

Sample 2x/Week Off-Season Workout Program

MOVEMENT			WORKING SETS							
			Week 1	Weights	Week 2	Weights	Week 3	Weights	Week 4	Weights
DAY 1	1A	Resistance Band Goodmornings	4x10		4x10		4x10		3x10	
	1B	Box Squat	4x6		4x6		4x5		3x5	
	2A	Inverted Row	3x8		3x8		3x8		3x6	
	2B	Kettlebell Swings	3x15		3x15		3x15		2x15	
	3	Stability Ball Leg Curls	3x12		3x12		3x12		2x12	
	4A	Reverse Hyperextensions	3x15		3x15		3x15		2x15	
	4B	Kneeling Kettlebell Shoulder Press	3x8/side		3x8/side		3x8/side		2x8/side	

MOVEMENT			WORKING SETS							
			Week 1	Weights	Week 2	Weights	Week 3	Weights	Week 4	Weights
DAY 2	1	Barbell Deadlift	4x5		4x5		4x5-5-3-3		4x3	
	2A	Pull Ups (Weighted or Assisted)	4x5		4x5		4x5		3x3	
	2B	Medicine Ball Wall Shots	3x5		3x5		3x5		3x5	
	3A	Resistance Band Side Steps	3x12/side		3x12/side		3x12/side		2x12/side	
	3B	Tempo Push Ups (3-2-1)	3x8		3x8		3x8		2x8	
	4A	Barbell Glute Bridges	3x10		3x10		3x10		2x10	
	4B	Weight Plate I-Y-T-L-W's	2x10s/position		2x10s/position		2x10s/position		2x10s/position	

CORE FINISHER	SETS/REPS
Plank Saw	3x30 s
Lateral Planks	3x30 s
Bird-Dog	3x30 s

SUPERSETS – Exercises numbered together should be performed as supersets. (For example do a set of exercise 1A, then a set of exercise 1B, then 1A, etc.) For squats and deadlifts, rest 2-3 minutes between sets or supersets. For other supersets, rest 30-60 seconds depending on anaerobic conditioning levels.

WORKING SETS – Each week lists sets x REPs. For example, 4x10 means perform four sets of 10 REPs. 1-2 minute rests between sets. 3x30s means 3 sets of 30 seconds. For squats and deadlifts, if the exercise is listed at 4x5, choose a weight you could lift for 7-8 REPS. The key is proper technique: Never choose a weight that compromises the integrity of the movement.

CORE FINISHER – Perform this routine at the end of each workout