

Day 1

	Wk1	Wk2	Wk3
Power Cleans (from floor)			
Total Body Block	Kneeling Plank		4 sets :10 sec
	Altitude Landing		4 sets 4 reps
	5	5	5
	5	5	5
	5	5	5
	5	5	5

	Wk1 - Ecc	Wk2 - Pause	Wk3-Back
Lower Body Block	"Dead Bugs"		4 sets 5 reps ea
	Glute Bridge (Band Resisted)		4 sets 10 reps
	3	3	8
	3	3	8
	3	3	8
	3	3	8

	Wk1	Wk2	Wk3
Upper Body Block	Push - Up's		AFAP 30 total
	Inverted Row		AFAP 30 total

Day 3

	Wk1	Wk2	Wk3
Hang Cleans			
Total Body Block	Push - Up Plank		4 sets :10 sec
	Altitude Landing		4 sets 4 reps
	5	5	5
	5	5	5
	5	5	5
	5	5	5

	Wk1	Wk2	Wk3
Front Squat			
Lower Body Block	Goblet Squat Stretch		4 sets :10 sec
	Side Lying Hip Abduction		4 sets 8 reps ea
	8	8	8
	8	8	8
	8	8	8
	8	8	8

	Wk1	Wk2	Wk3
Upper Body Block	Push - Up's		AFAP 30 total
	Inverted Row's		AFAP 30 total

Day 2

	Wk1	Wk2	Wk3
Overhead Squat			
Total Body Block	Farmers Walk		4 sets 1 x d/b
	Box Jump		4 sets 4 reps
	5	5	5
	5	5	5
	5	5	5
	5	5	5

	Wk1	Wk2	Wk3
RDL			
Lower Body Block	Lateral Lunge		4 sets 5 reps ea
	1/2 Kneeling Quad Stretch		4 sets :10 sec ea
	5	5	5
	5	5	5
	5	5	5
	5	5	5

	Wk1	Wk2	Wk3
Upper Body Block	Band Pull - Aparts		4 sets 10 reps
	Abs Choice		4 sets 20 reps
	8	8	8
	8	8	8
	8	8	8
	8	8	8

Day 4

	Wk1	Wk2	Wk3
Overhead Squat			
Total Body Block	Suitcase Carry		4 sets 1x d/b
	Box Jump		4 sets 4 reps
	5	5	5
	5	5	5
	5	5	5
	5	5	5

	Wk1	Wk2	Wk3
Deadlift			
Lower Body Block	"Dead Bugs"		4 sets 5 reps ea
	Single Arm DB Bench Press		4 sets 8 reps ea
	5	5	5
	5	5	5
	5	5	5
	5	5	5

	Wk1	Wk2	Wk3
Upper Body Block	Plate Horizontal Abduction		4 sets 10 reps
	ABS Choice		4 sets 20 reps
	8	8	8
	8	8	8
	8	8	8
	8	8	8

Knight Power		
Phase 1 - Foundational		
Personal Records		
Goal	Best	Test
		BW
		PU
		IR
		FS
		BS
		DL
		BP
		OH
		CLN
		PRO
		VJ
		SLJ
		20
		40

