

FREE 8 Week Program for Strength and Explosiveness

Hello!

Welcome to Coach Jonathan's 8 Week Program designed for athletes to improve strength, speed and explosiveness!

This program is split into 4 phases, and each phase lasts 2 weeks. You will complete the same workouts for two weeks before moving onto the next phase. Your goal should be using **progressive overload** to get stronger at those same exercises. For example, if you use 25lbs on the DB Bench Press in week 1, then your goal should be to use at least 30 lbs in week 2.

Each phase of this program has a different focus, so it is CRUCIAL that you complete all 8 weeks to receive the full benefits. Your strength WILL improve, you WILL get faster and you WILL get more explosive **IF** you complete this program without skipping any steps.

If you'd like to tag me in any of your workouts on social media, that would be awesome!

Instagram: [@coachjonathan_](#)

TikTok: [@coachjonathan_](#)

If you ever have any questions throughout this program, please email me at:

jonathanvalentini@gmail.com

I'm excited to hear about the awesome results you're going to earn in this program!

Best Wishes,
Coach Jonathan

Week 1, DAY 1

1. Dynamic Warm-Up

2A. Cable Pallof Press 3x10 each way <https://www.youtube.com/watch?v=tvzoG7Ua05Y>

2B. Blackburn 3x10 <https://www.youtube.com/watch?v=5OS-rT4hiW4>

3A. Russian KB Swing 3x8 <https://www.youtube.com/watch?v=KkYOW3jDhoM>

3B. MB Chest Pass Broad Jump 3x3 <https://www.youtube.com/watch?v=AjfHvZofHCc>

4A. DB Bench Press 8, 8, 6, 6 <https://www.youtube.com/watch?v=I2zysDiUjCw>

4B. TRX Row 4x10 <https://www.youtube.com/watch?v=p8d2pFLDkEs>

5A. Seated Arnold Press 3x8 <https://www.youtube.com/watch?v=R-RTgOxri88>

5B. One Arm DB Row 3x8 <https://www.youtube.com/watch?v=xl1YiqQY2vA>

6A. Tricep Pushdown 3x25 <https://www.youtube.com/watch?v=y6EdXBdL75A>

6B. Rope Bicep Curl 3x25 <https://www.youtube.com/watch?v=QEpDS1HDaYg>

Week 1, DAY 2

1. Dynamic Warm-Up 5-10 minutes

2A. Split Squat Iso 3x20 seconds <https://www.youtube.com/watch?v=DAIjxDISQbo>

2B. Skater Hops 3x20 <https://www.youtube.com/watch?v=JkacHtlPYds>

3. Back Squat 8, 8, 6, 6 <https://www.youtube.com/watch?v=QmZAiBqPvZw>

4A. Bulgarian Split Squat 8, 8, 6, 6 <https://www.youtube.com/watch?v=G0Mo2LF8uLU>

4B. Reverse Crunch 4x10 <https://www.youtube.com/watch?v=gAyTBB4lm3l>

5. Prone Hamstring Curl Machine 3x10 <https://www.youtube.com/watch?v=xKOyGU0AfOE>

6A. Reverse Sled Drag 3x25 yards <https://www.youtube.com/watch?v=EOa0-MNaw6k>

6B. Plank w/ Reach 3x20 <https://www.youtube.com/watch?v=xst2FFsla74>

Week 1, DAY 3

1. Dynamic Warm-Up

2A. Mini Band Lateral Walk 3x10 <https://www.youtube.com/watch?v=N4tkpDMLqCQ>

2B. Band Pull Apart 3x20 <https://www.youtube.com/watch?v=MnDpmNYUjbc>

3A. MB Slam 3x8 <https://www.youtube.com/watch?v=CkO1mfSBvv4>

3B. Transverse Box Jump 3x3 each way <https://www.youtube.com/shorts/9lpTxbrQnA8>

4. Hex Bar Deadlift 8, 8, 6, 6 https://www.youtube.com/watch?v=1jC_nqcSCp8

5A. Lateral Lunge 3x6 <https://www.youtube.com/watch?v=gwWv7aPcD88>

5B. DB Curl to Press 3x10 <https://www.youtube.com/watch?v=LqaT7MqAQlg>

6A. Chest Supported DB Row 3x10 <https://www.youtube.com/watch?v=0-DXJiceG-0>

6B. Single Leg DB RDL 3x8 each <https://www.youtube.com/watch?v=llOrGu1qzWs>

Week 2, DAY 1

1. Dynamic Warm-Up

2A. Cable Pallof Press 3x10 each way <https://www.youtube.com/watch?v=tvzoG7Ua05Y>

2B. Blackburn 3x10 <https://www.youtube.com/watch?v=5OS-rT4hiW4>

3A. Russian KB Swing 3x8 <https://www.youtube.com/watch?v=KkYOW3jDhoM>

3B. MB Chest Pass Broad Jump 3x3 <https://www.youtube.com/watch?v=AjfHvZofHCc>

4A. DB Bench Press 8, 8, 6, 6 <https://www.youtube.com/watch?v=l2zysDiUjCw>

4B. TRX Row 4x10 <https://www.youtube.com/watch?v=p8d2pFLDkEs>

5A. Seated Arnold Press 3x8 <https://www.youtube.com/watch?v=R-RTgOxjr88>

5B. One Arm DB Row 3x8 <https://www.youtube.com/watch?v=xl1YiqQY2vA>

6A. Tricep Pushdown 3x25 <https://www.youtube.com/watch?v=y6EdXBdL75A>

6B. Rope Bicep Curl 3x25 <https://www.youtube.com/watch?v=QEpDS1HDaYg>

Week 2, DAY 2

1. Dynamic Warm-Up 5-10 minutes
- 2A. Split Squat Iso 3x20 seconds <https://www.youtube.com/watch?v=DAIjxDISQbo>
- 2B. Skater Hops 3x20 <https://www.youtube.com/watch?v=JkacHtlPYds>
3. Back Squat 8, 8, 6, 6 <https://www.youtube.com/watch?v=QmZAiBqPvZw>
- 4A. Bulgarian Split Squat 8, 8, 6, 6 <https://www.youtube.com/watch?v=G0Mo2LF8uLU>
- 4B. Reverse Crunch 4x10 <https://www.youtube.com/watch?v=gAyTBB4lm3l>
5. Prone Hamstring Curl Machine 3x10 <https://www.youtube.com/watch?v=xKOyGU0AfOE>
- 6A. Reverse Sled Drag 3x25 yards <https://www.youtube.com/watch?v=EOa0-MNaw6k>
- 6B. Plank w/ Reach 3x20 <https://www.youtube.com/watch?v=xst2FFsla74>

Week 2, DAY 3

1. Dynamic Warm-Up
- 2A. Mini Band Lateral Walk 3x10 <https://www.youtube.com/watch?v=N4tkpDmlqCQ>
- 2B. Band Pull Apart 3x20 <https://www.youtube.com/watch?v=MnDpmNYUjbc>
- 3A. MB Slam 3x8 <https://www.youtube.com/watch?v=CkO1mfSBvv4>
- 3B. Transverse Box Jump 3x3 each way <https://www.youtube.com/shorts/9lpTxbrQnA8>
4. Hex Bar Deadlift 8, 8, 6, 6 https://www.youtube.com/watch?v=1jC_nqcSCp8
- 5A. Lateral Lunge 3x6 <https://www.youtube.com/watch?v=gwWv7aPcD88>
- 5B. DB Curl to Press 3x10 <https://www.youtube.com/watch?v=LqaT7MqAQlg>
- 6A. Chest Supported DB Row 3x10 <https://www.youtube.com/watch?v=0-DXJiceG-0>
- 6B. Single Leg DB RDL 3x8 each <https://www.youtube.com/watch?v=IIOrGu1qzWs>

Week 3, Day 1

1. Dynamic Warm-Up and Foam Roll

2A. Ali Shuffle 3x30 https://www.youtube.com/watch?v=_Tc751vW_IM

2B. 2 to 1 Box Jump 3x3 <https://www.youtube.com/watch?v=17c0p9VJp7I>

3. Barbell Reverse Lunge 4x5 each <https://www.youtube.com/watch?v=U5Q5HfUyy78>

4A. Elevated Lateral Lunge 3x8 each https://www.youtube.com/watch?v=iHeqtO09F_0

4B. Bird Dog 3x10 <https://www.youtube.com/watch?v=vzU5xrs1gMQ>

5A. Sled Push 3x25 yards <https://www.youtube.com/watch?v=DHCWX7YIFgc>

5B. Functional Calf Raise 3x15 each <https://www.youtube.com/watch?v=BinYyU1K6GM>

Week 3, Day 2

1. Dynamic Warm-Up

2A. Rope Face Pull 3x15 <https://www.youtube.com/watch?v=0Po47vvj9g4>

2B. Push Up 3x5 <https://www.youtube.com/watch?v=0pkjOk0EiAk>

2C. Side Lying External Rotation 3x5 each https://www.youtube.com/watch?v=_qPQKid-LRs

3. Alternating DB Bench Press 4x16 (8 each arm)

https://www.youtube.com/watch?v=25dLj7_NyLM

4A. Chest Supported DB Row 3x10 <https://www.youtube.com/watch?v=0-DXJiceG-0>

4B. Dip 3xMAX https://www.youtube.com/watch?v=dX_nSOOJIsE

5A. Preacher Curl Machine 3x12 <https://www.youtube.com/watch?v=Ja6ZIIDONac>

5B. Cable Wood Chop 3x10 each way <https://www.youtube.com/watch?v=6ldmLzOXhSQ>

Week 3, Day 3

1. Dynamic Warm Up

2A. Around the World Slam 3x10 <https://www.youtube.com/watch?v=r-R5Z6lg5d4>

2B. Depth Drop 3x5 <https://www.youtube.com/watch?v=drLJzzzhepE>

3. Bulgarian Split Squat 4x8 each <https://www.youtube.com/watch?v=G0Mo2LF8uLU>

4A. Hip Thrust 3x12 <https://www.youtube.com/watch?v=DA-30WGg5LA>

4B. Dead Bug 3x10 <https://www.youtube.com/watch?v=jbWmbhElf3Q>

5. Seated SL Leg Press 3x10 each <https://www.youtube.com/watch?v=sxF9BcDt-yY>

6A. Half Kneeling Cable Lift 3x10 each <https://www.youtube.com/watch?v=0d0JDpUupxs>

6B. DB Side Bend 3x10 each <https://www.youtube.com/watch?v=gf6ot6lsJnl>

6C. Plank w/ Reach 3x10 <https://www.youtube.com/watch?v=xst2FFsla74>

Week 4, Day 1

1. Dynamic Warm-Up and Foam Roll

2A. Ali Shuffle 3x30 https://www.youtube.com/watch?v=_Tc751vW_IM

2B. 2 to 1 Box Jump 3x3 <https://www.youtube.com/watch?v=17c0p9VJp7l>

3. Barbell Reverse Lunge 4x5 each <https://www.youtube.com/watch?v=U5Q5HfUyy78>

4A. Elevated Lateral Lunge 3x8 each https://www.youtube.com/watch?v=iHegtO09F_0

4B. Bird Dog 3x10 <https://www.youtube.com/watch?v=vzU5xrs1gMQ>

5A. Sled Push 3x25 yards <https://www.youtube.com/watch?v=DHCWX7YIFgc>

5B. Functional Calf Raise 3x15 each <https://www.youtube.com/watch?v=BinYyU1K6GM>

Week 4, Day 2

1. Dynamic Warm-Up

2A. Rope Face Pull 3x15 <https://www.youtube.com/watch?v=0Po47vvj9g4>

2B. Push Up 3x5 <https://www.youtube.com/watch?v=0pkjOk0EiAk>

2C. Side Lying External Rotation 3x5 each https://www.youtube.com/watch?v=_qPQKid-LRs

3. Alternating DB Bench Press 4x16 (8 each arm)

https://www.youtube.com/watch?v=25dLj7_NyLM

4A. Chest Supported DB Row 3x10 <https://www.youtube.com/watch?v=0-DXJiceG-0>

4B. Dip 3xMAX https://www.youtube.com/watch?v=dX_nSOOJIsE

5A. Preacher Curl Machine 3x12 <https://www.youtube.com/watch?v=Ja6ZIIDONac>

5B. Cable Wood Chop 3x10 each way <https://www.youtube.com/watch?v=6ldmLzOXhSQ>

Week 4, Day 3

1. Dynamic Warm Up

2A. Around the World Slam 3x10 <https://www.youtube.com/watch?v=r-R5Z6lg5d4>

2B. Depth Drop 3x5 <https://www.youtube.com/watch?v=drLJzzzhepE>

3. Bulgarian Split Squat 4x8 each <https://www.youtube.com/watch?v=G0Mo2LF8uLU>

4A. Hip Thrust 3x12 <https://www.youtube.com/watch?v=DA-30WGg5LA>

4B. Dead Bug 3x10 <https://www.youtube.com/watch?v=jbWmbhElf3Q>

5. Seated SL Leg Press 3x10 each <https://www.youtube.com/watch?v=sxF9BcDt-yY>

6A. Half Kneeling Cable Lift 3x10 each <https://www.youtube.com/watch?v=0d0JDpUupxs>

6B. DB Side Bend 3x10 each <https://www.youtube.com/watch?v=gf6ot6lsJnI>

6C. Plank w/ Reach 3x10 <https://www.youtube.com/watch?v=xst2FFsla74>

Week 5, Day 1

1. Dynamic Warm-Up

2A. MB Chest Pass Slam 3x8 <https://www.youtube.com/watch?v=0lfO0rsv9RI>

2B. Cable Trunk Rotation 3x10 <https://www.youtube.com/watch?v=u2MfrzcJFY0>

3A. One Arm DB Bench Press 4x8 <https://www.youtube.com/watch?v=X8zXg41yzil>

3B. Gorilla Row 4x10 <https://www.youtube.com/watch?v=UsxcaALqr2c>

4A. Neutral Grip DB Shoulder Press 3x8 https://www.youtube.com/watch?v=j6DmY8Q_kSE

4B. Neutral Grip Pull Up 3xMAX <https://www.youtube.com/watch?v=tSRo8ksP27I>

5A. Half Kneeling DB Press 3x8 <https://www.youtube.com/watch?v=-7zgcCU2kW4>

5B. Half Kneeling Cable Row 3x10 <https://www.youtube.com/watch?v=Yri2Z-R-Ze4>

6A. Zottman Curl 3x10 <https://www.youtube.com/watch?v=wrjEdVZrkhk>

6B. Suitcase Carry 3x20 yds each arm <https://www.youtube.com/watch?v=bAnCoDrvXc4>

Week 5, Day 2

1. Dynamic Warm-Up

2A. Split Stance Rotational Ball Slam 3x10 <https://www.youtube.com/watch?v=Bbu-objNSWqQ>

2B. Lateral Bound to SL Broad Jump 3x3 each leg

https://www.youtube.com/shorts/P-5_5b0c9u8

3. HEAVY Forward Sled Drag 3x25 yards <https://www.youtube.com/watch?v=INwmn1Uw7xw>

4A. Front Squat 4x5 https://www.youtube.com/watch?v=uYumuL_G_V0

4B. Bird Dog 4x10 <https://www.youtube.com/watch?v=vzU5xrs1gMQ>

5A. RDL 4x8 <https://www.youtube.com/watch?v=bT5OObgY4bc>

5B. SL Squat to Bench 4x5 each leg <https://www.youtube.com/watch?v=auGwu47bZxg>

6A. Farmer Carry 3x25 yards <https://www.youtube.com/watch?v=8OtwXwrJizk>

6B. Seated Calf Raise 3x20 https://www.youtube.com/watch?v=3ZRe_QpvRPg

Week 5, Day 3

1. Dynamic Warm-Up

2A. Side Plank w/ Banded Row 3x10 each side

<https://www.youtube.com/watch?v=K1GWnZ-RDPw>

2B. Push Up Twist 3x8 <https://www.youtube.com/watch?v=Jp1MgXVUERI>

3. Landmine Split Jerk 3x5 each <https://www.youtube.com/watch?v=KWL2sdCNvJo>

4. Weighted Chin Up 4x5 <https://www.youtube.com/watch?v=9aA0-FbxK9E>

5A. Standing DB Shoulder Press 4x8 <https://www.youtube.com/watch?v=M2rwwNhTOu0>

5B. One Arm DB Row 4x8 each <https://www.youtube.com/watch?v=xl1YiqQY2vA>

6A. DB Overhead Carry 3x25 yards https://www.youtube.com/watch?v=lp_UkwWqwYY

6B. Hammer Curl 3x15 <https://www.youtube.com/watch?v=fM0TQLoesLs>

6C. Push Up 3x10 <https://www.youtube.com/watch?v=0pkjOk0EiAk&t=1s>

Week 6, Day 1

1. Dynamic Warm-Up

2A. MB Chest Pass Slam 3x8 <https://www.youtube.com/watch?v=0lfO0rsv9RI>

2B. Cable Trunk Rotation 3x10 <https://www.youtube.com/watch?v=u2MfrzcJFY0>

3A. One Arm DB Bench Press 4x8 <https://www.youtube.com/watch?v=X8zXg41yzil>

3B. Gorilla Row 4x10 <https://www.youtube.com/watch?v=UxxcaALqr2c>

4A. Neutral Grip DB Shoulder Press 3x8 https://www.youtube.com/watch?v=j6DmY8Q_kSE

4B. Neutral Grip Pull Up 3xMAX <https://www.youtube.com/watch?v=tSRo8ksP27I>

5A. Half Kneeling DB Press 3x8 <https://www.youtube.com/watch?v=-7zgcCU2kW4>

5B. Half Kneeling Cable Row 3x10 <https://www.youtube.com/watch?v=Yri2Z-R-Ze4>

6A. Zottman Curl 3x10 <https://www.youtube.com/watch?v=wrjEdVZrkhk>

6B. Suitcase Carry 3x20 yds each arm <https://www.youtube.com/watch?v=bAnCoDrvXc4>

Week 6, Day 2

1. Dynamic Warm-Up

2A. Split Stance Rotational Ball Slam 3x10 <https://www.youtube.com/watch?v=Bbu-ojNSWqQ>

2B. Lateral Bound to SL Broad Jump 3x3 each leg
https://www.youtube.com/shorts/P-5_5b0c9u8

3. HEAVY Forward Sled Drag 3x25 yards <https://www.youtube.com/watch?v=INwmn1Uw7xw>

4A. Front Squat 4x5 https://www.youtube.com/watch?v=uYumuL_G_V0

4B. Bird Dog 4x10 <https://www.youtube.com/watch?v=vzU5xrs1gMQ>

5A. RDL 4x8 <https://www.youtube.com/watch?v=bT5OObgY4bc>

5B. SL Squat to Bench 4x5 each leg <https://www.youtube.com/watch?v=auGwu47bZxg>

6A. Farmer Carry 3x25 yards <https://www.youtube.com/watch?v=8OtwXwrJizk>

6B. Seated Calf Raise 3x20 https://www.youtube.com/watch?v=3ZRe_QpvRPg

Week 6, Day 3

1. Dynamic Warm-Up

2A. Side Plank w/ Banded Row 3x10 each side

<https://www.youtube.com/watch?v=K1GWnZ-RDPw>

2B. Push Up Twist 3x8 <https://www.youtube.com/watch?v=Jp1MgXVUERI>

3. Landmine Split Jerk 3x5 each <https://www.youtube.com/watch?v=KWL2sdCNvJo>

4. Weighted Chin Up 4x5 <https://www.youtube.com/watch?v=9aA0-FbxK9E>

5A. Standing DB Shoulder Press 4x8 <https://www.youtube.com/watch?v=M2rwwNhtOu0>

5B. One Arm DB Row 4x8 each <https://www.youtube.com/watch?v=xl1YiqQY2vA>

6A. DB Overhead Carry 3x25 yards https://www.youtube.com/watch?v=lp_UkwWqwYY

6B. Hammer Curl 3x15 <https://www.youtube.com/watch?v=fM0TQLoesLs>

6C. Push Up 3x10 <https://www.youtube.com/watch?v=0pkjOk0EiAk&t=1s>

Week 7, Day 1

1. Dynamic Warm-Up

2A. DB Squat Jump 3x5 <https://www.youtube.com/watch?v=wVpp2XH1ELI>

2B. Vertical Jump 3x5 <https://www.youtube.com/watch?v=Wzwf0eDAMCE>

3. Sled Sprints 3x25 yards <https://www.youtube.com/watch?v=OiiHzWQHLxY>

4. Hex Bar Deadlift 5x5 https://www.youtube.com/watch?v=1jC_ngcSCp8

5. Explosive Forward Lunge 3x5 each leg <https://www.youtube.com/watch?v=VWO0SCHTXt8>

6A. Goblet Squat 3x10 <https://www.youtube.com/watch?v=f-Vf2yRRqOg>

6B. Bottoms Up Carry 3x25 yards <https://www.youtube.com/watch?v=V3FjmLsXRBU>

6C. Tibialis Raises 3x15 <https://www.youtube.com/watch?v=OPEuhclsTUQ>

Week 7, Day 2

1. Dynamic Warm-Up

2. Forward MB Throw 3x5 <https://www.youtube.com/watch?v=Glu77PgXL3Y>

3A. One Arm DB Bench Press 8, 8, 6, 6 <https://www.youtube.com/watch?v=X8zXg41yzil>

3B. Bent Over Row 4x10 <https://www.youtube.com/watch?v=knB5Q4FN4ck>

4A. Half Kneeling Landmine Press 3x8 each <https://www.youtube.com/watch?v=ORoOn93dnh4>

4B. One Arm Landmine Row 3x10 each <https://www.youtube.com/watch?v=qKdTGpvA8GM>

5A. Body Saw 3x10 <https://www.youtube.com/watch?v=FGLRgxxG084>

5B. Decline Sit Up 3x10 <https://www.youtube.com/watch?v=M0Z-HtAVr1g>

5C. DB Side Bend 3x10 each <https://www.youtube.com/watch?v=gf6ot6lsJnI>

Week 7, Day 3

1. Dynamic Warm-Up
2. Broad Jump 3x5 <https://www.youtube.com/watch?v=c6Etg7bpFfl>
3. 10 Yard Sprints 3x7
4. 20 Yard Sprints 3x5
- 5A. Split Squat ISO 3x30s each side <https://www.youtube.com/watch?v=DAIjxDISQbo>
- 5B. Forward Bound 3x5 each leg <https://www.youtube.com/watch?v=PQvfECmtkU4>
- 6A. Back Squat 6, 6, 4, 4 <https://www.youtube.com/watch?v=QmZAiBqPvZw>
- 6B. Weighted Deadbug 4x10 <https://www.youtube.com/watch?v=vr-rHFSVAYk>
- 7A. Walking Lunges 3x25 yards <https://www.youtube.com/watch?v=SniKHGKDjyU>
- 7B. SL Glute Bridge 3x10 each <https://www.youtube.com/watch?v=tiZWu8falkM>
- 8A. Lateral Lunge 3x8 each <https://www.youtube.com/watch?v=gwWv7aPcD88>
- 8B. Fire Hydrant 3x10 each <https://www.youtube.com/watch?v=hDyxbhy6Tp8>

Week 8, Day 1

1. Dynamic Warm-Up
- 2A. DB Squat Jump 3x5 <https://www.youtube.com/watch?v=wVpp2XH1ELI>
- 2B. Vertical Jump 3x5 <https://www.youtube.com/watch?v=Wzwf0eDAMCE>
3. Sled Sprints 3x25 yards <https://www.youtube.com/watch?v=OiiHzWQHlXy>
4. Hex Bar Deadlift 5x5 https://www.youtube.com/watch?v=1jC_nqcSCp8
5. Explosive Forward Lunge 3x5 each leg <https://www.youtube.com/watch?v=VWO0SCHTXt8>
- 6A. Goblet Squat 3x10 <https://www.youtube.com/watch?v=f-Vf2yRRqOg>
- 6B. Bottoms Up Carry 3x25 yards <https://www.youtube.com/watch?v=V3FjmLsXRBU>
- 6C. Tibialis Raises 3x15 <https://www.youtube.com/watch?v=OPEuhclsTUQ>

Week 8, Day 2

1. Dynamic Warm-Up
2. Forward MB Throw 3x5 <https://www.youtube.com/watch?v=Glu77PgXL3Y>
- 3A. One Arm DB Bench Press 8, 8, 6, 6 <https://www.youtube.com/watch?v=X8zXg41yzil>
- 3B. Bent Over Row 4x10 <https://www.youtube.com/watch?v=knB5Q4FN4ck>
- 4A. Half Kneeling Landmine Press 3x8 each <https://www.youtube.com/watch?v=ORoOn93dnh4>
- 4B. One Arm Landmine Row 3x10 each <https://www.youtube.com/watch?v=qKdTGpvA8GM>
- 5A. Body Saw 3x10 <https://www.youtube.com/watch?v=FGLRgxxG084>
- 5B. Decline Sit Up 3x10 <https://www.youtube.com/watch?v=M0Z-HtAVr1g>
- 5C. DB Side Bend 3x10 each <https://www.youtube.com/watch?v=gf6ot6lsJnl>

Week 8, Day 3

1. Dynamic Warm-Up
2. Broad Jump 3x5 <https://www.youtube.com/watch?v=c6Etg7bpFfl>
3. 10 Yard Sprints 3x7
4. 20 Yard Sprints 3x5
- 5A. Split Squat ISO 3x30s each side <https://www.youtube.com/watch?v=DAIjxDISQbo>
- 5B. Forward Bound 3x5 each leg <https://www.youtube.com/watch?v=PQvfECmtkU4>
- 6A. Back Squat 6, 6, 4, 4 <https://www.youtube.com/watch?v=QmZAiBqPvZw>
- 6B. Weighted Deadbug 4x10 <https://www.youtube.com/watch?v=vr-rHFSVAYk>
- 7A. Walking Lunges 3x25 yards <https://www.youtube.com/watch?v=SniKHGKDjyU>
- 7B. SL Glute Bridge 3x10 each <https://www.youtube.com/watch?v=tiZWu8falkM>
- 8A. Lateral Lunge 3x8 each <https://www.youtube.com/watch?v=qwWv7aPcD88>
- 8B. Fire Hydrant 3x10 each <https://www.youtube.com/watch?v=hDyxbhy6Tp8>