK 2 | 1-0-0                                                                                                           | 3 x 5        | 30s |  |  |                                                                                                                         |
| WEEK 3 | 1-0-0                                                                                                           | 3 x 5        | 30s |  |  |                                                                                                                         |
| WEEK 4 | 1-0-0                                                                                                           | 2 x 5        | 30s |  |  |                                                                                                                         |
| B3     | 1/2 Kneel 1-Arm Cable Row                                                                                       |              |     |  |  | NOTES:<br><br>Reach your opposite arm as you row to create torso rotation.                                              |
| WEEK 1 | 1-0-0                                                                                                           | 3 x 5/side   | 60s |  |  |                                                                                                                         |
| WEEK 2 | 1-0-0                                                                                                           | 3 x 5/side   | 60s |  |  |                                                                                                                         |
| WEEK 3 | 1-0-0                                                                                                           | 3 x 5/side   | 60s |  |  |                                                                                                                         |
| WEEK 4 | 1-0-0                                                                                                           | 2 x 5/side   | 60s |  |  |                                                                                                                         |



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## View Exercise Demonstrations

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# PHASE 1 Edge Work B

| A1     | 1.5 Rep Heels Elevated Goblet Squat |             |     |  |  | NOTES:<br><br>Have your knees go over your toes so you keep a vertical torso.                        |
|--------|-------------------------------------|-------------|-----|--|--|------------------------------------------------------------------------------------------------------|
| WEEK 1 | 2-0-0                               | 3 x 6       | 30s |  |  |                                                                                                      |
| WEEK 2 | 2-0-0                               | 3 x 7       | 30s |  |  |                                                                                                      |
| WEEK 3 | 2-0-0                               | 3 x 8       | 30s |  |  |                                                                                                      |
| WEEK 4 | 2-0-0                               | 2 x 8       | 30s |  |  |                                                                                                      |
| A2     | Lateral Mini-Band Walk              |             |     |  |  | NOTES:<br><br>Hold at skating depth.                                                                 |
| WEEK 1 | 1-0-0                               | 3 x 8/side  | 30s |  |  |                                                                                                      |
| WEEK 2 | 1-0-0                               | 3 x 10/side | 30s |  |  |                                                                                                      |
| WEEK 3 | 1-0-0                               | 3 x 12/side | 30s |  |  |                                                                                                      |
| WEEK 4 | 1-0-0                               | 2 x 12/side | 30s |  |  |                                                                                                      |
| B1     | 1.5 Rep Incline DB Bench            |             |     |  |  | NOTES:<br><br>Keep your elbows at a 45-degree angle off the side of your body.                       |
| WEEK 1 | 2-0-0                               | 3 x 6       | 30s |  |  |                                                                                                      |
| WEEK 2 | 2-0-0                               | 3 x 7       | 30s |  |  |                                                                                                      |
| WEEK 3 | 2-0-0                               | 3 x 8       | 30s |  |  |                                                                                                      |
| WEEK 4 | 2-0-0                               | 2 x 8       | 30s |  |  |                                                                                                      |
| B2     | Tall Kneel Band Pull Apart          |             |     |  |  | NOTES:<br><br>Tuck your pelvis like you're trying to tuck a tail between your legs.                  |
| WEEK 1 | 1-0-0                               | 3 x 8       | 30s |  |  |                                                                                                      |
| WEEK 2 | 1-0-0                               | 3 x 10      | 30s |  |  |                                                                                                      |
| WEEK 3 | 1-0-0                               | 3 x 12      | 30s |  |  |                                                                                                      |
| WEEK 4 | 1-0-0                               | 2 x 12      | 30s |  |  |                                                                                                      |
| C1     | 1.5 Rep Chest Supported DB Row      |             |     |  |  | NOTES:<br><br>Use the lowest bench incline where you can still get your arms straight at the bottom. |
| WEEK 1 | 2-0-0                               | 3 x 6       | 30s |  |  |                                                                                                      |
| WEEK 2 | 2-0-0                               | 3 x 7       | 30s |  |  |                                                                                                      |
| WEEK 3 | 2-0-0                               | 3 x 8       | 30s |  |  |                                                                                                      |
| WEEK 4 | 2-0-0                               | 2 x 8       | 30s |  |  |                                                                                                      |
| C2     | 1.5 Rep Stability Ball Leg Curl     |             |     |  |  | NOTES:<br><br>Keep your hips in a straight line by lifting your hips as you curl your heels in.      |
| WEEK 1 | 2-0-0                               | 3 x 6       | 30s |  |  |                                                                                                      |
| WEEK 2 | 2-0-0                               | 3 x 7       | 30s |  |  |                                                                                                      |
| WEEK 3 | 2-0-0                               | 3 x 8       | 30s |  |  |                                                                                                      |
| WEEK 4 | 2-0-0                               | 2 x 8       | 30s |  |  |                                                                                                      |



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# PHASE 2 Speed Accelerator A



| A1     | Sprint [Hand Plank Start] or 1/2 Kneel 1-Leg Broad Jump (3x5/side, 3x5/side, 3x5/side, 2x5/side) |             |     |  |  |  |  |  | NOTES:                                                                                                                         |
|--------|--------------------------------------------------------------------------------------------------|-------------|-----|--|--|--|--|--|--------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | N/A                                                                                              | 3 x 10yd    | 30s |  |  |  |  |  | Project your body at a 45-degree angle for optimal acceleration mechanics.                                                     |
| WEEK 2 | N/A                                                                                              | 3 x 10yd    | 30s |  |  |  |  |  |                                                                                                                                |
| WEEK 3 | N/A                                                                                              | 3 x 10yd    | 30s |  |  |  |  |  |                                                                                                                                |
| WEEK 4 | N/A                                                                                              | 2 x 10yd    | 30s |  |  |  |  |  |                                                                                                                                |
| A2     | 1-Leg Hip Lift on Roller                                                                         |             |     |  |  |  |  |  | NOTES:                                                                                                                         |
| WEEK 1 | 1-0-0                                                                                            | 3 x 8/side  | 60s |  |  |  |  |  | Actively pull your heel into your butt so the roller rolls towards you and you feel your hamstring activate.                   |
| WEEK 2 | 1-0-0                                                                                            | 3 x 10/side | 60s |  |  |  |  |  |                                                                                                                                |
| WEEK 3 | 1-0-0                                                                                            | 3 x 12/side | 60s |  |  |  |  |  |                                                                                                                                |
| WEEK 4 | 1-0-0                                                                                            | 2 x 12/side | 60s |  |  |  |  |  |                                                                                                                                |
| B1     | Trap Bar Deadlift or BB Deadlift (3x2+2, 3x2+1, 3x1+1, 2x3)                                      |             |     |  |  |  |  |  | NOTES:                                                                                                                         |
| WEEK 1 | 2-0-0                                                                                            | 3 x 2+2     | 30s |  |  |  |  |  | CLUSTERS - for every set you will perform the first reps, complete a mini-rest of 15-20 seconds, then perform the second reps. |
| WEEK 2 | 2-0-0                                                                                            | 3 x 2+1     | 30s |  |  |  |  |  |                                                                                                                                |
| WEEK 3 | 2-0-0                                                                                            | 3 x 1+1     | 30s |  |  |  |  |  |                                                                                                                                |
| WEEK 4 | 2-0-0                                                                                            | 2 x 3       | 30s |  |  |  |  |  |                                                                                                                                |
| B2     | Mini-Band Elvis                                                                                  |             |     |  |  |  |  |  | NOTES:                                                                                                                         |
| WEEK 1 | 1-0-0                                                                                            | 3 x 8/side  | 60s |  |  |  |  |  | Hold at skating depth.                                                                                                         |
| WEEK 2 | 1-0-0                                                                                            | 3 x 10/side | 60s |  |  |  |  |  |                                                                                                                                |
| WEEK 3 | 1-0-0                                                                                            | 3 x 12/side | 60s |  |  |  |  |  |                                                                                                                                |
| WEEK 4 | 1-0-0                                                                                            | 2 x 12/side | 60s |  |  |  |  |  |                                                                                                                                |
| C1     | Barbell Bench Press or DB Bench Press (3x2+2, 3x2+1, 3x1+1, 2x3)                                 |             |     |  |  |  |  |  | NOTES:                                                                                                                         |
| WEEK 1 | 2-0-0                                                                                            | 3 x 2+2     | 30s |  |  |  |  |  | CLUSTERS - for every set you will perform the first reps, complete a mini-rest of 15-20 seconds, then perform the second reps. |
| WEEK 2 | 2-0-0                                                                                            | 3 x 2+1     | 30s |  |  |  |  |  |                                                                                                                                |
| WEEK 3 | 2-0-0                                                                                            | 3 x 1+1     | 30s |  |  |  |  |  |                                                                                                                                |
| WEEK 4 | 2-0-0                                                                                            | 2 x 3       | 30s |  |  |  |  |  |                                                                                                                                |
| C2     | Stability Ball Rollout                                                                           |             |     |  |  |  |  |  | NOTES:                                                                                                                         |
| WEEK 1 | 2-0-0                                                                                            | 3 x 8       | 60s |  |  |  |  |  | Tuck your pelvis like you're trying to tuck a tail between your legs.                                                          |
| WEEK 2 | 2-0-0                                                                                            | 3 x 10      | 60s |  |  |  |  |  |                                                                                                                                |
| WEEK 3 | 2-0-0                                                                                            | 3 x 12      | 60s |  |  |  |  |  |                                                                                                                                |
| WEEK 4 | 2-0-0                                                                                            | 2 x 12      | 60s |  |  |  |  |  |                                                                                                                                |
| D1     | TRX Row                                                                                          |             |     |  |  |  |  |  | NOTES:                                                                                                                         |
| WEEK 1 | 2-0-0                                                                                            | 3 x 8       | 30s |  |  |  |  |  | Keep a straight line from your heels to the top of your head.                                                                  |
| WEEK 2 | 2-0-0                                                                                            | 3 x 10      | 30s |  |  |  |  |  |                                                                                                                                |
| WEEK 3 | 2-0-0                                                                                            | 3 x 12      | 30s |  |  |  |  |  |                                                                                                                                |
| WEEK 4 | 2-0-0                                                                                            | 2 x 12      | 30s |  |  |  |  |  |                                                                                                                                |
| D2     | Staggered Stance DB RDL                                                                          |             |     |  |  |  |  |  | NOTES:                                                                                                                         |
| WEEK 1 | 2-0-0                                                                                            | 3 x 8/side  | 60s |  |  |  |  |  | Have your back foot toes in line with your front foot heel.                                                                    |
| WEEK 2 | 2-0-0                                                                                            | 3 x 10/side | 60s |  |  |  |  |  |                                                                                                                                |
| WEEK 3 | 2-0-0                                                                                            | 3 x 12/side | 60s |  |  |  |  |  |                                                                                                                                |
| WEEK 4 | 2-0-0                                                                                            | 2 x 12/side | 60s |  |  |  |  |  |                                                                                                                                |



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## View Exercise Demonstrations

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# PHASE 2 Speed Accelerator B



| A1     | DB Squat Jump [Pause at Bottom]                     |             |     |  |  | NOTES:<br><i>Jump from, and land at, skating depth.</i>                                        |  |  |  |  |
|--------|-----------------------------------------------------|-------------|-----|--|--|------------------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | 0-2-0                                               | 3 x 5       | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 2 | 0-2-0                                               | 3 x 5       | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 3 | 0-2-0                                               | 3 x 5       | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 4 | 0-2-0                                               | 2 x 5       | 30s |  |  |                                                                                                |  |  |  |  |
| A2     | 1-Leg Hip Lift w/ Plate Pullover                    |             |     |  |  | NOTES:<br><i>Tuck your pelvis like you're trying to tuck a tail between your legs.</i>         |  |  |  |  |
| WEEK 1 | 2-0-0                                               | 3 x 8       | 60s |  |  |                                                                                                |  |  |  |  |
| WEEK 2 | 2-0-0                                               | 3 x 10      | 60s |  |  |                                                                                                |  |  |  |  |
| WEEK 3 | 2-0-0                                               | 3 x 12      | 60s |  |  |                                                                                                |  |  |  |  |
| WEEK 4 | 2-0-0                                               | 2 x 12      | 60s |  |  |                                                                                                |  |  |  |  |
| B1     | DB Split Squat w/ Eccentric Drop                    |             |     |  |  | NOTES:<br><i>Stop at the bottom without any extra movement.</i>                                |  |  |  |  |
| WEEK 1 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 2 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 3 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 4 | N/A                                                 | 2 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| B2     | Step Up Jump [Pause at Bottom]                      |             |     |  |  | NOTES:<br><i>Keep your knee over your toes slightly so you push from a forward shin angle.</i> |  |  |  |  |
| WEEK 1 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 2 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 3 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 4 | N/A                                                 | 2 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| B3     | 1/2 Kneel Anti-Rotation Press [Outside Leg Forward] |             |     |  |  | NOTES:<br><i>Tuck your pelvis like you're trying to tuck a tail between your legs.</i>         |  |  |  |  |
| WEEK 1 | 1-0-0                                               | 3 x 8/side  | 60s |  |  |                                                                                                |  |  |  |  |
| WEEK 2 | 1-0-0                                               | 3 x 10/side | 60s |  |  |                                                                                                |  |  |  |  |
| WEEK 3 | 1-0-0                                               | 3 x 12/side | 60s |  |  |                                                                                                |  |  |  |  |
| WEEK 4 | 1-0-0                                               | 2 x 12/side | 60s |  |  |                                                                                                |  |  |  |  |
| C1     | 1/2 Kneel 1-Arm Landmine Press                      |             |     |  |  | NOTES:<br><i>Shrug at the top by reaching so your shoulder ends up by your ear.</i>            |  |  |  |  |
| WEEK 1 | 1-0-0                                               | 3 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 2 | 1-0-0                                               | 3 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 3 | 1-0-0                                               | 3 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 4 | 1-0-0                                               | 2 x 5/side  | 30s |  |  |                                                                                                |  |  |  |  |
| C2     | Pull Up                                             |             |     |  |  | NOTES:<br><i>Palms facing away from you.</i>                                                   |  |  |  |  |
| WEEK 1 | 1-0-0                                               | 3 x 5       | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 2 | 1-0-0                                               | 3 x 5       | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 3 | 1-0-0                                               | 3 x 5       | 30s |  |  |                                                                                                |  |  |  |  |
| WEEK 4 | 1-0-0                                               | 2 x 5       | 30s |  |  |                                                                                                |  |  |  |  |
| C3     | Medball Slam w/ Recoil                              |             |     |  |  | NOTES:<br><i>Try to throw the medball through the floor.</i>                                   |  |  |  |  |
| WEEK 1 | N/A                                                 | 3 x 3/side  | 60s |  |  |                                                                                                |  |  |  |  |
| WEEK 2 | N/A                                                 | 3 x 3/side  | 60s |  |  |                                                                                                |  |  |  |  |
| WEEK 3 | N/A                                                 | 3 x 3/side  | 60s |  |  |                                                                                                |  |  |  |  |
| WEEK 4 | N/A                                                 | 2 x 3/side  | 60s |  |  |                                                                                                |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 2 Edge Work A

| A1     | Sprint [Lateral 1/2 Kneel Start] or 1/2 Kneel Lateral Bound (3x3/side, 3x3/side, 3x3/side, 2x3/side) |               |     |  |  | NOTES:<br><br><i>Your knee that's down should be in line with your opposite heel so you start with a forward shin angle.</i>             |
|--------|------------------------------------------------------------------------------------------------------|---------------|-----|--|--|------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | N/A                                                                                                  | 3 x 10yd/side | 30s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                  | 3 x 10yd/side | 30s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                  | 3 x 10yd/side | 30s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                  | 2 x 10yd/side | 30s |  |  |                                                                                                                                          |
| A2     | Lateral Wall Push                                                                                    |               |     |  |  | NOTES:<br><br><i>Keep your inside shoulder, hip, and knee in contact with the wall while fully extending your outside leg.</i>           |
| WEEK 1 | N/A                                                                                                  | 3 x 10s/side  | 60s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                  | 3 x 15s/side  | 60s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                  | 3 x 20s/side  | 60s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                  | 2 x 20s/side  | 60s |  |  |                                                                                                                                          |
| B1     | Hurdle Jump or Squat Jump (3x5, 3x5, 3x5, 2x5)                                                       |               |     |  |  | NOTES:<br><br><i>Jump from, and land at, skating depth.</i>                                                                              |
| WEEK 1 | N/A                                                                                                  | 3 x 5         | 30s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                  | 3 x 5         | 30s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                  | 3 x 5         | 30s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                  | 2 x 5         | 30s |  |  |                                                                                                                                          |
| B2     | Explosive Push Up                                                                                    |               |     |  |  | NOTES:<br><br><i>Keep your elbows at 45-degree angle off the side of your body. Try to get as much air under your hands as possible.</i> |
| WEEK 1 | N/A                                                                                                  | 3 x 5         | 30s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                  | 3 x 5         | 30s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                  | 3 x 5         | 30s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                  | 2 x 5         | 30s |  |  |                                                                                                                                          |
| B3     | 1/2 Kneel 1-Arm Cable Pulldown                                                                       |               |     |  |  | NOTES:<br><br><i>Reach your opposite arm as you row to create torso rotation.</i>                                                        |
| WEEK 1 | 1-0-0                                                                                                | 3 x 5/side    | 60s |  |  |                                                                                                                                          |
| WEEK 2 | 1-0-0                                                                                                | 3 x 5/side    | 60s |  |  |                                                                                                                                          |
| WEEK 3 | 1-0-0                                                                                                | 3 x 5/side    | 60s |  |  |                                                                                                                                          |
| WEEK 4 | 1-0-0                                                                                                | 2 x 5/side    | 60s |  |  |                                                                                                                                          |



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## View Exercise Demonstrations

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# PHASE 2 Edge Work B

| A1     | 1.5 Rep DB Split Squat                |             |     |  |  | NOTES:<br><br>Have your knee go over your toe slightly for a forward shin angle.                |
|--------|---------------------------------------|-------------|-----|--|--|-------------------------------------------------------------------------------------------------|
| WEEK 1 | 2-0-0                                 | 3 x 6/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 2-0-0                                 | 3 x 7/side  | 30s |  |  |                                                                                                 |
| WEEK 3 | 2-0-0                                 | 3 x 8/side  | 30s |  |  |                                                                                                 |
| WEEK 4 | 2-0-0                                 | 2 x 8/side  | 30s |  |  |                                                                                                 |
| A2     | Mini-Band Elvis                       |             |     |  |  | NOTES:<br><br>Hold at skating depth.                                                            |
| WEEK 1 | 1-0-0                                 | 3 x 8/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 1-0-0                                 | 3 x 10/side | 30s |  |  |                                                                                                 |
| WEEK 3 | 1-0-0                                 | 3 x 12/side | 30s |  |  |                                                                                                 |
| WEEK 4 | 1-0-0                                 | 2 x 12/side | 30s |  |  |                                                                                                 |
| B1     | 1.5 Rep 1-Arm DB Bench                |             |     |  |  | NOTES:<br><br>Keep your elbows at a 45-degree angle off the side of your body.                  |
| WEEK 1 | 2-0-0                                 | 3 x 6/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 2-0-0                                 | 3 x 7/side  | 30s |  |  |                                                                                                 |
| WEEK 3 | 2-0-0                                 | 3 x 8/side  | 30s |  |  |                                                                                                 |
| WEEK 4 | 2-0-0                                 | 2 x 8/side  | 30s |  |  |                                                                                                 |
| B2     | 1/2 Kneel Diagonal Band Pull Apart    |             |     |  |  | NOTES:<br><br>Top arm palm up, bottom hand palm down.                                           |
| WEEK 1 | 1-0-0                                 | 3 x 8/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 1-0-0                                 | 3 x 10/side | 30s |  |  |                                                                                                 |
| WEEK 3 | 1-0-0                                 | 3 x 12/side | 30s |  |  |                                                                                                 |
| WEEK 4 | 1-0-0                                 | 2 x 12/side | 30s |  |  |                                                                                                 |
| C1     | 1.5 Rep 1-Arm DB Row                  |             |     |  |  | NOTES:<br><br>Keep your back flat and parallel to the ground.                                   |
| WEEK 1 | 2-0-0                                 | 3 x 6/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 2-0-0                                 | 3 x 7/side  | 30s |  |  |                                                                                                 |
| WEEK 3 | 2-0-0                                 | 3 x 8/side  | 30s |  |  |                                                                                                 |
| WEEK 4 | 2-0-0                                 | 2 x 8/side  | 30s |  |  |                                                                                                 |
| C2     | 1.5 Rep 1-Leg Stability Ball Leg Curl |             |     |  |  | NOTES:<br><br>Keep your hips in a straight line by lifting your hips as you curl your heels in. |
| WEEK 1 | 2-0-0                                 | 3 x 6/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 2-0-0                                 | 3 x 7/side  | 30s |  |  |                                                                                                 |
| WEEK 3 | 2-0-0                                 | 3 x 8/side  | 30s |  |  |                                                                                                 |
| WEEK 4 | 2-0-0                                 | 2 x 8/side  | 30s |  |  |                                                                                                 |



| TEMPO | SETS X REPS | REST | WEIGHT LOG |
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## View Exercise Demonstrations

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# PHASE 3 Speed Accelerator A



| A1     | Sprint [1/2 Kneel Start] or 1-Leg Broad Jump (3x5/side, 3x5/side, 3x5/side, 2x5/side) |             |     |  |  | NOTES:<br>Project your body at a 45-degree angle for optimal acceleration mechanics.                                                      |  |  |  |  |
|--------|---------------------------------------------------------------------------------------|-------------|-----|--|--|-------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                                                                   | 3 x 10yd    | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | N/A                                                                                   | 3 x 10yd    | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | N/A                                                                                   | 3 x 10yd    | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | N/A                                                                                   | 2 x 10yd    | 30s |  |  |                                                                                                                                           |  |  |  |  |
| A2     | 1/2 Kneel Knee Drive w/ Wall Press                                                    |             |     |  |  | NOTES:<br>Keep your height so you stay in a straight line from your down knee to the top of your head.                                    |  |  |  |  |
| WEEK 1 | 1-0-0                                                                                 | 3 x 8/side  | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 1-0-0                                                                                 | 3 x 10/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 1-0-0                                                                                 | 3 x 12/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 1-0-0                                                                                 | 2 x 12/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| B1     | DB Step Up                                                                            |             |     |  |  | NOTES:<br>Last set is an open set, so you're performing as many PERFECT reps as possible with a weight you think you can do for 5-8 reps. |  |  |  |  |
| WEEK 1 | 2-0-0                                                                                 | 3 x 5,5,5+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 2-0-0                                                                                 | 3 x 3,3,3+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 2-0-0                                                                                 | 3 x 5,3,1+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 2-0-0                                                                                 | 2 x 5/side  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| B2     | Mini-Band 90-Degree Step                                                              |             |     |  |  | NOTES:<br>Hold at skating depth.                                                                                                          |  |  |  |  |
| WEEK 1 | 1-0-0                                                                                 | 3 x 8/side  | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 1-0-0                                                                                 | 3 x 10/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 1-0-0                                                                                 | 3 x 12/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 1-0-0                                                                                 | 2 x 12/side | 60s |  |  |                                                                                                                                           |  |  |  |  |
| C1     | Incline DB Bench                                                                      |             |     |  |  | NOTES:<br>Last set is an open set, so you're performing as many PERFECT reps as possible with a weight you think you can do for 5-8 reps. |  |  |  |  |
| WEEK 1 | 2-0-0                                                                                 | 3 x 5,5,5+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 2-0-0                                                                                 | 3 x 3,3,3+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 2-0-0                                                                                 | 3 x 5,3,1+  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 2-0-0                                                                                 | 2 x 5/side  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| C2     | Stability Ball Rollout Hold                                                           |             |     |  |  | NOTES:<br>Tuck your pelvis like you're trying to tuck a tail between your legs.                                                           |  |  |  |  |
| WEEK 1 | 0-5-0                                                                                 | 3 x 4       | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 0-5-0                                                                                 | 3 x 5       | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 0-5-0                                                                                 | 3 x 6       | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 0-5-0                                                                                 | 2 x 6       | 60s |  |  |                                                                                                                                           |  |  |  |  |
| D1     | 1-Arm DB Row                                                                          |             |     |  |  | NOTES:<br>Keep your back flat and parallel to the ground.                                                                                 |  |  |  |  |
| WEEK 1 | 2-0-0                                                                                 | 3 x 5/side  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 2-0-0                                                                                 | 3 x 5/side  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 2-0-0                                                                                 | 3 x 5/side  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 2-0-0                                                                                 | 2 x 5/side  | 30s |  |  |                                                                                                                                           |  |  |  |  |
| D2     | Supported 1-Leg DB RDL                                                                |             |     |  |  | NOTES:<br>Hold on to a bench, rack, etc. so you don't have to worry about your balance.                                                   |  |  |  |  |
| WEEK 1 | 2-0-0                                                                                 | 3 x 5/side  | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 2 | 2-0-0                                                                                 | 3 x 5/side  | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 3 | 2-0-0                                                                                 | 3 x 5/side  | 60s |  |  |                                                                                                                                           |  |  |  |  |
| WEEK 4 | 2-0-0                                                                                 | 2 x 5/side  | 60s |  |  |                                                                                                                                           |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 3 Speed Accelerator B



| A1     | Continuous DB Squat Jump                            |             |     |  |  | NOTES:<br>Jump from, and land at, skating depth. Try to minimize the amount of time you spend on the ground.                                        |  |  |  |  |
|--------|-----------------------------------------------------|-------------|-----|--|--|-----------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                                 | 3 x 5       | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 2 | N/A                                                 | 3 x 5       | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 3 | N/A                                                 | 3 x 5       | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 4 | N/A                                                 | 2 x 5       | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| A2     | Bent Knee Reverse Crunch                            |             |     |  |  | NOTES:<br>Pull your knees to your elbows by tucking your pelvis with your abs.                                                                      |  |  |  |  |
| WEEK 1 | 2-0-0                                               | 3 x 8       | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 2 | 2-0-0                                               | 3 x 10      | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 3 | 2-0-0                                               | 3 x 12      | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 4 | 2-0-0                                               | 2 x 12      | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| B1     | DB Rear Foot Elevated Split Squat w/ Eccentric Drop |             |     |  |  | NOTES:<br>Stop at the bottom without any extra movement.                                                                                            |  |  |  |  |
| WEEK 1 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 2 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 3 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 4 | N/A                                                 | 2 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| B2     | Continuous Step Up Jump                             |             |     |  |  | NOTES:<br>Keep your knee over your toes slightly so you push from a forward shin angle. Try to minimize the amount of time you spend on the ground. |  |  |  |  |
| WEEK 1 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 2 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 3 | N/A                                                 | 3 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 4 | N/A                                                 | 2 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| B3     | Standing Anti-Rotation Press                        |             |     |  |  | NOTES:<br>Tuck your pelvis like you're trying to tuck a tail between your legs.                                                                     |  |  |  |  |
| WEEK 1 | 1-0-0                                               | 3 x 8/side  | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 2 | 1-0-0                                               | 3 x 10/side | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 3 | 1-0-0                                               | 3 x 12/side | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 4 | 1-0-0                                               | 2 x 12/side | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| C1     | Standing 1-Arm Landmine Press                       |             |     |  |  | NOTES:<br>Shrug at the top by reaching so your shoulder ends up by your ear.                                                                        |  |  |  |  |
| WEEK 1 | 1-0-0                                               | 3 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 2 | 1-0-0                                               | 3 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 3 | 1-0-0                                               | 3 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 4 | 1-0-0                                               | 2 x 5/side  | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| C2     | 1/2 Kneel 2-Arm Cable Pulldown                      |             |     |  |  | NOTES:<br>Stay tall so your chest stays up as you pull.                                                                                             |  |  |  |  |
| WEEK 1 | 1-0-0                                               | 3 x 5       | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 2 | 1-0-0                                               | 3 x 5       | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 3 | 1-0-0                                               | 3 x 5       | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 4 | 1-0-0                                               | 2 x 5       | 30s |  |  |                                                                                                                                                     |  |  |  |  |
| C3     | Rotational Medball Slam                             |             |     |  |  | NOTES:<br>Try to throw the medball through the floor.                                                                                               |  |  |  |  |
| WEEK 1 | N/A                                                 | 3 x 3/side  | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 2 | N/A                                                 | 3 x 3/side  | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 3 | N/A                                                 | 3 x 3/side  | 60s |  |  |                                                                                                                                                     |  |  |  |  |
| WEEK 4 | N/A                                                 | 2 x 3/side  | 60s |  |  |                                                                                                                                                     |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 3 Edge Work A

| A1     | 10-0-5 [Lateral Cross Under Start] or Alt. Crossover Run Stick (3x3/side, 3x3/side, 3x3/side, 2x3/side) |              |     |  |  | NOTES:<br><br>Change directions facing laterally so you crossover in the opposite direction as your initial crossover.                   |
|--------|---------------------------------------------------------------------------------------------------------|--------------|-----|--|--|------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | N/A                                                                                                     | 3 x 1/side   | 30s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                     | 3 x 1/side   | 30s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                     | 3 x 1/side   | 30s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                     | 2 x 1/side   | 30s |  |  |                                                                                                                                          |
| A2     | Cross Under Wall Push                                                                                   |              |     |  |  | NOTES:<br><br>Keep your inside shoulder in contact with the wall while driving your outside knee so your hip and knee are at 90-degrees. |
| WEEK 1 | N/A                                                                                                     | 3 x 10s/side | 60s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                     | 3 x 15s/side | 60s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                     | 3 x 20s/side | 60s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                     | 2 x 20s/side | 60s |  |  |                                                                                                                                          |
| B1     | 1-Leg Vertical Jump                                                                                     |              |     |  |  | NOTES:<br><br>Jump from, and land at, skating depth.                                                                                     |
| WEEK 1 | N/A                                                                                                     | 3 x 5/side   | 30s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                     | 3 x 5/side   | 30s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                     | 3 x 5/side   | 30s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                     | 2 x 5/side   | 30s |  |  |                                                                                                                                          |
| B2     | Hands Elevated Explosive Push Up                                                                        |              |     |  |  | NOTES:<br><br>Keep your elbows at 45-degree angle off the side of your body. Try to get as much air under your hands as possible.        |
| WEEK 1 | N/A                                                                                                     | 3 x 5        | 30s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                     | 3 x 5        | 30s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                     | 3 x 5        | 30s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                     | 2 x 5        | 30s |  |  |                                                                                                                                          |
| B3     | Split Stance 1-Arm Cable Row                                                                            |              |     |  |  | NOTES:<br><br>Reach your opposite arm as you row to create torso rotation.                                                               |
| WEEK 1 | 1-0-0                                                                                                   | 3 x 5/side   | 60s |  |  |                                                                                                                                          |
| WEEK 2 | 1-0-0                                                                                                   | 3 x 5/side   | 60s |  |  |                                                                                                                                          |
| WEEK 3 | 1-0-0                                                                                                   | 3 x 5/side   | 60s |  |  |                                                                                                                                          |
| WEEK 4 | 1-0-0                                                                                                   | 2 x 5/side   | 60s |  |  |                                                                                                                                          |



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## View Exercise Demonstrations

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# PHASE 3 Edge Work B

| A1                                                                                                                                                                                 | Eccentric Front Squat          |             |     |  |  | NOTES:<br><br>Use a clean grip or a cross arm grip.                            |  |  |  |  |  |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-------------|-----|--|--|--------------------------------------------------------------------------------|--|--|--|--|--|--|--|
| WEEK 1                                                                                                                                                                             | 6-0-0                          | 3 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 2                                                                                                                                                                             | 6-0-0                          | 3 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 3                                                                                                                                                                             | 6-0-0                          | 3 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 4                                                                                                                                                                             | 6-0-0                          | 2 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| A2                                                                                                                                                                                 | Mini-Band 90-Degree Step       |             |     |  |  | NOTES:<br><br>Hold at skating depth.                                           |  |  |  |  |  |  |  |
| WEEK 1                                                                                                                                                                             | 1-0-0                          | 3 x 8/side  | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 2                                                                                                                                                                             | 1-0-0                          | 3 x 10/side | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 3                                                                                                                                                                             | 1-0-0                          | 3 x 12/side | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 4                                                                                                                                                                             | 1-0-0                          | 2 x 12/side | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| B1                                                                                                                                                                                 | Eccentric DB Bench             |             |     |  |  | NOTES:<br><br>Keep your elbows at a 45-degree angle off the side of your body. |  |  |  |  |  |  |  |
| WEEK 1                                                                                                                                                                             | 6-0-0                          | 3 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 2                                                                                                                                                                             | 6-0-0                          | 3 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 3                                                                                                                                                                             | 6-0-0                          | 3 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 4                                                                                                                                                                             | 6-0-0                          | 2 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| B2                                                                                                                                                                                 | Bent Over 1-Arm DB Y Raise     |             |     |  |  | NOTES:<br><br>Keep your back flat and parallel to the ground.                  |  |  |  |  |  |  |  |
| WEEK 1                                                                                                                                                                             | 1-0-0                          | 3 x 8/side  | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 2                                                                                                                                                                             | 1-0-0                          | 3 x 10/side | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 3                                                                                                                                                                             | 1-0-0                          | 3 x 12/side | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 4                                                                                                                                                                             | 1-0-0                          | 2 x 12/side | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| C1                                                                                                                                                                                 | Eccentric Only Chin Up         |             |     |  |  | NOTES:<br><br>Palms facing you. Jump up and slow lower.                        |  |  |  |  |  |  |  |
| WEEK 1                                                                                                                                                                             | 6-0-0                          | 3 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 2                                                                                                                                                                             | 6-0-0                          | 3 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 3                                                                                                                                                                             | 6-0-0                          | 3 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 4                                                                                                                                                                             | 6-0-0                          | 2 x 5       | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| C2                                                                                                                                                                                 | 2 to 1 Stability Ball Leg Curl |             |     |  |  | NOTES:<br><br>Curl in with 2 legs, out with 1 leg.                             |  |  |  |  |  |  |  |
| WEEK 1                                                                                                                                                                             | 2-0-0                          | 3 x 5/side  | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 2                                                                                                                                                                             | 2-0-0                          | 3 x 5/side  | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 3                                                                                                                                                                             | 2-0-0                          | 3 x 5/side  | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| WEEK 4                                                                                                                                                                             | 2-0-0                          | 2 x 5/side  | 30s |  |  |                                                                                |  |  |  |  |  |  |  |
| <div><div></div><div>TEMPO</div><div>SETS X REPS</div><div>REST</div><div>WEIGHT LOG</div></div> |                                |             |     |  |  |                                                                                |  |  |  |  |  |  |  |

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# PHASE 4 Speed Accelerator A



| A1     | Sprint [2-Point Start] or Broad Jump (3x5, 3x5, 3x5, 2x5) |              |     |  |  | NOTES:<br>Project your body at a 45-degree angle for optimal acceleration mechanics.                                                     |  |  |  |  |
|--------|-----------------------------------------------------------|--------------|-----|--|--|------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                                       | 3 x 10yd     | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 2 | N/A                                                       | 3 x 10yd     | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 3 | N/A                                                       | 3 x 10yd     | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 4 | N/A                                                       | 2 x 10yd     | 30s |  |  |                                                                                                                                          |  |  |  |  |
| A2     | Wall March Hold                                           |              |     |  |  | NOTES:<br>Angle your body at a 45-degree angle off the wall.                                                                             |  |  |  |  |
| WEEK 1 | 0-5-0                                                     | 3 x 4/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 2 | 0-5-0                                                     | 3 x 5/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 3 | 0-5-0                                                     | 3 x 6/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 4 | 0-5-0                                                     | 2 x 6/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| B1     | DB Step Up                                                |              |     |  |  | NOTES:<br>CLUSTERS - for every set you will perform the first reps, complete a mini-rest of 15-20 seconds, then perform the second reps. |  |  |  |  |
| WEEK 1 | 2-0-0                                                     | 3 x 2+2/side | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 2 | 2-0-0                                                     | 3 x 2+1/side | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 3 | 2-0-0                                                     | 3 x 1+1/side | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 4 | 2-0-0                                                     | 2 x 3/side   | 30s |  |  |                                                                                                                                          |  |  |  |  |
| B2     | Mini-Band Backward Facing Cirlces                         |              |     |  |  | NOTES:<br>Hold at skating depth.                                                                                                         |  |  |  |  |
| WEEK 1 | 1-0-0                                                     | 3 x 2/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 2 | 1-0-0                                                     | 3 x 3/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 3 | 1-0-0                                                     | 3 x 4/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 4 | 1-0-0                                                     | 2 x 4/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| C1     | Incline DB Bench                                          |              |     |  |  | NOTES:<br>CLUSTERS - for every set you will perform the first reps, complete a mini-rest of 15-20 seconds, then perform the second reps. |  |  |  |  |
| WEEK 1 | 2-0-0                                                     | 3 x 2+2      | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 2 | 2-0-0                                                     | 3 x 2+1      | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 3 | 2-0-0                                                     | 3 x 1+1      | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 4 | 2-0-0                                                     | 2 x 3        | 30s |  |  |                                                                                                                                          |  |  |  |  |
| C2     | Slideboard Body Saw                                       |              |     |  |  | NOTES:<br>Tuck your pelvis like you're trying to tuck a tail between your legs.                                                          |  |  |  |  |
| WEEK 1 | 1-0-0                                                     | 3 x 8        | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 2 | 1-0-0                                                     | 3 x 10       | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 3 | 1-0-0                                                     | 3 x 12       | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 4 | 1-0-0                                                     | 2 x 12       | 60s |  |  |                                                                                                                                          |  |  |  |  |
| D1     | 1-Arm DB Row                                              |              |     |  |  | NOTES:<br>Keep your back flat and parallel to the ground.                                                                                |  |  |  |  |
| WEEK 1 | 2-0-0                                                     | 3 x 3/side   | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 2 | 2-0-0                                                     | 3 x 3/side   | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 3 | 2-0-0                                                     | 3 x 3/side   | 30s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 4 | 2-0-0                                                     | 2 x 3/side   | 30s |  |  |                                                                                                                                          |  |  |  |  |
| D2     | 1-Leg DB RDL                                              |              |     |  |  | NOTES:<br>At the bottom, you should be in a straight line from your heel to the top of your head and be parallel to the ground.          |  |  |  |  |
| WEEK 1 | 2-0-0                                                     | 3 x 5/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 2 | 2-0-0                                                     | 3 x 5/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 3 | 2-0-0                                                     | 3 x 5/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |
| WEEK 4 | 2-0-0                                                     | 2 x 5/side   | 60s |  |  |                                                                                                                                          |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 4 Speed Accelerator B



| A1     | KB Swing                                                                                          |             |     |  |  | NOTES:<br><i>Keep a slight knee bend so this is more of a hinge than a squat.</i>            |  |  |  |  |
|--------|---------------------------------------------------------------------------------------------------|-------------|-----|--|--|----------------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                                                                               | 3 x 5       | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 2 | N/A                                                                                               | 3 x 5       | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 3 | N/A                                                                                               | 3 x 5       | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 4 | N/A                                                                                               | 2 x 5       | 30s |  |  |                                                                                              |  |  |  |  |
| A2     | Hanging Knee Tuck                                                                                 |             |     |  |  | NOTES:<br><i>Lift your knees above your hip crease by tucking your pelvis with your abs.</i> |  |  |  |  |
| WEEK 1 | 2-0-0                                                                                             | 3 x 8       | 60s |  |  |                                                                                              |  |  |  |  |
| WEEK 2 | 2-0-0                                                                                             | 3 x 10      | 60s |  |  |                                                                                              |  |  |  |  |
| WEEK 3 | 2-0-0                                                                                             | 3 x 12      | 60s |  |  |                                                                                              |  |  |  |  |
| WEEK 4 | 2-0-0                                                                                             | 2 x 12      | 60s |  |  |                                                                                              |  |  |  |  |
| B1     | DB Forward Lunge w/ Eccentric Drop                                                                |             |     |  |  | NOTES:<br><i>Stop at the bottom without any extra movement.</i>                              |  |  |  |  |
| WEEK 1 | N/A                                                                                               | 3 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 2 | N/A                                                                                               | 3 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 3 | N/A                                                                                               | 3 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 4 | N/A                                                                                               | 2 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| B2     | Medball Chest Pass w/ Step or 1/2 Kneel 1-Leg Broad Jump (3x3/side, 3x3/side, 3x3/side, 2x3/side) |             |     |  |  | NOTES:<br><i>Project yourself at a 45-degree angle like you were about to sprint.</i>        |  |  |  |  |
| WEEK 1 | N/A                                                                                               | 3 x 3/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 2 | N/A                                                                                               | 3 x 3/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 3 | N/A                                                                                               | 3 x 3/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 4 | N/A                                                                                               | 2 x 3/side  | 30s |  |  |                                                                                              |  |  |  |  |
| B3     | Standing Cable Chop                                                                               |             |     |  |  | NOTES:<br><i>Turn off your inside leg to pull from high to low.</i>                          |  |  |  |  |
| WEEK 1 | 1-0-0                                                                                             | 3 x 8/side  | 60s |  |  |                                                                                              |  |  |  |  |
| WEEK 2 | 1-0-0                                                                                             | 3 x 10/side | 60s |  |  |                                                                                              |  |  |  |  |
| WEEK 3 | 1-0-0                                                                                             | 3 x 12/side | 60s |  |  |                                                                                              |  |  |  |  |
| WEEK 4 | 1-0-0                                                                                             | 2 x 12/side | 60s |  |  |                                                                                              |  |  |  |  |
| C1     | 1-Arm Landmine Push Press                                                                         |             |     |  |  | NOTES:<br><i>Shrug at the top by reaching so your shoulder ends up by your ear.</i>          |  |  |  |  |
| WEEK 1 | 1-0-0                                                                                             | 3 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 2 | 1-0-0                                                                                             | 3 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 3 | 1-0-0                                                                                             | 3 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 4 | 1-0-0                                                                                             | 2 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| C2     | 1/2 Kneel 1-Arm Cable Pulldown                                                                    |             |     |  |  | NOTES:<br><i>Stay tall so your chest stays up as you pull.</i>                               |  |  |  |  |
| WEEK 1 | 1-0-0                                                                                             | 3 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 2 | 1-0-0                                                                                             | 3 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 3 | 1-0-0                                                                                             | 3 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| WEEK 4 | 1-0-0                                                                                             | 2 x 5/side  | 30s |  |  |                                                                                              |  |  |  |  |
| C3     | Split Squat Rotational Medball Slam                                                               |             |     |  |  | NOTES:<br><i>Try to throw the medball through the floor.</i>                                 |  |  |  |  |
| WEEK 1 | N/A                                                                                               | 3 x 3/side  | 60s |  |  |                                                                                              |  |  |  |  |
| WEEK 2 | N/A                                                                                               | 3 x 3/side  | 60s |  |  |                                                                                              |  |  |  |  |
| WEEK 3 | N/A                                                                                               | 3 x 3/side  | 60s |  |  |                                                                                              |  |  |  |  |
| WEEK 4 | N/A                                                                                               | 2 x 3/side  | 60s |  |  |                                                                                              |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 4 Edge Work A

| A1     | 5-5-5 [Lateral Cross Under Start] or Alt. Crossover Run Return (3x3/side, 3x3/side, 3x3/side, 2x3/side) |              |     |  |  | NOTES:<br><br>Change directions facing laterally so you crossover in the opposite direction as your initial crossover.                   |
|--------|---------------------------------------------------------------------------------------------------------|--------------|-----|--|--|------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | N/A                                                                                                     | 3 x 1/side   | 30s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                     | 3 x 1/side   | 30s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                     | 3 x 1/side   | 30s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                     | 2 x 1/side   | 30s |  |  |                                                                                                                                          |
| A2     | Cross Under Wall Push                                                                                   |              |     |  |  | NOTES:<br><br>Keep your inside shoulder in contact with the wall while driving your outside knee so your hip and knee are at 90-degrees. |
| WEEK 1 | N/A                                                                                                     | 3 x 10s/side | 60s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                     | 3 x 15s/side | 60s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                     | 3 x 20s/side | 60s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                     | 2 x 20s/side | 60s |  |  |                                                                                                                                          |
| B1     | Pogo Jump                                                                                               |              |     |  |  | NOTES:<br><br>Minimize the amount of time you spend on the ground.                                                                       |
| WEEK 1 | N/A                                                                                                     | 3 x 10       | 30s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                     | 3 x 10       | 30s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                     | 3 x 10       | 30s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                     | 2 x 10       | 30s |  |  |                                                                                                                                          |
| B2     | Band Assisted Explosive Push Up or Hands Elevated Explosive Push Up (3x5, 3x5, 3x5, 2x5)                |              |     |  |  | NOTES:<br><br>Keep your elbows at 45-degree angle off the side of your body. Try to get as much air under your hands as possible.        |
| WEEK 1 | N/A                                                                                                     | 3 x 5        | 30s |  |  |                                                                                                                                          |
| WEEK 2 | N/A                                                                                                     | 3 x 5        | 30s |  |  |                                                                                                                                          |
| WEEK 3 | N/A                                                                                                     | 3 x 5        | 30s |  |  |                                                                                                                                          |
| WEEK 4 | N/A                                                                                                     | 2 x 5        | 30s |  |  |                                                                                                                                          |
| B3     | Side Standing Rotational 1-Arm Cable Row                                                                |              |     |  |  | NOTES:<br><br>Push off your inside leg to generate power that you finish with your upper body.                                           |
| WEEK 1 | 1-0-0                                                                                                   | 3 x 5/side   | 60s |  |  |                                                                                                                                          |
| WEEK 2 | 1-0-0                                                                                                   | 3 x 5/side   | 60s |  |  |                                                                                                                                          |
| WEEK 3 | 1-0-0                                                                                                   | 3 x 5/side   | 60s |  |  |                                                                                                                                          |
| WEEK 4 | 1-0-0                                                                                                   | 2 x 5/side   | 60s |  |  |                                                                                                                                          |



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## View Exercise Demonstrations

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# PHASE 4 Edge Work B

| A1     | Eccentric DB Split Squat                |             |     |  |  | NOTES:<br><br>Keep your knee over your toes slightly so you have a forward shin angle.          |
|--------|-----------------------------------------|-------------|-----|--|--|-------------------------------------------------------------------------------------------------|
| WEEK 1 | 6-0-0                                   | 3 x 5/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 6-0-0                                   | 3 x 5/side  | 30s |  |  |                                                                                                 |
| WEEK 3 | 6-0-0                                   | 3 x 5/side  | 30s |  |  |                                                                                                 |
| WEEK 4 | 6-0-0                                   | 2 x 5/side  | 30s |  |  |                                                                                                 |
| A2     | Mini-Band Backward Facing Cirlces       |             |     |  |  | NOTES:<br><br>Hold at skating depth.                                                            |
| WEEK 1 | 1-0-0                                   | 3 x 2/side  | 60s |  |  |                                                                                                 |
| WEEK 2 | 1-0-0                                   | 3 x 3/side  | 60s |  |  |                                                                                                 |
| WEEK 3 | 1-0-0                                   | 3 x 4/side  | 60s |  |  |                                                                                                 |
| WEEK 4 | 1-0-0                                   | 2 x 4/side  | 60s |  |  |                                                                                                 |
| B1     | Eccentric Alt. DB Bench                 |             |     |  |  | NOTES:<br><br>Keep your elbows at a 45-degree angle off the side of your body.                  |
| WEEK 1 | 6-0-0                                   | 3 x 5/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 6-0-0                                   | 3 x 5/side  | 30s |  |  |                                                                                                 |
| WEEK 3 | 6-0-0                                   | 3 x 5/side  | 30s |  |  |                                                                                                 |
| WEEK 4 | 6-0-0                                   | 2 x 5/side  | 30s |  |  |                                                                                                 |
| B2     | Seated DB External Rotation             |             |     |  |  | NOTES:<br><br>Keep your elbow at a 90-degree angle.                                             |
| WEEK 1 | 1-0-0                                   | 3 x 8/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 1-0-0                                   | 3 x 10/side | 30s |  |  |                                                                                                 |
| WEEK 3 | 1-0-0                                   | 3 x 12/side | 30s |  |  |                                                                                                 |
| WEEK 4 | 1-0-0                                   | 2 x 12/side | 30s |  |  |                                                                                                 |
| C1     | Eccentric Only Pull Up                  |             |     |  |  | NOTES:<br><br>Palms facing away from you. Jump up and slow lower.                               |
| WEEK 1 | 6-0-0                                   | 3 x 5       | 30s |  |  |                                                                                                 |
| WEEK 2 | 6-0-0                                   | 3 x 5       | 30s |  |  |                                                                                                 |
| WEEK 3 | 6-0-0                                   | 3 x 5       | 30s |  |  |                                                                                                 |
| WEEK 4 | 6-0-0                                   | 2 x 5       | 30s |  |  |                                                                                                 |
| C2     | Eccentric 1-Leg Stability Ball Leg Curl |             |     |  |  | NOTES:<br><br>Keep your hips in a straight line by lifting your hips as you curl your heels in. |
| WEEK 1 | 6-0-0                                   | 3 x 5/side  | 30s |  |  |                                                                                                 |
| WEEK 2 | 6-0-0                                   | 3 x 5/side  | 30s |  |  |                                                                                                 |
| WEEK 3 | 6-0-0                                   | 3 x 5/side  | 30s |  |  |                                                                                                 |
| WEEK 4 | 6-0-0                                   | 2 x 5/side  | 30s |  |  |                                                                                                 |



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## View Exercise Demonstrations

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# PHASE 5 Speed Accelerator A



| A1     | Continuous Broad Jump                        |              |     |  |  | NOTES:<br>Project your body at a 45-degree angle. Try to minimize the time spent on the ground.                                        |  |  |  |  |
|--------|----------------------------------------------|--------------|-----|--|--|----------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                          | 3 x 5        | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 5        | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 5        | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 5        | 30s |  |  |                                                                                                                                        |  |  |  |  |
| A2     | 1-Leg Hip Flexor Plank                       |              |     |  |  | NOTES:<br>Keep the top of your knee/bottom of your quad on the bench/box. Keep a straight line from your knee to the top of your head. |  |  |  |  |
| WEEK 1 | N/A                                          | 3 x 20s/side | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 25s/side | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 30s/side | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 30s/side | 60s |  |  |                                                                                                                                        |  |  |  |  |
| B1     | Trap Bar Deadlift ISO                        |              |     |  |  | NOTES:<br>Pull into the squat rack like you're trying to lift it off the ground.                                                       |  |  |  |  |
| WEEK 1 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| B2     | 2-Way Skater                                 |              |     |  |  | NOTES:<br>Hold at skating depth.                                                                                                       |  |  |  |  |
| WEEK 1 | 1-0-0                                        | 3 x 8/side   | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 2 | 1-0-0                                        | 3 x 10/side  | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 3 | 1-0-0                                        | 3 x 12/side  | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 4 | 1-0-0                                        | 2 x 12/side  | 60s |  |  |                                                                                                                                        |  |  |  |  |
| C1     | Barbell Bench ISO                            |              |     |  |  | NOTES:<br>Push into the squat rack like you're trying to lift it off the ground.                                                       |  |  |  |  |
| WEEK 1 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| C2     | Slideboard Body Saw Hold                     |              |     |  |  | NOTES:<br>Tuck your pelvis like you're trying to tuck a tail between your legs.                                                        |  |  |  |  |
| WEEK 1 | 0-5-0                                        | 3 x 4        | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 2 | 0-5-0                                        | 3 x 5        | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 3 | 0-5-0                                        | 3 x 6        | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 4 | 0-5-0                                        | 2 x 6        | 60s |  |  |                                                                                                                                        |  |  |  |  |
| D1     | Bent Over Barbell Row ISO                    |              |     |  |  | NOTES:<br>Pull into the squat rack like you're trying to lift it off the ground.                                                       |  |  |  |  |
| WEEK 1 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 10s      | 30s |  |  |                                                                                                                                        |  |  |  |  |
| D2     | Feet Elevated 1-Leg Long Lever Hip Lift Hold |              |     |  |  | NOTES:<br>Keep a slight knee bend so your knees are almost completely straight.                                                        |  |  |  |  |
| WEEK 1 | N/A                                          | 3 x 20s      | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 25s      | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 30s      | 60s |  |  |                                                                                                                                        |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 30s      | 60s |  |  |                                                                                                                                        |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 5 Speed Accelerator B



| A1     | Sprint [2-Point Start] or Pogo Jump (3x10, 3x10, 3x10, 2x10) |               |     |  |  | NOTES:<br><i>Project your body at a 45-degree angle for optimal acceleration mechanics.</i>                                          |  |  |  |  |
|--------|--------------------------------------------------------------|---------------|-----|--|--|--------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                                          | 3 x 10yd/side | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                          | 3 x 10yd/side | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                          | 3 x 10yd/side | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                          | 2 x 10yd/side | 30s |  |  |                                                                                                                                      |  |  |  |  |
| A2     | Wall March Hold w/ Quick Switch                              |               |     |  |  | NOTES:<br><i>Angle your body at a 45-degree angle off the wall.</i>                                                                  |  |  |  |  |
| WEEK 1 | 0-2-0                                                        | 3 x 6/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | 0-2-0                                                        | 3 x 7/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | 0-2-0                                                        | 3 x 8/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | 0-2-0                                                        | 2 x 8/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| B1     | 1-Arm KB Swing                                               |               |     |  |  | NOTES:<br><i>Keep a slight knee bend so this is more of a hinge than a squat.</i>                                                    |  |  |  |  |
| WEEK 1 | N/A                                                          | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                          | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                          | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                          | 2 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| B2     | Standing Cable Lift                                          |               |     |  |  | NOTES:<br><i>Turn off your inside leg to pull from low to high.</i>                                                                  |  |  |  |  |
| WEEK 1 | 1-0-0                                                        | 3 x 8/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | 1-0-0                                                        | 3 x 10/side   | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | 1-0-0                                                        | 3 x 12/side   | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | 1-0-0                                                        | 2 x 12/side   | 60s |  |  |                                                                                                                                      |  |  |  |  |
| C1     | Split Squat Tuck Jump                                        |               |     |  |  | NOTES:<br><i>Pull your knees to your chest in the air so you land from a higher height.</i>                                          |  |  |  |  |
| WEEK 1 | N/A                                                          | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                          | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                          | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                          | 2 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| C2     | Lying Medball Squeeze                                        |               |     |  |  | NOTES:<br><i>Tuck your pelvis like you're trying to tuck a tail between your legs.</i>                                               |  |  |  |  |
| WEEK 1 | N/A                                                          | 3 x 20s       | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                          | 3 x 25s       | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                          | 3 x 30s       | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                          | 2 x 30s       | 60s |  |  |                                                                                                                                      |  |  |  |  |
| D1     | Explosive Push Up                                            |               |     |  |  | NOTES:<br><i>Keep your elbows at 45-degree angle off the side of your body. Try to get as much air under your hands as possible.</i> |  |  |  |  |
| WEEK 1 | N/A                                                          | 3 x 5         | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                          | 3 x 5         | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                          | 3 x 5         | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                          | 2 x 5         | 30s |  |  |                                                                                                                                      |  |  |  |  |
| D2     | Split Stance 1-Arm Cable Row                                 |               |     |  |  | NOTES:<br><i>Reach your opposite arm as you row to create torso rotation.</i>                                                        |  |  |  |  |
| WEEK 1 | 1-0-0                                                        | 3 x 5/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | 1-0-0                                                        | 3 x 5/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | 1-0-0                                                        | 3 x 5/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | 1-0-0                                                        | 2 x 5/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 5 Edge Work A

| A1     | 5-10-5 [Lateral Cross Under Start] or Continuous Lateral Bound (3x3/side, 3x3/side, 3x3/side, 2x3/side) |             |     |  |  | NOTES:<br><br>Change directions facing laterally so you crossover in the opposite direction as your initial crossover.                                 |
|--------|---------------------------------------------------------------------------------------------------------|-------------|-----|--|--|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | N/A                                                                                                     | 3 x 1/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                     | 3 x 1/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                     | 3 x 1/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                     | 2 x 1/side  | 30s |  |  |                                                                                                                                                        |
| A2     | Split Squat Medball Figure 8                                                                            |             |     |  |  | NOTES:<br><br>Keep your knee over your toe so you're holding with a forward shin angle.                                                                |
| WEEK 1 | N/A                                                                                                     | 3 x 8/side  | 60s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                     | 3 x 10/side | 60s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                     | 3 x 12/side | 60s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                     | 2 x 12/side | 60s |  |  |                                                                                                                                                        |
| B1     | Band Assisted Vertical Jump or Bar Assisted Vertical Jump (3x5, 3x5, 3x5, 2x5)                          |             |     |  |  | NOTES:<br><br>Jump from, and land at, skating depth. Minimize the amount of time you spent on the ground.                                              |
| WEEK 1 | N/A                                                                                                     | 3 x 5       | 30s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                     | 3 x 5       | 30s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                     | 3 x 5       | 30s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                     | 2 x 5       | 30s |  |  |                                                                                                                                                        |
| B2     | Speed Eccentric Split Stance 2-Arm Cable Press                                                          |             |     |  |  | NOTES:<br><br>Try to change directions as quickly as possible so you're thinking about pulling & pressing the cable.                                   |
| WEEK 1 | N/A                                                                                                     | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                     | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                     | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                     | 2 x 3/side  | 30s |  |  |                                                                                                                                                        |
| B3     | Speed Eccentric Split Stance 2-Arm Cable Row                                                            |             |     |  |  | NOTES:<br><br>Start the cable in at your chest. Try to change directions as quickly as possible so you're thinking about pulling & pressing the cable. |
| WEEK 1 | N/A                                                                                                     | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                     | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                     | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                     | 2 x 3/side  | 30s |  |  |                                                                                                                                                        |



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## View Exercise Demonstrations

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# PHASE 5 Edge Work B

| A1     | Isometric Front Squat            |             |     |  |  | NOTES:<br><i>Use a clean grip or a cross arm grip.</i>                                                  |
|--------|----------------------------------|-------------|-----|--|--|---------------------------------------------------------------------------------------------------------|
| WEEK 1 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 2 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 3 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 4 | 0-3-0                            | 2 x 4       | 30s |  |  |                                                                                                         |
| A2     | 2-Way Skater                     |             |     |  |  | NOTES:<br><i>Hold at skating depth.</i>                                                                 |
| WEEK 1 | 1-0-0                            | 3 x 8/side  | 60s |  |  |                                                                                                         |
| WEEK 2 | 1-0-0                            | 3 x 10/side | 60s |  |  |                                                                                                         |
| WEEK 3 | 1-0-0                            | 3 x 12/side | 60s |  |  |                                                                                                         |
| WEEK 4 | 1-0-0                            | 2 x 4/side  | 60s |  |  |                                                                                                         |
| B1     | Isometric DB Bench               |             |     |  |  | NOTES:<br><i>Keep your elbows at a 45-degree angle off the side of your body.</i>                       |
| WEEK 1 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 2 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 3 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 4 | 0-3-0                            | 2 x 4       | 30s |  |  |                                                                                                         |
| B2     | Bear Crawl Forward/Backward      |             |     |  |  | NOTES:<br><i>Step with your opposite arm and leg.</i>                                                   |
| WEEK 1 | 1-0-0                            | 3 x 8/side  | 30s |  |  |                                                                                                         |
| WEEK 2 | 1-0-0                            | 3 x 10/side | 30s |  |  |                                                                                                         |
| WEEK 3 | 1-0-0                            | 3 x 12/side | 30s |  |  |                                                                                                         |
| WEEK 4 | 1-0-0                            | 2 x 12/side | 30s |  |  |                                                                                                         |
| C1     | Isometric Chest Supported DB Row |             |     |  |  | NOTES:<br><i>Use the lowest bench incline where you can still get your arms straight at the bottom.</i> |
| WEEK 1 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 2 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 3 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 4 | 0-3-0                            | 2 x 4       | 30s |  |  |                                                                                                         |
| C2     | Isometric DB RDL                 |             |     |  |  | NOTES:<br><i>Keep your back flat and parallel to the ground.</i>                                        |
| WEEK 1 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 2 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 3 | 0-3-0                            | 3 x 4       | 30s |  |  |                                                                                                         |
| WEEK 4 | 0-3-0                            | 2 x 4       | 30s |  |  |                                                                                                         |



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## View Exercise Demonstrations

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# PHASE 6 Speed Accelerator A



| A1     | Cable/Band Assisted Broad Jump               |              |     |  |  | NOTES:<br>Project your body at a 45-degree angle.                                   |  |  |  |  |
|--------|----------------------------------------------|--------------|-----|--|--|-------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                          | 3 x 5        | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 5        | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 5        | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 5        | 30s |  |  |                                                                                     |  |  |  |  |
| A2     | Eccentric 1-Leg Hip Flexor Crunch            |              |     |  |  | NOTES:<br>Hug your knee to your chest and don't lose that hip flexion as you lower. |  |  |  |  |
| WEEK 1 | 6-0-0                                        | 3 x 4/side   | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 2 | 6-0-0                                        | 3 x 5/side   | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 3 | 6-0-0                                        | 3 x 6/side   | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 4 | 6-0-0                                        | 2 x 6/side   | 60s |  |  |                                                                                     |  |  |  |  |
| B1     | Barbell Split Squat ISO                      |              |     |  |  | NOTES:<br>Push into the squat rack like you're trying to lift it off the ground.    |  |  |  |  |
| WEEK 1 | N/A                                          | 3 x 10s/side | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 10s/side | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 10s/side | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 10s/side | 30s |  |  |                                                                                     |  |  |  |  |
| B2     | Skate Position Slideboard Hip Circles        |              |     |  |  | NOTES:<br>Hold at skating depth.                                                    |  |  |  |  |
| WEEK 1 | 1-0-0                                        | 3 x 8/side   | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 2 | 1-0-0                                        | 3 x 10/side  | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 3 | 1-0-0                                        | 3 x 12/side  | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 4 | 1-0-0                                        | 2 x 12/side  | 60s |  |  |                                                                                     |  |  |  |  |
| C1     | Incline Barbell Bench ISO                    |              |     |  |  | NOTES:<br>Push into the squat rack like you're trying to lift it off the ground.    |  |  |  |  |
| WEEK 1 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 10s      | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 10s      | 30s |  |  |                                                                                     |  |  |  |  |
| C2     | TRX Fallout                                  |              |     |  |  | NOTES:<br>Tuck your pelvis like you're trying to tuck a tail between your legs.     |  |  |  |  |
| WEEK 1 | 1-0-0                                        | 3 x 8        | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 2 | 1-0-0                                        | 3 x 10       | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 3 | 1-0-0                                        | 3 x 12       | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 4 | 1-0-0                                        | 2 x 12       | 60s |  |  |                                                                                     |  |  |  |  |
| D1     | 1-Arm Bent Over Row ISO                      |              |     |  |  | NOTES:<br>Pull into the squat rack like you're trying to lift it off the ground.    |  |  |  |  |
| WEEK 1 | N/A                                          | 3 x 10s/side | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 10s/side | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 10s/side | 30s |  |  |                                                                                     |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 10s/side | 30s |  |  |                                                                                     |  |  |  |  |
| D2     | Feet Elevated Long Lever 1-Leg Hip Lift Hold |              |     |  |  | NOTES:<br>Keep a slight knee bend so your knee is almost completely straight.       |  |  |  |  |
| WEEK 1 | N/A                                          | 3 x 20s/side | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 2 | N/A                                          | 3 x 25s/side | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 3 | N/A                                          | 3 x 30s/side | 60s |  |  |                                                                                     |  |  |  |  |
| WEEK 4 | N/A                                          | 2 x 30s/side | 60s |  |  |                                                                                     |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 6 Speed Accelerator B



| A1     | Sprint [2-Point Start] or Bar Assisted Jump (3x5, 3x5, 3x5, 2x5) |               |     |  |  | NOTES:<br><i>Project your body at a 45-degree angle for optimal acceleration mechanics.</i>                                          |  |  |  |  |
|--------|------------------------------------------------------------------|---------------|-----|--|--|--------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| WEEK 1 | N/A                                                              | 3 x 10yd/side | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                              | 3 x 10yd/side | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                              | 3 x 10yd/side | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                              | 2 x 10yd/side | 30s |  |  |                                                                                                                                      |  |  |  |  |
| A2     | Continuous Wall March Switch                                     |               |     |  |  | NOTES:<br><i>Angle your body at a 45-degree angle off the wall.</i>                                                                  |  |  |  |  |
| WEEK 1 | N/A                                                              | 3 x 8/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                              | 3 x 10/side   | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                              | 3 x 12/side   | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                              | 2 x 12/side   | 60s |  |  |                                                                                                                                      |  |  |  |  |
| B1     | Split Stance 1-Arm KB Swing                                      |               |     |  |  | NOTES:<br><i>Keep a slight knee bend so this is more of a hinge than a squat.</i>                                                    |  |  |  |  |
| WEEK 1 | N/A                                                              | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                              | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                              | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                              | 2 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| B2     | Cable Rotation                                                   |               |     |  |  | NOTES:<br><i>Turn off your inside leg to generate power.</i>                                                                         |  |  |  |  |
| WEEK 1 | 1-0-0                                                            | 3 x 8/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | 1-0-0                                                            | 3 x 10/side   | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | 1-0-0                                                            | 3 x 12/side   | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | 1-0-0                                                            | 2 x 12/side   | 60s |  |  |                                                                                                                                      |  |  |  |  |
| C1     | Scissor Jump                                                     |               |     |  |  | NOTES:<br><i>Switch your legs in the air to land back on the same leg.</i>                                                           |  |  |  |  |
| WEEK 1 | N/A                                                              | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                              | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                              | 3 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                              | 2 x 5/side    | 30s |  |  |                                                                                                                                      |  |  |  |  |
| C2     | Elevated Short Side Plank w/ Top Leg Support                     |               |     |  |  | NOTES:<br><i>Keep a straight line from your knee to the top of your head.</i>                                                        |  |  |  |  |
| WEEK 1 | N/A                                                              | 3 x 20s/side  | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                              | 3 x 25s/side  | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                              | 3 x 30s/side  | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                              | 2 x 30s/side  | 60s |  |  |                                                                                                                                      |  |  |  |  |
| D1     | Hands Elevated Explosive Push Up                                 |               |     |  |  | NOTES:<br><i>Keep your elbows at 45-degree angle off the side of your body. Try to get as much air under your hands as possible.</i> |  |  |  |  |
| WEEK 1 | N/A                                                              | 3 x 5         | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | N/A                                                              | 3 x 5         | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | N/A                                                              | 3 x 5         | 30s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | N/A                                                              | 2 x 5         | 30s |  |  |                                                                                                                                      |  |  |  |  |
| D2     | Side Standing Rotational 1-Arm Cable Row                         |               |     |  |  | NOTES:<br><i>Push off your inside leg to generate power that you finish with your upper body.</i>                                    |  |  |  |  |
| WEEK 1 | 1-0-0                                                            | 3 x 5/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 2 | 1-0-0                                                            | 3 x 5/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 3 | 1-0-0                                                            | 3 x 5/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |
| WEEK 4 | 1-0-0                                                            | 2 x 5/side    | 60s |  |  |                                                                                                                                      |  |  |  |  |



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## View Exercise Demonstrations

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# PHASE 6 Edge Work A

| A1     | 5-10-5 [Lateral Cross Under Start] or Continuous Alt. Crossover (3x3/side, 3x3/side, 3x3/side, 2x3/side) |             |     |  |  | NOTES:<br><br>Change directions facing laterally so you crossover in the opposite direction as your initial crossover.                                 |
|--------|----------------------------------------------------------------------------------------------------------|-------------|-----|--|--|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | N/A                                                                                                      | 3 x 1/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                      | 3 x 1/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                      | 3 x 1/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                      | 2 x 1/side  | 30s |  |  |                                                                                                                                                        |
| A2     | Lateral Squat Medball Figure 8                                                                           |             |     |  |  | NOTES:<br><br>Keep your sternum, bent knee, and toes in line.                                                                                          |
| WEEK 1 | N/A                                                                                                      | 3 x 8/side  | 60s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                      | 3 x 10/side | 60s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                      | 3 x 12/side | 60s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                      | 2 x 12/side | 60s |  |  |                                                                                                                                                        |
| B1     | Bar Assisted Alt. Split Squat Jump                                                                       |             |     |  |  | NOTES:<br><br>Jump from, and land at, skating depth. Minimize the amount of time you spent on the ground.                                              |
| WEEK 1 | N/A                                                                                                      | 3 x 5/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                      | 3 x 5/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                      | 3 x 5/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                      | 2 x 5/side  | 30s |  |  |                                                                                                                                                        |
| B2     | Speed Eccentric 1-Arm Cable Press                                                                        |             |     |  |  | NOTES:<br><br>Try to change directions as quickly as possible so you're thinking about pulling & pressing the cable.                                   |
| WEEK 1 | N/A                                                                                                      | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                      | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                      | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                      | 2 x 3/side  | 30s |  |  |                                                                                                                                                        |
| B3     | Speed Eccentric 1-Arm Cable Row                                                                          |             |     |  |  | NOTES:<br><br>Start the cable in at your chest. Try to change directions as quickly as possible so you're thinking about pulling & pressing the cable. |
| WEEK 1 | N/A                                                                                                      | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 2 | N/A                                                                                                      | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 3 | N/A                                                                                                      | 3 x 3/side  | 30s |  |  |                                                                                                                                                        |
| WEEK 4 | N/A                                                                                                      | 2 x 3/side  | 30s |  |  |                                                                                                                                                        |



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## View Exercise Demonstrations

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# PHASE 6 Edge Work B

| A1     | Isometric DB Split Squat              |             |     |  |  | NOTES:<br><br>Keep your knee over your toes slightly so you have a forward shin angle.      |
|--------|---------------------------------------|-------------|-----|--|--|---------------------------------------------------------------------------------------------|
| WEEK 1 | 0-3-0                                 | 3 x 4       | 30s |  |  |                                                                                             |
| WEEK 2 | 0-3-0                                 | 3 x 4       | 30s |  |  |                                                                                             |
| WEEK 3 | 0-3-0                                 | 3 x 4       | 30s |  |  |                                                                                             |
| WEEK 4 | 0-3-0                                 | 2 x 4       | 30s |  |  |                                                                                             |
| A2     | Skate Position Slideboard Hip Circles |             |     |  |  | NOTES:<br><br>Hold at skating depth.                                                        |
| WEEK 1 | 1-0-0                                 | 3 x 8/side  | 60s |  |  |                                                                                             |
| WEEK 2 | 1-0-0                                 | 3 x 10/side | 60s |  |  |                                                                                             |
| WEEK 3 | 1-0-0                                 | 3 x 12/side | 60s |  |  |                                                                                             |
| WEEK 4 | 1-0-0                                 | 2 x 4/side  | 60s |  |  |                                                                                             |
| B1     | Isometric 1-Arm DB Bench              |             |     |  |  | NOTES:<br><br>Keep your elbows at a 45-degree angle off the side of your body.              |
| WEEK 1 | 0-3-0                                 | 3 x 4/side  | 30s |  |  |                                                                                             |
| WEEK 2 | 0-3-0                                 | 3 x 4/side  | 30s |  |  |                                                                                             |
| WEEK 3 | 0-3-0                                 | 3 x 4/side  | 30s |  |  |                                                                                             |
| WEEK 4 | 0-3-0                                 | 2 x 4/side  | 30s |  |  |                                                                                             |
| B2     | Lateral Bear Crawl                    |             |     |  |  | NOTES:<br><br>Step with your opposite arm and leg.                                          |
| WEEK 1 | 1-0-0                                 | 3 x 8/side  | 30s |  |  |                                                                                             |
| WEEK 2 | 1-0-0                                 | 3 x 10/side | 30s |  |  |                                                                                             |
| WEEK 3 | 1-0-0                                 | 3 x 12/side | 30s |  |  |                                                                                             |
| WEEK 4 | 1-0-0                                 | 2 x 12/side | 30s |  |  |                                                                                             |
| C1     | Isometric 1-Arm DB Row                |             |     |  |  | NOTES:<br><br>Keep your back flat and parallel to the ground.                               |
| WEEK 1 | 0-3-0                                 | 3 x 4/side  | 30s |  |  |                                                                                             |
| WEEK 2 | 0-3-0                                 | 3 x 4/side  | 30s |  |  |                                                                                             |
| WEEK 3 | 0-3-0                                 | 3 x 4/side  | 30s |  |  |                                                                                             |
| WEEK 4 | 0-3-0                                 | 2 x 4/side  | 30s |  |  |                                                                                             |
| C2     | Isometric Supported 1-Leg DB RDL      |             |     |  |  | NOTES:<br><br>Hold on to a bench, rack, etc. so you don't have to worry about your balance. |
| WEEK 1 | 0-3-0                                 | 3 x 4/side  | 30s |  |  |                                                                                             |
| WEEK 2 | 0-3-0                                 | 3 x 4/side  | 30s |  |  |                                                                                             |
| WEEK 3 | 0-3-0                                 | 3 x 4/side  | 30s |  |  |                                                                                             |
| WEEK 4 | 0-3-0                                 | 2 x 4/side  | 30s |  |  |                                                                                             |



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