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WORKOUT A1

"towel" and "belt" exercises can use either item. With these exercises, it is essential there is FULL EFFORT for them to be effective

	Rest	Exercise	Sets	Reps	RIR	Tempo (0/0/0), Time, Distance	Notes
SUPERSET 1	Warmup	Foam Roll - Calves, Quads, Glutes, Hamstrings, Inner Thigh/Adductors	1	1	x	5min	Focus on uncomfortable points
		Jog/Shuffle/Skip	1	1	x	5min Continuous	Keep HR up
		DRVN Hip Flow	1	5	x	Continuous	Get a stretch
Rest 3 Minutes After All Sets Completed							
SUPERSET 2	Rest 120 sec between sets	Pogo Hops	2	10	x	x	Ankles are Springs
		CMJ Box Jump	4	4	x	Explosive	Box should be low enough to land w/ straight legs
		Step Off to 1-Foot Landing	4	4	x	x	Soft landing -- knee over toes
		Accelerations	4	20	x	Powerful	Big arm swing -- lean forward -- strong strides
Rest 3 Minutes After All Sets Completed							
SUPERSET 3	Rest 30 sec between sets	Towel Abduction	3ea	1	x	15 sec	Ramp to 90% effort in first 5 sec
		Single Leg Step Down Squat	4ea	x	3-3-1	5/0/0	Keep knee following toes
		Bench Dip	4	8	3-3-0	3/0/0	Keep shoulders down from ears
Rest 3 Minutes After All Sets Completed							
SUPERSET 4	Rest 30 sec between sets	SL Hamstring Bidge	4ea	x	3-3-3	0/0/0	Keep toes pointed up
		Sprinter Specific Plank	3	1	x	30 sec	Stable
Rest 3 Minutes After All Sets Completed							
SUPERSET 5	Rest 30 sec between sets	Reverse Nordic	3	4	x	4/0/0	Use quads to slow movement
		Bent Row ISO Pull	3	1	x	15 sec	Pull shoulder blades down and back
		Prone OH Press	3	x	0-0-0	4/0/4	Constantly pull apart, HARD

ISO = Isometric, or hold

SUPERSET - Perform all sets of all exercises in the superset before moving to next superset.

Tempo in seconds (0/0/0) = 0/0/0 is lowering/eccentric of movement, 0/**0**/0 is transition/amortization of movement, 0/0/**0** is raising/concentric of movement
Example = 5/3/0 for a push up means it should take no less than 5 seconds to lower, a 3 second hold at the bottom and as quickly as possible on the way up (0)

[FILL OUT THIS FORM WITHIN 30 MINUTES OF FINISHING EXERCISE](#)