



STRENGTH	Agility Drills	Pre-Partner Balance Slick Fighting 2 X 6, Pre Sound
PREP		Roller lband, Post-Shake Fish oil and Vits
STRENGTH Prep Leg 1		

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

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

Strength Prep Leg 5

MINNESOTA

MONDAY									
100.0%	100.0%				100.0%				
	21-May-12	28-May-12	28-May-12	28-May-12	28-May-12	28-May-12	28-May-12	28-May-12	28-May-12
REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES	REPS	LOAD
	Neural Speed Tuning	T	1	Fly 60	T				
28T	Single Leg Squat	5	125 - 155	1	No Rest	5	125 - 155	1	No Rest
28T	Single Leg Squat	3	165 - 185	1	Spine Rolls	3	165 - 185	1	Spine Rolls
					No Rest				No Rest
28T	Single Leg Squat	3	220 - 225	1	Coach Watch	3	220 - 225	1	Coach Watch
28T	Single Leg Squat	4	255 - 260	3	6:00:00:20	4	255 - 260	3	6:00:00:20:20
	Pair w/								
28T	Single Leg Squat	5	225 - 230	2		5	225 - 230	2	

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