



# MINNESOTA



WARM-UP	Dynamic Warmup Level 1B	
	Dynamic Jogging	
	Dynamic Walking	
	Vestibular system Training	
	Nerve Glide Z health	
Proprioceptive Enhancement		

STRENGTH PREP	Strength Prep Leg 1	
	Agility Drills	
	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat	
	Roller Iband Post-Shake Fish oil and Vits	

WARM-UP	Dynamic Warmup Level 1B	
	Dynamic Jogging	
	Dynamic Walking	
	Vestibular system Training	
	Nerve Glide Z health	
Proprioceptive Enhancement		

STRENGTH PREP	Strength Prep Leg 10	
	Agility Drills	
	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat	
	Roller Iband Post-Shake Fish oil and Vits	

WARM-UP	Short Hurdle Workout	
	Dynamic Jogging	
	Dynamic Walking	
	Vestibular system Training	
	Nerve Glide Z health	
Proprioceptive Enhancement		

STRENGTH PREP	Strength Prep Leg 5	
	Agility Drills	
	Pre-Partner Balance Stick Fighting 2 X 6	
	Squat Roller Iband Post-Shake Fish oil Vits	

100%	MONDAY	100.0%				100.0%			
		18-Jun-12				25-Jun-12			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Neural Speed Tuning	T		1	Fly 60	T		1	Fly 60
281	Single Leg Squat	5	125 - 155	1	No Rest	5	125 - 155	1	No Rest
281	Single Leg Squat	3	165 - 185	1	Spine Rolls	3	165 - 185	1	Spine Rolls
281	Single Leg Squat	3	220 - 225	1	Coach Watch	3	220 - 225	1	Coach Watch
281	Single Leg Squat	4	255 - 260	3	:0:0:0:7:20	4	255 - 260	3	0:0:0:0:7:20
281	Single Leg Squat	5	225 - 230	2	0:0:0:0:7:10	5	225 - 230	2	0:0:0:0:7:10
	Hurdle Hop	4		4	Distance	4		4	Distance
	SQ Jump Weighted	4		4	0:0:0:0:7:10	4		4	0:0:0:0:7:10
	Acc Band Jump Pause	4		4	0:0:0:0:7:10	4		4	0:0:0:0:7:10
	4 way neck	T		4	0:0:0:0:7:10	T		4	0:0:0:0:7:10
	Wrist Flexion	T		4	0:0:0:0:7:10	T		4	0:0:0:0:7:10
	ANT TIB BND	T		4	0:0:0:0:7:10	T		4	0:0:0:0:7:10
125	DB Step up	T	105 - 115	3	1/2 Bottom	T	105 - 115	3	1/2 Bottom
	Cuban PRSS INC F8	T		3	0:0:0:0:7:10	T		3	0:0:0:0:7:10
	Ankle Band Work	T		3	0:0:0:0:10:10	T		3	0:0:0:0:10:10
625	Glute Bar Lift	T	470 - 500	3	0:0:0:0:7:10	T	470 - 500	3	0:0:0:0:7:10
	Bench Add Groin	T		3	0:0:0:0:7:10	T		3	0:0:0:0:7:10
	Hip Traction	300S		1	Belly Breath	300S		1	Belly Breath
	GH HANG	60S		1	Relax Mouth	60S		1	Relax Mouth

MONDAY NOTES

100%	WENDESDAY	100.0%				100.0%			
		20-Jun-12				27-Jun-12			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Hormonal Strain Release	T		1	0:6:0:0:6:10	T		1	
313	SL Hex Deadlift	5	205 - 220	1	Roll I Band	5	140 - 170	1	Roll I Band
313	SL Hex Deadlift	3	185 - 205	1	Spine Rolls	3	185 - 205	1	Spine Rolls
313	SL Hex Deadlift	3	245 - 250	1	Coach Watch	3	245 - 250	1	Coach Watch
313	SL Hex Deadlift	T	295 - 315	2	0:0:0:0:5:10	T	295 - 315	2	0:0:0:0:5:10
	60 Rest / BB/ RT				Set - Hr 105				Set - Hr 105
313	SL Hex Deadlift	T	295 - 315	2	0:0:0:0:5:10	T	295 - 315	2	0:0:0:0:5:10
	60 Rest / BB/ RT				Set - Hr 105				Set - Hr 105
313	SL Hex Deadlift	T	295 - 315	2	0:0:0:0:5:10	T	295 - 315	2	0:0:0:0:5:10
469	SL Leg Press	T	400 - 420	3	0:0:0:0:5:10	T	400 - 420	3	0:0:0:0:5:10
688	RDL	T	550 - 585	3	0:0:0:0:5:10	T	550 - 585	3	0:0:0:0:5:10
	Hip Flex Prone oc	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
313	STEP UP	T	265 - 280	3	0:0:0:0:5:10	T	265 - 280	3	0:0:0:0:5:10
	GH HYPR	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	Bench Add Groin	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
625	Glute Bar Lift	T	595 - 625	3	0:0:0:0:5:10	T	595 - 625	3	0:5:0:0:5:10
	Ball LG Curl	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	Bench Abd Glute	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	PRTNR Abs	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
	Hip Traction	180S		1	belly Breath	180S		1	belly Breath
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
					Relax Mouth				Relax Mouth

WENDESDAY NOTES

100%	FRIDAY	100.0%				100.0%			
		22-Jun-12				29-Jun-12			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Neural Speed Tuning	T		1	Fly 60	T		1	
469	SL Leg Press	5	305 - 330	1	Roll I Band	5	210 - 260	1	Roll I Band
469	SL Leg Press	3	275 - 305	1	Spine Rolls	3	275 - 305	1	Spine Rolls
469	SL Leg Press	3	365 - 375	1	Coach Watch	3	365 - 375	1	Coach Watch
469	SL Leg Press	T	375 - 400	4	0:0:0:0:10:10	T	375 - 400	4	0:0:0:0:10:10
					Bottom 1/2				OC-D 10 sec
	Hurdle Hop	4		4	Distance	4		4	Distance
	USSR Plyo Box	T		4		T		4	
	Acc Band Jump	T		4	Rest HR 110	T		4	
	Bench Add Groin	T		4	0:0:0:0:10:10	T		4	
	Laying ext rotation	T		4	0:0:0:0:10:10	T		4	
	Ankle Band Work	T		4	0:0:0:0:10:10	T		4	
281	DB RDL Shrug	T	140 - 155	3	0:0:0:0:10:20	T	140 - 155	3	0:0:0:0:10:20
	Hip Flex Prone oc	T		3	0:0:0:0:10:20	T		3	0:0:0:0:10:20
	Single Leg Squat	T	140 - 155	3	0:0:0:0:10:20	T	140 - 155	3	0:0:0:0:10:20
370	BENCH PRESS	10S	295 - 185	4	0:0:0:0:10:45	10S	295 - 185	4	0:0:0:0:10:45
93	DB Shoulder Press	10S	75 - 45	4	0:0:0:0:10:45	10S	75 - 45	4	0:0:0:0:10:45
185	Rev Grip Tri Push	10S	150 - 95	4	0:0:0:0:10:45	10S	150 - 95	4	0:0:0:0:10:45
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Partner Leg Walks	120S		1		120S		1	
	Hip Traction	300S		1	Belly Breath	300S		1	Belly Breath

FRIDAY NOTES





# MINNESOTA



Matson, Taylor  
 , Pre  
 and

NOTES
Fly 60
Roll I Band
No Rest
Spine Rolls
No Rest
0:0:0:10:10
Bottom 1/2
OC-D 10 sec
Distance
Rest HR 110
0:0:0:10:10
0:0:0:10:10
0:0:0:10:10
0:0:0:10:20
0:0:0:10:20
0:0:0:10:20
0:0:0:10:45
OC-D 10 sec
0:0:0:10:45
OC-D 10 sec
0:0:0:10:45
Relax Mouth
Belly Breath

