

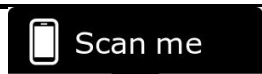
Mr. Ricci's

Workout checklist

Progression Numbers	From for each heading select:
1 Level 1: Beginning	1 Agility (Warm-up) 1 Power and 1 Plyo
2 Level 2: 1 year to 6 months	1 Torso (Warm-up) ANTI rotational 1 Flexibility 1 Hip Dominant Alternate Intensity
3 Level 3: Into year 2	1 Horizontal and 1 Horizontal Push 1 Knee Dominant Alternate Intensity
	1 Horizontal and 1 Vertical Pull

***Bold is Unilateral**

KNEE		HIP		PUSH		AGILITY			
				Vertical	Horizontal				
3	Back Squat	1	SLRDL Body	1	Military press PVC	1	Bench Press	Mini Hurdle	
3	Single Leg Squat	2	Trap Dead Lift	2	Shoulder Press	2	Reg. Incline Press	Cross Drill	
2	Step-up	2	Hip Adductor	3	Split Jerk	2	Dumbbell Bench	Dot Drill	
1	Lunge*	2	Hip Press	3	Neutral Grip	2	Dumbbell Incline	Sprint Intervals	
3	Split Squat	3	Box Squat (Wide)	2	Lateral Raises	2	Med. Ball Press	Jump Rope	
3	Front Squat	1	Ham Glute Raise	2	Front Raises	3	Speed Work Bench	Bomber Lap (50)	
2	Goblet Squat	2	Sumo deadlift (Rack)	1	DB Press	2	Push-up Variations	Bomber Lap (100)	
1	Body Weight	1	KB Swings	3	Push Press	1	Alternating DB	Burpee Races	
		1	PVC Hinge	2	Med Ball Push Press	3	Landmine Press		
		2	Good Mornings						
		3	Weight SLRDL						
POWER-PRO		TORSO		PULL		PLYO			
		Antiext - Rotational		Vertical	Horizontal				
1	Med ball Over/Under		Ab Circuit 1	3	Pull-Ups	1	Bent Over Rows	3	Box Jump
1	KB Swings		Ab Circuit 2	2	Chin-Ups	1	Seat Cable Rows	3	Squat Jump
2	Scarecrow Clean		Front Bridge	1	Lat. Pull Downs	2	Inverted Rows	3	Split Jump
3	Power Clean		TRX Circuit	2	TRX Y's and T's	2	TRX Rows	2	Depth Jump
3	Hang Clean		Lateral Bridge	3	Tire Pull	3	1 Arm TRX	1	Tuck Jump
3	Push Press		Dead Bug	1	Face Pulls	3	Split Stance Row		
2	Med Ball Clean		Jack Knife	2	Plank w/ Pull	3	Sled Rope Pull		
2	High Pull		Hip Flex						
1	Power Shrug		Chaturanga						
2	Shrug, Pull, Catch		Ab wheel						
3	1 Arm Snatch								



SCAN THE QR CODE FOR ACCESS TO DEMOS OF ALL EXERCISES AND TEACHING PROGRESSIONS

<https://www.youtube.com/channel/UC4eizySs3nCpNcHlvSaY7bg>



General Phases

Not Captured	Anatomical Adaption or GPP	Progressions Notes
<p>Acceleration</p> <p>Agility</p> <p>Periodization- Sets and Reps</p> <p>Compound Exercises</p> <p>Goals</p>	<p>Rep count is 5-8 Vol 20-25</p> <p>Work in on level 1 lead up activities</p> <p>Torso strength</p> <p>Tech and mobility training</p> <p>Baseline conditioning</p> <p>Introduction of primer</p> <p>Squat Therapy</p> <p>Bailing and failing- for kids</p> <p>KB Swing Intro</p> <p>Intro Recovery</p> <p>Start will Plyos Jumps under 20</p> <p>Review Squatting</p> <p>Intro more Unilateral exercises</p>	<p>80 % success is baseline</p> <p>Tempo, Velocity of exercise</p> <p>NO Music you need to CUE MOVEMENT</p> <p>Motivation has proven to drastically improve performance.</p> <p>Regress Individually if kids don't respond</p> <p>Never load a bad movement</p> <p>Don't add strength to disfunction</p> <p>Keep things Transferable</p> <p>Set a goal</p> <p>* All progressions are dependent upon development body type and experience</p>
Fundamental Movements	Basic Rule - Next Phases	Loading Protocol
<p>Running</p> <p>Push ups</p> <p>Squat therapy</p> <p>Burpees</p> <p>Planks holds</p> <p>Guided mobility sessions</p> <p>3 days a week for any age</p>	<p>Time under tension- Mass</p> <p>Reps high or Add pause</p> <p>Adding wt lessening reps</p> <p>force promotion</p> <p>Including Agilities</p> <p>Keep Olympic lifts light & under 4 reps</p> <p>Intermix unillateral days</p> <p>Start intro Rotational</p> <p>Sport specific skills</p> <p>1 rep max test at the start</p> <p>Use periodization Chart</p> <p>Include working sets throughout</p>	<p>Low Body:</p> <p>Body Weight</p> <p>PVC</p> <p>Medicine Ball</p> <p>Dumbbell Suitcase</p> <p>Straight Bar</p>
Intro to Resistance Training	Potential Phases	Upper Body:
<p>Durations 5 weeks 3/4 days a week</p> <p>All of the above as tech primers</p> <p>Slowly add load & increase movement skill</p> <p>Jump Rope</p> <p>Med ball Clean</p> <p>Med ball squat</p> <p>Pressing</p> <p>Deadlift</p> <p>Pull downs</p> <p>Pull up lead ups</p> <p>MD ball lunge</p> <p>Reverse lung</p> <p>MD ball Thruster</p> <p>Air squats</p> <p>Push-up variations</p> <p>Good morning intros</p>	<p>Hypertrophy-Mass</p> <p>Strength-Force</p> <p>Power</p> <p>Peak- Conditioning</p> <p>Speed to Max effort days</p>	<p>PVC</p> <p>Medicine Ball</p> <p>Ultra Lightbar</p> <p>Light Dumbbell</p> <p>Straight Bar/Body Weight</p>