

Field House

Program C: Become a Better Athlete

Day 1: Upper Body 1

1. TRX Rows (4x10)
2. Med-ball Slams/Push-ups (5x10 **SS**)
3. Tire Flips (3x5)
4. Resistance Band Pallof Press (3x15 each side)
5. Battle Ropes (4x30 seconds)
6. DB Farmer's Walk (3 laps)

Day 2: Lower Body 1

1. BW Bridge Holds (3x30 seconds)
2. Box Jumps (5x5)
3. DB Goblet Squat (4x8)
4. KB Swings (5x10)
5. Treadmill Incline Interval Sprints (5x15 seconds)

Day 3: Cardio and Core

1. BW Planks (3x30 seconds)
2. TRX Squat Jumps (3x10)
3. Flutter Kicks (3x30 seconds)
4. Bike (15 minutes)
5. Decline Sit-ups (3x10)

Day 4: Upper Body 2

1. Barbell Overhead Hold (3x30 seconds)
2. Inverted Rows (4x8)
3. DB Bench Press (5x10)
4. Eccentric Overhead Triceps Extensions (4x8)
5. Eccentric Cable Biceps Curls (4x8)
6. Sit-ups (50)

Day 5: Lower Body 2

1. Broad Jumps (4x5)
2. Single-leg Box Jumps (3x5 each leg)
3. GHR (3x5)
4. Sled Push (5 laps)
5. Stair Master (7 minutes)

Key:

#x# = # sets of # reps

BW = Body Weight

DB = Dumbbell

KB = Kettlebell

SS = Super Set

Eccentric = slowing down on the lengthening/lowering phase of the movement