



HYBRID TRAINING

DAY ONE

PREPPING PHASE #1: TISSUE WORK (7 MINUTES)

- Lateral Gastroc – 60 secs per side
- TFL – 60 secs per side
- Pec's – 60 secs per side
- Thoracic – 60 secs

PREPPING PHASE #2: SHORT FOOT (3 MINUTES)

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

PREPPING PHASE #3: INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)

- TB -Split Stance Squat - Internal to External Rotation – 30 secs per side
- UB -Quadruped Under to Over Reach – 30 secs per side
- LB - Inline Split Squats - alternate sides – 30 secs per side
- LB - Crossover Lunge to Curtsy Lunge - alternate sides – 30 secs per side

PREPPING PHASE #4: MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)

- MJ Slam balls – 2 x 15) light weight)
- Forward Runs - 60 secs
- Forward 2 IN 2 OUT - 60 secs
- SKIPS – 60 secs



PHASE # 5 TRAINING STAGE (30-50 MINUTES)

A1 OLYMPIC BAR BACK SQUATS	3-5 x 12
A2 BOSU SEATED DB SH PRESS	3-5 X 12
A3 OYLMPLIC PLATE FRON RAISES	3-5 X 12
A4 INCLINE BENCH YTWL	3-5 X 12

B1 DB WALKING LUNGES	3-5 x 12
B2 DB SQUAT TO LATERAL RAISE	3-5 X 12
B3 GROUND BASED QUICK DROPS	3-5 X 12
B4 DB CURL TO PRESS	3-5 X 12

TEMPO FOR ALL MOVEMENTS ARE : CONTROLLED UP AND CONTROLLED DOWN
REST PERIOD IS 60-90 SECS AFTER THE 4TH EXERCISE OF EACH SET

PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Stretching: static and mobility based (10 minutes) – all Major Muscles groups:30- 60 sec holds
- Foam Rolling (10 minutes) – all major Muscle groups: 30-60 sec holds



HYBRID TRAINING

DAY TWO

PREPPING PHASE #1: TISSUE WORK (7 MINUTES)

- TFL – 60 secs per side
- Pec Minor – 60 secs per side
- Lat – 60 secs per side
- Thoracic – 60 secs

PREPPING PHASE #2: SHORT FOOT (3 MINUTES)

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

PREPPING PHASE #3: INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)

- TB - Side Kick-Throughs – 30 secs per side
- TB - Crab walks – 30 secs
- UB - Lateral Push-ups – 30 secs
- UB - Retraction/Protractions – 30 secs

PREPPING PHASE #4: MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)

- MB MJ squat to throw – 30 secs (light weight)
- Standing shot put – 30 secs (light weight)
- MB rotational throw – 30 secs per side (light weight)
- MJ Slam balls – 30 secs (light weight)



PHASE # 5 TRAINING STAGE (30-50 MINUTES)

A1 SB DB CH PRESS	3-5 x 12
A2 ADVANCED TONER STATIC SQUAT AND ROW	3-5 X 12
A3 ADVANCED TONER SPLIT STANCE CH PRESS	3-5 X 12
A4 DB PLANK ROW WITH KNEE DRIVE	3-5 X 12
B1 OLYMPIC BAR SQUAT TO PRESS	3-5 x 12
B2 BODY WEIGHT PULL-UPS	3-5 X 12
B3 BOSU WALK OVER PUSH-UPS	3-5 X 12
B4 DB HIGH PULLS	3-5 X 12

TEMPO FOR ALL MOVEMENTS ARE : CONTROLLED UP AND CONTROLLED DOWN
REST PERIOD IS 60-90 SECS AFTER EACH CIRCUIT

PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Stretching: static and mobility based (10 minutes) – 60 secs per Major Muscle group
- Vagal Tone Breathing (nervous system switching) Weighted Tummy 4 x 15's (1-2minutes)



HYBRID TRAINING

DAY THREE

PREPPING PHASE #1: TISSUE WORK (7 MINUTES)

- TFL – 30 secs per side
- Adductor – 30 secs per side
- Lat – 30 secs per side
- Thoracic – 30 secs per side

PREPPING PHASE #2: SHORT FOOT (3 MINUTES)

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

PREPPING PHASE #3: INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)

- TB - Walking Beast – 60 secs
- TB BW Squat to Toes – 30 secs
- UB - Lateral Push-ups – 30 secs
- LB - Inline Split Squats - alternate sides – 30 secs per side

PREPPING PHASE #4: MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)

- Jump squat repeats – 30 secs
- Forward 2 IN 2 OUT – 60 secs
- Cross-over 2 IN 2 OUT - 60 secs
- SKIPS – 60 secs
- HIGH knees – 30 secs



PHASE # 5 TRAINING STAGE (30-50 MINUTES)

A1 OLYMPIC BAR SQUAT TO TOES	3-5 x 12
A2 DB BENCH STEP-UPS	3-5 X 12
A3 BOSU SEATED DB ALRETANTING SH PRESS	3-5 X 12
A4 ADVANCED TONER FRONT RAISE	3-5 X 12
A5 BENCH JUMPS	3-5 X 12

B1 DM SPLIT SQUATS	3-5 x 12
B2 OLYMPIC PUSH PRESS	3-5 X 12
B3 OPEN STEP LUNG WITH PLATE FRONT RAISE	3-5 X 12
B4 BOSU KNEELING DB REVERSE FLYS	3-5 X 12

TEMPO FOR ALL MOVEMENTS ARE : CONTROLLED UP AND CONTROLLED DOWN
REST PERIOD IS 60-90 SECS AFTER EACH CIRCUIT

PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Breathing: movement based (with and against gravity) Figure 8's (2-3 minutes)
- Foam Rolling (10 minutes) – all Major Muscle groups.



HYBRID TRAINING

DAY FOUR

PREPPING PHASE #1: TISSUE WORK (7 MINUTES)

- Foot – 60 secs per foot
- Soleus – 60 secs per side
- Adductor – 60 secs per side
- Thoracic – 60 secs

PREPPING PHASE #2: SHORT FOOT (3 MINUTES)

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

PREPPING PHASE #3: INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)

- TB - Side Kick-Throughs – 30 secs per side
- TB - Seated Cross to Standing – 60 secs
- TB - Crab walks – 30 secs
- UB - Lateral Push-ups – 30 secs
- UB -Quadruped Under to Over Reach – 30 secs per side

PREPPING PHASE #4: MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)

- Lying MB throw – 30 secs
- Standing shot put – 30 secs per side
- MB rotational throw – 30 secs per side
- Plyo push up – 30 secs



PHASE # 5 TRAINING STAGE (30-50 MINUTES)

A1 OLYMPIC BAR SQUAT TO CH PRESS	3-5 x 12
A2 ADVANCED TONER LAT PULL DOWN KNEELING	3-5 X 12
A3 SB DB INCLINE CH PRESS	3-5 X 12
A4 ADVANCED TONER SPLIT STANCE CONTRA-PRESS	3-5 X 12
A5 BOSU PUSH UP TP SIDE PLANK	3-5 X 12
B1 SB DB CH FLY	3-5 x 12
B2 OLYMPIC BENT OVER ROWS	3-5 X 12
B3 SB DB ALTERNATING CH PRESS	3-5 X 12
B4 ADVANCED TONER SQUAT WITH SH EXTENSION	3-5 X 12

TEMPO FOR ALL MOVEMENTS ARE : CONTROLLED UP AND CONTROLLED DOWN
REST PERIOD IS 60-90 SECS AFTER EACH CIRCUIT

PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Stretching: static and mobility based (10 minutes) – 60 secs Major Muscle groups.
- Foam Rolling (10 minutes) – 60 secs Major Muscle groups.