

# WARM-UPS

Ground Based Warm-Up	In Place Warm-Up	Stick / PVC Warm-Up	Mini Band Warm-Up
Knee Flops Straight Leg Kicks Roll Back to V-Sit Scorpion to Hurdler Reverse Scorpion (Knee-Elbow) Spidermans Hip Circles (From Knees) Inchworms Pushup to T Side Plank SL Glute/Ham Bridge	Quick Jacks Flings Y-Squats Windmills Toe Touch Squats Arm Circles Leg Swings (Front-Back) Leg Swings (Side-Side) SL RDL's (T's) Sumo Burpees	Over & Back Bow & Bend RDL w/ Over & Back Around the Worlds Overhead Squat SL RDL's (Stick Overhead) Torso Rotations Bent Row w/ External Rotation 360 Lunge w/ Stick Overhead SL Glute/Ham Bridge	Pull Aparts In Front Good Mornings X-Squats Zottman Presses Lateral Shuffle (Band at Ankle) Monster Walk (Fwd / Bkwd) Squat to Knees Out Glute/Ham Bridge Knees Out
Animal Warm-Up	Active Dynamic Warm-Up	KB Warm-Up	TMAR Warm-Up
Inchworms Deadbugs Alligator Crawl Shrimps Bear Crawl Gorilla Walk Seals Duck Walk Crab Walk	Walking Toe Touches Carioca High Knee Carioca Butt Kicks Spiderman to Cossack Backpedal Reach Bkwd High Knee Abduction Walking Lung Twist Walking RDL Leg Swings *Run days only	Finger and Wrist Circles Elbow Circles Feet and Ankle Rotations Hip Circles (on Knee) Side Laying Corkscrew Halos Tug of War Squats Hardstyle Plank	Mountain Pose Warrior One Warrior Two Peaceful Warrior Extended Side Angle Warrior One Plank / Cat Cow Up / Down Dog T Side Plank Eagle
Combatives Warm-Up	BB Warm-Up	TRX Warm-Up	Tactical Warm-Up
Straddle Stance Cossack Bridge Over Shoulder Bridge to Shrimp Roll Backs to Tactical Base Tactical Stand-Up Dive Bombers Sit-Outs Beach Body (EO's) Partner Pallof Press Partner Pallof Swings	RDL & Row Muscle Clean Front Squat Overhead Press Good Morning to Squat (Kang) Lunge (Fwd / Back)	Squat with Y Fly Overhead Back Extension Power Pull Lunge with Y Fly Single-Leg Chest Press Standing Body Saw High Torso Rotation Overhead Hip Drop	Bear Squat Plank with Reach Back and Out World's Greatest Stretch Lunge with Rotation Frog Burpee Hip Airplane Pushup to T Side Plank Turkish Get-Up

# COOL DOWN / RECOVERY

SMR / Foam Roll	Jump Stretch Routine	TMAR Recovery	Partner PNF
Gastroc / Soleus Hamstrings / Glutes Adductors Quadriceps / Hip Flexors Lats / Middle-Upper Back Chest / Shoulders	Hamstring (Middle, Right, Left) Gastroc / Soleus Ankle Mobility Adductors Abductors Quad / Hip Flexors	Sun Salutation to Mountain Forward Fold Warrior One and Two Cat Cow Pidgeon Pose Up Down Dog	Hamstring Adductors Quad / Hip Flexors Pec Upper Back
Static Stretch Routine	Banded Stretch Routine	Wall Stretch Routine	
Standing V Stretch Squat with Twist Overhead Arm Pull World's Greatest Stretch Prayer / Cross Prayer Pidgeon Bottom Squat Hold	Ankle Distraction TKE Hip Distraction Banded Shoulder (across) Banded Chest Banded Shoulder (overhead)		

## DRILLS

Line Drills	Combatives Conditioning	Plyometrics	
Potential Jumps 2 Feet Hops Front / Back 2 Feet Hops Side / Side 1 Foot Hops Front / Back 1 Foot Hops Side / Side 2 Feet Hops 4 Square Cross Overs	30s / 30s W:R 1 / 2 (Jab / Cross) 3 / 4 (Hooks) 2 / 3 (Cross / Hook)	Pogo Tuck Squat No-hand Squat 180 Degree SL Lateral Broad Split Lunge	
OHS Improvement	Shoulder Mobility Improvement	ASL Raise Improvement	
Wall Squat with PVC Pipe Door Jam Stretch (Upper Pec) Standing Hamstring w/ band Prayer on Roller w/ contraction T-Opener Kneeling Hip Flexor Stretch Pidgeon	Banded Triceps Stretch Pec Smash Supine Trap Smash Prayer / Cross Prayer Samson Stretch Pec Stretch on Ground PVC Pipe Over and Back	Wall Hinge Calf Roll Glute Roll Banded Hamstring Stretch Quad / Hip Flexor Roll V Sit Pidgeon	