**BIOMETRICS**

<table>
<thead>
<tr>
<th>KEY PERFORMANCE INDICATOR</th>
<th>ITEM</th>
<th>LBS %</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Image]</td>
<td>BF%</td>
<td>LBM</td>
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</tbody>
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**FOUNDAIONAL STRENGTH**

<table>
<thead>
<tr>
<th>ITEM</th>
<th>CLEAN</th>
<th>SQUAT</th>
<th>BENCH</th>
<th>MILITARY PRESS</th>
<th>DEADLIFT</th>
<th>PULL-UPS</th>
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**SPEED, POWER, & AGILITY**

<table>
<thead>
<tr>
<th>ITEM</th>
<th>WIND</th>
<th>VERTICAL</th>
<th>BROAD</th>
<th>TOYD DASH</th>
<th>PRO SHUTTLE</th>
<th>3-CONE</th>
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**TRAINING NEVER STOPS**

**GOALS**

<table>
<thead>
<tr>
<th>ITEM</th>
<th>FMS/Rx</th>
<th>ATHLETE</th>
<th>TEAM</th>
<th>PHA CIRCUIT 1</th>
<th>PHA CIRCUIT 2</th>
<th>PHA CIRCUIT 3</th>
<th>MOVEMENT SKILL &amp; SPEED DOSING</th>
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**PHA CIRCUIT 1:**

Perform x3-5 Rounds

*90-120sec rest between rounds*

- Bodyweight Squat
- Push-Ups
- Tall Plank + Shoulder Taps
- Stick OH Squat
- Diamond Push-Ups
- Tall Plank + Reach
- Table Glute Bridge
- Wide Push-Ups
- Tall Plank + Knee to Elbow
- Butterfly Glute Bridge
- Archer Push-Ups
- Tall Plank + Knee Drive
- Hamstring Bridge
- Tall Plank + Pr./Ret.
- Crawl Position ISO Hold

WK 1&2 = 30sec on/10sec off
WK 3&4 = 40sec on/10sec off

**PHA CIRCUIT 2:**

Perform x3-5 Rounds

*90-120sec rest between rounds*

- Line Jumps (forward + backward)
- Plyo Push-Ups (hands on bench)
- V-Ups
- Lateral Line Jumps
- Plyo Push-Ups (hands bench)
- Toe Touches
- In & Out Squat Pops
- Plyo Push-Ups (hands bench)
- Oblique Crunches (each)
- 180 Jumps
- Kneeling Plyo Push-Ups
- Supine Windshield Wipers (knees bent)
- Skater Hops (stay in place; side to side)
- Kneeling Plyo Push-Ups
- Butterfly Sit-Ups

WK 1&2 = 30sec on/10sec off
WK 3&4 = 40sec on/10sec off

**PHA CIRCUIT 3:**

Perform x3-5 Rounds

*90-120sec rest between rounds*

- Front Foot Elevated Split Squat (each)
- Feet Elevated Push-Ups
- Russian Twists
- Rear Foot Elevated Split Squat (each)
- Elevated Push-Ups
- Side Plank + Crunches (each)
- Alternating Lateral Lunges
- Hindu Push-Ups
- Side Plank + Knee Drive (each)
- Cook Glute Bridge (each)
- Single-Leg Push-Ups (each)
- Straight-Leg Sit-Ups
- Feet Elev. Single-Leg Glute Bridge (each)
- Alternating V-Ups
- Side Plank + Abduction (each)

WK 1&2 = 30sec on/10sec off
WK 3&4 = 40sec on/10sec off

**NOTES:**

WORKOUT COMPLETE

[Adapt] Athletic Development and Performance Training