



Day 1

Circuit 1 - Ground Skills

Exercise	Sets	Reps	Notes
Plank Rolls	2	5-10	
Lateral Ape Walks	2	10-20 paces	Go each direction

Circuit 2 - Ramping Isometrics - Click [HERE](#) to see how to do Ramping Isometrics

Exercise	Sets	Reps	Notes
Stagger Stance Deadlift	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%
Single Arm Shoulder Press	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%
Row	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%

Circuit 3 - Movement Skills

Exercise	Sets	Reps	Notes
Mace Up-Downs	3	8	Hold a KB if no Mace
KB Windmill	3	5	Do Stick Windmills if needed
Sandbag Shoulder Carry	3	100 paces	Do Single Arm Farmers Walk if needed

Day 2

Circuit 1 - Ground Skills

Exercise	Sets	Reps	Notes
TGU Elbow Bridge	2	5-10	
Bear - Crab Switch	2	5-10	Go both directions

Circuit 2 - Ramping Isometrics - Click [HERE](#) to see how to do Ramping Isometrics

Exercise	Sets	Reps	Notes
Belted Squat	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%
Butterfly Crunch	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%
Neck/ Tricep Extension	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%

Circuit 3 - Movement Skills

Exercise	Sets	Reps	Notes
Paused Broad Jumps	3	5	
Mace Counter Row	3	8	Do KB Bent Row if no Mace
Alt. Bridge Press	3	8	