

The IMPACT Body Plan  
Workout Worksheets  
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I created these worksheets to take the workouts with me to the gym and avoid being a dork carrying the bright yellow book. I also use it as a logbook to record my progress. While worksheets include a thorough outline, you will likely need the book to figure out the exercises. Yes, it's like being in school and preparing lesson plans before every workout.

I recommend purchasing the book, but be aware that the program is not for everyone. Read my full review on this book at <http://tinyurl.com/3w6t6vh>

IMPACT Body Plan Dynamic Warmup	
1 Jumping Jacks	10
2 Gate Swing	10
3 Pogo Hop	10
4 Seal Jack	10
5 Bodyweight Squat	10
6 Side Lunge	10 / side
7 Lunge and Rotate	10 / side
8 Reverse lunge and reach over top	5 / side
9 Carioca	10 yds
10 Lizard crawl	10 / side
11 Skipping Forward	10 yds
12 Skipping backwards	10 yds
13 Frankenstein Walks	10 yds
14 Frankenstein Skips	10 yds
15 Inchworm	5-10
16 Hip Swing	10 / leg

Should take 10 minutes to complete with no rest in between exercises. Just go!

## Training Camp - Total Body Workout

Week 1			
	Monday	Wednesday	Friday
Dynamic Warmup	Skip #10 Lizard Crawl	Skip #10 Lizard Crawl	Skip #10 Lizard Crawl

Joint Integrity	HIPS	SHOULDERS	BALANCE
	Dirty Dog (1x15 / leg)	SC External Rotation (1x15 / arm)	Single-leg Balance Touch (1x10)
	Horseback Riding (1x10 / leg)	SC Hitchhiker (1x15 / arm)	Single-leg Balance Reach Forward (1x10)
	Bird Dog and Rotate (1x10/side)	SC Double-arm Scarecrow (1x15)	
		SC Single-arm Scarecrow (1 x max / arm)	

Core	Hover Plank (1x30 sec)
	Hipup (1x15 / side)
	Bicycle & Rotate (2 x max)
	Running-man Situp (1 x max)

Strength	Circuit 1	Walking Lunge (2 x 20)		
		Pushup (2 x 20)	MB Single-arm pushup (2 x 20)	
		Rack Row (2 x 10-15)		
	Circuit 2	KB Double-leg Romanian Deadlift (2 x 12)		
		DB Incline Bench Press (2 x 15)		
		SB 1/2 Kneeling Pulldown (2 x 10-15)		
	Circuit 3	DB Stepdown (2 x 10 / leg)		
		DB Rolling triceps supersets (2 x 10)	DB Alternating bench press (2 x 10 / arm)	
		DB Single-arm row (2 x 12)		
	Circuit 4		DB Alternating Shoulder raise (2 x 8 / arm)	SB Lateral Walk (2 x 15 / side)
			SB Splitter (2 x 15)	SB Upright row (2 x 15)
				DB Biceps curl (2 x 15)

## Training Camp - Total Body Workout

		Week 2		
		Monday	Wednesday	Friday
Dynamic Warmup		Skip #10 Lizard Crawl	Skip #10 Lizard Crawl	Skip #10 Lizard Crawl
Joint Integrity	HIPS	Dirty Dog (1x15 / leg)	SHOULDERS SC external rotation (1x15 / arm)	BALANCE Single-leg Balance touch (1x10 / leg)
	Horseback Riding (1x10 / leg)	SC Hitchhiker (1x15 / arm)	Single-leg Balance reach forward (1x10 / leg)	
	Bird Dog and Rotate (1x10 / side)	SC Double-arm Scarecrow (1x15)	3-Point Balance Touch (1x10 / leg)	
	Hip Bridge (1x10)	SC single-arm scarecrow (1 x max / arm)		
		SB Band Splitter (1x15)		
		SB Lateral Walk (1x15 / side)		
		SB Upright row (1x15)		
Core	BOSU Hipup (1x10 / side)	SB Standing Antirotation (1x10-15 / side)	SB 1/2 Kneeling Chop High-Low (1x10 / side)	
	BOSU Crunch and Kick (1x15)	SB 1/2 Kneeling Chop High-Low (1x10 / side)	SB 1/2 Kneeling Lifts Low-high (1x10 / side)	
	BOSU Opposite Elbow and Knee (1x10 / side)	Hyperextension (1x15)		
Strength	Circuit 1	KB Sumo Squat (2x10)		
		Pushup (2x20)		
		TRX Row (2x15)		
		TRX Biceps Curl (2x10)		
	Circuit 2	KB Single Leg Romanian Deadlift (2x8 / leg)		
		DB Bench Press (2x8)		
		SB 1/2 Kneeling Pulldown (2x10-15)		
	Circuit 3	BOSU Bulgarian Lunge (2x15)		
		DB Incline Alternating Bench Press (2x10 / arm)		
		DB Single-Arm Row (2x12 / arm)		
	Circuit 4	DB Rolling Triceps Superset (2-3x10)	SB Lateral Walk (2x15)	SB Overhead Triceps Extension (2x10-15)
		KB Alternating Hammer Curls (2-3x10)	SB Upright Row (2x15)	SB Pressdown (2x10-15)
				DB Biceps 10/10/10 (2 sets)
Conditioning		Treadmill, bike, jump rope, boxing 4 sets / (30 sec on, 30-45 sec off)		

## Training Camp - Total Body Workout

		Week 3		
		Monday	Wednesday	Friday
Dynamic Warmup		Skip #10 Lizard Crawl	Skip #10 Lizard Crawl	Skip #10 Lizard Crawl
Joint Integrity		<b>HIPS</b>	<b>SHOULDERS</b>	<b>BALANCE</b>
		Dirty Dog (2x15 / leg)	SC external rotation (1x15 / arm)	Single-leg Balance Touch (1x10 / leg)
		Horseback Riding (2x10 / leg)	SC Hitchhiker (1x10 / arm)	Single-leg Balance Reach Forward (1x10 / leg)
		Bird Dog and Rotate (2x10 / side)	SC double-arm Scarecrow (1x15)	3-Point Balance Touch (1x10 / leg)
			SC single-arm Scarecrow (1 x max / arm)	
Core		SB 1/2 Kneeling Chop High-Low (1x10 / side)	TRX Plank (1x30 sec)	SB 1/2 Kneeling Lifts Low-high (2x10 / side)
		SB 1/2 Kneeling Lifts Low-high (1x10 / side)	TRX Atomic Pushup (2x10)	SB Rotation (1x15 / side)
		SB Rotation (1x15 / side)	TRX Jackknife and Plank (1x10-15 hold)	TRX Atomic Pushup (2x10)
		SB Split-Squat Antirotation (1x10-15)		TRX Jackknife and Plank (1x10-15 hold)
Strength	Circuit 1	DB Stepup (3x10 / leg)		
		Barbell Bench Press (3x15,10,max)		
		SB Seated Pulldown (3x10-15)		
	Circuit 2	BOSU Hip Bridge (2x15)		
		DB Incline Alternating Bench Press (2x15 / arm)		
		TRX Row (2x15)		
	Circuit 3	TRX Biceps Curl (2x15)		
		DB Side Lunge (2x8 / side)		
		Burpee (2x10)		
	Circuit 4	SB Squat and Single-Arm Row and Rotate (2x10 / arm)		
		BOSU Bulgarian Lunge (2x10 / leg)	SB Lateral Walk (2x15 / side)	TRX Lunge (2x10 / leg)
		DB Rolling Triceps Supersets (2x10-15)	SB Upright Row (2x15)	TRX Chest Press (2x10-15)
		DB Alternating Biceps Curl (2x8-10 / arm)	SB Overhead Triceps Extension (2x15,10)	TRX I,Y,T Deltoid Fly (2x5)
			SB Pressdown (2x15,10)	DB Biceps Curl (2x10)
		SB Hammer Curl (2 x max)		
	Conditioning	Treadmill, bike, jump rope, boxing 5 sets / (30 sec on, 30 sec off)		

## Training Boot Camp

Week 1 - 3	
Exercise (reps)	Notes
Warmup (dynamic or 5 min jog)	
Circuit 1	Lunge (1x15)
	Pushup (1x15)
	Single leg balance touch (1x10 / side)
Perform circuit 2 times resting less than 10 sec per exercise	
Cardio (3-5min)	Run or jump rope
Rest (1-2 min max)	
Circuit 2	Dirty Dog (1x15 / leg)
	Horseback Riding (1x10 / leg)
	Bird dog & rotate (1x10 / side)
	Pushup (1x15)
Perform circuit 2 times resting less than 10 sec per exercise	
Cardio (3-5min)	Run or jump rope
Rest (1-2 min max)	
Circuit 3	Hello Dolly (1x20)
	Bicycle & Rotate (1 x max)
	Hipup (1x20)
	Superman (1x15)
Perform circuit 2 times resting less than 10 sec per exercise	
Conditioning Sprints 2-3 sets / (30 sec on, 60 seconds off)	
Cooldown stretching	

In Season - Plyometrics & Power

		Week 4			
		Monday	Wednesday	Thursday	
Dynamic Warmup		All	All	All	
Joint Integrity	HIPS & SHOULDERS		SHOULDERS	BALANCE	
		Dirty Dog (2x15 / leg)	SC External Rotation (1x15 / arm)	Single-leg Balance Touch (1x15 / leg)	
		Horseback Riding (1x10 / leg)	SC Hitchhiker (1x15 / arm)	Single-leg Balance Reach Forward (1x10 / leg)	
		Bird Dog and Rotate (1x15 / side)	SC Double-arm Scarecrow (1x15)		
		SB Lateral Walk (1x15 / side)	SC Single-arm Scarecrow (1 x max / arm)		
		SB Upright Row (1x15)			
		SB Splitter (1x15)			
Plyometrics		Squat Jump (2x10)	Plyo Pushup (2x10)	Squat Jump (2x10)	
		Lunge Hop (2x10)	MB Ground Push Slam (2x10)	Lunge Hop (2x10)	
				Skater plyo (2x20)	
Core		MB Slam (2x10)	BOSU Opposite Elbow and Knee (1x15 / side)	BOSU Crunch and Kick (1x10)	
		MB lunge Hop with Rotation (2x10)	BOSU Crunch and Kick (1x15)	BOSU Opposite Elbow and Knee (2x15 / side)	
		SB Chop (1x10 / side)	Bicycle and Rotate (2 x max)	BOSU Sideup (1x15 / side)	
		SB Lift Low-High (1x10 x side)	SB Rotation (2x15)	Hyperextension (2x10)	
		SB Rotation (1x10-15 / side)	SB Standing Antirotation (1x15 / side)		
Strength	Circuit 1	KB Swing (3x15)	TRX Row (1x10-15)	MB Diagonal Lunge & Press (3x20)	
		KB Burpee (3x10)	TRX Chest Press (1x10-15)	MB Slam (3x10)	
		SB Pullup (3x5-10)	TRX Triceps Extension (1x10-15)	DB Side Lunge (2x10 / leg)	
			TRX Biceps Curl (1x10-15)		
			TRX I,Y,T Deltoid Fly (1x5 each)		
	Circuit 2	DB Stepup (3x8-10)	DB Incline Alternating Bench Press (3x10)	SB Split-Squat Antirotation (1x10-15 / side)	
		Barbell Bench Press (3x15,10,max)	Mixed-Grip Chipup (3-5-10)	BOSU Single-Leg Hip Bridge (3x15 / leg)	
		SB Squat Single-Arm Row and Rotate (3x10 / arm)		SB Rotation (3x10-15 / side)	
	Circuit 3	KB Single-Leg Romanian Deadlift (ipsilateral) (2x12)	DB Renegade Row (2x6-10)	SB Lateral Walk (2x15 / side)	
		DB Rolling Triceps Supersets (2x10)	SB Single Arm Pulldown (2x15)	SB Upright Row (2x15)	
		DB Alternating Biceps Curl (2x10-15 / arm)		SB Face Pulls (2x15)	
	Circuit 4	Single-Leg Balance Touch (2x10-15)	SB Overhead Triceps Extension (3x15,max)		
			SB Triceps Pressdown (3x15,max)		
			SB Hammer Curl (3 x 15)		
	Conditioning		Sprints #1 - 1 min on, 1 min off #2-4 - 30 sec on, 30-60 sec off #5-Max duration and speed	8-12 min Cardio 60-75% MHR	Sprints (5 sets) 20 sec on 30-45 off

In Season - Complex Training

		Week 5		
		Monday	Wednesday	Thursday
Dynamic Warmup		All	All	All
Joint Integrity	HIPS	Dirty Dog (2x15 / leg)	SC External Rotation (2x15 / arm)	Single-leg Balance Touch (1x15 / leg)
		Horseback Riding (1x10 / leg)	SC Hitchhiker (2x15 / arm)	Single-leg Balance Reach Forward (1x10 / leg)
		Bird Dog and Rotate (1x15 / side)	SC Double-arm Scarecrow (2x15)	Single-Leg Balance Touch & Hop (1x10 / leg)
			SC Single-arm Scarecrow (2 x 15 / arm)	
Core		TRX Plank (1x60 sec)	BOSU Crunch / Kick (2x10)	MB Slam (2x10)
		TRX Atomic Pushup (2x10)	BOSU Opposite Elbow and Knee (2x15 / side)	Lunge hop with MB Rotation (2x10)
		TRX Pendulum Swings with Knee Tuck (2x12-20)	BOSU Plank & Stand (2x20)	
		Hyperextension (2x15)	Running-Man Situp (2x20)	
			Swimmer (2x15)	
Strength	Circuit 1	Bus Driver (2x12-20)	Barbell Bench Press (3x15,10,max)	DB Clean & Press (3x5)
		Bus Driver Rotational Drop Set (2x10 / side)	BOSU Plyo Pushup (3x5-10)	DB Clean (3x5)
		Bus Driver Squat Press (2x10 / arm)		DB Power Shrug (3x10)
	Circuit 2	KB Sumo Squat (3x10)	Gorilla Pullup (2 x max)	KB Goblet Squat (3x10)
		Squat Jump (3x5-8)	TRX Row (2x10-15)	Squat Jump with Rotation (3x20)
				SB Chop High-Low (1x10 / side)
	Circuit 3	KB Single-Leg Romanian Deadlift (ipsilateral) (2x10 / leg)	DB Incline Alternative Bench Press (2x10 / arm)	BOSU Bulgarian Lunge w/ DB (2x10 / leg)
		Skater Plyo (2x20)	Dips (2x6-10)	BOSU Bulgarian Lunge Hop (2x6-10 / leg)
				SB Rotation (2x10-15 / side)
	Circuit 4	DB Incline Bench press (3x15,10,max)	DB Rolling Triceps Superset (2x10,10-15)	Hyperextension (2x15)
		Plyo Pushup (3x6-12)	Biceps 10/10/10 (2 sets)	Skater Plyo (2x20)
				SB Split-Squat Antirotation (2x10-15 / side)
	Circuit 5	TRX Row (2x15)	TRX Bicep Curl (2x10-15)	
		TRX Biceps Curl (2x10-15)	SB Overhead Triceps Extension (2x10-15)	
		Sb Single-Arm Pulldown (2x15-25 / arm)		
	Circuit 6	SB Overhead Triceps Extension (2x15,max)		
		SB Triceps Pressdown (2x15,max)		
		SB Hammer Curl (2x15)		
	Conditioning	Sprints #1 - 1min on, 1min off #2-#5 - 30sec on, 30-60 sec off #6 - max duration & speed	8-12 min Cardio 60-75% MHR	Sprints (6 sets) 20 sec on 30-45 sec off Last sprint 1 min @ 50 of max effort



In Season - Drop Sets

		Week 6		
		Monday	Wednesday	Thursday
Dynamic Warmup		All	All	All
Joint Integrity	HIPS	SHOULDERS	BALANCE	
	SB Lateral Walk (2x15,max)	SC External Rotation (2x15 / arm)	Single-leg Balance Touch (1x15 / leg)	
	SB Upright Row (2x15,max)	SC Hitchhiker (2x15 / arm)	Single-leg Balance Reach Forward (1x10 / leg)	
	Dirty Dog (2x15 / leg)	SC Double-arm Scarecrow (2x15)	3-Point Balance Touch (1x10 / leg)	
	Horseback Riding (1x10 / leg)	SC Single-arm Scarecrow (2 x 15 / arm)		
	Bird Dog and Rotate (1x15 / side)			
	BOSU Single-Leg Hip Bridge (2x15 / leg)			
Core	BOSU Plank to pushup stand (1x5-10 arm)	BOSU Plank to pushup stand (1x5-10 / arm)	MB Slam (2x10)	
	BOSU Hipup (1x20 / side)	BOSU Pushup (1x10)	Lunge hop with MB Rotation (2x10 per side)	
	3-Point Core Tuck (2x15)	BOSU Sideup (1x20 / side)	SB Rotation (2x10-15 / side)	
	MB Slam (2x10)	TRX Atomix Pushup (2x10-15)		
Strength	Circuit 1	Barbell Deadlift (3x8)	DB Incline Bench Press (3x10)	DB Clean & Press (2x5, 2x3)
		Squat Jump Dropset (3x8)	DB Incline Bench Press Dropset (3x10)	DB Clean (2x5, 2x3)
		Barbell Bench Press (3x10,5,5)	Pullup (3x6-12)	DB Power Shrug (4x10)
		Barbell Bench Press Dropset (3x10)	SB Chinup Dropset (3 x max)	
		Pullup (3x5-10)		
		SB Seated Pulldown (rows) Dropset (3x15)		
		Lunge (2x10 / leg)		
		Lunge Hop Dropset (2x10 / leg)		
	Circuit 2	DB Incline Alternating Bench Press (2x5 / arm)	TRX Atomic Pushup (2x8)	Barbell Overhead Lunge (3/x10 / leg)
		DB Incline Bench Press Dropset (2x10)	TRX Row (2x10-15)	MB Diagonal Lunge & Press (3x10 / leg)
		DB Rolling Triceps Superset (3x5 - 10)	TRX Biceps Curl (2x10-15)	BOSU Opposite Elbow & Knee (3x15 / side)
		SB Pressdown (3 x max)		
	Circuit 3	Single-Arm Row (2x10 / arm)	TRX Biceps Curl (2x5-8)	DB Side Lunge (2x10 / side)
		SB Squat & Single-Arm Row & Rotate Dropset (2x10 / arm)	TRX Triceps Extension (2x6-10)	SB Split-Squat Antirotation (2x10 / side)
		DB Biceps Curl (2x8 / arm)		
		SB Hammer Curl Dropset (2x10-15)		
	Circuit 4	KB Single-Leg Romanian Deadlift (ipsilateral) (2x8 / leg)		KB Double-Leg Romanian Deadlift (2x15)
		SB Face Pull (2x15)		Single-Leg Romanian Deadlift Dropset (2x8 / leg)
				SB Lateral Walk (2x15)
	Conditioning	Sprints #1 - 1min on, 1min off #2-#5 - 30sec on, 30-60 sec off #6 - max duration & speed	8-12 min Cardio 60-75% MHR	Sprints (6 sets) 20-30 sec on 30-45 sec off Last sprint 1 min @ 50 of max effort

In Season - Eccentric Training

		Week 7		
		Monday	Wednesday	Thursday
Dynamic Warmup		All	All	All
Joint Integrity	HIPS		SHOULDERS	HIPS
	Dirty Dog (2x15 / leg)		SC External Rotation (2x15 / arm)	SB Lateral Walk (2x15,max)
	Horseback Riding (1x10 / leg)		SC Hitchhiker (2x15 / arm)	SB Upright Row (2x15,max)
	Bird Dog and Rotate (1x15 / side)		SC Double-arm Scarecrow (2x15)	Dirty Dog (2x15 / leg)
	BOSU Single-Leg Hip Bridge (2x15 / leg)		SC Single-arm Scarecrow (2 x 15 / arm)	Horseback Riding (1x10 / leg)
	Pushup Eccentric (2x10)			Bird Dog and Rotate (1x15 / side)
				BOSU Single-Leg Hip Bridge (2x15 / leg)
				Single-leg Balance Touch (1x15 / leg)
			Single-leg Balance Reach Forward (1x10 / leg)	
			3-Point Balance Touch (1x10 / leg)	
Power & Plyos	Squat Jump & Rotation (2x10)			Squat Jump & Rotation (1x10)
	Lunge Hop & MB Rotation (2x20)			Lunge Hop & MB Rotation (1x20)
	Skater Plyo (2x20)			BOSU Bulgarian lunge Hop (1x20)
	MB Slam (2x10)			Skater Plyo (1x20)
	MB Ground Push Slam (2x10)			MB Slam (1x10)
	Plyo Pushup (2x10)			
Core	Running Man Situp (2x20)		BOSU Plank & Stand (2x5-10 / arm)	MB Slam (2x10)
	Standing Plank (1x30-60 sec)		BOSU Pushup (1x6-10)	Lunge hop with MB Rotation (2x10)
	Bus Driver (1x12-20)		BOSU Sideup (1x20 / side)	SB Rotation (2x10-15 / side)
	Bus Driver Rotational Drop Set (1x10 / side)		TRX Atomix Pushup (2x10-15)	
	Bus Driver Squat Press (1x10 / arm)			
Strength	Circuit 1	KB Goblet Squat (3x10)	Barbell Bench Press Eccentric (1x10, 3x5)	DB Clean & Press (2x5, 2x3)
		Barbell Bench Press (3x5-8)	Pullup (4x5-10)	DB Clean (2x5, 2x3)
		DB Single-Arm Row (3x10 / arm)		DB Power Shrug (4x10)
	Circuit 2	DB Stepup (3x8 / leg)	Death Crawl (2x6-10)	BOSU Bulgarian Lunge Eccentric 2x8 / leg
		DB Incline Alternating Bench Press (3x12,8-10,5,8 / arm)	SB Seated Pulldown Eccentric (2x8)	SB Rotation (2x15 / side)
		SB Pullup Eccentric (3x5-8)		
	Circuit 3	Stepdown Eccentric (2x8 / leg)	DB Alternating Shoulder Raise (3 x 8 / arm)	Stepdown Eccentric (2x10 / leg)
		DB Rolling Triceps Superset (2x10)	SB Splitter (3 x 15)	SB Standng Antirotation (2x10)
	Circuit 4	Biceps 10/10/10 (2 sets)		
		SB Lateral Walk (2x15)	TRX Row (2x10-15)	
		SB Upright Row (2x15)	TRX Biceps Curl (2x5-8)	
		SB Splitter (2 x 15)		
	Circuit 5	SB Hammer Curl (2x15)		
			SB Overhead Triceps Extension (2x15,10-15)	
			SB Pressdown (2x15,10-15)	
			SB Hammer Curl (2x15-25)	
Conditioning		MB Single-Arm Pushup (2 x max)		
	Sprints #1 - 1min on, 1min off #2-#5 - 30sec on, 30-60 sec off #6 - max duration & speed	8-12 min Cardio 60-75% MHR	Sprints (6 sets) 15-20 sec on 45-60 sec off Last sprint 1 min @ 50 of max effort	

The Playoffs - Mastering the Matrix

		Week 8		
		Monday	Wednesday	Thursday
Dynamic Warmup		All	All	All
Joint Integrity	HIPS	Dirty Dog (2x15 / leg)	SC External Rotation (2x15 / arm)	Single-leg Balance Reach Forward (1x10 / leg)
	Horseback Riding (2x10 / leg)	SC Hitchhiker (2x15 / arm)	3-Point Balance Touch (1x8-10 / leg)	
	Bird Dog and Rotate (2x15 / side)	SC Double-arm Scarecrow (2x15)	Single-leg Balance Touch & Hop (1x10 / leg)	
		SC Single-arm Scarecrow (2 x max / arm)		
Power & Plyos	Star Jump (1x10)		Squat Jump & Rotation (1x10)	
	Squat Jump & Rotation (1x8)		Lunge Hop & MB Rotation (1x20)	
	Lunge Hop with MB Rotation (1x20)		Skater Plyo (1x20)	
	Skater Plyo (1x20)		Single-Leg Reactive Box Hop (1x10-15)	
	BOSU Bulgarian Lunge Hop (1x10-15 / leg)			
Core	MB Slam (2x10)	BOSU Plank & Stand (1x5-10 / arm)	MB Slam (2x10)	
	MB Ground Push Slam (2x10)	BOSU Pushup (1x5-10)	SB 1/2 Kneeling Chop High-Low (1x10 / side)	
	Hyperextension (2x10-15)	BOSU Opposite Elbow & Knee (1x15; 1x10)	SB Lift Low-High (1x10 x side)	
	Pushup Eccentric (2x5)	BOSU Sideup (1x20 / side)	SB Rotation (1x15 / side)	
		TRX Jackknife and Pushup (1x10)		
		TRX Pendulum Swing with Knee Tuck (1x12-20)		
		TRX Plank (1x30-60 sec)		
Strength	Circuit 1	DB Stepup (1x10; 1x8; 1x6)	TRX Row (1x10-15)	Barbell Deadlift (3x5)
		Squat Jump Dropset after 3rd set above (1x10)	TRX Biceps Curl (1x10-15)	Squat Jump (3x5)
		Barbell Bench Press Eccentric (3x5-8)	TRX Chest Press (1x10-15)	
		MB Pushup Dropset after 3rd set above (1 x max)	TRX I,Y,T Deltoid Fly (1x10 each)	
		Pullup (1 x max, 2 x max with SB)		
	Circuit 2	TRX Row Dropset after 3rd set above (1 x max)		
		KB Double-leg Romanian Deadlift (1x15; 2x10)	Death Crawl (2x5-10)	
		BOSU Single-Leg Hip Bridge After 2nd set (1x15 / leg)	Hyperextension (2x10-15)	
		DB Incline Alternating Bench Press Eccentric (1x5-8)		
		BOSU Plyo Pushup After 2nd set (1 x max)		
		DB Single Arm Row (1x10; 2x8 / arm)		DB Clean & Press (3x20)
		TRX Row After 2nd set (1 x max)		DB Clean (3x10)
	Circuit 3	TRX Burpee (in the box) (1x10 / leg) Do at the end of the circuit		DB Power Shrug (3x15)
		DB Rolling Triceps Supersets (2x10-15)	DB Incline Alternating Bench Press (3x5 / arm)	KB Single-leg Romanian Deadlift (contralateral) (2x10 / leg)
		DB Biceps Curl (2x5-10) max weight	DB Incline Bench Press Dropset after each set (3 x max)	BOSU Opposite Elbow & Knee (2x10 / leg)
		SB Pressdown (1 x max) Do at the end of the circuit	Chinup (3x5-10)	Single-Leg Balance Touch (1x15 / leg) Do at the end of the circuit
			SB Seated Pulldown Dropset after each set (1 x max)	
	Circuit 4		SB Resisted Pushup (1x15) Do at the end of the circuit	
		SB Lateral Walk (2 x 15 / side)	SB Overhead Tricep Extension (3x10-15)	DB Side Lunge (2x15 / leg)
		SB Upright row (2x10-15)	SB Pressdown (3x10-15)	SB Lateral Walk (2x10-15)
		SB Hammer Curl (2x10-15)		SB Upright Row (2x10-15)
	Circuit			BOSU 3-Point Core Tuck (1x10 / leg) Do at the end of the circuit
			Biceps 10/10/10 (1 set)	
			DB Alternating Biceps Curl (1 x max)	
Conditioning	Sprints #1 - 1min on, 1min off #2-#5 - 30sec on, 30-60 sec off #6 - max duration & speed	8-12 min Cardio 60-75% MHR	Sprints (6 sets) 30 sec on 30 sec off	

The Playoffs - Mastering the Matrix

		Week 9		
		Monday	Wednesday	Thursday
Dynamic Warmup		All	All	All
Joint Integrity	HIPS	Dirty Dog (2x15 / leg)	SC External Rotation (1x15 / arm)	Single-leg Balance Reach Forward (1x10 / leg)
		Horseback Riding (2x10 / leg)	SC Hitchhiker (1x15 / arm)	3-Point Balance Touch (1x8-10 / leg)
		Bird Dog and Rotate (2x15 / side)	SC Double-arm Scarecrow (1x15)	Single-leg Balance Touch & Hop (1x10 / leg)
		Pushup (2x10-15)	SC Single-arm Scarecrow (1 x max / arm)	
Power & Plyos		Star Jump (1x10)		Star Jump (1x10)
		Lunge Hop with MB Rotation (1x20)		Squat Jump & Rotation (1x10)
		Skater Plyo (1x20)		Lunge Hop & MB Rotation (1x20)
		Single Leg Reactive Box Hop (1x10-15 / leg)		Skater Plyo (1x20)
				Single-Leg Reactive Box Hop (1x10)
Core		TRX Atomic Pushup (1x10)	BOSU Plank & Stand (2x5-10 / arm)	MB Slam (1x10)
		TRX Jackknife and Plank (1x10)	BOSU Opposite Elbow & Knee (2x10-15)	SB Rotation (1x10-15 / side)
		TRX Plank (1x10-20)	BOSU Crunch and Kick (2x15)	SB Split-Squat Antiroation (1x10-15 / side)
			Bicycle and Rotate (1 x max)	
Strength	Circuit 1	KB Burpee (3x8-10)	TRX I,Y,T Deltoid Fly (2x5 each)	DB Clean & Press (3x5)
		KB Swing (3x5-10)	TRX Biceps Curl (2x10-15)	DB Clean (3x5)
		SB Pullup (1 x max)	TRX Row (2x10-15)	DB Power Shrug (3x10-15)
		SB Seated Pulldown (1x-15-25) Do at the end of the circuit	TRX Chest Press (2x10-15)	
			TRX Triceps Extension (2x10-15)	
	Circuit 2	TRX Lunge (3x10-15 / leg)	Barbell Bench Press (1x10; 1x8; 1x5)	BOSU Bulgarian Lunge Eccentric (3x6-10)
		DB Floor Press (2x15, 1 x max)	Babell Bench Press Dropset after 3rd set (1 x max)	BOSU Bulgarian Lunge Hop (1x10-15)
		TRX Row (3x10-15)	Pullup (3 x max)	KB Single-leg Romanian Deadlift (contralateral) (3x5-10 / leg)
		TRX Biceps Curl (3x10-15)	SB Single Arm Pulldown Dropset after 3rd set (1 x max)	
		SB Squat, Single-arm Row & Rotate (1x10-15 / arm) Do at the end of the circuit		
	Circuit 3	BOSU Single Leg Hip Bridge (2x15 / leg)	DB Incline Alternating Bench Press (3x6-8 / arm)	DB Side Lunge (2x10 / leg)
		DB Single arm incline bench press (2x8-12 / arm)	DB Single Arm Row (3x6-10 /arm)	SB Lateral Walk (2x15)
		SB Splitter (2x10-15)	MB Pushup (1 x max) Do at the end of the circuit	SB Upright Row (2x10-15)
	Circuit 4	DB Rolling Triceps Extension (2x8-10)	DB Alternating Shoulder Raise (2x8 / side)	Single-Leg Balance Touch & Hop (1x10-15 / leg)
		DB Alternating Biceps Curl (2x8-10)	SB Splitter (2x10-15)	Single-Leg Balance Reach Forward (1x10 / leg)
		SB Pressdown (1 x max) Do at the end of the circuit		3-Point Balance Touch (1x10/leg)
	Circuit 5		DB Alternating Biceps Curl (1x5-10) max weight	U CALL IT! Core (5 minutes)
			SB Pressdown (1 x max)	
	Conditioning	Sprints #1 - 1min on, 1min off #2-#5 - 30sec on, 30-60 sec off #6 - max duration & speed	8-12 min Cardio 60-75% MHR	Plyo Buildup 6 - Squat Jump 6 - Lunge Hop then 7 of each, then 8... Without break

The Playoffs - Impact!

		Week 10		
		Monday	Wednesday	Saturday
Dynamic Warmup		All	All	
Joint Integrity	HIPS & SHOULDERS		SHOULDERS	
	Dirty Dog (2x15 / leg)		SC External Rotation (1x15 / arm)	
	Horseback Riding (1x10 / leg)		SC Hitchhiker (1x15 / arm)	
	Bird Dog and Rotate (1x15 / side)		SC Double-arm Scarecrow (1x15)	
	SB Splitter (1x15)		SC Single-arm Scarecrow (1 x max / arm)	
	SB Lateral Walk (1x15 / side)			
		SB Upright Row (1x15)		
Power & Plyos	Squat Jump & Rotation (1x5-10)			
	Squate Jump & Rotation (1x8-10)			
	Lunge Hop with MB Rotation (1x12-20)			
	Skater Plyo (1x12-20)			
	BOSU Bulgarian Lunge Hop (1x10-15 / leg)			
Core	SB Rotation (1x15 / side)		SB Lift (2x10 / side)	
	SB Split Squat Antirotation (1x10-15 / side)		SB Rotation (2x10-15 / side)	
	SB Lift (1x10 / side)			
	TRX Jackknife and Pushup (2x10-15)			
	TRX Plank (1 x max hold)			
Strength	Circuit 1	DB Clean & Press (4x3)	DB Clean & Press (1x5, 2x3)	SELF TEST
		DB Clean (4x3)	DB Clean (1x5, 2x3)	
		DB Power Shrug (4x3)	DB Power Shrug (3 x max)	
	Circuit 2	Flyo-buildup (see caption on Week 9 Conditioning) Do at the end of the circuit		
		SB Resisted Pushup (3 x max)	Barbell Bench Press (1x10; 1x5 eccentric; 2x3 eccentric)	
		Pushup Dropset after each set (3 x max)	Pullup (1 x max, 3 x max with SB)	
		SB Seated Pulldown (2x15)	DB Single-arm Incline Bench Press (1 x max / arm) Do at the end of the circuit	
		Rack Row Dropset after each set (1 x max)		
	Circuit 3	SB Single Arm Pulldown (1 x max / arm) Do at the end of the circuit		
		Barbell Deadlift (3x3)	KB Single Leg Romanian Deadlift (2x6-8 / leg)	
		TRX Row (3x10-15)	SB Lateral Walk (2x15)	
		TRX Biceps Curl (3x10-15)	SB Upright Row (2x15)	
		KB Single-leg Romanian Deadlift (1x20) Do at the end of the circuit	SB Hammer Curl (2x10-15)	
	Circuit 4	SB Pressdown (1 x max) Do at the end of the circuit		
		Biceps 10/10/10 (1 x max) Do at the end of the circuit		
		DB Rolling Triceps Extension (2x10)	TRX Row (1x10-15)	
		DB Biceps Curl (2 x max)	TRX Biceps Curl (1x10-15)	
		SB Pressdown (1 x max) do at the end of the circuit	TRX Chest Press (1x10)	
		TRX Triceps Extension (1x10)		
		TRX I,Y,T Deltoid Fly (1x5 each)		
	Circuit 5	TRX Atomic Pushup (1x10)		
		TRX Jackknife (1x10)		
		TRX Pendulum Swing with Knee Tuck (1 x max)		
			TRX Plank (1 x max hold)	
	Conditioning	Sprints 1 & 6 - 1 min on, 1 min off then 3 min easy walk 2 - 5 - 30sec on, 30-60sec off	Light cardio 10-20 min	

## Training Boot Camp

Week 4 - 9		
Exercise (reps)	Notes	
Ten-minute cardio		
Dynamic Warmup		
Circuit 1	Dirty Dog (1x15 / leg)	Rest 30 sec max between exercises.  On week 7 & 8 do just one set of Lunge and Lizard Crawl.  On week 8 complete circuit 2 times and then run.
	Pushup (1x15)	
	Horseback Riding (1x10 / leg)	
	Divebomber Pushup (1x10)	
	Lunge (2x20)	
	Lizard Crawl (2x10-20)	
Walk, Jog, Run (3-5 min)		
Rest (2 min max)		
Circuit 2	Star Jump (1x10)	Rest 30 sec max between exercises.  On week 7, 8 & 9 complete circuit 2 times then run.
	Lunge Hop (1x20)	
	Skater Plyo (1x20)	
	Surfer (1x10)	
Run (3-5 min)		
Rest (2 min max)		
Circuit 3	Burpee (1x10)	Rest 30 sec max between exercises.  On week 7, 8 & 9 complete circuit 2 times and then run.  On week 7 just do one set of Stepdown
	Inchworm (1x10)	
	Bench Dip (1x20)	
	Stepdown (2x10-15 / leg)	
Run (3-5 min)		
Rest (2 min max)		
Circuit 4	Hello Dolly (1x20)	Rest 30 sec max between exercises.  On week 7, 8 & 9 complete circuit 2 times and then run.
	Hipup (1x20)	
	Swimmer (1x15)	
	Bicycle & Rotate (1 x max)	
Week 4 : Sprints 3-5 sets / (30 sec on, 60 seconds off) Week 5, 6, 8 & 9: 300 yard shuttle run (one set) Week 7: Sprint 30sec on, 30-60 sec off (3 sets)		

## IMPACT Workout Design Structure

**1** Warmup

**2** Joint Integrity

**3** Power or Plyometrics (optional)

**4** Core

Circuit Resistance Training				
	CUIRCUIT 1	CUIRCUIT 2	CUIRCUIT 3	CUIRCUIT 4
<b>5</b>	1A Lower body	2A Lower body	3A Lower body single leg	4A Auxiliary work
	1B Upper Body push	2B Upper Body push	3B Upper Body single arm; push	4B Auxiliary work
	1C Upper Body pull	2C Upper Body pull	3C Upper Body single arm; pull	

**6** Cardio conditioning