

XLathlete.com

Adaptability Training Collection

Db Incline

) 1 set

Lat Pull Down

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Right Leg Step Up

) 1 set

Left Leg Step Up

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with Right leg [Step Up](#) and complete 5 repetitions and continue to the Left leg [Step Up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

Side Delt Raise

Bar Curl

Tricep Push Down

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

Back Ext W/ X Pattern

) 1 set

Incline Over Head Sit Up

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required	
Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
Level 3 = 4 Minutes	
Level 4 = 5 Minutes	
Level 5 = 6 Minutes	

Created By: Cal Dietz, Med &
Jonathon Janz, MS, CSCS, USAW

© Copyright XLathlete.com



XLathlete.com

Adaptability Training Collection

Db Incline

Lat Pull Down

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Right Leg Step Up

Left Leg Step Up

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with Right leg [Step Up](#) and complete 5 repetitions and continue to the Left leg [Step Up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

DB Curl To Press

Over Head Lateral Raise

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

DB Squat

DB RDL

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required	
Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
Level 3 = 4 Minutes	
Level 4 = 5 Minutes	
Level 5 = 6 Minutes	

Created By: Cal Dietz, Med & Jonathon Janz, MS, CSCS, USAW

© Copyright XLathlete.com



XLathlete.com

Adaptability Training Collection

DB Bench Press

DB Bent Over Row

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Right Leg Piston Squat

Left Leg Piston Squat

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with Right leg [Piston Squat](#) and complete 5 repetitions and continue to the Left leg [Piston Squat](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

DB Hammer Curl

DB Tricep Extension

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

DB Lunge Right

DB Lunge Left

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required	
Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
Level 3 = 4 Minutes	
Level 4 = 5 Minutes	
Level 5 = 6 Minutes	

Created By: Cal Dietz, Med & Jonathon Janz, MS, CSCS, USAW

© Copyright XLathlete.com



XLathlete.com

Adaptability Training Collection

DB Bench Press

DB Bent Over Row

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark off the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Right Leg Step Up

Left Leg Step Up

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with Right leg [Step Up](#) and complete 5 repetitions and continue to the Left leg [Step Up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

Alternating DB Curl

DB Tricep Floor Extension

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

DB Squat

DB RDL

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required	
Level 1 = 2 Minutes	☐
Level 2 = 3 Minutes	☐
Level 3 = 4 Minutes	☐
Level 4 = 5 Minutes	☐
Level 5 = 6 Minutes	☐

Created By: Cal Dietz, Med & Jonathon Janz, MS, CSCS, USAW

© Copyright XLathlete.com



XLathlete.com

Adaptability Training Collection

DB Bench Alternating

DB Twisting Row

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Right Leg Step Up

Left Leg Step Up

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with Right leg [Step Up](#) and complete 5 repetitions and continue to the Left leg [Step Up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

DB Curl To Press

DB Bent Over Row

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

Zottman Curl

Tricep Push Down

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required	
Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
Level 3 = 4 Minutes	
Level 4 = 5 Minutes	
Level 5 = 6 Minutes	

Created By: Cal Dietz, Med & Jonathon Janz, MS, CSCS, USAW

© Copyright XLathlete.com



XLathlete.com

Adaptability Training Collection

DB Curl To Press

DB Shrug

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Right Leg Piston Squat

Left Leg Piston Squat

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with Right leg [Piston Squat](#) and complete 5 repetitions and continue to the Left leg [Piston Squat](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

DB Incline Fly

DB Bent Over Row

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

DB Lunge Right

DB Lunge Left

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required	
Level 1 = 2 Minutes	☐
Level 2 = 3 Minutes	☐
Level 3 = 4 Minutes	☐
Level 4 = 5 Minutes	☐
Level 5 = 6 Minutes	☐

Created By: Cal Dietz Med & Jonathon Janz, MS, CSCS, USAW

© Copyright XLathlete.com

