

Adult 6 Week Intro Program												
Weeks 1-3												
Foam Rolling				Foam Roll				Foam Roll				
Mobility Circuit				Mobility Circuit				Mobility Circuit				
Spiderman				Spiderman				Spiderman				
Box Hip Flexor with Breathing				Box Hip Flexor with Breathing				Box Hip Flexor with Breathing				
Hip Rotator				Hip Rotator				Hip Rotator				
Kneeling T-Spine				Kneeling T-Spine				Kneeling T-Spine				
Yoga Table				Yoga Table				Yoga Table				
90/90 Breathing on Wall: 2 Rounds of 5 Breathes				90/90 Breathing on Wall: 2 Rounds of 5 Breathes				90/90 Breathing on Wall: 2 Rounds of 5 Breathes				
Lunge Matrix:				Lunge Matrix:				Lunge Matrix:				
Toe Touch Squat x 10				Toe Touch Squat x 10				Toe Touch Squat x 10				
Split Squat Hold + 5 Reps				Split Squat Hold + 5 Reps				Split Squat Hold + 5 Reps				
Lateral Squat x 5 ea				Lateral Squat x 5 ea				Lateral Squat x 5 ea				
SLDL x 10 ea				SLDL x 10 ea				SLDL x 10 ea				
Bear Crawl				Inchworm				Bear Crawl				
Lateral Crawl				Forward Skip				Lateral Crawl				
High Knee Run				Shuffle				High Knee Run				
Carioca				Shuffle				Carioca				
Box Jump: 3 x 5				(first week 2 sets only)				Box Jump: 3 x 5				
Kneeling Chest Pass: 3 x 10								1/2 Kneeling OH Throw: 3 x 5 ea side				
Plank Circuit: 3 x :20/:25/:30 ea								Plank Circuit: 3 x :20/:25/:30 ea				
KB Deadlift				Week 1				Week 2				Week 3
2x8				3x10				3x10				3x10
Inline Chop				2x8				3x10				3x12
Sumo Hold				2 x :20				3 X :20				3 X :20
Split Squat Hold				2 x :15				3 x :15				3 x :15
Chin-Up or X-Pulldown				2 x 5				3 x 5				3 x 5
Floorslide or Wallslide				2 x 8				3 x 10				3 x 12
Push-Up				2 x 8				3 x 8				3 x 10
Farmer Carry				2 x Turf				3 x Turf				3 x Turf
TK Anti-Rotation Hold				2 x :15 ea				3 x :15 ea				3 x :15 ea
Conditioning Week 1				Week 2				Week 3				
Tempo Runs x 8				x10				x 12				
(DEPENDING ON SPACE)												
Turf: Down and Back x 1 Minute Rest												
or												
Treadmill												
15/45 off, 5 Incline												
Goblet Squat to Box				Week 1				Week 2				Week 3
2x8				3 x 8				3 x 8				3 x 8
Inline Lift				2x8				3x10				3x12
Toe Touch				2 x 6				3 x 8				3 x 10
Squat				2 x 6 ea				3 x 8 ea				3 x 8ea
Alt DB Bench				2 x 8				3 x 8				3 x 10
TRX Row				2 x 8				3 x 8				3 x 10
Front Plank				2 x :20				3 x :20				3 x :25
Reaching or 1 KB SLDL				2 x 6 ea				3 x 8 ea				3 x 10 ea
Suitcase Carry				2 x Turf				3 x Turf				3 x Turf
TK Push/Pul				3 x 6 ea				3 x 8 ea				3 x 10 ea
Conditioning Week 1				Week 2				Week 3				
Sled Push/Pull				4				5				6
Down and Back = 1												
KB Deadlift				2x8				3x10				3x10
Inline Press				3x8				3x10				3x12
6 Point				3 x 20 yards				3 x 20 yards				3 x 20 yards
Bear Crawl				2 x 6 ea				3 x 8 ea				3 x 8ea
1/2 Kneel				2 x 6 ea				3 x 8 ea				3 x 8ea
Alt OH Press				2 x 6 ea				3 x 8 ea				3 x 10 ea
DB Row				2 x 5 ea				3 x 5 ea				3 x 5 ea
Active Spiderman				2 x 8				3 x 8				3 x 10
Push-Up				2 x 8				3 x 8				3 x 10
SL Hip Lift				2 x 6				3 x 8				3 x 10
Front Plank				2 x :20				3 x :20				3 x :25
Conditioning Week 1				Week 2				Week 3				
Airdyne 3 Mile												
Record Times												