

NAME:



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	Week 1				Week 2				Week 3				Notes
	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt	
Day 1													
Warm up	2x				2x				2x				
MB + Band Shot	3x4				3x6				3x8				
MB Side Toss	3x5e				3x5e				3x5e				
Clap Push Up (on box)	3x6				3x8				3x10				
Bag Squat (on front shoulders)	3x8				3x10				3x12				
Handstand Push Up (short box on knees)	3x6				3x8				3x10				
1/2 Kneel Hamstring ISO Hold	3x12s				3x15s				3x20s				
Overhand Pull Up (3 second down)	3x5				3x6				3x7				
Bag Bicep Curl	3x10				3x12				3x15				
Kneeling Band Tricep Pushdown	2x15				2x20				2x25				
Band 4-Way Pull Apart	2x10e				2x10e				2x10e				
Day 2													
Warm up	2x				2x				2x				
Bag Jump (Not repeating)	3x4				3x5				3x6				
MB Slam	3x4				3x5				3x6				
MB Chest Pass (against wall)	3x6				3x8				3x10				
Bag Split Squat	3x6e				3x8e				3x10e				
Incline Push Up	3x10				3x12				3x15				
Towel Hamstring Curl	3x6				3x8				3x10				
Underhand Pull Up (3 second down)	3x5				3x6				3x7				
Bag Suitcase Carry	3x30yd Ea.				3x30yd Ea.				3x30yd Ea.				
Band Face Pull	3x15				3x20				3x25				
Partner 4-Way Neck	2x10e				2x10e				2x10e				

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	Week 4			Week 5			Week 6			Notes		
	reps	wt	wt	wt	reps	wt	wt	wt	reps		wt	wt
Day 1												
Warm up	2x				2x				2x			
Band Shot	3x4				3x6				3x8			
MB Side Toss (Flip Hips)	3x5e				3x5e				3x5e			
Clap Push Up (on ground)	3x6				3x8				3x10			
Bag Squat (on post. shoulder)	3x10				3x12				3x15			
Handstand Push Up (short box on toes)	3x6				3x8				3x10			
1/2 Kneel Hamstring ISO Hold	3x20s				3x25s				3x30s			
Overhand Pull Up	3x8				3x10				3x10			
Single Arm Bag Bicep Curl	3x8				3x10				3x12			
Band Tricep Pushdown	2x12				2x15				2x20			
Band 4-Way Pull Apart (Underhand Grip)	2x10e				2x10e				2x10e			
Day 2												
Warm up	2x				2x				2x			
Bag Jump (repeating)	3x4				3x5				3x6			
Alt. MB Slam	3x3e				3x4e				3x5e			
1-Leg MB Chest Pass (against wall)	3x6e				3x8e				3x10e			
Bag Walking Lunge	3x6e				3x8e				3x10e			
Push Up (on ground)	3x10				3x12				3x15			
Towel Hamstring Curl	3x8				3x10				3x12			
Underhand Pull Up	3x8				3x10				3x10			
Bag Farmers Walk	3x50yd				3x50yd				3x50yd			
Band Cuban Press	3x10				3x12				3x15			
Partner 4-Way Neck	2x10e				2x10e				2x10e			

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	Week 7			Week 8			Week 9			Notes		
	reps	wt	wt	wt	reps	wt	wt	wt	reps		wt	wt
Day 1												
Warm up	2x				2x				2x			
BW Shot (No resistance)	3x4				3x6				3x8			
MB Woodchop Throw	3x5e				3x5e				3x5e			
Band Push Up	3x6				3x8				3x10			
Offset Bag Squat (on R/L Shoulder)	3x5e				3x6e				3x8e			
Handstand Push Up (High box on knees)	3x6				3x8				3x10			
1/2 Kneel Hamstring ISO Hold + Band	3x12s				3x15s				3x20s			
Overhand Pull Up	3x8				3x10				3x12			
Bag Reverse Curl	3x8				3x10				3x12			
Single Arm Band Tricep Pushdown	2x12				2x15				2x20			
Shoulder IR/ER (4-ways)	2x10e				2x10e				2x10e			
Day 2												
Warm up	2x				2x				2x			
Knees/Ft/Jump	3x4				3x5				3x6			
Walking Alt. MB Slam	3x3e				3x4e				3x5e			
Partner MB Chest Pass	3x6				3x8				3x10			
Bag Step Up	3x5e				3x6e				3x8e			
Decline Push Up	3x10				3x12				3x15			
Single Leg Towel Hamstring Curl	3x6e				3x8e				3x10e			
Underhand Pull Up	3x8				3x10				3x12			
Bag Farmers Walk (weave, not straight walk)	3x50yd				3x50yd				3x50yd			
Band Face Pull Ext. Rotation + Press	3x10				3x12				3x15			
Partner 4-Way Neck	2x10e				2x10e				2x10e			

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	Week 10				Week 11				Week 12				Notes
	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt	
Day 1													
Warm up	2x				2x				2x				
Band Shot	3x6				3x6				3x6				
MB Side Toss	3x5e				3x5e				3x5e				
Clap Push Up (on ground)	3x6				3x8				3x10				
Bag Squat (on post. shoulder)	3x8				3x8				3x8				
Handstand Push Up (high box on toes)	3x6				3x8				3x10				
1/2 Kneel Hamstring ISO Hold +Band	3x20s				3x25s				3x30s				
Overhand Pull Up	3x8				3x10				3x12				
Bag Bicep Curl	3x8				3x8				3x8				
Band Tricep Pushdown	3x10				3x10				3x10				
Band 4-Way Pull Apart	2x10e				2x10e				2x10e				
Day 2													
Warm up	2x				2x				2x				
Knees/Ft/Jump (weighted)	3x5				3x5				3x5				
Alt. MB Slam	3x4e				3x4e				3x4e				
1-Leg MB Chest Pass (against wall)	3x8e				3x8e				3x8e				
Explosive Step Up (BW)	3x5e				3x5e				3x5e				
Dips	3x8				3x10				3x12				
Towel Hamstring Curl	3x10				3x10				3x10				
Underhand Pull Up	3x8				3x10				3x12				
Bag Farmers Walk	3x50yd				3x50yd				3x50yd				
Band Cuban Press	3x10				3x12				3x15				
Partner 4-Way Neck	2x10e				2x10e				2x10e				

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	Week 13				Week 14				Week 15				Notes
	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt	
Day 1													
Warm up	2x				2x				2x				
BW Shot (No resistance)	3x6				3x6				3x6				
MB Woodchop Throw	3x5e				3x5e				3x5e				
Band Push Up	3x6				3x8				3x10				
Bag Jump (repeating)	3x6				3x6				3x6				
Handstand Push Up (on wall)	3x6				3x8				3x10				
1/2 Kneel Hamstring ISO + Band Oscillating	3x12s				3x15s				3x20s				
Overhand Pull Up	3x10				3x10				3x10				
Bag Reverse Curl	3x8				3x8				3x8				
Single Arm Band Tricep Pushdown	3x10e				3x10e				3x10e				
Shoulder IR/ER (4-ways)	2x10e				2x10e				2x10e				
Day 2													
Warm up	2x				2x				2x				
Knees/Ft/Broad Jump (weighted)	3x5				3x5				3x5				
Walking Alt. MB Slam	3x4e				3x4e				3x4e				
Partner MB Chest Pass	3x8e				3x8e				3x8e				
Explosive Step Up (weighted)	3x5e				3x5e				3x5e				
Dips (weighted)	3x8				3x10				3x12				
Single Leg Towel Hamstring Curl	3x10				3x10				3x10				
Underhand Pull Up	3x10				3x10				3x10				
Bag Farmers Walk (weave, not straight walk)	3x50yd				3x50yd				3x50yd				
Band Face Pull Ext. Rotation + Press	3x10				3x12				3x15				
Partner 4-Way Neck	2x10e				2x10e				2x10e				

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