

**SUNDAY - APR. 6, 2025**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up	Warm-up X10 Reps Each Exercise <ul style="list-style-type: none"><li>• Neck Rolls</li><li>• Shoulder Circles</li><li>• Arm Circles</li><li>• Hip Circles</li><li>• Trunk Circles</li><li>• Good Morning</li><li>• Seated Hip Up</li><li>• Lying Straight Leg Raises</li><li>• Lying Bent Knee Trunk Rotations</li><li>• Lying Straight Leg Iron Cross</li></ul>									
	Warm-up should be done prior to all lifting sessions.									
Dynamic Warm Up	Drill 10 Yds, Jog next 10 yds <ul style="list-style-type: none"><li>• High Knee Hug</li><li>• Bent Leg Knee Hug</li><li>• Walking Hip Rotator Stretch</li><li>• Walking Quad Stretch</li><li>• Walking Toe Touch</li><li>• Walking Straight Leg Kicks</li></ul>									
A Bodyweight Squats		8-12		8-12		8-12		8-12		
A Bodyweight Hinge		8-12		8-12		8-12		8-12		
B Body Weight Bent Over Row		15		15		15				
B Tempo Push Ups		5-8		5-8		5-8		5-8		
Tempo: 3131										
C Walking Lunges		5-8 (ea.)		5-8 (ea.)		5-8 (ea.)		5-8 (ea.)		
C Prone Isometric Y Raise		10 secs		10 secs		10 secs		10 secs		
C Side Planks		10 secs (ea.)		10 secs (ea.)		10 secs (ea.)		10 secs (ea.)		

**TUESDAY - APR. 8, 2025**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up	Warm-up X10 Reps Each Exercise <ul style="list-style-type: none"> <li>• Neck Rolls</li> <li>• Shoulder Circles</li> <li>• Arm Circles</li> <li>• Hip Circles</li> <li>• Trunk Circles</li> <li>• Good Morning</li> <li>• Seated Hip Up</li> <li>• Lying Straight Leg Raises</li> <li>• Lying Bent Knee Trunk Rotations</li> <li>• Lying Straight Leg Iron Cross</li> </ul>									
	Warm-up should be done prior to all lifting sessions.									

TUESDAY - APR. 8, 2025											
Workout		Set 1		Set 2		Set 3		Set 4		Set 5	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Dynamic Warm Up		Drill 10 Yds, Jog next 10 yds									
		• High Knee Hug									
		• Bent Leg Knee Hug									
		• Walking Hip Rotator Stretch									
		• Walking Quad Stretch									
		• Walking Toe Touch									
		• Walking Straight Leg Kicks									
A Broad Jump			5		5		5		5		
A Bodyweight Split Squats			6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		
B Body Weight Cuban Press			8-12		8-12		8-12		8-12		
B Bench Dips			6-10		6-10		6-10		6-10		
		Can use couch or chair if bench is not available									
C Prone Isometric T- Raise			10 secs		10 secs		10 secs		10 secs		
C Bodyweight Double Leg Hip Up Iso Hold			15 secs		15 secs		15 secs		15 secs		
C Plank			15 secs		15 secs		15 secs		15 secs		
THURSDAY - APR. 10, 2025											
Workout		Set 1		Set 2		Set 3		Set 4		Set 5	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up		Warm-up									
		X10 Reps Each Exercise									
		• Neck Rolls									
		• Shoulder Circles									
		• Arm Circles									
		• Hip Circles									
		• Trunk Circles									
		• Good Morning									
		• Seated Hip Up									
		• Lying Straight Leg Raises									
		• Lying Bent Knee Trunk Rotations									
		• Lying Straight Leg Iron Cross									
		Warm-up should be done prior to all lifting sessions.									
Dynamic Warm Up		Drill 10 Yds, Jog next 10 yds									
		• High Knee Hug									
		• Bent Leg Knee Hug									
		• Walking Hip Rotator Stretch									
		• Walking Quad Stretch									
		• Walking Toe Touch									
		• Walking Straight Leg Kicks									
A Bodyweight 3 Way Lunge			3 (ea.)		3 (ea.)		3 (ea.)		3 (ea.)		
A Standing Hip Axials			5 (ea.)		5 (ea.)		5 (ea.)		5 (ea.)		
B Single T Raise			6-10 (ea.)		6-10 (ea.)		6-10 (ea.)		6-10 (ea.)		
B Push Up			6-12		6-12		6-12		6-12		
C Lying Y Shoulder Slide			8-10		8-10		8-10		8-10		
C Calf Raises			15		15		15		15		
C Lying Leg Raises			10-12 secs		10-12 secs		10-12 secs		10-12 secs		
SUNDAY - APR. 13, 2025											
Workout		Set 1		Set 2		Set 3		Set 4		Set 5	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

SUNDAY - APR. 13, 2025

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

<p><b>In-Place Warm Up</b></p>	<p>Warm-up  X10 Reps Each Exercise</p> <ul style="list-style-type: none"> <li>• Neck Rolls</li> <li>• Shoulder Circles</li> <li>• Arm Circles</li> <li>• Hip Circles</li> <li>• Trunk Circles</li> <li>• Good Morning</li> <li>• Seated Hip Up</li> <li>• Lying Straight Leg Raises</li> <li>• Lying Bent Knee Trunk Rotations</li> <li>• Lying Straight Leg Iron Cross</li> </ul> <p>Warm-up should be done prior to all lifting sessions.</p>
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Dynamic Warm Up	Drill 10 Yds, Jog next 10 yds
	<ul style="list-style-type: none"> <li>• High Knee Hug</li> <li>• Bent Leg Knee Hug</li> <li>• Walking Hip Rotator Stretch</li> <li>• Walking Quad Stretch</li> <li>• Walking Toe Touch</li> <li>• Walking Straight Leg Kicks</li> </ul>

<b>A</b>	<b>Bodyweight Squats</b>		8-12		8-12		8-12		8-12	
<b>A</b>	<b>Bodyweight Hinge</b>		8-12		8-12		8-12		8-12	
<b>B</b>	<b>Body Weight Bent Over Row</b>		15		15		15			
<b>B</b>	<b>Tempo Push Ups</b>		5-8		5-8		5-8		5-8	

Tempo: 3131

<b>C Walking Lunges</b>		5-8 (ea.)		5-8 (ea.)		5-8 (ea.)		5-8 (ea.)	
<b>C Prone Isometric Y Raise</b>		12 secs		12 secs		12 secs		12 secs	
<b>C Side Planks</b>		12 secs (ea.)		12 secs (ea.)		12 secs (ea.)		12 secs (ea.)	

TUESDAY - APR. 15, 2025

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

<p><b>In-Place Warm Up</b></p>	<p>Warm-up  X10 Reps Each Exercise</p> <ul style="list-style-type: none"> <li>• Neck Rolls</li> <li>• Shoulder Circles</li> <li>• Arm Circles</li> <li>• Hip Circles</li> <li>• Trunk Circles</li> <li>• Good Morning</li> <li>• Seated Hip Up</li> <li>• Lying Straight Leg Raises</li> <li>• Lying Bent Knee Trunk Rotations</li> <li>• Lying Straight Leg Iron Cross</li> </ul> <p>Warm-up should be done prior to all lifting sessions.</p>
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TUESDAY - APR. 15, 2025												
Workout			Set 1		Set 2		Set 3		Set 4		Set 5	
			Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Dynamic Warm Up			Drill 10 Yds, Jog next 10 yds									
			• High Knee Hug									
			• Bent Leg Knee Hug									
			• Walking Hip Rotator Stretch									
			• Walking Quad Stretch									
			• Walking Toe Touch									
			• Walking Straight Leg Kicks									
A Broad Jump				5		5		5		5		
A Bodyweight Split Squats				6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		
B Body Weight Cuban Press				8-12		8-12		8-12		8-12		
B Bench Dips				6-10		6-10		6-10		6-10		
			Can use couch or chair if bench is not available									
C Prone Isometric T- Raise				12 secs		12 secs		12 secs		12 secs		
C Bodyweight Double Leg Hip Up Iso Hold				20 secs		20 secs		20 secs		20 secs		
C Plank				20 secs		20 secs		20 secs		20 secs		
THURSDAY - APR. 17, 2025												
Workout		Set 1		Set 2		Set 3		Set 4		Set 5		
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
In-Place Warm Up		Warm-up										
		X10 Reps Each Exercise										
		• Neck Rolls										
		• Shoulder Circles										
		• Arm Circles										
		• Hip Circles										
		• Trunk Circles										
		• Good Morning										
		• Seated Hip Up										
		• Lying Straight Leg Raises										
		• Lying Bent Knee Trunk Rotations										
		• Lying Straight Leg Iron Cross										
		Warm-up should be done prior to all lifting sessions.										
Dynamic Warm Up		Drill 10 Yds, Jog next 10 yds										
		• High Knee Hug										
		• Bent Leg Knee Hug										
		• Walking Hip Rotator Stretch										
		• Walking Quad Stretch										
		• Walking Toe Touch										
		• Walking Straight Leg Kicks										
A Bodyweight 3 Way Lunge			3 (ea.)		3 (ea.)		3 (ea.)		3 (ea.)			
A Standing Hip Axials			5 (ea.)		5 (ea.)		5 (ea.)		5 (ea.)			
B Single T Raise			6-10 (ea.)		6-10 (ea.)		6-10 (ea.)		6-10 (ea.)			
B Push Up			6-12		6-12		6-12		6-12			
C Lying Y Shoulder Slide			8-10		8-10		8-10		8-10			
C Calf Raises			15		15		15		15			
C Lying Leg Raises			10-12 secs		10-12 secs		10-12 secs		10-12 secs			
SUNDAY - APR. 20, 2025												
Workout		Set 1		Set 2		Set 3		Set 4		Set 5		
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	

SUNDAY - APR. 20, 2025

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up	Warm-up X10 Reps Each Exercise <ul style="list-style-type: none"><li>• Neck Rolls</li><li>• Shoulder Circles</li><li>• Arm Circles</li><li>• Hip Circles</li><li>• Trunk Circles</li><li>• Good Morning</li><li>• Seated Hip Up</li><li>• Lying Straight Leg Raises</li><li>• Lying Bent Knee Trunk Rotations</li><li>• Lying Straight Leg Iron Cross</li></ul>									
	Warm-up should be done prior to all lifting sessions.									
Dynamic Warm Up	Drill 10 Yds, Jog next 10 yds									
	<ul style="list-style-type: none"><li>• High Knee Hug</li><li>• Bent Leg Knee Hug</li><li>• Walking Hip Rotator Stretch</li><li>• Walking Quad Stretch</li><li>• Walking Toe Touch</li><li>• Walking Straight Leg Kicks</li></ul>									
A Bodyweight Squats		8-12		8-12		8-12		8-12		8-12
A Bodyweight Hinge		8-12		8-12		8-12		8-12		8-12
B Body Weight Bent Over Row		15		15		15				
B Tempo Push Ups		5-8		5-8		5-8		5-8		

Tempo: 3131

<b>C Walking Lunges</b>		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)	
<b>C Prone Isometric Y Raise</b>		15 secs		15 secs		15 secs		15 secs	
<b>C Side Planks</b>		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)	

TUESDAY - APR. 22, 2025

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up	Warm-up X10 Reps Each Exercise <ul style="list-style-type: none"> <li>• Neck Rolls</li> <li>• Shoulder Circles</li> <li>• Arm Circles</li> <li>• Hip Circles</li> <li>• Trunk Circles</li> <li>• Good Morning</li> <li>• Seated Hip Up</li> <li>• Lying Straight Leg Raises</li> <li>• Lying Bent Knee Trunk Rotations</li> <li>• Lying Straight Leg Iron Cross</li> </ul>									
	Warm-up should be done prior to all lifting sessions.									

TUESDAY - APR. 22, 2025											
Workout		Set 1		Set 2		Set 3		Set 4		Set 5	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Dynamic Warm Up		Drill 10 Yds, Jog next 10 yds									
		• High Knee Hug									
		• Bent Leg Knee Hug									
		• Walking Hip Rotator Stretch									
		• Walking Quad Stretch									
		• Walking Toe Touch									
		• Walking Straight Leg Kicks									
A Broad Jump			5		5		5		5		
A Bodyweight Split Squats			6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)
B Body Weight Cuban Press			8-12		8-12		8-12		8-12		
B Bench Dips			6-10		6-10		6-10		6-10		
		Can use couch or chair if bench is not available									
C Prone Isometric T- Raise			15 secs		15 secs		15 secs		15 secs		
C Bodyweight Double Leg Hip Up Iso Hold			20 secs		20 secs		20 secs		20 secs		
C Plank			25 secs		25 secs		25 secs		25 secs		
THURSDAY - APR. 24, 2025											
Workout		Set 1		Set 2		Set 3		Set 4		Set 5	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up		Warm-up									
		X10 Reps Each Exercise									
		• Neck Rolls									
		• Shoulder Circles									
		• Arm Circles									
		• Hip Circles									
		• Trunk Circles									
		• Good Morning									
		• Seated Hip Up									
		• Lying Straight Leg Raises									
Dynamic Warm Up		• Lying Bent Knee Trunk Rotations									
		• Lying Straight Leg Iron Cross									
		Warm-up should be done prior to all lifting sessions.									
		Drill 10 Yds, Jog next 10 yds									
		• High Knee Hug									
		• Bent Leg Knee Hug									
		• Walking Hip Rotator Stretch									
		• Walking Quad Stretch									
		• Walking Toe Touch									
		• Walking Straight Leg Kicks									
A Bodyweight 3 Way Lunge			3 (ea.)		3 (ea.)		3 (ea.)		3 (ea.)		
A Standing Hip Axials			5 (ea.)		5 (ea.)		5 (ea.)		5 (ea.)		
B Single T Raise			6-10 (ea.)		6-10 (ea.)		6-10 (ea.)		6-10 (ea.)		
B Push Up			6-12		6-12		6-12		6-12		
C Lying Y Shoulder Slide			8-10		8-10		8-10		8-10		
C Calf Raises			15		15		15		15		
C Lying Leg Raises			10-12 secs		10-12 secs		10-12 secs		10-12 secs		
SUNDAY - APR. 27, 2025											
Workout		Set 1		Set 2		Set 3		Set 4		Set 5	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

**SUNDAY - APR. 27, 2025**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up	Warm-up X10 Reps Each Exercise <ul style="list-style-type: none"><li>• Neck Rolls</li><li>• Shoulder Circles</li><li>• Arm Circles</li><li>• Hip Circles</li><li>• Trunk Circles</li><li>• Good Morning</li><li>• Seated Hip Up</li><li>• Lying Straight Leg Raises</li><li>• Lying Bent Knee Trunk Rotations</li><li>• Lying Straight Leg Iron Cross</li></ul>									
	Warm-up should be done prior to all lifting sessions.									
Dynamic Warm Up	Drill 10 Yds, Jog next 10 yds <ul style="list-style-type: none"><li>• High Knee Hug</li><li>• Bent Leg Knee Hug</li><li>• Walking Hip Rotator Stretch</li><li>• Walking Quad Stretch</li><li>• Walking Toe Touch</li><li>• Walking Straight Leg Kicks</li></ul>									
A Bodyweight Squats		8-12		8-12		8-12		8-12		8-12
A Bodyweight Hinge		8-12		8-12		8-12		8-12		8-12
B Body Weight Bent Over Row		15		15		15				
B Tempo Push Ups		5-8		5-8		5-8		5-8		5-8
Tempo: 3131										
C Walking Lunges		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		
C Prone Isometric Y Raise		15 secs		15 secs		15 secs		15 secs		
C Side Planks		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)		

TUESDAY - APR. 29, 2025

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up	Warm-up X10 Reps Each Exercise <ul style="list-style-type: none"> <li>• Neck Rolls</li> <li>• Shoulder Circles</li> <li>• Arm Circles</li> <li>• Hip Circles</li> <li>• Trunk Circles</li> <li>• Good Morning</li> <li>• Seated Hip Up</li> <li>• Lying Straight Leg Raises</li> <li>• Lying Bent Knee Trunk Rotations</li> <li>• Lying Straight Leg Iron Cross</li> </ul>									
	Warm-up should be done prior to all lifting sessions.									

TUESDAY - APR. 29, 2025													
Workout		Set 1		Set 2		Set 3		Set 4		Set 5			
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps		
Dynamic Warm Up		Drill 10 Yds, Jog next 10 yds											
		• High Knee Hug											
		• Bent Leg Knee Hug											
		• Walking Hip Rotator Stretch											
		• Walking Quad Stretch											
		• Walking Toe Touch											
		• Walking Straight Leg Kicks											
A Broad Jump			5		5		5		5				
A Bodyweight Split Squats			6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		
B Body Weight Cuban Press			8-12		8-12		8-12		8-12				
B Bench Dips			6-10		6-10		6-10		6-10				
		Can use couch or chair if bench is not available											
C Prone Isometric T- Raise			15 secs		15 secs		15 secs		15 secs				
C Bodyweight Double Leg Hip Up Iso Hold			20 secs		20 secs		20 secs		20 secs				
C Plank			25 secs		25 secs		25 secs		25 secs				
THURSDAY - MAY. 1, 2025													
Workout		Set 1		Set 2		Set 3		Set 4		Set 5			
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps		
In-Place Warm Up		Warm-up											
		X10 Reps Each Exercise											
		• Neck Rolls											
		• Shoulder Circles											
		• Arm Circles											
		• Hip Circles											
		• Trunk Circles											
		• Good Morning											
		• Seated Hip Up											
		• Lying Straight Leg Raises											
Dynamic Warm Up		Warm-up should be done prior to all lifting sessions.											
		Drill 10 Yds, Jog next 10 yds											
		• High Knee Hug											
		• Bent Leg Knee Hug											
		• Walking Hip Rotator Stretch											
		• Walking Quad Stretch											
		• Walking Toe Touch											
		• Walking Straight Leg Kicks											
		A Bodyweight 3 Way Lunge			3 (ea.)		3 (ea.)		3 (ea.)		3 (ea.)		
		A Standing Hip Axials			5 (ea.)		5 (ea.)		5 (ea.)		5 (ea.)		
B Single T Raise			6-10 (ea.)		6-10 (ea.)		6-10 (ea.)		6-10 (ea.)				
B Push Up			6-12		6-12		6-12		6-12				
C Lying Y Shoulder Slide			8-10		8-10		8-10		8-10				
C Calf Raises			15		15		15		15				
C Lying Leg Raises			10-12 secs		10-12 secs		10-12 secs		10-12 secs				
SUNDAY - MAY. 4, 2025													
Workout		Set 1		Set 2		Set 3		Set 4		Set 5			
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps		



## SUNDAY - MAY. 4, 2025

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up	Warm-up X10 Reps Each Exercise <ul style="list-style-type: none"> <li>• Neck Rolls</li> <li>• Shoulder Circles</li> <li>• Arm Circles</li> <li>• Hip Circles</li> <li>• Trunk Circles</li> <li>• Good Morning</li> <li>• Seated Hip Up</li> <li>• Lying Straight Leg Raises</li> <li>• Lying Bent Knee Trunk Rotations</li> <li>• Lying Straight Leg Iron Cross</li> </ul>									
	Warm-up should be done prior to all lifting sessions.									
Dynamic Warm Up	Drill 10 Yds, Jog next 10 yds <ul style="list-style-type: none"> <li>• High Knee Hug</li> <li>• Bent Leg Knee Hug</li> <li>• Walking Hip Rotator Stretch</li> <li>• Walking Quad Stretch</li> <li>• Walking Toe Touch</li> <li>• Walking Straight Leg Kicks</li> </ul>									
<b>A</b> Bodyweight Squats		8-12		8-12		8-12		8-12		8-12
<b>A</b> Bodyweight Hinge		8-12		8-12		8-12		8-12		8-12
<b>B</b> Body Weight Bent Over Row		15		15		15				
<b>B</b> Tempo Push Ups		5-8		5-8		5-8		5-8		5-8
Tempo: 3131										
<b>C</b> Walking Lunges		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		
<b>C</b> Prone Isometric Y Raise		15 secs		15 secs		15 secs		15 secs		
<b>C</b> Side Planks		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)		

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