



Inspire Movement

Football-GPP				
General Movement Prep				
Light Trunk Twist x10 Jog Forward x30yards Jog Backward x30yards Side Shuffle x30yards both ways Bodyweight Squat x20 Side Lunge x 5 each Reverse Lunge x10 each Pushup x10				
Neural Activation				
ISO Squat x20 sec				
Strength				
Day 1	Week 1		Week 2	
	Int.	Rep.	Wt.	
Walking Lunge	x8 each		x8 each	
	x8 each		x8 each	
#Pair Lunge Hops x5e	x8 each		x8 each	
Hex Bar Deadlift	x8-12		x8-12	
	x8-12		x8-12	
	x8-12		x8-12	
DB Bench	x8-12		x8-12	
	x8-12		x8-12	
#Pair 90/90 ISO hold x10 sec/each	x8-12		x8-12	
1 Arm DB Row	x8-12		x8-12	
	x8-12		x8-12	
#Pair weighted calf raise x10	x8-12		x8-12	
GHR		x4		x5
		x4		x5
#KB Standing Woodchopper x10e		x4		x5
Rest is 60-90 sec between sets				

Reactive Work				
10 yard Sprint 10 yard Sprint 20 yard Sprint 20 yard Sprint 10 yard Sprint 3 Fold Jump 3 Fold Jump 3 Fold Jump				
Neural Activation				
ISO Squat x20 sec				
Repetition				
Day 3	Week 1		Week 2	
	Int.	Rep.	Wt.	
CM Jump		x10		x10
Step up		x10e		x10e
BB RDL		x10		x10
KB Goblet Squat		x20		x20
Seated Cable Row		x20		x20
Lat Pulldown		x20		x20
DB Bench		x20		x20
DB Curl		x20		x20
Tricep Pushdown		x20		x20
Supine Scissors		x20		x20
Rest is 30 sec between sets				

General Movement Prep				
Light Trunk Twist x10 Jog Forward x30yards Jog Backward x30yards Side Shuffle x30yards both ways Bodyweight Squat x20 Side Lunge x 5 each Reverse Lunge x10 each Pushup x10				
Neural Activation				
ISO Squat x20 sec				
Strength				
Day 1	Week 3		Week 4	
	Int.	Rep.	Wt.	
Single Leg Bulgarian Squat		x5e		x5e
		x5e		x5e
#Pair CM Jump x5		x5e		x5e
Front Squat		x4-6		x4-6
		x4-6		x4-6
#Pair GHR x2		x4-6		x4-6
DB Incline Bench		x8-12		x8-12
		x8-12		x8-12
#Pair weighted calf raise x10		x8-12		x8-12
1 Arm DB Row		x8-12		x8-12
		x8-12		x8-12
#Pair Double V up x12		x8-12		x8-12
DB Shoulder Press		x10		x10
		x10		x10
#KB Standing Woodchopper x10e		x10		x10
Rest is 60-90 sec between sets				

Phase	Work Capacity					
Repetition Method						
Reactive Work						
10 yard Sprint						
10 yard Sprint						
20 yard Sprint						
20 yard Sprint						
10 yard Sprint						
3 Fold Jump						
3 Fold Jump						
3 Fold Jump						
Neural Activation						
ISO Squat x20 sec						
Repetition						
Day 3	Week 3		Week 4			
	Int.	Rep.	Wt.	Int.	Rep.	Wt.
CM Jump		x10			x10	
Step up		x10e			x10e	
BB SG RDL		x10			x10	
KB Goblet Squat		x20			x20	
Seated Cable Row		x20			x20	
Lat Pulldown		x20			x20	
DB Bench		x20			x20	
DB Curl		x20			x20	
Tricep Pushdown		x20			x20	
Supine Scissors		x20			x20	
Rest is 30 sec between sets						



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Light Trunk Twist x10 Jog Forward x30yards Jog Backward x30yards Side Shuffle x30yards both ways Bodyweight Squat x20 Side Lunge x 5 each Reverse Lunge x10 each Pushup x10				
Neural Activation				
ISO Squat x20 sec				
Strength				
Day 1	Week 5		Week 6	
	Int.	Rep.	Wt.	Int.
Split Squat Reactive	x8 each			x8 each
	x8 each			x8 each
#Pair Lunge Hops x5e	x8 each			x8 each
Hex Bar Oscillatory	x7sec			x7sec
	x7sec.			x7sec.
	x7sec.			x7sec.
DB Bench	x8-12			x8-12
#Pair 90/90 ISO hold x10 sec/each	x8-12			x8-12
	x8-12			x8-12
Lat Pull Chin grip	x8-12			x8-12
#Pair weighted calf raise x10	x8-12			x8-12
GHR		x4		x5
#KB Standing Woodchopper x10e		x4		x5
		x4		x5
Rest is 60-90 sec between sets				

Reactive Work				
10 yard Sprint 10 yard Sprint 20 yard Sprint 20 yard Sprint 10 yard Sprint 3 Fold Jump 3 Fold Jump 3 Fold Jump				
Neural Activation				
ISO Squat x20 sec				
Repetition				
Day 3	Week 5		Week 6	
	Int.	Rep.	Wt.	Int.
CM Jump		x10		x10
Step up		x10e		x10e
BB RDL		x10		x10
KB Goblet Squat		x20		x20
Seated Cable Row		x20		x20
Lat Pulldown		x20		x20
DB Bench		x20		x20
DB Curl		x20		x20
Tricep Pushdown		x20		x20
Supine Scissors		x20		x20
Rest is 30 sec between sets				

General Movement Prep				
Light Trunk Twist x10 Jog Forward x30yards Jog Backward x30yards Side Shuffle x30yards both ways Bodyweight Squat x20 Side Lunge x 5 each Reverse Lunge x10 each Pushup x10				
Neural Activation				
ISO Squat x20 sec				
Strength				
Day 1	Week 7		Week 8	
	Int.	Rep.	Wt.	Int.
Alternating Bounding		x7e		x5e
		x7e		x5e
*Rest 90secs between sets		x6e		x5e
Front Squat		x4-6		x4-6
		x4-6		x4-6
#Pair GHR x2		x4-6		x4-6
DB Incline Bench		x8-12		x8
#Pair Chest Drop Plyo Push Up x3		x8-12		x8
		x8-12		x8
Lat Pull Chin grip		x8-12		x8-12
#Pair Double V up x12		x8-12		x8-12
DB Shoulder Press		x10		x10
		x10		x10
#KB Standing Woodchopper x10e		x10		x10
Rest is 60-90 sec between sets				

Phase	Work Capacity					
Repetition Method						
Reactive Work						
10 yard Sprint 10 yard Sprint 20 yard Sprint 20 yard Sprint 10 yard Sprint 3 Fold Jump 3 Fold Jump 3 Fold Jump						
Neural Activation						
ISO Squat x20 sec						
Repetition						
Day 3	Week 7		Week 8			
	Int.	Rep.	Wt.	Int.	Rep.	Wt.
CM Jump		x10			x10	
Step up		x10e			x10e	
BB SG RDL		x10			x10	
KB Goblet Squat		x20			x20	
Seated Cable Row		x20			x20	
Lat Pulldown		x20			x20	
DB Bench		x20			x20	
DB Curl		x20			x20	
Tricep Pushdown		x20			x20	
Supine Scissors		x20			x20	
Rest is 30 sec between sets						



Inspire Movement

Football							Phase												Accumulation								
Movement Prep/Prehabilitation							Block 1												Movement Prep/Prehabilitation								
Light Trunk Twist x10 Jog Forward x30yards Jog Backward x30yards Side Shuffle x30yards both ways Bodyweight Squat x20 Side Lunge x 5 each Reverse Lunge x10 each Pushup x10							Light Trunk Twist x10 Jog Forward x30yards Jog Backward x30yards Side Shuffle x30yards both ways Bodyweight Squat x20 Side Lunge x 5 each Reverse Lunge x10 each Pushup x10												Light Trunk Twist x10 Jog Forward x30yards Jog Backward x30yards Side Shuffle x30yards both ways Bodyweight Squat x20 Side Lunge x 5 each Reverse Lunge x10 each Pushup x10								
Sub Max							Temp Runs												Temp Runs								
Day 2	Week 5			Week 6			Day 4	Week 5			Week 6			Day 2	Week 7			Week 8			Day 4	Week 7			Week 8		
	Int.	Rep.	Wt.	Int.	Rep.	Wt.		Int.	Rep.	Wt.	Int.	Rep.	Wt.		Int.	Rep.	Wt.	Int.	Rep.	Wt.		Int.	Rep.	Wt.	Int.	Rep.	Wt.
Back Squat	50%	x4-6		50%	x4-6		Tempo Runs																				
	65%	x4-6		65%	x4-6																						
	65%	x4-6		65%	x4-6																						
	65%	x4-6		65%	x4-6																						
Bench	50%	x4-6		50%	x4-6																						
	65%	x4-6		65%	x4-6																						
	65%	x4-6		65%	x4-6																						
	65%	x4-6		65%	x4-6																						
Auxiliary Work							Auxiliary Work												Auxiliary Work								
KB Swing		x20			x20																						
		x20			x20																						
		x20			x20																						
Chinup		x8			x8																						
		x8			x8																						
JM DB Press		x20			x20																						
		x20			x20																						