

Week	Day	Workout	Sets x Reps	Recovery	Exercises	Muscle Groups	Warm-Up	Weight	
1-4	Day 1	Lower Body Strength	4x8	2 minutes	Barbell Squats, Romanian Deadlifts, Leg Press, Walking Lunges	Quadriceps, Hamstrings, Glutes	Leg Swings, Arm Circles, High Knees, Butt Kicks	Light-Moderate	
	Day 2	Upper Body Strength	4x8	2 minutes	Bench Press, Bent Over Rows, Shoulder Press, Bicep Curls	Chest, Back, Shoulders, Biceps	Arm Circles, High Knees, Butt Kicks, Lunges	Light-Moderate	
	Day 4	Power and Explosiveness	4x6	2 minutes	Power Cleans, Box Jumps, Medicine Ball Slams, Plyometric Push-Ups	Full Body	Leg Swings, Arm Circles, High Knees, Butt Kicks	Light-Moderate	
	Day 5	Core Stability	4x30s	30 seconds	Plank, Russian Twists, Hanging Leg Raises, Side Plank	Core	Leg Swings, Arm Circles, High Knees, Butt Kicks	Body Weight	
	Day 7	Rest and Recovery							
	5-8	Day 1	Lower Body Power	4x6	2 minutes	Box Squats, Deadlifts, Jump Squats, Single-Leg Romanian Deadlifts	Quadriceps, Hamstrings, Glutes	Leg Swings, Arm Circles, High Knees, Butt Kicks	Light-Moderate
	Day 2	Upper Body Power	4x6	2 minutes	Push Press, Bent Over Rows (Explosive), Medicine Ball Chest Throws	Chest, Back, Shoulders, Biceps	Arm Circles, High Knees, Butt Kicks, Lunges	Light-Moderate	
5-8	Day 4	Agility and Speed	-	-	Ladder Drills, Cone Drills, Shuttle Runs, Sprints	Full Body	Leg Swings, Arm Circles, High Knees, Butt Kicks	Body Weight	
	Day 5	Core Power	4x8	30 seconds	Hanging Windshield Wipers, Medicine Ball Rotational Throws, Russian Twist with Medicine Ball	Core	Leg Swings, Arm Circles, High Knees, Butt Kicks	Body Weight	
	Day 7	Rest and Recovery							
	9-12	Day 1	Sport-Specific Lower Body	4x8	2 minutes	Split Squats, Bulgarian Split Squats, Step-Ups, Depth Jumps	Quadriceps, Hamstrings, Glutes	Leg Swings, Arm Circles, High Knees, Butt Kicks	Light-Moderate
	Day 2	Sport-Specific Upper Body	4x8	2 minutes	Push-Ups with Claps, Inverted Rows, Medicine Ball Overhead Throws	Chest, Back, Shoulders, Biceps	Arm Circles, High Knees, Butt Kicks, Lunges	Light-Moderate	
9-12	Day 4	Rotational Power	4x8	2 minutes	Medicine Ball Rotational Slams, Russian Twists Standing Cable Woodchoppers, Pallof Press	Core	Leg Swings, Arm Circles, High Knees, Butt Kicks	Light-Moderate	
	Day 5	Endurance and Conditioning	-	-	Hill Sprints, Farmers Carry, Battle Ropes, Burpees	Full Body	Leg Swings, Arm Circles, High Knees, Butt Kicks	Body Weight	
	Day 7	Rest and Recovery							