

# Week 1 Preview (Rotational Athlete)

Day One: Rotational	Day Two: Upper Body, High Rep/High Weight	Day Three: Single-Leg Focus	Day Four: Rotational	Day Five: Legs (Hamstring Dominant, Controlled Reps)	Day Six: Stretching
<p><b><u>WARM UP</u></b></p> <p>[] <a href="https://www.instagram.com/p/CCn1iM_g9z4/">https://www.instagram.com/p/CCn1iM_g9z4/</a></p> <p>[] <a href="https://www.instagram.com/p/CCoQsZ_gZ_sl/">https://www.instagram.com/p/CCoQsZ_gZ_sl/</a></p> <p><b>Workout</b></p> <p>[] 3x6 *each way* landmine shift swings <a href="https://www.instagram.com/p/CDjL6VMgQnU/">https://www.instagram.com/p/CDjL6VMgQnU/</a></p> <p>[] 3x10 *each way* lunge position oblique plate crunches <a href="https://www.instagram.com/p/CDKfbKfgN_N/">https://www.instagram.com/p/CDKfbKfgN_N/</a></p> <p>[] 2x5 *each way* ski jump into lateral med ball toss <a href="https://www.instagram.com/p/CDHFG0Tg4HH/">https://www.instagram.com/p/CDHFG0Tg4HH/</a></p> <p>[] 3x10 *each way* offset barbell swings</p>	<p><b>Workout</b></p> <p>[] 3x15 *each arm* Single-arm bent over dumbbell rows</p> <p>[] SUPERSET: 3x50 push ups into 12 controlled dumbbell front raises into lateral raises</p> <p>[] SUPERSET: 3x12 upright dumbbell rear delt flyes <a href="https://www.instagram.com/p/CDMPx0hAYWN/">https://www.instagram.com/p/CDMPx0hAYWN/</a></p> <p>[] SUPERSET: 3x12 *each arm* decline cable chest flyes into 12 *each arm* dumbbell incline chest flyes</p> <p><b>Core (3 set circuit)</b></p> <p>[] 1min weighted crunch hold</p> <p>[] 1min weighted v-up hold</p>	<p><b>Workout</b></p> <p>[] 3x20 *each leg* banded side steps (simulate stride in swing) <a href="https://www.instagram.com/p/CDOW100gaW7/">https://www.instagram.com/p/CDOW100gaW7/</a></p> <p>[] 3x10 *each leg* single-leg kettlebell RDL into max effort lateral jump (drop the kettlebell at the bottom of the RDL then immediately jump as far as you can laterally)</p> <p>[] 3x5 *each leg* single-leg lateral jump into single-leg box jump OR broad jump if you don't have a box (jump with left then jump with right or jump with right then jump with left)</p> <p>[] 3x6-8 *controlled reps</p>	<p><b><u>WARM UP</u></b></p> <p>[] <a href="https://www.instagram.com/p/CCn1iM_g9z4/">https://www.instagram.com/p/CCn1iM_g9z4/</a></p> <p>[] <a href="https://www.instagram.com/p/CCoQsZ_gZ_sl/">https://www.instagram.com/p/CCoQsZ_gZ_sl/</a></p> <p><b>Workout</b></p> <p>[] 3x10 *each way* lunge position forward med ball toss (sledge hammer swings if you can) <a href="https://www.instagram.com/p/CDPnQNug4WW/">https://www.instagram.com/p/CDPnQNug4WW/</a></p> <p>[] 3x6 *each way* landmine power swings <a href="https://www.instagram.com/p/CB-8ZKogEIo/">https://www.instagram.com/p/CB-8ZKogEIo/</a></p> <p>[] 3x5 *each way* lunge position lateral med ball tosses</p> <p>[] 3x5 *each way* resistance band/cable trunk</p>	<p><b>Workout</b></p> <p>[] SUPERSET: 3x12-15 *each leg* single-leg bodyweight hip thrusts into 15 *each leg* heavy single-leg RDL's</p> <p>[] SUPERSET: 3x10 *controlled* exercise ball hamstring curls into 20 resistance band hamstring curls</p> <p>[] SUPERSET: 3x10 box squats (3sec down, 3sec up) into 10 dumbbell split squats</p> <p><b>Core</b></p> <p>[] 3x10-12 hanging knees to chest</p> <p>[] 3x15 weighted crunches</p> <p>[] 3x10 weighted med ball crunches</p>	<p><a href="https://www.instagram.com/p/CCn1iM_g9z4/">https://www.instagram.com/p/CCn1iM_g9z4/</a></p> <p><a href="https://www.instagram.com/p/CCoQsZ_gZ_sl/">https://www.instagram.com/p/CCoQsZ_gZ_sl/</a></p> <p>Foam Roll whole body</p> <p><u>30min-1hour total of full body stretching</u></p>

<p><a href="https://www.instagram.com/p/CCMD2bggG8t/">https://www.instagram.com/p/CCMD2bggG8t/</a></p> <p>□ 3x10 *each side* downward resistance band oblique pull downs</p> <p><a href="https://www.instagram.com/p/CCtiPUbgOch/">https://www.instagram.com/p/CCtiPUbgOch/</a></p>	<p>□ 30sec-1min pull up bar hang with exercise ball knees to chest hold</p> <p>□ 1min plank</p>	<p>each leg* bosu ball balance with kettlebell leg lift</p> <p><a href="https://www.instagram.com/p/CDNP7N-gGDu/">https://www.instagram.com/p/CDNP7N-gGDu/</a></p> <p>□ 3x10 *each leg* curtsy lunges while balancing on a bosu ball</p>	<p>twists</p> <p><a href="https://www.instagram.com/p/CECfG_aA_fy/">https://www.instagram.com/p/CECfG_aA_fy/</a></p> <p>□ 50 total oblique crunches (25 each side)</p> <p>□ 100 total heel taps (50 each side)</p>		
---	---	--	--	--	--