

Name of Client	
Name of the Instructor/Trainer	Terron Beckham

<https://www.sports-science.co.uk/flexibility/whole-body-stretching-routine/>
<http://www.stack.com/a/agility-ladder-drills>
<https://kingsportstraining.com/blogs/running-blog/769445-13-agility-ladder-drills-for-faster-footwork/>

Training					
Exercises	Reps	Min. Lsg	Weeks	Frequency	Start
Sec Chin	5	100			
Weighted Pull Press	2 x 10				
Push-up hold shoulder touches	20				
Strength					
Exercises	Reps	Min.	Weeks	Frequency	Start
1/2 Squat	4 x 5				
SL Arm Ch Four Press	4 x 5				
SL Bench Press	4 x 5				
Band assisted Squat Pull ups	4 x 5 - 10				
Cardio/Hips					
Exercises	Reps	Min.	Weeks	Frequency	Start
40 min. walks	3-10				
AC Wing Hip raises	3-10				
AC Squares	3-10				
Cool down					
Exercises	Reps	Min.	Weeks	Frequency	Start
10 min. stretch					

Strength					
Exercises	Reps	Min	Max	Frequency	Start
2 x 5			5x10		
One Mile					
Front Splits	2 x 10				

Strength					
Exercises	Reps	Min	Max	Frequency	Start
Barbell Thrusts	5 x 5				
One Mile			6 x 5		
SB Thrust	4 x 5				
Squat Thrust	7 x 5				

Cardio/Speed					
Exercises	Reps	Min	Max	Frequency	Start
60 Second Sit Thrust	2 x 1				
40 Yd Dash up	3 x 5				
60 Second Sit Thrust	2 x 5				

Warm-up						
Exercises	Reps	Min. L&I	Weeks	Frequency	Start	
Deadlift	5		5&6			
Glike grip pull ups	10					
Set down						
Run jumps	30-40sec					
Strength						
Exercises	Reps	Min.	Weeks	Frequency	Start	
Jump Squat	2 x 5					
Golden Squat	4 x 10					
Core morning	2 x 10					
CRB	2 x 8					
Cardio/Hyp						
Exercises	Reps	Min.	Weeks	Frequency	Start	
Horizontal line jumps	2 x 10sec					
most ball angle leg lateral jumps	2 x 40s					
angle leg hops	2 x 10sec					
Cool down						
Exercises	Reps	Min.	Weeks	Frequency	Start	
stlch						
20 sec meditation						

Work-up						
Exercises	Reps	Wts (Lb)	Weeks	Frequency	Start	
Dead Bugs	5		3x10			
Globe Bridge 1 Leg	10					
Bird Dog	5					
1st jumps	3x 10sets					
Strength						
Exercises	Reps	Wts	Weeks	Frequency	Start	
Front Squat	5 x 3					
DB Lunges	3 x 8-10					
Bulgarian Split Squat	3 x 8-10					
SL Leg Press	3 x 12-12					
Cardio/HyP						
Exercises	Reps	Wts	Weeks	Frequency	Start	
1st jumps	3 x 5					
horizontal line jumps	3 x 10sets					
vertical jumps	3 x 6-8					

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Warm-up					
Exercises	Reps	Mts (s)	Weeks	Frequency	Start
high-knees	4 x 10 sec		6-10		
carries	4 x 10 yd				
Overhead lunges	4x8				
jump lunges	20				
Strength					
Exercises	Reps	Mts	Weeks	Frequency	Start
CardioType					
Exercises	Reps	Mts	Weeks	Frequency	Start
single leg shuffle	5				
back and fourth	5				
s-10-5 shuttle	5				

Warm-up					
Exercises	Reps	Min	Max	Frequency	Start
Arise circles	10		150		
30 Glute bridges	10				
Plank Squats	10				
Wall ankle mobility	8				

Strength					
Exercises	Reps	Min	Max	Frequency	Start
Upright	4 x 5				
	3 x 5-8				
Push Press	2 x 5				
Weighted pull ups	3 x 5				

Cardio/Hip					
Exercises	Reps	Min	Max	Frequency	Start
Endless burpees	30				

Cool-down					
Exercises	Reps	Min	Max	Frequency	Start
Stretch					

Cardio					
Warm-up	Exercises	Reps	Mts (L)	Weeks	Frequency
J&J					
Strength					
	Exercises	Reps	Mts	Weeks	Frequency
Cardio/Flex					
	Exercises	Reps	Mts	Weeks	Frequency

Warm-up						
Exercises	Reps	Wts	R/T	Weeks	Frequency	Start
Dead Bug	5			SSG		
Glute bridge 1 leg	10					
BBQ dips	5					
Line jumps	30 Times					
Strength						
Exercises	Reps	Wts	Weeks	Frequency	Start	
Hanging Lats	1 x 15					
Glute bridge weighted	2 x 6					
Hammer Night Squat	2 x 6					
GHR	2 x 6					
Cardio/Hyp						
Exercises	Reps	Wts	Weeks	Frequency	Start	
Mt Row Jump	1 x 5					
Mt Death Jump	3 x 5					
Burpees	2 x 10					
Cool-down						
Exercises	Reps	Wts	Weeks	Frequency	Start	

Warm-up	Exercises	Reps	Wts./Set	Weeks	Frequency	Set
En mat med ned press		3 x 10		10-12		
håndslag		3 x 5				
park		3 x 30sec				

Strength	Exercises	Reps	Wts	Weeks	Frequency	Set
Incline DB Press		3 x 10				
Cable Vt		4 x 10-12				
Deadlift		4 x 5				
Hypertensional Vt		3 x 12				

Cardio/plyo	Exercises	Reps	Wts	Weeks	Frequency	Set
none						

Strength						
Exercise	Reps	Wts	Wkks	Frequency	Start	
Acquiesce wall climb	10		5&6			
Wall-Bridge 1 leg	10					
Go push-ups	10					
Wall sit with mobility	8					

Strength						
Exercise	Reps	Wts	Wkks	Frequency	Start	
Library Push	4 x 15					
DB Lateral Raises	4 x 15					
Face Claws	2 x 6					
Face Pulls	4 x 10					

Cardio/Pilates						
Exercise	Reps	Wts	Wkks	Frequency	Start	
Jumping Lunges	4 x 10					
Back and fourth floor dance	4					

Cardio-dance						
Exercise	Reps	Wts	Wkks	Frequency	Start	
Swish						

Item-ID	Exercises	Reps	Wts. 2x5	Wts.	Frequency	Start
Flamingo walk		2 x 10		33.0		
Leg extensions		2 x 10				
Jump squats						

Strength	Exercises	Reps	Wts	Wts.	Frequency	Start
Deep Squat		5 x 8				
all Box Squat		2x5				
40 Jump Squat		2 x 5				
Hanging Leg Raises		4 x 8-10				

Cardio/HYPER	Reps	Wts	Wts.	Frequency	Start
High Jumps	4 x 4				
Single Leg Box squats	4 x 5-6				

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Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

2 vertical jumps 3

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

Warm-up						
Exercises	Reps	Wts (kg)	Weeks	Frequency	Start	
Ex med ball wall press	3 x 10		116/12			
bird dog	3 x 5					
plank	3 x 20sec					
shoulder "dislocations"	1 x 10-15					

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Incline DB bench press	3 x 10				
Reverse Fly	3 x 10				
Push-Up Wt	3 x 6				
Band Bench Wt Press	3 x 10				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
none					

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

Warm-up						
Exercises		Reps	Wts (kg)	Weeks	Frequency	Start
Knee circles		10		11&12		
Glute Bridge 1 leg		10				
Jump Squats		10				
wall ankle mobility		8				

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Bench Squat	5 x 3				
DB Snatch VI	4 x 8				
DB Snatch VII	3 x 6				
DB Snatch VIII	3 x 6				
DB Snatch IX	3 x 6				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
AT Depth Jumps with VT	4 x 4				
all other jumps	4 x 4				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

Warm-up						
Exercises	Reps	Wts (lb)	Weeks	Frequency	Start	
6x med ball wall press	3 x 10		128.14			
bird dog	3 x 5					
plank	3 x 20sec					

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	4 x 8				
Band Bench Press	3 x 8				
DB Bench Press	3 x 8				
DB Bench Press	3 x 8				
DB Bench Press	3 x 8				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
AT Squats to Tuck Jump	3 x 5				
AT Inverted Rows EX	3 x 8				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

Warm-up					
Exercises	Reps	Wts (Lb)	Weeks	Frequency	Start
jump rope	5 min		138.14		
jump squats	15				
high knees	2 x 20 yrd				
cartwheels	2 x 20 yrd				

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	4 x 8				
Band Bench Press	3 x 8				
DB Bench Press	3 x 8				
DB Bench Press	3 x 8				
DB Bench Press	3 x 8				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
100 yds sprint	10				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

Warm-up						
Exercises	Reps	Wts (lb)	Weeks	Frequency	Start	
mountain climbers	30 sec		15/10			
arm swings	60 sec					
arm circles	30 sec					

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	5 x 3				
Single Arm DB Floor Press	4 x 6				
DB Bench Press	4 x 6				
DB Bench Press	4 x 6				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
AT med ball overhead press	3 x 6				
AT med ball wall press	3 x 6				
AT depth push up	3 x 6				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

Warm-up						
Exercises	Reps	Wts (Lb)	Weeks	Frequency	Start	
Dead Bugs	5		15A10			
Glu bridge 1 Leg	10					
Bird Dogs	5					
Box Jumps	5					

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	4 x 3				
DB Bench Press	3 x 10				
DB Bench Press	3 x 10				
DB Bench Press	3 x 12				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
AT Lateral Jumps	3 x 6				
AT Lateral Jumps	3 x 6				
AT Lateral Jumps	3 x 10				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

push up to 20 yd sprint 8

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

off

Warm-up					
Exercises	Reps	Wts	5.5	Weeks	Frequency
				128.2	

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	4 x 3				
DB Bench Press	3 x 10				
DB Bench Press	3 x 10				
DB Bench Press	3 x 10				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	4 x 3				
DB Bench Press	3 x 10				
DB Bench Press	3 x 10				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

Warm-up						
Exercises	Reps	Wts (lb)	Weeks	Frequency	Start	
Dead Dogs	5		128.14			
Glute bridge 1 Leg	10					
Bird Dogs	5					
line jumps	2x10sec					

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	4 x 3				
DB Bench Press	3 x 10-10				
DB Bench Press	3 x 8				
DB Bench Press	3 x 10				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	3 x 5				
Flow Bench Press	3 x 6				
Flow Bench Press	3 x 10				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

off

exercise	weight	sets	reps	rest	frequency	start
				15&15		

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	4 x 3				
DB Bench Press	3 x 10				
DB Bench Press	3 x 10				
DB Bench Press	3 x 10				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	3 x 6				
Flow Bench Press	3 x 6				
Flow Bench Press	3 x 10				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

push up to 20 yd sprint 8

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

off

External rotations (shoulder)	2 x 10+10
Shoulder dislocations	10

Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	3 x 5				
DB Bench Press	3 x 10				
DB Bench Press	3 x 10				
DB Bench Press	3 x 10				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	3 x 6				
Flow Bench Press	3 x 6				
Flow Bench Press	3 x 10				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

off

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Strength					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	4 x 3				
DB Bench Press	3 x 10-10				
DB Bench Press	3 x 8				
DB Bench Press	3 x 10				

Cardio/Ply					
Exercises	Reps	Wts	Weeks	Frequency	Start
Flow Bench Press	3 x 5				
Flow Bench Press	3 x 6				
Flow Bench Press	3 x 10				

Cool-down					
Exercises	Reps	Wts	Weeks	Frequency	Start
stretch					

off

Warm-up					
Exercises	Reps	Wts	5.5	Weeks	Notes
Ex med ball wall press	3 x 10			15&16	
bird-dog	3 x 5				
plank	3 x 30sec				
cat-cow	5 x 10				

Program Tracking

Week #1		to	4-Jan-00
	Legends		
	Reps	Repetitions as suggested	Wts Weight as suggested Diff Difference between suggested and actual

Please Fill the actual data for suggested exercises and find the difference/deviation on Repetitions and Weight parameters to schedule up next week's program

Exercises	Day-1				Day-2				Day-3				Day-4				Day-5				Day-6			
	31-Dec-99				1-Jan-00				2-Jan-00				3-Jan-00				4-Jan-00							
	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
Dead Bugs		5		0.00		5		0.00		5		0.00		5		0.00		5		0.00		5		0.00
Glute bridge 1 Leg		10		0.00		10		0.00		10		0.00		10		0.00		10		0.00		10		0.00
Bird Dogs	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00
line jumps	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00

Strength	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
Power cleans	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00
1 Arm DB Bench	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00
Chin Ups	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00
Power Shrugs	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00

Cardio/Plyo	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
Treadmill sprints	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00
		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00

Cool-down	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
backwards treadmill walk	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00	#VALUE!			0.00
stretch		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00

Instructions: Duplicate this sheet to accommodate number of weeks as per the scheduled program