



Day 1 Phase GPP Prep Date

A1) Dumbbell Goblet Squat 3 x 12-15

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

A2) Flexed Arm Hang- 3 x : 15 - :30

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B1) Split Squat – 2 x 8-12

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B2) Push-ups - 30-45 total reps

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C1) Short Lever Side Plank- 3 x :20 - :40

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C2) Single Leg RDL w/ back leg supported - 2 x 8-12

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

Notes

Perform workouts for 1-4 week to build a base in order to handle the training in later phases
Focus is movement and technique





Day 2 Phase GPP Prep Date

A1) 1 Arm Dumbbell Bench Press- 3 x 12-15

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

A2) Wk 1-2 DB Reverse Reverse Lunge 3x8-10 per side

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B1) Split Stance One Arm Dumbbell Overhead Press 3 x 12-15 each arm

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B2) Reverse Crunches - 3 x 10-15

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C1) Tall Kneeling X-Pull Downs 3 x 12-15

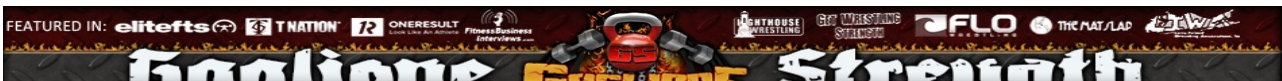
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C2) Tall Kneeling X-Push Downs - 3 x 12-15

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

Notes

Perform workouts for 1-4 week to build a base in order to handle the training in later phases
Focus is movement and technique





Day 3 Phase GPP Prep **Date**

A1) Dumbbell Belly Swing - 3 x 10-12

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

A2) Tall Kneeling Anti-rotation Hold - 3 x :15 - :30

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B1) Overhead Farmer's Walks - 3 x 30 yds

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B2) Inverted Rows - 30- 45 total reps

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C1) 2 Arm Plate Pinches 3 x :15 - :30 hold

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C2) Bottoms up Hip Thrusts 3 x 8- 12 w/ 2 sec squeeze

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

Notes

Perform workouts for 1-4 week to build a base in order to handle the training in later phases
Focus is movement and technique