



Weight Training
Phase 1, Circuit #1
Lightweight, High Reps, Focus on Form

Exercise	Sets x Reps	Notes
Power Cleans	3 x 12	Focus on form
Box Jumps	3 x 8	Land softly, knees bent
Bench Press	3 x 12	Use spotter
Heel Walks	3 x 20m	On grass or turf
Split Squats	3 x 10	Reps per leg
Wide Grip Barbell Row	3 x 12	Don't swing barbell
RDLs	3 x 12	Hinge at hips, spine aligned
Pull Ups	3 x 12	Use assistance as needed
Dumbbell Incline Press	3 x 12	Use spotter
Single Leg Good Mornings	3 x 12	Form a "T"
Single Leg Adductor Slides	3 x 12	Do double legs if you can
Agility Drills	See Back	
Ab Circuit	See Back	

**“All progress takes place outside the
comfort zone.” – M. Bobak**



Weight Training
Phase 1, Circuit #2
Lightweight, High Reps, Focus on Form

Exercise	Sets x Reps	Notes
Hang Cleans	3 x 12	Focus on form
Ankle Alphabets	1 x each ankle	Sitting
Front Squats	3 x 12	Keep chest up, elbows high
Lateral/Front Raise Combo	3 x 12	No swinging
Toe Walks	3 x 20m	Toes, Inside, Outside
Incline Bench Press	3 x 12	Use spotter
Dumbbell Walking Lunges	3 x 10	Reps each leg
Dumbbell Bent Over Row	3 x 12	Palms together
Weighted Hyperextensions	3 x 12	No swinging, stay in control
Pull-Ups	3 x 12	Use assistance as needed
Lateral Band Shuffle	3 x 10m	Stay low
Agility	See Back	
Ab Circuit	See Back	

“Whether you think you can, or you think you can’t, you’re right.” – H. Ford