Liberty Performance Training

Name: EXAMPLE

Week 1

	EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5
	DAY 1	S/R					
1	Back Squat	5x5					
2	Romanian Deadlift	4x6					
3	Dynamic Weighted Step-Up w/ Knee Raise	4x8/8					
4	Nordic Hamstring Curls	4x5					
5	RFESS	3x1:00ea					
6							
7							
8							
9							
10							

	CORE	S/R
1	GHD Situps	3x15
2	Iron Mikes	3x12/12
3	Anterior Band Hold w/ Punch	3x10/10
4	Back Extension	3x15
	RUN/AGILITY/PLYO	
	Plyo - Depth Drops (2x5), Box Jumps (2x5), Weighted Box Jumps (2x5), Cat Burglars (2x4/4) Agility - Explosive single plane of movement (2 drills x 5 reps), Footwork (2 drills x 5 reps)	

NOTES

	DAY 2	S/R					
1	Standing Strict Press	4x5					
2	Bench Press	4x5					
3	Seated Overhead DB Press + Neutral Grip Press	4x6/6					
4	Single Arm Dumbbell Chest Press	4x5/5					
5	Dumbbell Flyes	3x15					
6	Chinups (2 sec hold at top)	4x5					
7	Single Arm Weighted Cable Row	3x8/8					
8	Single Arm Resistance Band Row (For Speed)	3x10/10					
9	Axle Bar Bicep Curl	3x12					
10	Plate Pinch & Hold	3x:30					

	CORE	S/R
1	GHD Situp & Reach	3x15
2	Standing External Oblique Plate Crunch	3x12/12
3	Multifidi Sled Shuffle	3x20ft
4	Back Extension w/ Twist	3x8/8
	RUN/AGILITY/PLYO	
	Plyo - MB Slam (2x:10), MB Slam L/R (2x:15), Falling MB Throw (2x8), Transverse Wall Slam (2x8/8), SL MB Scoop Throw (3x5/5) Agility - Change of Direction (2 drills x 5 reps), Lateral Movement (2 drills x 5 reps)	

NOTES

Superset Rows

	DAY 3	S/R					
1	Front Squat	3x6					
2	Single Leg Weighted RDL	3x6					
3	3-Way Lunge	3x3/3/3					
4	Crossover Step-Up	3x6/6					
5	Kettlebell Around the World	3x3/3/3					
6							
7							
8							
9							
10							

	CORE	S/R
1	Hanging Leg Raises	3x15
2	Hanging Oblique Crunches	3x10/10
3	Cable Woodchoppers	3x10/10
4	Weighted Superman Holds	3x:15
	RUN/AGILITY/PLYO	
	No run; Full Mobility Session + Ground Work for Hips	

NOTES

	DAY 4	S/R					
1	Glute Bridge	4x25					
2	Frog Pump	4x25					
3							
4							
5							
6							
7							
8							
9							
10							

	CORE	S/R
1		
2		
3		
4		
	RUN/AGILITY/PLYO	
	Sprint Day (1:1 work to rest ratio) 5x 20m (Backpedal) 5 x 100m 3 x 200m 1 x 400m	

NOTES

Superset Glute Bridges & Frog Pumps after Sprints; no rest between exercises

	DAY 5	S/R					
1	Resistance Band Bentover Lat Pull	4x10					
2	Standing Rear-Delt Shoulder Raise	4x10					
3	Standing Neutral Grip Dumbbell Shrug	4x10					
4							
5							
6							
7							
8							
9							
10							

	CORE	S/R
1	Barbell Rollouts	3x10
2	Med Ball Pivots	3x8/8
3	Dumbbell Ankle to Opposite Shoulder	3x10/10
4	Bird Dog Holds	3x5x:5/:5
	RUN/AGILITY/PLYO	
	Sled Push @ 2xBW (3x50ft) Weighted Farmers Carry @ BW/Hand (2x50ft) Tire Flips @ 2xBW (or more) (3x20ft) for time Ascending Atlas Stone Stack (5x4)	

NOTES

Superset All Three exercises after Conditioning (60 seconds of rest after each superset)