



THE  
**ELITE**  
STRENGTH & CONDITIONING PROGRAM

[www.ONEightyAthletics.com](http://www.ONEightyAthletics.com)





Dear Coach,

First of all, I want to sincerely thank you for purchasing your new workout. By you purchasing this tells me several things about you. First, you care about strength and conditioning and secondly, you know the benefits that derive from it. You're serious about taking the next step in improving performance and I am happy to help you accomplish that.

All of the exercises are demonstrated via clickable links on your PDF workout. This is so you can access it from your computer or any mobile device you choose to download it to. We also have included "Weight Room Flow" videos to show you exactly how to implement each day as detailed as possible. We're all about the details!

Each block is broken into 4-week sections. This particular program is designed as our Winter Offseason Program. The first block is comprised of exercises and programming designed to increase size and strength for athletes. The second block is programmed for increased strength and power of the athlete.

The workout is full of progressions and should be progressive for all individuals and all ages. I ask you to use your discretion when implementing the workout, especially for novice lifters. All workouts should emphasize safety first. Never sacrifice safety for weight. This is paramount. Don't stress how much weight one can do, stress form. This workout is intended to allow athletes to learn and coaches to teach the lifts at appropriate progressions.

Number one on our agenda is injury prevention for athletes. Number two is development and performance. Be sure to progress only when the athlete is ready to progress. Sometime the best for of progression is regression in terms of weight, safety, and proper form. Be sure to warm up before every exercise.

Feel free to play with the numbers to best fit your playing style. You have the autonomy. Have a run and gun, fast pace offense? Cut the rest times down slightly. If you play a slower, methodical, run oriented, you could raise the rest times a little. Set high standards and push your athlete's but be realistic in your goals.

You will receive a new 3 day and 4 day workout program in excel format every month moving forward. If you do not receive an email with the program, please email us!

Have fun. Good Luck. Train hard.

WIN THE KIDS,

Mike Cano

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### **Disclaimer**

This training product, videos, and the following guidelines have been provided as general information for exercise and rehabilitation and are intended for educational purposes. Any individual beginning exercises contained in this product or beginning any other exercise program, should first consult with a qualified health professional. Discontinue any exercise that causes discomfort and/or dysfunction and consult with a qualified medical professional immediately. Please consult with a physician prior to implementing any rehabilitation or exercise protocol. This product does not contain medical advice. The instructions and advice presented are in no way a substitute for professional testing, instruction, or training. The creator, producer, and distributor of this program disclaim any liabilities or loss, personal or otherwise, in connection with the exercises and advice herein.

Before you, your clients, or your athlete's begin any physical fitness program, please consult a doctor. This document may not be reproduced or transmitted in any form without permission from the author.

# **OFF SEASON GOALS**

## **TEAM GOALS** **CREATE THE FOUNDATION**

### **TEAM POWER**

We are strongest when we are together.  
Training hard together. Sacrificing together. Setting goals and achieving them together.  
Getting to know and hang out with each other.  
Make each other accountable.

### **DEVELOP THE CHAMPION WITHIN**

Training mentality (Maximum intensity during entire workout, not going through the motions)  
Learn how to train hard all the time (even when no-one is watching)  
Competitive Edge (Prize winning above everything else. Loathing of losing)  
Confidence – Paying the ultimate price! (What we invest now, is what we will become later)

### **DEVELOP THE ULTIMATE ATTITUDE/EFFORT LEVEL (10/10)**

(We have direct control over these two areas)

Pride

Perseverance

Coach-able

Alert and aware

Mentally Tough

### **COMMITMENT LEVEL – CHAMPIONSHIP EXPECTATIONS**

How will we improve our strength and conditioning/coaching from last year?  
Create an atmosphere where the goal/expectation is to compete for championships each year.  
Force the lower two thirds of the team to elevate their efforts, mental toughness, and physical development to the level of the upper third. (Increase their commitment levels)

### **LEADERSHIP DEVELOPMENT**

Players must step and take the place of graduating seniors. Who will it be?

# **HOW WILL WE ACHIEVE THE GOALS**

## **WHO WE ARE AND HOW WE TRAIN**

Old school blue collar

No short cuts

ALL OUT EFFORT

No cowards or pretenders allowed

Football training specific to being a football player (mental and physical)

## **WHAT WE DO**

Mental Toughness leads to physical toughness – Overall Philosophy

Mat Drills

Strength Training

Mental toughness training (Don't give in)

Competitiveness

Finish

## **ACCOUNTABILITY**

Everyone is held to the same standard

Do what is right

Detailed attentiveness

## **INDIVIDUAL GOALS**

Physical improvement goals

Nutrition

Expectations

## **INJURY PREVENTION**

Pre-Hab, Weak Link

Rehab/Proactive

## **DISCIPLINE ISSUES**

### Training Room:

Missed treatments

Late for treatments

Missed or late appointments (Including Dr.'s appointments)

### Class/Academics:

Class

Tutor

### Equipment Room:

Failure to follow rules

### Strength and Conditioning:

Failure to follow rules

### Physical Reminders:

Being late, training room, equipment room, violation of policy, cell phones, academics, not giving 100%. Players will be given a 3 step penalty process.

1. Saturday with strength coach.
2. Saturday with position group and strength coach.
3. Entire team punished.

## **WEIGHT ROOM POLICIES**

1. All workouts times are pre-determined and are mandatory.
2. Must be 10 minutes early. Schedule conflicts must be cleared with Coach 24 hours in advance.
3. Maximum enthusiasm and excitement are required to lift. No sleepy, tired unexcited players will be allowed to lift.
4. No yawning, sitting down, or wearing hats allowed in the weightroom.
5. Only team issued gear will be worn during all workouts.
6. No cell phones are allowed in the weight room.
7. Maximum effort is mandatory at all times. Anyone questioning work demands or continuously displaying bad effort will be given reminder exercises or simply brought back in at a different time for one on one extremely difficult workouts.
8. Players will be placed with certain training partners each day. It is up to each player on our team to demand the most out of each other. We need to make sure everyone on our team is making the ultimate sacrifice to become a champion.

## **TRAINING PHILOSOPHY**

The philosophy of training is based on a precise, year-round plan. This plan is well thought out and involves various activities that will develop each individual into the best athlete possible. The strength training plan is based on the progressive overload principle. Athletes will improve in strength by slowly and periodically adding resistance to the body. The body adapts to these stresses by becoming stronger.

Utilizing multi-joint, ground based exercises performed with proper techniques and progressively overloaded will help enable each athlete to gain the needed total body strength to 1) enhance athletic performance, 2) be more resilient to injury, and 3) improve self-confidence. Strength is the foundation of all other trained components. It is very important to develop a great base of strength training prior to extensive specific training.

## **KEY ELEMENTS OF PRODUCTIVE TRAINING**

***Intensity:*** The prime aspect of a successful training program. In order to achieve goals an athlete must have training passion rather than just getting through the workout.

***Consistency:*** Remaining consistent throughout a training program, before, during and after workouts. Preparing the body to train with good eating habits, proper rest and recovery as well as training with a high level of intensity day in and day out.

***Accountability:*** Being accountable to coaches and teammates to show up each day with a high level of intensity and mental readiness. Also being accountable to yourself for lack of intensity and poor eating and recovery habits.

***Mental Toughness:*** Training/coaching hard each and every day is not easy, neither is being a champion. In order to reach goals, you must be mentally ready to complete each workout and mentally strong enough to push through.



# **TRAINING PRINCIPLES**

## **Warm-up**

Every strength training workout should be preceded by a warm-up and stretching session. The warm-up should take a minimum of 5 minutes and the athlete should break a sweat. Follow the full stretching program given in this manual.

## **Frequency/ Duration**

The off season should consist of 3 to 4 days of training per week. Workout length during the off season should not exceed 60-75 minutes, whereas inseason training may only last 30 minutes. Each major body part should be trained 2-3 x week on non-consecutive days, 8-12 exercises per day, 3-5 work sets per exercise, 10-20 total work sets per workout.

## **Full range exercise**

Every rep of every exercise should be performed through a full range of motion (all the way up, all the way down). This will strengthen the whole length of the muscle as well as adding functional flexibility.

## **Use strict exercise form on all exercises**

Make the muscles do the work. Eliminate all bouncing, arching and throwing the weight. If you have to cheat to perform a rep then the weight is momentarily too heavy. Do not count cheated reps.

## **Emphasize the lowering of the weight**

It should take you twice as long to lower a weight as it did to raise it. The same muscle that lifts a weight also lowers it. You can lower approximately 40% more than you can raise so do not waste this part of the exercise.

## **Record all workouts**

In order for you to get stronger you must attempt to do more repetitions with a given weight or increase the weight. This must be done on a regular basis for you to achieve results. Recording workouts allows you to challenge yourself and keep progress of your gains, otherwise your training will be haphazard and unproductive.

## **How many reps?**

Any repetition range from 5-20 will work well as long as you are consistent in your form and effort. Avoid changing rep ranges too frequently, as this will not allow your body to adapt to a specific stimulus. On the other hand a change in reps may be all you need to break out of a strength plateau.

## **How much weight?**

As much weight as possible. The weight used should be heavy enough to make the set very hard but not too heavy where you are unable to reach the goal number without assistance or cheating on a rep.

## **How many sets?**

The number of work sets can vary from 1-6. This does not include warm-up sets. We use a wide variety of sets and reps to achieve variety and different adaptations. The key ingredient in each is perfect form and intensity.

**How much time between sets and exercises?**

Rest 1:00-2:00 minutes between sets of the same exercise. Rest between exercises should be minimal but allow enough time to mentally prepare for a maximum effort. Do not waste time chatting or socializing during a workout. This reduces intensity and negates the conditioning effect.

**How many workouts per week?**

Superior results can be obtained from strength training every other day. We split our workouts into lower and upper body but no more than 4 strength training sessions per week are necessary. Train each part of the body 2 x week. Remember that strength training is only one part of developing the total athlete.

**What exercises and in what order should they perform?**

Perform exercises for the entire body, done in a balanced fashion. An exercise where you “push” should be complimented with one where you “pull”. In general, you should exercise larger muscle groups before small ones. Perform exercises for the hips, thighs, back, chest and shoulders before working the calves, arms, forearms and grip.

**Warmup Sets**

To prepare your muscles, tendons, ligaments and mind for intense training it is necessary to do a few warmup sets. These sets need to be done before a multi joint exercise which is performed early in the workout (ie. Bench Press, Squat, Deadlift), and should prepare you, not tire you out.

Progressively add weight to each warmup set and perform between 1-8 reps as needed. The heavier your first work set, the more warmup sets you will need. Example for a squat workout where 405 lbs x 10 is the first work set: 135 lbs x 8, 225 lbs x 5, 275 lbs x 3, 315 lbs x 1, 365 lbs x 1, 405 lbs (work set) x 10.

## ADDITIONAL INFORMATION

### **How to read your workout:**

Please see mock workout sheet labeled “How to Read Your Workout”.

### **Progressions and Regressions:**

Progressions and regressions are essential when training the youth athlete. Be sure to accommodate weaker or less experienced athletes as needed.

### **Lifting Progressions/regressions**

#### **Olympic Lifts:** [YouTube Playlist](#)

Start out with a light PVC pipe or wooden dowel rod. Teach the basic movements like RDL to Clean High Pull, to Hang Clean to Front Squat, to Hang Squat Clean, to Power Clean from the floor, to Squat Clean. Do not rush this process, it is critical in the development of young athletes. Once they have mastered the PVC pipe they should move to an empty bar and progress the same way.

### **Lower Body:**

We like to start our lower body squat progressions with bodyweight squats with arms extended straight out. We will then move to bodyweight squats with hands on the side of the head. Once that is mastered, we typically move to a Goblet Squat with an isometric pause at the bottom. From there we move to teaching the Front Squat, Back Squat, and lastly the Overhead Squat.

### **Upper Body:**

We do not let any of our athletes Bench Press until they can complete 3x10 Push Ups non-stop, with 30s rest between sets. We will move from Push Up, to Bench Press, to DB Bench. But the most foundational part of upper body strength is performing Push Ups correctly. Here is our [Push up Progression](#).

### **Jumping:**

This is probably the most important section of progression and regression. Poor progression in plyometric can have severe negative impacts on performance. Please check out our 4 Levels of Plyo Progression and regress athletes as you see fit. Athletes that can safely squat 1 ½ times their body weight and are in good physical condition are advised to progress into Levels 2 and 3 if they're proficient at Level 1 activities and have the required strength to perform them. Be sure the knees are staying out over the pinky toes upon jumping and landing. High-level plyometric exercise (repetitive bounding exercises) are not recommended for those that weigh more than 230 pounds.

[Level 1](#)

[Level 2](#)

[Level 3](#)

[Level 4](#) (typically reserved for mainly experienced college and professional athletes)

## **WORKOUT OBJECTIVES**

The initial workout is designed to re-teach and relearn many of the lifts at light loads with higher volume and gradually increase to higher load and lower volume. Our objectives are to increase size, strength, lean body mass and overall work capacity. Technique on lifting and running should be paramount in all phases of training, but especially early in the off season, when the goal is to hit high numbers later in the semester. We want to build a solid foundation of not only strength, but also technique, so when those heavy loads are applied we have the technical discipline to support them. Strength and power development will have a higher demand as well as improving linear and lateral acceleration, deceleration, and overall speed while maintaining the highest priority in injury prevention.

### **How to post your workout:**

We have included a percentage chart within this program. We recommend you print off several copies and put them around the weightroom (where needed) for viewing purposes. Print off the amount of workouts needed for your athletes. Hopefully they know their maxes off the top of their head but if they don't you can post those too beside the percentage chart for their convenience. This is ideal for them to take their workout sheets you printed off, find their maxes on the max sheet, find their maxes on the percentage chart, and find (and write in) the weight they are prescribed for that day.

### **Program Consistency and Reporting:**

Keep a daily report of attendance but also effort level, leadership, accountability, and "buy" in that day. Add anything else you feel is important to your programs success. Rate and rank your kids on a weekly basis, if not daily. Post these ratings to help keep them accountable for their own actions and to be sure that great effort, average effort, and poor effort do not go unnoticed.

### **Strength Training:**

Our strength training is a scientific based, year-round program designed to help athletes maintain health, improve athletic ability, and improve confidence and self-belief. A good strength training plan is based on the progressive overload principle, where athletes will improve in strength by slowly and periodically, adding resistance to the body. The body adapts to these stresses by breaking down and rebuilding (recovering) even stronger than before. Strength training fits into the equation for power, speed development, muscular endurance, agility and quickness, conditioning and flexibility. Relentless effort must be given to achieve maximum results. Strength training forces an athlete to develop mentally and physically as they approach the competitive season, and challenges the athlete to stay physically and mentally strong.

### **Speed and Agility:**

Every speed workout is designed to increase Stride Length or Stride Frequency. There is 8 months until season so we spend a lot of time in the winter working on running technique. Our goal this offseason is to become efficient running fast! This includes our linear and nonlinear speed days, as well as our anaerobic conditioning days. Plan your week and know where you will be running. Educate them to **drink lots of water** and eat a well- balanced meal and allow enough time for digestion.

*Make sure you're athletes think, act, talk and carry themselves like a champion every minute they're around the facility.*

## MINIMIZING INJURIES & MAXIMIZE PLAYER INVOLVEMENT

### Warm Ups:

**The following warm-ups will prepare your body to train at the highest level.**

Prior to all exercise sessions whether it is strength training, conditioning, speed training, or agilities, a complete warm-up and flexibility session must be completed. A proper warm-up will:

1. Prepare the major joints for strenuous activity through all ranges of motion
2. Increase the body's internal body temperature prior to training
3. Protect against injury by improving the range of motion within the muscles and the joints
4. Is specific to the workout or sport you are preparing to do
5. Mentally prepare an athlete for the training that is about to be done
6. Pre-heat the muscles so that you can obtain maximum benefits from the pre-workout stretch
7. Increases blood flow. Increase in oxygen supply
8. Stimulate the Central Nervous System
9. Reduces the time of motor reactions
10. Improves coordination which improves motor performance

**Before starting your strength-training workout, running workout, or game, complete the following warm-up exercises.**

This warm-up involves flexibility exercises while doing sport specific movements. The movements used are specific to the sport and the workout program.

### Speed and Agility Warm Ups:

[Speed and Agility Warm Up 1](#)

[Speed and Agility Warm Up 2 \(Game Ready\)](#)

[Download Game Ready Warm up HERE](#)

### Workout Warm Ups:

[Pre Workout Warm Up](#)

[Upper Body MB/Band Warm Up YTL](#)

[Band Pull Apart](#)

## OFFSEASON SPEED AND CONDITIONING PROGRAM

Early in the offseason we like to do some longer runs and tempos. We want to create a strong aerobic base and anaerobic power before we start sprinting. We need our athletes to be able to run fast consistently, over and over and over. In order to do that we must be in shape first – and we accomplish that through some volume.

There is no worse feeling than wanting to give your best and not being in good enough condition to get it done. You must follow the program specifically and give it one hundred percent. Make sure to follow the interval times and the rest times given in the manual. Our goal is to have the most conditioned teams in the country. For this to happen, you must attack the running program with motivation and intensity. When doing the running workouts, make sure to follow the reps, yardage, percentages, and work to rest ratios of each drill.

### **Training Variables That Affect Speed Improvement (and overall offseason training)**

The following four components all create more speed in your athletes, all of which are covered in this packet. Get really good at ALL FOUR components below – not just one or two and neglect the others.

- 1. Strength:** Improvement in strength will improve force and power capability. Improvement in force and power improve arm drive and knee drive off the ground, which will increase speed.
- 2. Flexibility:** Increases in flexibility will help to improve the stride length and help to prevent injuries.
- 3. Power/Agility/Speed:** Increase in power will improve start, reaction ability, and acceleration.
- 4. Conditioning:** Increases in anaerobic conditioning will improve the speed endurance phase.

### **Strength:**

Being a stronger athlete will equate to faster sprint times. The more force you can produce into the ground on foot strike, the more distance you can cover (stride length). Increasing the amount of force you're able to produce will directly correlate with the amount of power you're able to produce on all jumping or sprinting activities. The strength training outlined in this packet are customized to optimal strength and power production and based on scientific research.

### **Flexibility Protocol:**

A stronger body is a healthier body. If your hamstrings are weak, what do you think is going to happen? Probably pull a hamstring. Right? If your shoulders are weak there's a greater likelihood for an AC sprain on contact. If your neck is weak there is a greater chance for concussion. Stronger = Healthier. Having a well thought out, scientifically based performance program that does progressively overload the body is essential. But for this portion I wanted to give you something extra! I wanted to give you our Flexibility routines/videos so you can really help that individual athlete with shoulder issues or consistent hamstring tightness. They're great for before-during-after any lift-practice-game.

#### **A. Upper Body/Soft Tissue Routine**

[Prone Upper Back Mobility](#)

[Foam Roll Upper Body](#)

#### **B. Lower Body/Soft Tissue Routines**

[4 Way Hip](#)

[Lower Body Clam Shells](#)

[Raised Pigeon Stretch](#)

### **Plyometric Training:**

The ability to apply a reactive force is the major goal of plyometric training. An increase in power will directly correlate to an increase in Speed and Explosion. We will implement plyometrics on Monday and Thursday during our speed / plyo workouts. We will also implement with complex training with our workouts. It is imperative to land properly when absorbing force. Perfect takeoff and landing technique. Don't land below parallel! Camps & Combines rate and rank players off of verticals, broad jumps, and 40 times make sure you attack these drills!

### **Guidelines:**

**Who** – Athletes that can safely squat 1 ½ times their body weight and are in good physical condition. High-level plyometric exercise (repetitive bounding exercises) are not recommended for those that weigh more than 230 pounds.

**Surface** – The plyometric program should be done on a soft, level surface, preferably a synthetic surface that has some give. Avoid doing plyometrics drills on hard surfaces or where the ground may be uneven and unsafe.

**Jumping Cues** -Feet under hips, hips above knees, in power position, chest tall, knees over toes, weight on front two-thirds of feet. Broad Jump is different, heel to toe.

Jump Drills:

[Line Hops](#)

[Tuck Jumps](#)

[Broad Jump](#)

[Speed Skaters](#)

[Lateral Mini Hurdle Jump](#)

[Squat Jump](#)

**Agility Training**

Agility can be defined as the body's ability to change directions while maintaining good control without decreasing speed. Football is a game of angles, acceleration, changing gears, and reaction. A player must be able to redirect in space and redirect to a player. This must be done at different speeds or without slowing down at all. A football player must also have the ability to decelerate and accelerate quickly and explosively. Reaction time, awareness in space, balance, and coordination are all involved in agility training. All movement patterns such as forward running, backward running, lateral running and other movement drills as skipping, hopping, jumping, etc. are also involved in agility training. Agility drills can be performed in the form of cone drills, shuttle runs, reaction drills, agile bags, movement runs, etc.

Agility (lateral speed) includes:

1. Shuffling
2. Cross-over runs
3. Sideways running
4. Cutting
5. Change of direction drills

Agility Drills: Focus on decelerating and accelerating in and out of each cut, sharply.

[Gator Drill](#)

[N-Drill](#)

[Star Drill](#)

**Position Agilities**

These drills will be extremely important for you to do. You must get practice at moving in a football position. The best way to improve in football is to perform drills in football. Do not neglect to perform these drills. You will be expected to have an understanding of your position and how to do the basic drills we are sending you.

Rest periods should be long enough to ensure proper technique and all-out effort.

(:25) These are listed in your conditioning schedule.

Work percentages are the effort you use must be 100%. Agility workouts should be done with perfect technical execution of every rep. Quality is more important than quantity.

For these drills email Coach Cano at [mcano@oneighthathletics.com](mailto:mcano@oneighthathletics.com)

**Quickness Training**

Quickness is the ability to move the feet as fast as possible in a variety of different patterns. These patterns can involve double leg or single leg movements. Improved coordination, balance, and developing quick rapid movements are all goals of the quickness programs. Do each repetition of each drill at full speed! Jog back to the start and repeat another rep at full speed. Complete the assigned number of reps and sets for each drill chosen.

## **Guidelines:**

### **Frequency**

During the off-season quickness training can be done 1-3 x week. The pre season can include even more sessions (up to 4 x week). Quickness drills can be done on opposite days from strength training or on the same day. If this is the case, do the quickness training before strength training the lower body.

### **Form**

Every rep of every drill must be done at full speed for you to get the benefits from it. Full speed also means under control and staying within the context of the drill.

### **Surface**

Always do quickness drills on an even surface that is not slippery. It would be ideal to do the drills on the same surface that you play or practice on. Be aware of holes, divots and slippery areas.

### **Warm-up**

Always complete the full warm-up and flexibility routine given in this manual before beginning the quickness drill workout.

### **Duration**

Drills should be sport specific and each rep will last between 3-10 seconds. The entire quickness workout should last between 5-15 minutes.

### **Rest**

Rest should be sport specific to train the specific conditioning aspect of the sport. Rest should be minimal between reps and 2 minutes between sets. Rest long enough to ensure quality work.

### **Speed Work**

We typically save the majority of our speed development for the summer. Winter offseason is the time to get bigger and stronger. This added strength WILL make you faster without having to do any true speed work. In regards to running, we like to focus on getting in shape in the offseason, losing body fat, gaining mental toughness, but working on some technical aspects of running like arm action, turnover rate, and shin angle. We accomplish these techniques and speed qualities through specific drills and agility and acceleration exercises. As the weather warms up so will our speed training!

As the semester progresses we will dial back the volume, or distance, and start to crank up the intensity, or speed. By the end of the semester, your athletes should be running their fastest 40 times ever. And being able to repeat that time (very close to it) because they're in shape.



### **Speed Training Abbreviations**

Reps – Repetitions of each drill: How many to do of each drill

%’s – Percentages: How fast to perform that particular drill.

### **Work to Rest Training Abbreviations**

WI – Work Interval: The portion of the program that consists of high intense work.

RI – Rest Interval: The time between work intervals. Never sit down or bend over.

### **Position Abbreviations (Football Example)**

Skill – WR, DB, RB, QB

Big Skill - FB, LB, TE, K

Line – OLine, DLine

## **7 Elements of a Successful Speed Program**

### **KEYS TO SPEED:**

**1. Stride Length:** Less ground contact over exact distances. Able to produce more force into ground.

**2. Stride Frequency:** Time required to complete a stride. Foot strike is incredibly important!

**3. Acceleration:** A critical component of the game of football. Football players must react to certain stimulus, accelerate to maximum speed, change directions, decelerate, reaccelerate, and maintain maximum speed. The ability to respond to certain stimulus and to get the body moving from a pre-snap position or on the run.

**4. Quickness:** The body’s ability to perform specific movements in the shortest times possible.

**5. Reaction Time:** The ability to respond to a stimulus as fast as possible whether running or in a standing still position.

**6. Sport Specific Speed:** Football, is a game of short explosive bursts lasting on an average of 4-6 seconds. Players also need to readjust in space, redirect to a different stimulus, all at different speed. This is football speed.

**7. Speed Endurance:** The ability to maintain true speed over a period of time, 1<sup>st</sup> quarter to 4th quarter. This prevents you from slowing down late in the game or having the ability to sprint several times with little rest in between. Training outcomes will be:

A. Repeated short sprints all at the same speed can be made with minimum rest.

B. Maximum speed is reached more quickly.

C. Maximum speed is held for a longer distance before slowing occurs.

### **Speed Workouts**

We will use three different work percentages when training for acceleration.

50% - A stride, slightly faster than a jog.

75% - A high effort stride, with a noticeably faster pace than 50%.

90% - A very fast sprint, slightly slower than a full sprint.

100% - Full Speed – Running less than 90% on any true speed training will ultimately make you slower. You must run at the very least 90% to gain speed.

## **Speed Model**

### **Every speed workout will consist of:**

1. Hip mobility exercises: Done to further warm-up the body.
2. Speed Drills: To improve the mechanics and technique when you run.
3. Plyometrics: To apply an overload to the muscles with explosive speed strength and power as a goal. Make sure to teach the take-off, jump, and landing [Stretch shortening cycle]
4. Combination Drills / Starts: Done to work on reaction time and explosion from a stand still position.
5. Acceleration Drills: The ability to reach maximum speed as fast as possible.
6. Absolute Speed / Speed Endurance Workouts: The ability to maintain true speed over a period of time. Prevents you from slowing down late in the game.

### **1. Hip Mobility Exercises:**

[Leg Swings](#)

[Iron Cross](#)

### **2. Static Speed Drills:**

Focus on knee drive and hip extensions, body lean, and arm action.

[Wall Drills](#)

[Stationary Arms](#)

### **3. Combination Drills for Acceleration:**

Run for 10-15 yards from the prescribed starting positions. Max Speed! 2 Point Stance - focus on shin angle and body lean!

[Falling Starts](#)

[Shuffle Starts](#)

[Push up Starts](#)

**Sled/Tire Pulls** (no more than 10-12% of your total body weight on sled)

### **4. Top End Speed Drills:**

**Fast, Easy, Fast:** Run the prescribed distance, at the given percentage. For example,

3 sets x 60 yards (20 yard sections)

Run 20 yards at 100%

Back Down to 90% for 20 yards

Sprint 20 yards at 100%

**Percentage Build-ups:** Begin by striding the first 1/3 of the prescribed yardage amount at 50%. When reaching the next 1/3 of the prescribed yard mark, increase to 75% and finish the last 1/3 at 90-100%. The yardage will be between 20 and 40 yards.

### **5. Speed Endurance Workout**

This is the ability to maintain true speed over a period of time, 1st quarter to 4<sup>th</sup> quarter. This workout prevents you from slowing down late in the game or having the ability to sprint several times with little rest in between. The work intervals and rest times for the following speed endurance workouts. Perform a series of sprints with 20-30 seconds rest. The goal is to build-up a maintenance of speed for a period of time.

### **40's, 50's, 53's**

Times will be given based on 80% of max effort. For example,

40's x 4 with 20 rest

**Skill** - :05.5, **:06.5**, :07.0

50's x 4 with 25 rest

**Big Skill** - :06.0, **:07.0**, :08.0

53's x 4 with 30 rest

**Line** - :6.5, **:07.5**, :08.5

### **Anaerobic Conditioning:**

All conditioning phases are based on the interval training principle. Periods of work followed by a period of rest and recovery. Some work bouts are longer and more general, while most of the work bouts are short and intense. Shorter distance intervals entail a greater volume of runs, a relatively faster speed, and a higher work to rest ratio. Longer distance intervals involve fewer runs, a relatively slower speed, and a lower work to rest ratio.

The work intervals and the rest times are given in the conditioning schedule for the following runs. \*\*\*Always static stretch at the end of conditioning workouts.

**300 yd shuttle:** This is done on a football field or grass field. We run this in 60 yd intervals making sure to stop and change directions for the entire 300 yds.

**Full Gassers:** This is done on a football field or grass field. We run this in 50 yd intervals making sure to stop and change directions for the entire 200 yds.

**Half gassers:** This is done on a football field or grass field. We run this in 50 yd intervals making sure to stop and change directions for the entire 100 yds.

**110's:** This is done on a football field or grass field. We run this from the goal line to the back of the end zone.

## INJURY MATRIX/ALTERNATIVE WORKOUTS

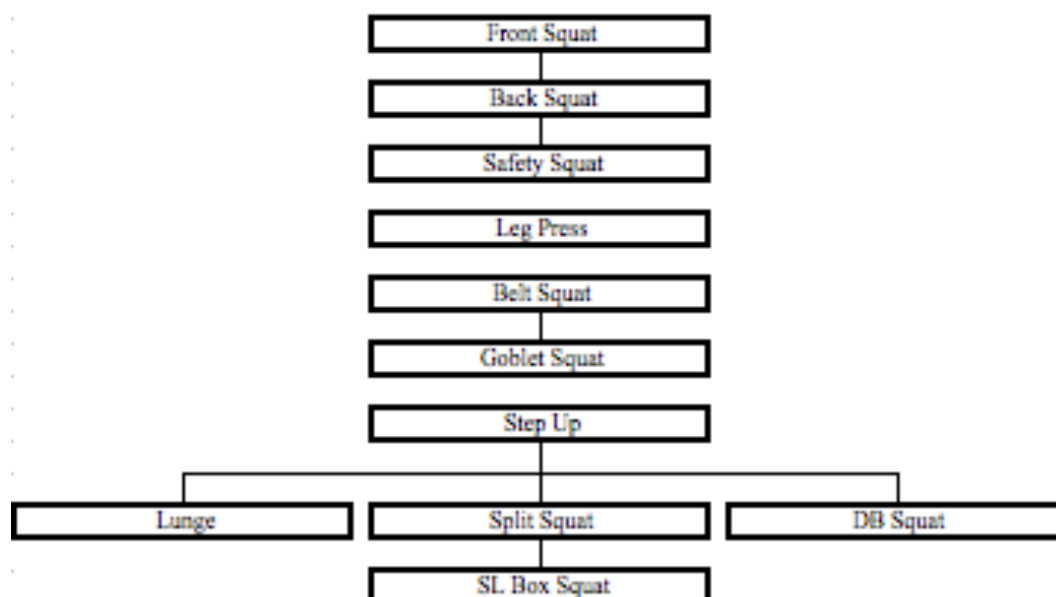
It's inevitable, you're going to have injured athletes come into your weightroom. They can't just stand there and do nothing. Injuries happen and we have to be ready for them. You will be forced to find alternative exercises, and you **SHOULD**. Send me an email at [mcano@oneightyathletics.com](mailto:mcano@oneightyathletics.com) and I'll send over my injury workouts. Here's a list of great substitute exercises. Bands, Towels, Single Arm, Single Leg, and manual resistance work will become essential tools for in-season training.

- Block Bench Press
- SA DB Incline Press
- DB Clean High Pull
- SL Leg Press
- SL Step-Ups
- SL Squat
- SA Lat Pull Down
- SA Seated Row
- Band Upright Row
- Band Side, Front Raises
- Band Pushdowns
- Band Bicep Curls
- Band Straight Leg Pulldowns
- Band Hip Flexor
- Sand Bag Step-ups
- Towel Upright Row
- Towel SA Seated Row
- Towel Lying Lat Pulldown
- Towel SA Row

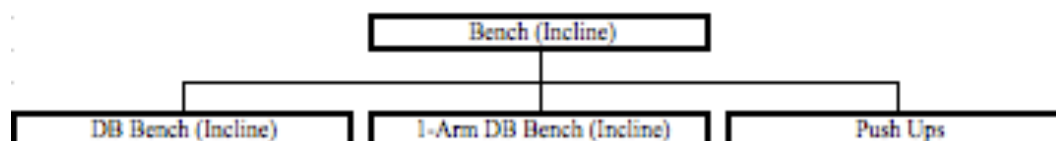
## INJURY MATRIX

Below is our injury matrix for our big lifts. If the athlete cannot do one of the big lifts, just go down the list until you find one he/she can do. For example, if your athlete has a wrist injury and cannot catch Power Cleans. Go down to hang cleans. Still a problem. Go down to block cleans. Still a problem with the catch on the wrist injury. Keep going down to clean pull. We got one! Have the athlete clean pull (no catch) and the wrist should be fine while you're getting your athlete better and keeping him with the group! This is a great tool and can save a ton of time!

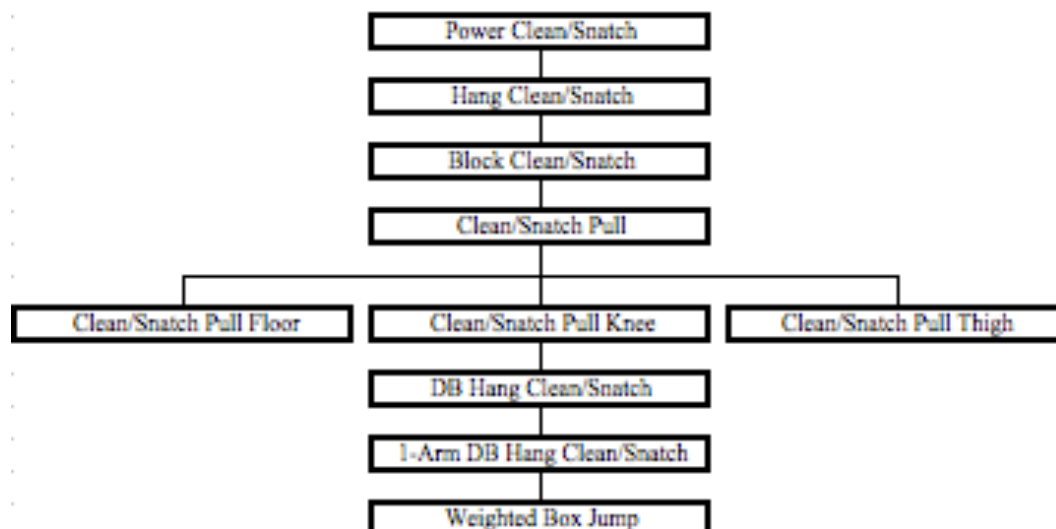
## SQUAT



## BENCH



## SNATCH/CLEAN



## WEEKLY MOTIVATION

For some reason a lot of kids don't get excited to train these days and we have to use some form of motivation to get them going. Some cool things that have given our programs an edge are:

- **Quotes-** love posting quotes and logos of rival teams each week. I usually have a senior send me a quote that is in line with the team's vision for each week.

- **Hype Videos -** [Check out this Video](#) put together for a team on our [Elite Sports Performance Program](#)

- **Lifter of the Week awards** – given to lifter who dominates every rep, every day, and elevates the level of those around him/her. We have used several different “awards” for this. Get a “UFC” or “WWE” belt from Wal-Mart and present it to the winner at the end of each week. Have them bring it to the weightroom everyday as a reminder they have to work extra hard to earn it a 2<sup>nd</sup> week in a row. We have also used a “chain necklace” that I bought from Lowe's. Literally, I bought about 3 feet of chain and a gold carabiner (or padlock) and awarded our Lifter of the Week with it. It cost nothing and they absolutely LOVED it. You don't have to spend a bunch of money – be creative, present it with enthusiasm and conviction, and challenge your athletes to earn it next week.

- **4<sup>th</sup> Quarter/Finisher** - Lastly, every time we're training in the weight room they have to know we are training for the 4<sup>th</sup> quarter... Our athletes know it's all about to get uncomfortable for an indefinite amount of time! Are we willing to go over that edge and be uncomfortable!

## ORGANIZATION OF TYPICAL WORK WEEK

### 3-DAY WORKOUT

#### **Monday:**

Emphasis – Total Body Workout with Emphasis on Strength  
Dynamic Warm Up/Mobility  
Pre Workout Lateral and/or Linear Speed Work (Field/Court)  
Total Body Lift – Emphasis on Olympic lift  
Finisher  
Torso Training  
Post Workout Conditioning (emphasis on anaerobic power)  
Post Workout Flexibility

#### **Wednesday:**

Emphasis – Upper or Lower Body Strength  
Dynamic Warm Up/Mobility  
Movement prep - Lateral/Change of direction speed work (Field/Court)  
Upper or Lower Body Lift – Emphasis on Bench Press or Squat  
Finisher  
Torso Training  
Post Workout Flexibility

#### **Friday:**

Emphasis – Lower or Upper Body Strength with Emphasis on Work Capacity  
Dynamic Warm Up/Mobility  
Lower or Upper Body Lift – Emphasis on Squat or Bench  
Finisher  
Torso Training  
Post Workout Conditioning (emphasis on anaerobic power, metabolic conditioning)  
Post Workout Flexibility

[Watch Phase 1 Day 1 Flow Video Here](#)

[Watch Phase 1 Day 2 Flow Video Here](#)

[Watch Phase 1 Day 3 Flow Video Here](#)

#### **4-DAY WORKOUT:**

##### **Monday:**

Emphasis – Lower Body Strength

Dynamic Warm Up/Mobility

Pre Workout Lateral and/or Linear Speed Work (Field/Court) Lower Body Lift –

Emphasis on Squat

Finisher

Torso Training

Post Workout Flexibility

##### **Tuesday:**

Emphasis – Upper Body Workout with Emphasis on Strength Production

Dynamic Warm Up/Mobility

Upper Body Lift – Emphasis on Bench Press

Finisher

Torso Training

Post Workout Conditioning (emphasis on anaerobic power, metabolic conditioning)

Post Workout Flexibility

##### **Thursday:**

Emphasis – Total Body Workout with Emphasis on Strength Production

Dynamic Warm Up/Mobility

Total Body Lift – Emphasis on Olympic lift

Finisher

Torso Training

Post Workout Conditioning (emphasis on anaerobic power)

Post Workout Flexibility

##### **Friday:**

Emphasis – Upper Body Workout with Emphasis on Strength Production

Dynamic Warm Up/Mobility

Upper Body Lift – Emphasis on DB Push Press

Finisher

Torso Training

Post Workout Conditioning (emphasis on anaerobic power, metabolic conditioning)

Post Workout Flexibility

[Watch Phase 1 Day 1 Flow Video Here](#)

[Watch Phase 1 Day 2 Flow Video Here](#)

[Watch Phase 1 Day 3 Flow Video Here](#)

[Watch Phase 1 Day 4 Flow Video Here](#)



# HOW TO READ THE WORKOUT

NAME:

:POSITION

ALL PRE-ACTIVITY PREPARATION/WARM UPS ARE TO BE DONE BEFORE ANY WEIGHT LIFTING OR RUNNING IS PERFORMED.

| PERFORMED.                                                                                                                                                                                                                                                                                               |  |  |  |  |                                                                                                                      |  |  |  |  | PHASE: ONE                                                               |  |  |  |  |                                                     |  |  |  |  | MON: TOTAL                                                                                                                 |  |  |  |  |                                                                                        |  |  |  |  | WED: LOWER                                          |  |  |  |  |                                                                                                                                  |  |  |  |  | FRI: UPPER                                                                                                                   |  |  |  |  |  |  |  |  |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|----------------------------------------------------------------------------------------------------------------------|--|--|--|--|--------------------------------------------------------------------------|--|--|--|--|-----------------------------------------------------|--|--|--|--|----------------------------------------------------------------------------------------------------------------------------|--|--|--|--|----------------------------------------------------------------------------------------|--|--|--|--|-----------------------------------------------------|--|--|--|--|----------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|--|--|--|
| PRE-ACTIVITY PREPARATION CIRCUIT                                                                                                                                                                                                                                                                         |  |  |  |  |                                                                                                                      |  |  |  |  | PRE-ACTIVITY PREPARATION CIRCUIT                                         |  |  |  |  |                                                     |  |  |  |  | PRE-ACTIVITY PREPARATION CIRCUIT                                                                                           |  |  |  |  |                                                                                        |  |  |  |  | PRE-ACTIVITY PREPARATION CIRCUIT                    |  |  |  |  |                                                                                                                                  |  |  |  |  | PRE-ACTIVITY PREPARATION CIRCUIT                                                                                             |  |  |  |  |  |  |  |  |  |
| 1.) FOAM ROLL                                                                                                                                                                                                                                                                                            |  |  |  |  | 2.) DYNAMIC WARM-UP                                                                                                  |  |  |  |  | 3.) MOBILITY                                                             |  |  |  |  | 1.) FOAM ROLL                                       |  |  |  |  | 2.) DYNAMIC WARM-UP                                                                                                        |  |  |  |  | 3.) MOBILITY                                                                           |  |  |  |  | 1.) FOAM ROLL                                       |  |  |  |  | 2.) DYNAMIC WARM-UP                                                                                                              |  |  |  |  | 3.) MOBILITY                                                                                                                 |  |  |  |  |  |  |  |  |  |
| CALVES<br>QUADS<br>GLUTES<br>LOW BACK<br>UPPER BACK                                                                                                                                                                                                                                                      |  |  |  |  | HIGH KNEE/BUTT KICK<br>LUNGE + HIP LIFT<br>REVERSE LUNGE AND REACH<br>KNEE HUG<br>REVERSE HAMSTRING<br>FRANKENSTEINS |  |  |  |  | 1/2 KNEELING ANKLE MOBIL<br>2x10ea<br><br>4.) FOOTWORK<br>JUMP ROPE x100 |  |  |  |  | CALVES<br>QUADS<br>GLUTES<br>LOW BACK<br>UPPER BACK |  |  |  |  | SIDE TALL SHUFFLE<br>SIDE LOW SHUFFLE<br>HIP CRADLE WALK<br>SIDE LUNGE<br>LATERAL BOUNDS<br>SIDE SHUFFLE SQUAT + HIP RAISE |  |  |  |  | IN THE WINDOW/OUT THE WINDOW<br>2x10ea<br><br>4.) FOOTWORK<br>DOT DRILL - 4x15 seconds |  |  |  |  | CALVES<br>QUADS<br>GLUTES<br>LOW BACK<br>UPPER BACK |  |  |  |  | FOREARM INSTEP + NEAR HAND OPEN<br>REVERSE LUNGE REACH AND TWIST<br>SHUFFLE OPEN GATE<br>BACKWARDS C-SKIP<br>HIGH KNEE CROSSOVER |  |  |  |  | KNEELING T-SPINE<br>2x10ea<br><br>4.) FOOTWORK<br>PLATFORM QUICKS - 2x10seconds<br>STEP UP<br>SCISSORS<br>2 FOOT UP AND DOWN |  |  |  |  |  |  |  |  |  |
| MONDAY'S EXERCISES FOR BLOCK 1.                                                                                                                                                                                                                                                                          |  |  |  |  | MONDAY'S WORKOUT WEEK 1                                                                                              |  |  |  |  | ATHLETE'S WRITE THE WEIGHT /REPS PERFORMED IN THIS BOX.                  |  |  |  |  | WRITE IN DATES                                      |  |  |  |  | WEDNESDAY'S WORKOUT WEEK 1                                                                                                 |  |  |  |  |                                                                                        |  |  |  |  | FRIDAY'S WORKOUT WEEK 1                             |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| MONDAY                                                                                                                                                                                                                                                                                                   |  |  |  |  |                                                                                                                      |  |  |  |  | WEDNESDAY                                                                |  |  |  |  |                                                     |  |  |  |  | FRIDAY                                                                                                                     |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| TOTAL                                                                                                                                                                                                                                                                                                    |  |  |  |  |                                                                                                                      |  |  |  |  | TOTAL                                                                    |  |  |  |  |                                                     |  |  |  |  | TOTAL                                                                                                                      |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| HANG CLEAN PULL FROM MID THIGH                                                                                                                                                                                                                                                                           |  |  |  |  |                                                                                                                      |  |  |  |  | GOBLET SPLIT SQUAT                                                       |  |  |  |  |                                                     |  |  |  |  | BENCH PRESS                                                                                                                |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| GOBLET SQUAT                                                                                                                                                                                                                                                                                             |  |  |  |  |                                                                                                                      |  |  |  |  | INVERTED ROW                                                             |  |  |  |  |                                                     |  |  |  |  | RACK DEADLIFT                                                                                                              |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| PUSH UP                                                                                                                                                                                                                                                                                                  |  |  |  |  |                                                                                                                      |  |  |  |  | DB SWING                                                                 |  |  |  |  |                                                     |  |  |  |  | GOBLET SQUAT                                                                                                               |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| NEGATIVE CHIN UP                                                                                                                                                                                                                                                                                         |  |  |  |  |                                                                                                                      |  |  |  |  | BODYWEIGHT 45° LUNGE                                                     |  |  |  |  |                                                     |  |  |  |  | STANDING BB PRESS                                                                                                          |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| BODYWEIGHT STEP UP                                                                                                                                                                                                                                                                                       |  |  |  |  |                                                                                                                      |  |  |  |  | DB HANG CLEAN                                                            |  |  |  |  |                                                     |  |  |  |  | TURKISH GET UP                                                                                                             |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| TEAM ABS STRETCH                                                                                                                                                                                                                                                                                         |  |  |  |  |                                                                                                                      |  |  |  |  | TEAM ABS STRETCH                                                         |  |  |  |  |                                                     |  |  |  |  | TEAM ABS STRETCH                                                                                                           |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| COMMENTS:                                                                                                                                                                                                                                                                                                |  |  |  |  |                                                                                                                      |  |  |  |  | COMMENTS:                                                                |  |  |  |  |                                                     |  |  |  |  | COMMENTS:                                                                                                                  |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| ENTER COMMENTS HERE BY COACH OR ATHLETE. CAN BE (COACH) "YOU SLIGHTLY INJURED YOUR SHOULDER IN PRACTICE FRIDAY, GO A LITTLE LIGHTER IN WEEK 3 UPPER BODY EXERCISES" OR (ATHLETE) "I HAD A TEST MONDAY THAT I STUDIED FOR ALL NIGHT. I DIDN'T GET MUCH SLEEP AND HAD VERY LITTLE ENERGY FOR THE WORKOUT." |  |  |  |  |                                                                                                                      |  |  |  |  |                                                                          |  |  |  |  |                                                     |  |  |  |  |                                                                                                                            |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |
| ANY FEEDBACK IS GOOD FEEDBACK.                                                                                                                                                                                                                                                                           |  |  |  |  |                                                                                                                      |  |  |  |  |                                                                          |  |  |  |  |                                                     |  |  |  |  |                                                                                                                            |  |  |  |  |                                                                                        |  |  |  |  |                                                     |  |  |  |  |                                                                                                                                  |  |  |  |  |                                                                                                                              |  |  |  |  |  |  |  |  |  |

WE DON'T USE MACHINES. WE MAKE THEM.

# ELITE OFF-SEASON PROGRAM

NAME: \_\_\_\_\_ :POSITION \_\_\_\_\_

| PROGRAM: WINTER - STRENGTH/SIZE                                                                                                                                                          |          |        |   |    |          |        |   |    |  | PHASE:ONE                                                                                                                                 |             |        |   |     |             |        |   |    |  | MON: TOTAL                                                                                                                                                 |          |        |   |    |     |          |   |    |  | TUES: UPPER                                 |                                                                                                                                                                |        |   |    |    |        |        |    |  | THURS: TOTAL |  |  |  |  |  |  |  |  |  | FRI: LOWER |  |  |  |  |  |  |  |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|--------|---|----|----------|--------|---|----|--|-------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------|---|-----|-------------|--------|---|----|--|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|--------|---|----|-----|----------|---|----|--|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---|----|----|--------|--------|----|--|--------------|--|--|--|--|--|--|--|--|--|------------|--|--|--|--|--|--|--|--|--|
| PRE-ACTIVITY PREPARATION CIRCUIT                                                                                                                                                         |          |        |   |    |          |        |   |    |  | PRE-ACTIVITY PREPARATION CIRCUIT                                                                                                          |             |        |   |     |             |        |   |    |  | PRE-ACTIVITY PREPARATION CIRCUIT                                                                                                                           |          |        |   |    |     |          |   |    |  | PRE-ACTIVITY PREPARATION CIRCUIT            |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| DYNAMIC WARM UP                                                                                                                                                                          |          |        |   |    |          |        |   |    |  | 5 MINUTE WARM UP                                                                                                                          |             |        |   |     |             |        |   |    |  | DYNAMIC WARM UP                                                                                                                                            |          |        |   |    |     |          |   |    |  | 5 MINUTE WARM UP                            |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| AGILITY TRAINING                                                                                                                                                                         |          |        |   |    |          |        |   |    |  | STRENGTH TRAIN                                                                                                                            |             |        |   |     |             |        |   |    |  | GENERAL MOVEMENT TRAINING                                                                                                                                  |          |        |   |    |     |          |   |    |  | STRENGTH TRAIN                              |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| STRENGTH TRAIN                                                                                                                                                                           |          |        |   |    |          |        |   |    |  | CONDITIONING                                                                                                                              |             |        |   |     |             |        |   |    |  | STRENGTH TRAIN                                                                                                                                             |          |        |   |    |     |          |   |    |  | CONDITIONING                                |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| WATCH FLOW VIDEO HERE                                                                                                                                                                    |          |        |   |    |          |        |   |    |  | WATCH FLOW VIDEO HERE                                                                                                                     |             |        |   |     |             |        |   |    |  | WATCH FLOW VIDEO HERE                                                                                                                                      |          |        |   |    |     |          |   |    |  | WATCH FLOW VIDEO HERE                       |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| MONDAY                                                                                                                                                                                   |          | WEEK 1 |   |    |          | WEEK 2 |   |    |  | TUESDAY                                                                                                                                   |             | WEEK 1 |   |     |             | WEEK 2 |   |    |  | THURSDAY                                                                                                                                                   |          | WEEK 1 |   |    |     | WEEK 2   |   |    |  | FRIDAY                                      |                                                                                                                                                                | WEEK 1 |   |    |    | WEEK 2 |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| TOTAL                                                                                                                                                                                    |          | rep    | % | wt |          | rep    | % | wt |  | UPPER                                                                                                                                     |             | rep    | % | wt  |             | rep    | % | wt |  | TOTAL                                                                                                                                                      |          | rep    | % | wt |     | rep      | % | wt |  | LOWER                                       |                                                                                                                                                                | rep    | % | wt |    | rep    | %      | wt |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>CLEAN SHRUG PULL FROM HANG</u><br><br><i>superset with SPIKES 3x10</i><br><br><i>superset with ISO SPLIT SQUAT w/ T-SPINE REACH 3x5ea</i><br><br>*Percentages based on Hang Clean Max | x5       | 55%    |   |    | x5       | 55%    |   |    |  | <u>DB HIGH PULL</u><br>(Light and Fast)<br><br><i>superset with BROAD JUMP 3x5</i><br><br><i>superset with DB SA KNEELING PRESS 3x8ea</i> | x5          |        |   |     | x5          |        |   |    |  | <u>CLEAN COMBO FROM HANG</u><br>(3 Positions x5ea)<br><br><i>superset with PIES x10</i><br><br><i>superset with ISO SPLIT SQUAT w/ T-SPINE REACH 3x5ea</i> | x5       |        |   |    |     | x5       |   |    |  |                                             | <u>DB PUSH PRESS</u><br><br><i>superset with YTW 3x5 ea</i><br><br><i>superset with FOREARM FLEXION 3x:20s</i><br><br><i>superset with LINE QUICKS 3x:20ea</i> | x5     |   |    |    |        | x5     |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          | x5       | 60%    |   |    | x5       | 60%    |   |    |  | x5                                                                                                                                        |             |        |   | x5  |             |        |   |    |  | x5                                                                                                                                                         |          |        |   |    | x5  |          |   |    |  | x5                                          |                                                                                                                                                                |        |   |    | x5 |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          | x5       | 65%    |   |    | x5       | 65%    |   |    |  | x5                                                                                                                                        |             |        |   | x5  |             |        |   |    |  | x5                                                                                                                                                         |          |        |   |    | x5  |          |   |    |  | x5                                          |                                                                                                                                                                |        |   |    | x5 |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          | x5       | 65%    |   |    | x5       | 70%    |   |    |  | x5                                                                                                                                        |             |        |   | x5  |             |        |   |    |  | x5                                                                                                                                                         |          |        |   |    | x5  |          |   |    |  | x5                                          |                                                                                                                                                                |        |   |    | x5 |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>PAUSE BACK SQUAT</u><br><br><i>superset with SQUAT JUMP 4x5</i><br><br><i>superset with WALL ANKLE MOBILITY 4x10ea</i>                                                                | x5       |        |   |    | x5       |        |   |    |  | <u>PAUSE BENCH PRESS</u><br><br><i>superset with DB ROW 4x10</i><br><br><i>superset with LAT STRETCH 4x20 secs</i>                        | x5          |        |   |     | x5          |        |   |    |  | <u>GOBLET SQUAT</u><br>(Light)<br><br><i>superset with HURDLE HOP 4x5</i><br><br><i>superset with HIP FLEXOR STRETCH 4x20 sec</i>                          | x10      |        |   |    |     | x10      |   |    |  |                                             | <u>DB BENCH PRESS</u><br><br><i>superset with LAT PULL DOWN OR PULL UP 4x10</i><br><br><i>superset with LAT STRETCH 4x:20s</i>                                 | x10    |   |    |    |        | x8     |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          | x3       |        |   |    | x3       |        |   |    |  | x3                                                                                                                                        |             |        |   | x3  |             |        |   |    |  | x10                                                                                                                                                        |          |        |   |    | x10 |          |   |    |  |                                             | x10                                                                                                                                                            |        |   |    |    | x8     |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          | x5       | 60%    |   |    | x5       | 60%    |   |    |  | x5                                                                                                                                        | 60%         |        |   | x5  | 60%         |        |   |    |  | x10                                                                                                                                                        |          |        |   |    | x10 |          |   |    |  |                                             | x10                                                                                                                                                            |        |   |    |    | x8     |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          | x5       | 65%    |   |    | x5       | 65%    |   |    |  | x5                                                                                                                                        | 65%         |        |   | x5  | 65%         |        |   |    |  | x10                                                                                                                                                        |          |        |   |    | x10 |          |   |    |  |                                             | x10                                                                                                                                                            |        |   |    |    | x8     |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          | x5       | 65%    |   |    | x5       | 70%    |   |    |  | x5                                                                                                                                        | 65%         |        |   | x5  | 70%         |        |   |    |  | x10                                                                                                                                                        |          |        |   |    | x10 |          |   |    |  |                                             | x10                                                                                                                                                            |        |   |    |    | x8     |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>BWT LUNGE</u><br><br><i>superset with ISO LUNGE HOLD 2x10s Ea</i><br><br><i>superset with SUPERMAN 2x10</i>                                                                           | x8ea     |        |   |    | x8ea     |        |   |    |  | <u>SHRUGS</u><br><br><i>superset with MANUAL NECK F/B 2x5ea</i>                                                                           | x10         |        |   |     | x10         |        |   |    |  | <u>BWT SPLIT SQUAT</u><br><br><i>superset with PLATE RDL 2x8</i><br><br><i>superset with ALT. SUPERMANS 2x10ea</i>                                         | x10      |        |   |    |     | x10      |   |    |  |                                             | <u>DB SHRUGS</u><br><br><i>superset with MANUAL NECK S/S 2x5ea</i>                                                                                             | x10    |   |    |    |        | x10    |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          | x8ea     |        |   |    | x8ea     |        |   |    |  | x10                                                                                                                                       |             |        |   | x10 |             |        |   |    |  | x10                                                                                                                                                        |          |        |   |    | x10 |          |   |    |  |                                             | x10                                                                                                                                                            |        |   |    |    | x10    |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <b>FINISHER</b>                                                                                                                                                                          |          |        |   |    |          |        |   |    |  | <b>FINISHER</b>                                                                                                                           |             |        |   |     |             |        |   |    |  | <b>FINISHER For TIME!</b>                                                                                                                                  |          |        |   |    |     |          |   |    |  | <b>UPPER BODY FINISHER</b>                  |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>BWT SQUAT</u><br><br><i>superset with WALL SITS</i>                                                                                                                                   | x30 secs |        |   |    | x30 secs |        |   |    |  | <u>PUSH UP</u>                                                                                                                            | x30 Secs    |        |   |     | x30secs     |        |   |    |  | <u>PUSH UP x10</u><br><u>LUNGE x20</u><br><u>SQUAT x30</u><br><u>SIT UP x40</u>                                                                            | TIME     |        |   |    |     | TIME     |   |    |  |                                             | <u>SWINGS x30 secs</u><br><u>ROWS x30 secs</u><br><u>ALT. SWINGS x30 secs</u><br><u>PUSH UP x30</u>                                                            | 1x2:00 |   |    |    |        | 1x2:00 |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          | x60 secs |        |   |    | x65 secs |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <b>Body Weight Abs</b>                                                                                                                                                                   |          |        |   |    |          |        |   |    |  | <b>Weighted Abs</b>                                                                                                                       |             |        |   |     |             |        |   |    |  | <b>Lower Core (ON BENCH OR GROUND)</b>                                                                                                                     |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>Shin/ankle/toe</u>                                                                                                                                                                    | x10      |        |   |    | x10      |        |   |    |  | <u>V-ups</u>                                                                                                                              | x10         |        |   |     | x10         |        |   |    |  | <u>Hands on Bench</u>                                                                                                                                      | x10      |        |   |    |     | x10      |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>Russian Twist</u>                                                                                                                                                                     | x20      |        |   |    | x20      |        |   |    |  | <u>Russian Twists</u>                                                                                                                     | x20         |        |   |     | x20         |        |   |    |  | <u>On Head</u>                                                                                                                                             | x10      |        |   |    |     | x10      |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>Suitcase Crunches</u>                                                                                                                                                                 | x10      |        |   |    | x10      |        |   |    |  | <u>Sit Throughs</u>                                                                                                                       | x10         |        |   |     | x10         |        |   |    |  | <u>Crucifix</u>                                                                                                                                            | x10      |        |   |    |     | x10      |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>Bicycle(10 pause / 10 Fast)</u>                                                                                                                                                       | x20      |        |   |    | x20      |        |   |    |  | <u>Russian Twists</u>                                                                                                                     | x20         |        |   |     | x20         |        |   |    |  | <u>On Lower Bench</u>                                                                                                                                      | x10      |        |   |    |     | x10      |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>Feet 6 inches</u>                                                                                                                                                                     |          |        |   |    |          |        |   |    |  | <u>Opposite Heel Touch</u>                                                                                                                | x10         |        |   |     | x10         |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>Scissors</u>                                                                                                                                                                          | x20      |        |   |    | x20      |        |   |    |  | <u>60 Secs of Steel!</u>                                                                                                                  | x60 Seconds |        |   |     | x60 Seconds |        |   |    |  | <u>FINISHER</u>                                                                                                                                            | x30 secs |        |   |    |     | x30 secs |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>up/down</u>                                                                                                                                                                           | x20      |        |   |    | x20      |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>candlesticks</u>                                                                                                                                                                      | x10      |        |   |    | x10      |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <b>EXTRA WORK</b>                                                                                                                                                                        |          |        |   |    |          |        |   |    |  | <b>EXTRA WORK (Done After Conditioning)</b>                                                                                               |             |        |   |     |             |        |   |    |  | <b>EXTRA WORK</b>                                                                                                                                          |          |        |   |    |     |          |   |    |  | <b>EXTRA WORK (Done After Conditioning)</b> |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>DB Step ups 3x12</u>                                                                                                                                                                  |          |        |   |    |          |        |   |    |  | <u>DB Incline Bench 3x12</u>                                                                                                              |             |        |   |     |             |        |   |    |  | <u>Leg Press 3x10</u>                                                                                                                                      |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>Leg Curls 3x12</u>                                                                                                                                                                    |          |        |   |    |          |        |   |    |  | <u>Lat Pull down Rev Grip 3x12</u>                                                                                                        |             |        |   |     |             |        |   |    |  | <u>DB Lunge 3x10ea</u>                                                                                                                                     |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <u>DB Holds 1x60 secs</u>                                                                                                                                                                |          |        |   |    |          |        |   |    |  | <u>SA DB Hold x30 sec ea</u>                                                                                                              |             |        |   |     |             |        |   |    |  | <u>Bar Hang x60 secs</u>                                                                                                                                   |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |    |          |        |   |    |  |                                                                                                                                           |             |        |   |     |             |        |   |    |  |                                                                                                                                                            |          |        |   |    |     |          |   |    |  |                                             |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| <b>RECOVERY/STRETCH</b>                                                                                                                                                                  |          |        |   |    |          |        |   |    |  | <b>RECOVERY/STRETCH</b>                                                                                                                   |             |        |   |     |             |        |   |    |  | <b>RECOVERY/STRETCH</b>                                                                                                                                    |          |        |   |    |     |          |   |    |  | <b>RECOVERY/STRETCH</b>                     |                                                                                                                                                                |        |   |    |    |        |        |    |  |              |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |

# ELITE OFF-SEASON PROGRAM

NAME: \_\_\_\_\_ :POSITION \_\_\_\_\_

| PROGRAM:WINTER - STRENGTH/SIZE                                                                                                                                                           |          |        |   |          |     | PHASE:ONE                            |                                                                                                                                               |          |             |        |   | MON: TOTAL                       |     |        |                                                                                                                                                                |        |          | TUES: UPPER                          |   |          |     |        |                                                                                                                                                               | THURS: TOTAL                     |        |        |   |        |     | FRI: LOWER                       |    |  |  |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|--------|---|----------|-----|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------|--------|---|----------------------------------|-----|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|--------------------------------------|---|----------|-----|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|--------|--------|---|--------|-----|----------------------------------|----|--|--|--|--|
| PRE-ACTIVITY PREPARATION CIRCUIT                                                                                                                                                         |          |        |   |          |     | PRE-ACTIVITY PREPARATION CIRCUIT     |                                                                                                                                               |          |             |        |   | PRE-ACTIVITY PREPARATION CIRCUIT |     |        |                                                                                                                                                                |        |          | PRE-ACTIVITY PREPARATION CIRCUIT     |   |          |     |        |                                                                                                                                                               | PRE-ACTIVITY PREPARATION CIRCUIT |        |        |   |        |     | PRE-ACTIVITY PREPARATION CIRCUIT |    |  |  |  |  |
| DYNAMIC WARM UP                                                                                                                                                                          |          |        |   |          |     | 5 MINUTE WARM UP                     |                                                                                                                                               |          |             |        |   | DYNAMIC WARM UP                  |     |        |                                                                                                                                                                |        |          | 5 MINUTE WARM UP                     |   |          |     |        |                                                                                                                                                               | 5 MINUTE WARM UP                 |        |        |   |        |     | 5 MINUTE WARM UP                 |    |  |  |  |  |
| AGILITY TRAINING                                                                                                                                                                         |          |        |   |          |     | STRENGTH TRAIN                       |                                                                                                                                               |          |             |        |   | GENERAL MOVEMENT TRAINING        |     |        |                                                                                                                                                                |        |          | STRENGTH TRAIN                       |   |          |     |        |                                                                                                                                                               | STRENGTH TRAIN                   |        |        |   |        |     | STRENGTH TRAIN                   |    |  |  |  |  |
| STRENGTH TRAIN                                                                                                                                                                           |          |        |   |          |     | CONDITIONING                         |                                                                                                                                               |          |             |        |   | STRENGTH TRAIN                   |     |        |                                                                                                                                                                |        |          | CONDITIONING                         |   |          |     |        |                                                                                                                                                               | CONDITIONING                     |        |        |   |        |     | CONDITIONING                     |    |  |  |  |  |
| WATCH FLOW VIDEO HERE                                                                                                                                                                    |          |        |   |          |     | WATCH FLOW VIDEO HERE                |                                                                                                                                               |          |             |        |   | WATCH FLOW VIDEO HERE            |     |        |                                                                                                                                                                |        |          | WATCH FLOW VIDEO HERE                |   |          |     |        |                                                                                                                                                               | WATCH FLOW VIDEO HERE            |        |        |   |        |     | WATCH FLOW VIDEO HERE            |    |  |  |  |  |
| MONDAY                                                                                                                                                                                   |          | WEEK 3 |   | WEEK 4   |     | TUESDAY                              |                                                                                                                                               | WEEK 3   |             | WEEK 4 |   | THURSDAY                         |     | WEEK 3 |                                                                                                                                                                | WEEK 4 |          | FRIDAY                               |   | WEEK 3   |     | WEEK 4 |                                                                                                                                                               | WEEK 3                           |        | WEEK 4 |   | WEEK 3 |     | WEEK 4                           |    |  |  |  |  |
| DE OLY                                                                                                                                                                                   |          | rep    | % | wt       | rep | %                                    | wt                                                                                                                                            | DE LOWER |             | rep    | % | wt                               | rep | %      | wt                                                                                                                                                             | ME OLY |          | rep                                  | % | wt       | rep | %      | wt                                                                                                                                                            | RE OLY                           |        | rep    | % | wt     | rep | %                                | wt |  |  |  |  |
| <u>CLEAN SHRUG PULL FROM HANG</u><br><br>superset with <u>SPIKES 3x10</u><br><br>superset with <u>ISO SPLIT SQUAT w/ T-SPINE REACH 3x5ea</u><br><br>*Percentages based on Hang Clean Max | x5       | 55%    |   | x4       | 65% |                                      | <u>DB HIGH PULL</u><br><br>(Light and Fast)<br><br>superset with <u>BROAD JUMP 3x5</u><br><br>superset with <u>DB SA KNEELING PRESS 3x8ea</u> |          | x5          |        |   | x5                               |     |        | <u>CLEAN COMBO FROM HANG</u><br><br>(3 Positions x5ea)<br><br>superset with <u>PIES x10</u><br><br>superset with <u>ISO SPLIT SQUAT w/ T-SPINE REACH 3x5ea</u> |        | x5       |                                      |   | x5       |     |        | <u>DB PUSH PRESS</u><br><br>superset with <u>YTW 3x5 ea</u><br><br>superset with <u>FOREARM FLEXION 3x:20s</u><br><br>superset with <u>LINE QUICKS 3x20ea</u> |                                  | x5     |        |   | x5     |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x5       | 65%    |   | x4       | 70% |                                      |                                                                                                                                               |          | x5          |        |   | x5                               |     |        |                                                                                                                                                                |        | x5       |                                      |   | x5       |     |        |                                                                                                                                                               |                                  | x5     |        |   | x5     |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x5       | 70%    |   | x4       | 75% |                                      |                                                                                                                                               |          | x5          |        |   | x5                               |     |        |                                                                                                                                                                |        | x5       |                                      |   | x5       |     |        |                                                                                                                                                               |                                  | x5     |        |   | x5     |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x5       | 75%    |   | x4       | 80% |                                      |                                                                                                                                               |          | x5          |        |   | x5                               |     |        |                                                                                                                                                                |        | x5       |                                      |   | x5       |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x5       | 80%    |   | x4       | 85% |                                      |                                                                                                                                               |          | x5          |        |   | x5                               |     |        |                                                                                                                                                                |        | x5       |                                      |   | x5       |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
| <u>PAUSE BACK SQUAT</u><br><br>superset with <u>SQUAT JUMP 4x5</u><br><br>superset with <u>WALL ANKLE MOBILITY 4x10ea</u>                                                                | x5       |        |   | x5       |     |                                      | <u>PAUSE BENCH PRESS</u><br><br>superset with <u>DB ROW 4x10</u><br><br>superset with <u>LAT STRETCH 4x20 secs</u>                            |          | x5          |        |   | x5                               |     |        | <u>GOBLET SQUAT</u><br><br>(Light)<br><br>superset with <u>HURDLE HOP 4x5</u><br><br>superset with <u>HIP FLEXOR STRETCH 4x20 secs</u>                         |        | x8       |                                      |   | x6       |     |        | <u>DB BENCH PRESS</u><br><br>superset with <u>LAT PULL DOWN OR PULL UP 4x10</u><br><br>superset with <u>LAT STRETCH 4x:20s</u>                                |                                  | x8     |        |   | x8     |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x3       |        |   | x3       |     |                                      |                                                                                                                                               |          | x3          |        |   | x3                               |     |        |                                                                                                                                                                |        | x8       |                                      |   | x6       |     |        |                                                                                                                                                               |                                  | x8     |        |   | x8     |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x4       | 70%    |   | x3       | 70% |                                      |                                                                                                                                               |          | x4          | 70%    |   | x3                               | 70% |        |                                                                                                                                                                |        | x8       |                                      |   | x6       |     |        |                                                                                                                                                               |                                  | x8     |        |   | x8     |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x4       | 75%    |   | x3       | 75% |                                      |                                                                                                                                               |          | x4          | 75%    |   | x3                               | 75% |        |                                                                                                                                                                |        | x8       |                                      |   | x6       |     |        |                                                                                                                                                               |                                  | x8     |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x4       | 75%    |   | x3       | 80% |                                      |                                                                                                                                               |          | x4          | 75%    |   | x3                               | 80% |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
| <u>BWT LUNGE</u><br><br>superset with <u>ISO LUNGE HOLD 2x10s Ea</u><br><br>superset with <u>SUPERMAN 2x10</u>                                                                           | x8ea     |        |   | x8ea     |     |                                      | <u>SHRUGS</u><br><br>superset with <u>MANUAL NECK F/B 2x5ea</u>                                                                               |          | x10         |        |   | x10                              |     |        | <u>BWT SPLIT SQUAT</u><br><br>superset with <u>PLATE RDL 2x8</u><br><br>superset with <u>ALT. SUPERMANS 2x10ea</u>                                             |        | x10      |                                      |   | x10      |     |        | <u>DB SHRUGS</u><br><br>superset with <u>MANUAL NECK S/S 2x5ea</u>                                                                                            |                                  | x10    |        |   | x10    |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x8ea     |        |   | x8ea     |     |                                      |                                                                                                                                               |          | x10         |        |   | x10                              |     |        |                                                                                                                                                                |        | x10      |                                      |   | x10      |     |        |                                                                                                                                                               |                                  | x10    |        |   | x10    |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          | x10         |        |   | x10                              |     |        |                                                                                                                                                                |        | x10      |                                      |   | x10      |     |        |                                                                                                                                                               |                                  | x10    |        |   | x10    |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
| FINISHER                                                                                                                                                                                 |          |        |   |          |     | FINISHER                             |                                                                                                                                               |          |             |        |   | FINISHER For TIME!               |     |        |                                                                                                                                                                |        |          | UPPER BODY FINISHER                  |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
| BWT SQUAT<br><br>superset with <u>WALL SITS</u>                                                                                                                                          | x30 secs |        |   | x30 secs |     |                                      | PUSH UP                                                                                                                                       |          | x30 Secs    |        |   | x30secs                          |     |        | PUSH UP x10<br><br>LUNGE x20<br><br>SQUAT x30<br><br>SIT UP x40                                                                                                |        | TIME     |                                      |   | TIME     |     |        | SWINGS x30 secs<br><br>ROWS x30 secs<br><br>ALT. SWINGS x30 secs<br><br>PUSH UP x30                                                                           |                                  | 1x2:00 |        |   | 1x2:00 |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x60 secs |        |   | x65 secs |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
| Body Weight Abs                                                                                                                                                                          |          |        |   |          |     | Weighted Abs                         |                                                                                                                                               |          |             |        |   | Lower Core (ON BENCH OR GROUND)  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
| Shin/ankle/toe<br>Russian Twist<br>Suitcase Crunches<br>Bicycle(10 pause / 10 Fast)<br>Feet 6 inches<br><br>Scissors<br>up/down<br>candlesticks                                          | x10      |        |   | x10      |     |                                      | V-ups                                                                                                                                         |          | x10         |        |   | x10                              |     |        | Hands on Bench                                                                                                                                                 |        | x10      |                                      |   | x10      |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x20      |        |   | x20      |     |                                      | Russian Twists                                                                                                                                |          | x20         |        |   | x20                              |     |        | On Head                                                                                                                                                        |        | x10      |                                      |   | x10      |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x10      |        |   | x10      |     |                                      | Sit Throughs                                                                                                                                  |          | x10         |        |   | x10                              |     |        | Crucifix                                                                                                                                                       |        | x10      |                                      |   | x10      |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x20      |        |   | x20      |     |                                      | Russian Twists                                                                                                                                |          | x20         |        |   | x20                              |     |        | On Lower Bench                                                                                                                                                 |        | x10      |                                      |   | x10      |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      | Opposite Heel Touch                                                                                                                           |          | x10         |        |   | x10                              |     |        |                                                                                                                                                                |        | x10      |                                      |   | x10      |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x20      |        |   | x20      |     |                                      | 60 Secs of Steel!                                                                                                                             |          | x60 Seconds |        |   | x60 Seconds                      |     |        | FINISHER                                                                                                                                                       |        | x30 secs |                                      |   | x30 secs |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x20      |        |   | x20      |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          | x10      |        |   | x10      |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
| EXTRA WORK                                                                                                                                                                               |          |        |   |          |     | EXTRA WORK (Done After Conditioning) |                                                                                                                                               |          |             |        |   | EXTRA WORK                       |     |        |                                                                                                                                                                |        |          | EXTRA WORK (Done After Conditioning) |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
| DB Step ups 3x12<br>Leg Curls 3x12<br>DB Holds 1x60 secs                                                                                                                                 |          |        |   |          |     |                                      | DB Incline Bench 3x12<br>Lat Pull down Rev Grip 3x12<br>SA DB Hold x30 sec ea                                                                 |          |             |        |   |                                  |     |        | Leg Press 3x10<br>DB Lunge 3x10ea<br>Bar Hang x60 secs                                                                                                         |        |          |                                      |   |          |     |        | Incline Bench 4x5<br>Inverted Row 4x10<br>DB Goblet Walk x30secs ea                                                                                           |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
|                                                                                                                                                                                          |          |        |   |          |     |                                      |                                                                                                                                               |          |             |        |   |                                  |     |        |                                                                                                                                                                |        |          |                                      |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |
| RECOVERY/STRETCH                                                                                                                                                                         |          |        |   |          |     | RECOVERY/STRETCH                     |                                                                                                                                               |          |             |        |   | RECOVERY/STRETCH                 |     |        |                                                                                                                                                                |        |          | RECOVERY/STRETCH                     |   |          |     |        |                                                                                                                                                               |                                  |        |        |   |        |     |                                  |    |  |  |  |  |

"It takes no athletic ability to play with effort and toughness." Wade Boggs

# ONEIGHTY ATHLETICS OFF SEASON GENERAL AGILITIES & CONDITIONING

## FOOTBALL

## WEEK 1-8

## BLOCK 1

| <u>MONDAY</u>                                                                                                                                                                                           | <u>TUESDAY</u>                                                                                                                                                                                                                                                                                                                                | <u>THURSDAY</u>                                                                                                                                                                                                                                                           | <u>FRIDAY</u>                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.) Warm Up<br><br>2.) 2 Cone Agilites (2 reps each way)<br>Sprint-Sprint<br>Sprint- Backpedal<br>Backpedal-Sprint<br>Figure 8                                                                          | 1.) After Lift<br><br>2.) 1x400m (1 Lap Around Track)<br><:90 seconds<br>3 Minute Rest<br>3.) 1x400m<br><:90 seconds<br>4 Minute Rest<br>4.) 1x400m<br><:90 seconds<br>5 Minute Rest<br>5.) 1x400m<br><:90 seconds                                                                                                                            | 1.) Warm Up<br><br>2.) 5-5-10-Line Drills<br><b>WEEKS 1-4</b><br>Group #1 - 2 reps each way<br>Group #3 - 2 reps each way<br>Group #4 - 2 reps each way<br><br><b>WEEKS 5-8</b><br>Group #2 - 2 reps each way<br>Group #4 - 2 reps each way<br>Group #5 - 2 reps each way | 1.) After Lift<br><br>2.) 5x110 yards<br><:19 seconds<br>:45s Rest<br><br>2 Minute Rest<br><br>3.) 5x110 yards<br><:19 seconds<br>:45s Rest                                                                                                                                                                                                                                                                              |
| <div> <div>Target Times:</div> <div> <div>Skill:</div> <div>FULL SPEED</div> </div> <div> <div>Big Skill:</div> <div>FULL SPEED</div> </div> <div> <div>Line:</div> <div>FULL SPEED</div> </div> </div> | <div> <div>Target Times:</div> <div> <div>Skill:</div> <div>&lt;:90    &lt;:82s</div> </div> <div> <div>Big Skill:</div> <div>&lt;:93s   &lt;:85s</div> </div> <div> <div>Line:</div> <div>&lt;:100s   &lt;:92s</div> </div> </div> <p>**Subtract :01 seconds from each run each week. Week 8 the skill times should be :82 respectively.</p> | <div> <div>Target Times:</div> <div> <div>Skill:</div> <div>FULL SPEED</div> </div> <div> <div>Big Skill:</div> <div>FULL SPEED</div> </div> <div> <div>Line:</div> <div>FULL SPEED</div> </div> </div>                                                                   | <div> <div>Target Times:</div> <div> <div>Skill:</div> <div>&lt;:19s</div> </div> <div> <div>Big Skill:</div> <div>&lt;:21s</div> </div> <div> <div>Line:</div> <div>&lt;:23s</div> </div> </div> <p>**Add two reps every 2 weeks<br/>                     Week 1-2 - 2x5 reps<br/>                     Week 3-4 - 2x6 reps<br/>                     Week 5-6 - 2x7 reps<br/>                     Week 7-8 - 2x8reps</p> |
| <u>LIFT</u>                                                                                                                                                                                             | <u>STRETCH</u>                                                                                                                                                                                                                                                                                                                                | <u>LIFT</u>                                                                                                                                                                                                                                                               | <u>STRETCH</u>                                                                                                                                                                                                                                                                                                                                                                                                           |

# ELITE OFF SEASON PROGRAM

NAME: :POSITION

| PROGRAM: OFFSEASON I             |  |  |  | PHASE: ONE                       |  | HYPERTROPHY/STRENGTH |  | MON: TOTAL                       |  | WED: LOWER |  | FRI: UPPER |  |
|----------------------------------|--|--|--|----------------------------------|--|----------------------|--|----------------------------------|--|------------|--|------------|--|
| PRE-ACTIVITY PREPARATION CIRCUIT |  |  |  | PRE-ACTIVITY PREPARATION CIRCUIT |  |                      |  | PRE-ACTIVITY PREPARATION CIRCUIT |  |            |  |            |  |
| DYNAMIC WARM UP                  |  |  |  | DYNAMIC WARM UP                  |  |                      |  | DYNAMIC WARM UP                  |  |            |  |            |  |
| AGILITIES                        |  |  |  | GENERAL MOVEMENT PREP            |  |                      |  | STRENGTH TRAIN                   |  |            |  |            |  |
| STRENGTH TRAIN                   |  |  |  | STRENGTH TRAIN                   |  |                      |  | CONDITION                        |  |            |  |            |  |
| CONDITION                        |  |  |  |                                  |  |                      |  |                                  |  |            |  |            |  |
| WATCH FLOW VIDEO HERE            |  |  |  | WATCH FLOW VIDEO HERE            |  |                      |  | WATCH FLOW VIDEO HERE            |  |            |  |            |  |

| MONDAY                                                                                                                        |  |  |  |        |  |  |  |        |  |  |  |        | WEDNESDAY                                                                                                                                        |  |  |        |  |  |  |        |  |  |  |        |  | FRIDAY                                                                                                                                   |  |        |  |  |  |        |  |  |  |        |  |  |                                    |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------------------------------------------------------------------------------------------------------------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--------|--|--|--|--------|--|--|--|--------|--|------------------------------------------------------------------------------------------------------------------------------------------|--|--------|--|--|--|--------|--|--|--|--------|--|--|------------------------------------|--------|--|--|--|--------|--|--|--|--|--|--|--|------------|--|--|--|--|--|--|--|--|--|--|--|--|------------|--|--|--|--|--|--|--|--|--|--|--|--|------------|--|--|--|--|--|--|--|--|--|--|--|--|------------|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|
| WEEK 1                                                                                                                        |  |  |  | WEEK 2 |  |  |  | WEEK 3 |  |  |  | WEEK 4 |                                                                                                                                                  |  |  | WEEK 1 |  |  |  | WEEK 2 |  |  |  | WEEK 3 |  |                                                                                                                                          |  | WEEK 4 |  |  |  | WEEK 1 |  |  |  | WEEK 2 |  |  |                                    | WEEK 3 |  |  |  | WEEK 4 |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| TOTAL                                                                                                                         |  |  |  |        |  |  |  |        |  |  |  |        | LOWER                                                                                                                                            |  |  |        |  |  |  |        |  |  |  |        |  | UPPER                                                                                                                                    |  |        |  |  |  |        |  |  |  |        |  |  |                                    |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| <a href="#">CLEAN PULL</a><br>SUPERSET WITH<br><a href="#">SNAP DOWN x5</a><br>SUPERSET WITH<br><a href="#">SQUAT JUMP x5</a> |  |  |  |        |  |  |  |        |  |  |  |        | <a href="#">BACK SQUAT</a><br>SUPERSET WITH<br><a href="#">BENCH GLUTE BRIDGE x10ea</a><br>SUPERSET WITH<br><a href="#">ANKLE MOBILITY x10ea</a> |  |  |        |  |  |  |        |  |  |  |        |  | <a href="#">HANG CLEAN</a><br>SUPERSET WITH<br><a href="#">PIGEON STRETCH x:30s Ea</a><br>SUPERSET WITH<br><a href="#">MB SLAMS x 10</a> |  |        |  |  |  |        |  |  |  |        |  |  |                                    |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| rep % wt                                                                                                                      |  |  |  |        |  |  |  |        |  |  |  |        | rep % wt                                                                                                                                         |  |  |        |  |  |  |        |  |  |  |        |  | rep % wt                                                                                                                                 |  |        |  |  |  |        |  |  |  |        |  |  |                                    |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x5 50%                                                                                                                        |  |  |  |        |  |  |  |        |  |  |  |        | x5 55%                                                                                                                                           |  |  |        |  |  |  |        |  |  |  |        |  | x5 60%                                                                                                                                   |  |        |  |  |  |        |  |  |  |        |  |  | x5 65%                             |        |  |  |  |        |  |  |  |  |  |  |  | x5 60%     |  |  |  |  |  |  |  |  |  |  |  |  | x4 65%     |  |  |  |  |  |  |  |  |  |  |  |  | x3 70%     |  |  |  |  |  |  |  |  |  |  |  |  | x3 70%     |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x5 50%                                                                                                                        |  |  |  |        |  |  |  |        |  |  |  |        | x5 55%                                                                                                                                           |  |  |        |  |  |  |        |  |  |  |        |  | x5 60%                                                                                                                                   |  |        |  |  |  |        |  |  |  |        |  |  | x5 65%                             |        |  |  |  |        |  |  |  |  |  |  |  | x10 60%    |  |  |  |  |  |  |  |  |  |  |  |  | x10 60%    |  |  |  |  |  |  |  |  |  |  |  |  | x8 65%     |  |  |  |  |  |  |  |  |  |  |  |  | x6 70%     |  |  |  |  |  |  |  |  |  |  |  |  | x5 60% |  |  |  |  |  |  |  |  |  |  |  |  | x4 65% |  |  |  |  |  |  |  |  |  |  |  |  | x3 70% |  |  |  |  |  |  |  |  |  |  |  |  | x3 75% |  |  |  |  |  |  |  |  |  |  |  |  |
| x5 50%                                                                                                                        |  |  |  |        |  |  |  |        |  |  |  |        | x5 55%                                                                                                                                           |  |  |        |  |  |  |        |  |  |  |        |  | x5 60%                                                                                                                                   |  |        |  |  |  |        |  |  |  |        |  |  | x5 65%                             |        |  |  |  |        |  |  |  |  |  |  |  | x10 60%    |  |  |  |  |  |  |  |  |  |  |  |  | x10 60%    |  |  |  |  |  |  |  |  |  |  |  |  | x8 65%     |  |  |  |  |  |  |  |  |  |  |  |  | x6 70%     |  |  |  |  |  |  |  |  |  |  |  |  | x5 60% |  |  |  |  |  |  |  |  |  |  |  |  | x4 65% |  |  |  |  |  |  |  |  |  |  |  |  | x3 70% |  |  |  |  |  |  |  |  |  |  |  |  | x3 75% |  |  |  |  |  |  |  |  |  |  |  |  |
| ABOVE KNEE                                                                                                                    |  |  |  |        |  |  |  |        |  |  |  |        | ABOVE KNEE                                                                                                                                       |  |  |        |  |  |  |        |  |  |  |        |  | BELOW KNEE                                                                                                                               |  |        |  |  |  |        |  |  |  |        |  |  | BELOW KNEE                         |        |  |  |  |        |  |  |  |  |  |  |  | ABOVE KNEE |  |  |  |  |  |  |  |  |  |  |  |  | ABOVE KNEE |  |  |  |  |  |  |  |  |  |  |  |  | BELOW KNEE |  |  |  |  |  |  |  |  |  |  |  |  | BELOW KNEE |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| GOBLET ISO SQUAT x:03s                                                                                                        |  |  |  |        |  |  |  |        |  |  |  |        | GOBLET ISO SQUAT x:03s                                                                                                                           |  |  |        |  |  |  |        |  |  |  |        |  | GOBLET ISO SPLIT SQUAT                                                                                                                   |  |        |  |  |  |        |  |  |  |        |  |  | GOBLET ISO SPLIT SQUAT             |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| SUPERSET WITH                                                                                                                 |  |  |  |        |  |  |  |        |  |  |  |        | SUPERSET WITH                                                                                                                                    |  |  |        |  |  |  |        |  |  |  |        |  | SUPERSET WITH                                                                                                                            |  |        |  |  |  |        |  |  |  |        |  |  | SUPERSET WITH                      |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| <a href="#">HIP FLEX STRETCH x:20s Ea</a>                                                                                     |  |  |  |        |  |  |  |        |  |  |  |        | <a href="#">HIP FLEX STRETCH x:20s Ea</a>                                                                                                        |  |  |        |  |  |  |        |  |  |  |        |  | <a href="#">DB RDL x10</a>                                                                                                               |  |        |  |  |  |        |  |  |  |        |  |  | <a href="#">DB RDL x10</a>         |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| SUPERSET WITH                                                                                                                 |  |  |  |        |  |  |  |        |  |  |  |        | SUPERSET WITH                                                                                                                                    |  |  |        |  |  |  |        |  |  |  |        |  | SUPERSET WITH                                                                                                                            |  |        |  |  |  |        |  |  |  |        |  |  | SUPERSET WITH                      |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| <a href="#">SL GLUTE BRIDGE x12ea</a>                                                                                         |  |  |  |        |  |  |  |        |  |  |  |        | <a href="#">SL GLUTE BRIDGE x12ea</a>                                                                                                            |  |  |        |  |  |  |        |  |  |  |        |  | <a href="#">ROCKING GROIN x5ea</a>                                                                                                       |  |        |  |  |  |        |  |  |  |        |  |  | <a href="#">ROCKING GROIN x5ea</a> |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
| x8                                                                                                                            |  |  |  |        |  |  |  |        |  |  |  |        | x8                                                                                                                                               |  |  |        |  |  |  |        |  |  |  |        |  | x8ea                                                                                                                                     |  |        |  |  |  |        |  |  |  |        |  |  | x6ea                               |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                               |  |  |  |        |  |  |  |        |  |  |  |        |                                                                                                                                                  |  |  |        |  |  |  |        |  |  |  |        |  |                                                                                                                                          |  |        |  |  |  |        |  |  |  |        |  |  |                                    |        |  |  |  |        |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |        |  |  |  |  |  |  |  |  |  |  |  |  |

If what you have done yesterday still looks big to you, you haven't done much today.

**THE FOLLOWING WARM-UP WILL PREPARE YOUR BODY TO TRAIN AT THE HIGHEST LEVEL.**

**PRIOR TO ALL EXERCISE SESSIONS WHETHER IT IS STRENGTH TRAINING, CONDITIONING, SPEED TRAINING, OR AGILITIES, A COMPLETE WARM-UP AND FLEXIBILITY SESSION MUST BE COMPLETED. A PROPER WARM-UP WILL:**

- 1. PREPARE THE MAJOR JOINTS FOR STRENUOUS ACTIVITY THROUGH ALL RANGES OF MOTION**
- 2. INCREASE THE BODY'S INTERNAL BODY TEMPERATURE PRIOR TO TRAINING**
- 3. PROTECT AGAINST INJURY BY IMPROVING THE RANGE OF MOTION WITHIN THE MUSCLES AND THE JOINTS**
- 4. IS SPECIFIC TO THE WORKOUT OR SPORT YOU ARE PREPARING TO DO**
- 5. MENTALLY PREPARE AN ATHLETE FOR THE TRAINING THAT IS ABOUT TO BE DONE**
- 6. PRE-HEAT THE MUSCLES SO THAT YOU CAN OBTAIN MAXIMUM BENEFITS FROM THE PRE-WORKOUT STRETCH**
- 7. INCREASES BLOOD FLOW. INCREASE IN OXYGEN SUPPLY**
- 8. STIMULATE THE CENTRAL NERVOUS SYSTEM**
- 9. REDUCES THE TIME OF MOTOR REACTIONS**
- 10. IMPROVES COORDINATION WHICH IMPROVES MOTOR PERFORMANCE**

**BEFORE STARTING YOUR STRENGTH-TRAINING WORKOUT, RUNNING WORKOUT OR GAME, COMPLETE THE FOLLOWING WARM-UP EXERCISES.**

**THIS WARM-UP INVOLVES FLEXIBILITY EXERCISES WHILE DOING SPORT SPECIFIC MOVEMENTS. THE MOVEMENTS USED ARE SPECIFIC TO THE SPORT AND THE WORKOUT PROGRAM.**

**[VIDEO OF GAME READY WARM UP](#)**

## VIDEO OF GAME READY WARM UP

### 1. GENERAL WARM UP

|               |     |
|---------------|-----|
| JUMPING JACKS | X10 |
| SQUAT & HOLD  | X10 |

### 2. DYNAMIC WARM UP

|                      |        |
|----------------------|--------|
| A. KNEE HUG TO LUNGE | 10 X10 |
| B. WALKING HAMSTRING | 10 X10 |
| C. OPPOSITE QUAD     | 10 X10 |
| D. INCHWORM PUSHUP   | 10 X10 |

### 3. SPEED DYNAMICS

|                          |        |
|--------------------------|--------|
| A. A-WALK                | 10 X10 |
| B. A-MARCH               | 10 X10 |
| C. HIGH KNEES            | 5 X15  |
| D. HIGH KNEES ON COMMAND | 5 X15  |

### 4. STATIC STRETCH

|                                     |         |
|-------------------------------------|---------|
| A. FEET TOGETHER HAMSTRING          | X10SECS |
| B. SPREAD YOUR LEGS APART           |         |
| MIDDLE                              | X10SECS |
| RIGHT                               | X10SECS |
| LEFT                                | X10SECS |
| C. KNEE DOWN LUNGE POSITION STRETCH |         |
| RIGHT                               |         |
| HIPS FORWARD                        | X10SECS |
| HAMSTRING                           | X10SECS |
| LEG                                 |         |
| WORLD'S GREATEST                    | X10SECS |
| FWD                                 |         |
| TWIST                               | X10SECS |
| LEFT                                |         |
| HIPS FORWARD                        | X10SECS |
| HAMSTRING                           | X10SECS |
| LEG                                 |         |
| WORLD'S GREATEST                    | X10SECS |
| FWD                                 |         |
| TWIST                               | X10SECS |

### 5. FEET QUICKS

|                             |              |
|-----------------------------|--------------|
| A. SIDE TO SIDE (2 FT)      | X10SECS      |
| B. FRONT TO BACK (2 FT)     | X10SECS      |
| C. SINGLE LEG SIDE TO SIDE  | X10SECS, 5EA |
| D. SINGLE LEG FRONT TO BACK | X10SECS, 5EA |

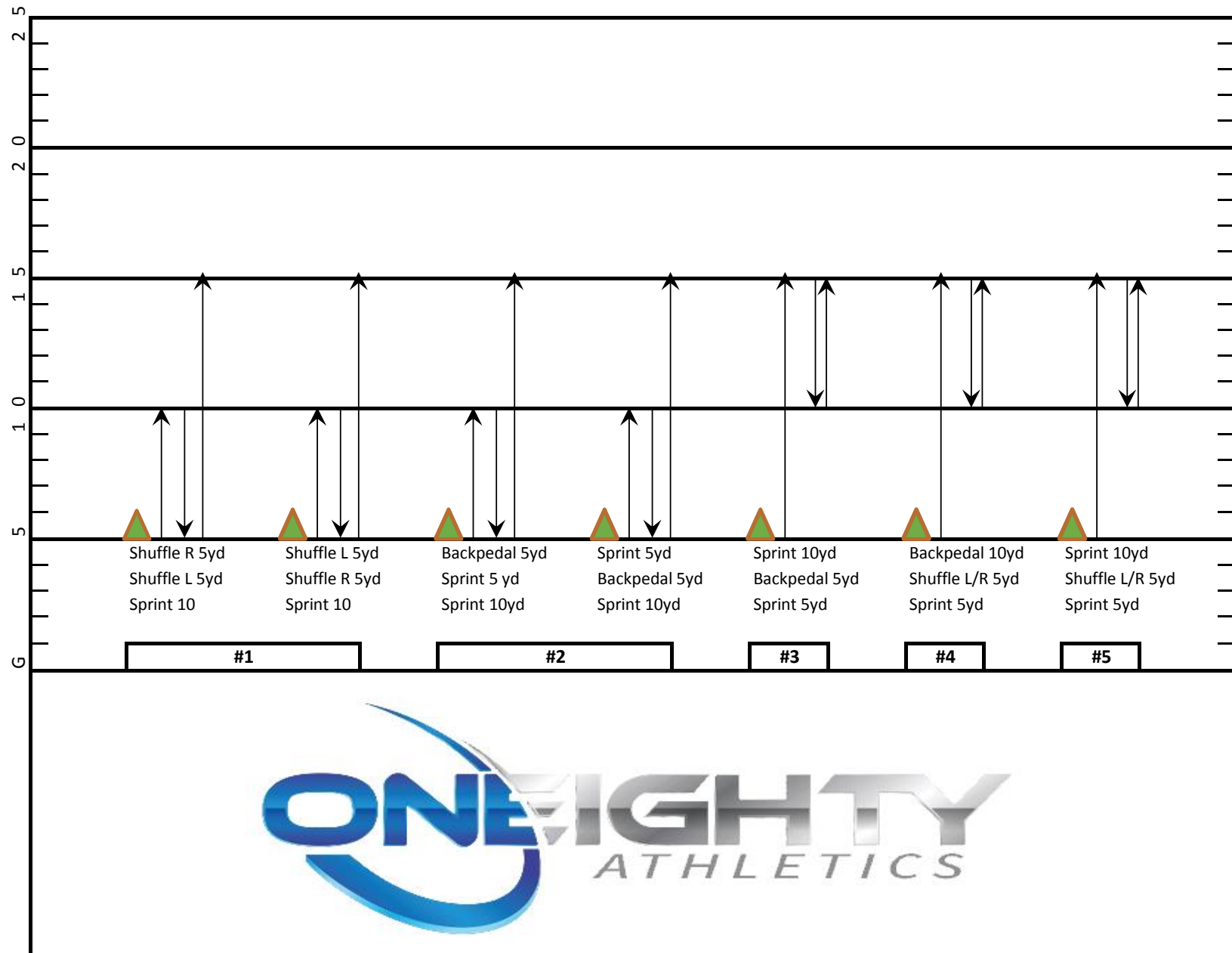
### 6. LATERAL ACCELERATION (PUSH TO MOVE)

|                               |        |
|-------------------------------|--------|
| A. SLOW SHUFFLE FACING RIGHT  | 10 X10 |
| B. SLOW SHUFFLE FACING LEFT   | 10 X10 |
| C. QUICK SHUFFLE FACING RIGHT | 10 X10 |
| D. QUICK SHUFFLE FACING LEFT  | 10 X10 |
| E. WHISTLE REACTION SHUFFLE   |        |
| RIGHT                         | 10 X10 |
| F. WHISTLE REACTION SHUFFLE   |        |
| LEFT                          | 10 X10 |

### 7. LINEAR SPEED

|                      |        |
|----------------------|--------|
| A. RIGHT LEG FORWARD | 10 X10 |
| B. LEFT LEG FORWARD  | 10 X10 |
| C. SEATED RIGHT TURN | 10 X10 |
| D. SEATED LEFT TURN  | 10 X10 |

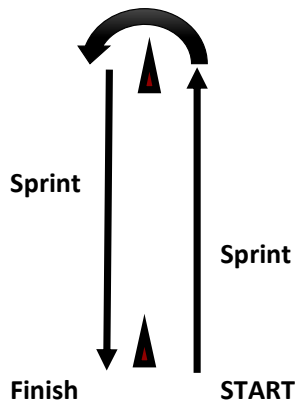
# 5-5-10 LINE DRILLS





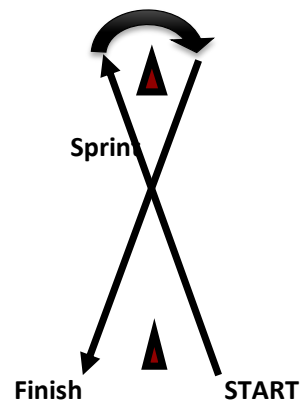
## 2 CONE AGILITIES

### Sprint - Sprint



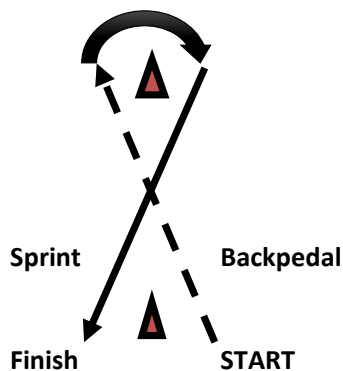
Begin drill in a two point stance. Sprint to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start

### Figure 8:Sprint-Sprint



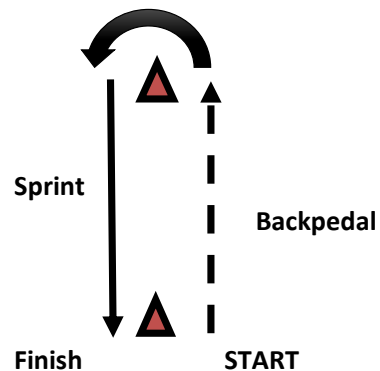
Begin drill in a two point stance. Sprint to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start

### Figure 8:Backpedal - Sprint



Begin drill in a two point stance. Backpedal to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start

### Backpedal-Sprint

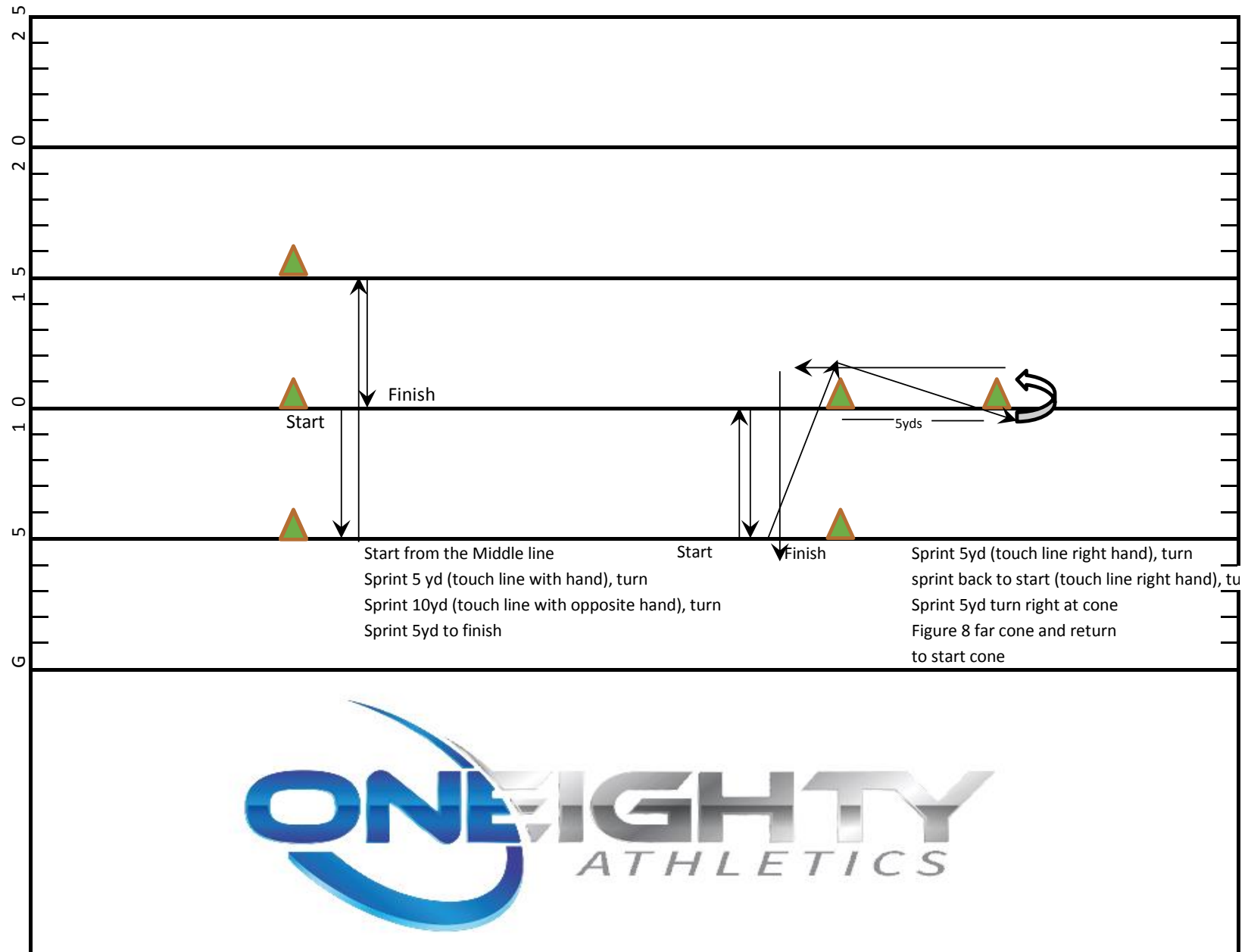


Begin drill in a two point stance. Backpedal to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start



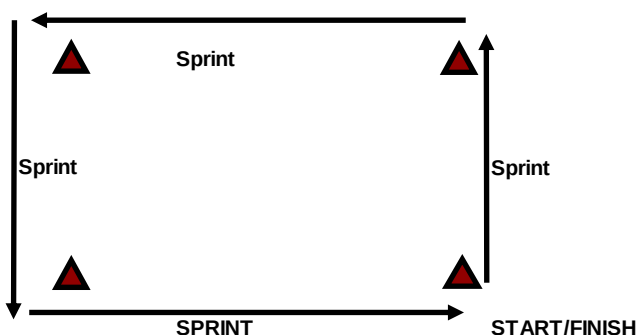
## 5-10-5 AGILITY

## L-DRILL



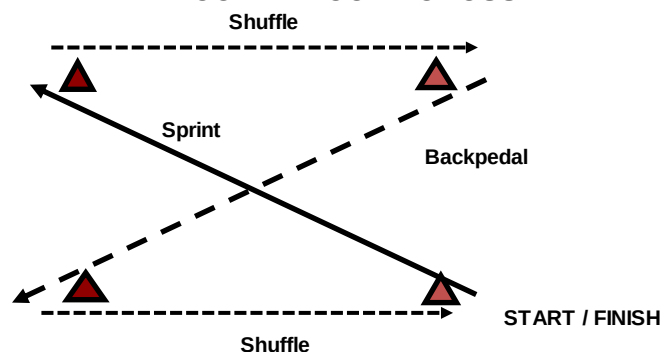
## 4 Cone Agilities

### Sprint / Sprint / Sprint / Sprint



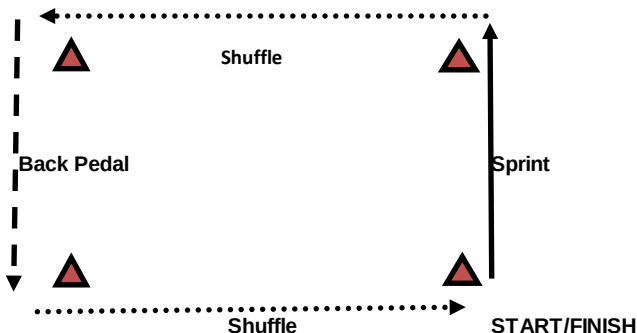
Begin drill in a two point stance. Sprint to the 2nd cone. Plant right foot, sprint to 3rd cone, plant right foot and finish where you started.

### 4 CORNER CONE CROSS



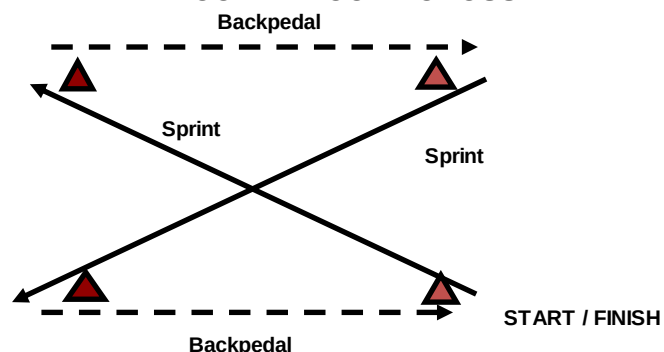
Begin drill in a two point stance. Sprint to the 3rd cone. Gather feet and shuffle to the 2nd cone, back pedal to the 4th cone, the shuffle through entire drill. Keep feet apart with good base when shuffling. the finish.

### Sprint / Shuffle / Back Pedal / Shuffle



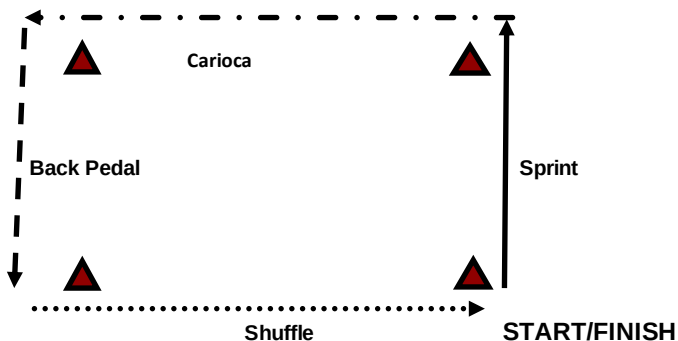
Begin drill in a two point stance. Sprint to the 2nd cone. Gather feet and shuffle to the 3rd cone, gather feet and back pedal to the 4th cone, gather and shuffle through the entire drill. Keep feet apart with good base when shuffling. finish.

### 4 CORNER CONE CROSS



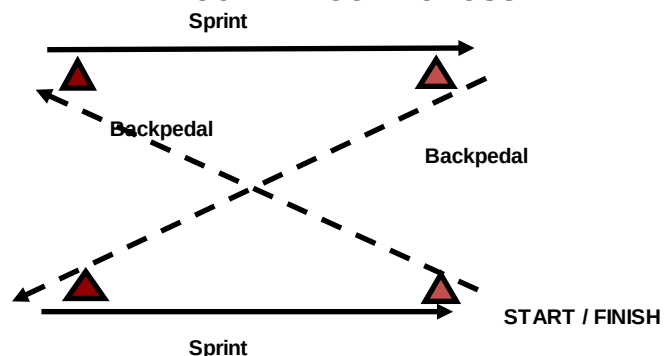
Begin drill in a two point stance. Sprint to the 3rd cone. Gather feet and Backpedal to the 2nd cone, Sprint to the 4th cone, Back pedal through entire drill.

### SPRINT / CARIOCA / BACKPEDAL / SHUFFLE



Begin drill in a two point stance. Sprint to the 2nd cone. Gather feet and carioca to the 3rd cone, gather feet and back pedal to the 4th cone, gather and carioca through the finish. Face the same direction through the entire drill

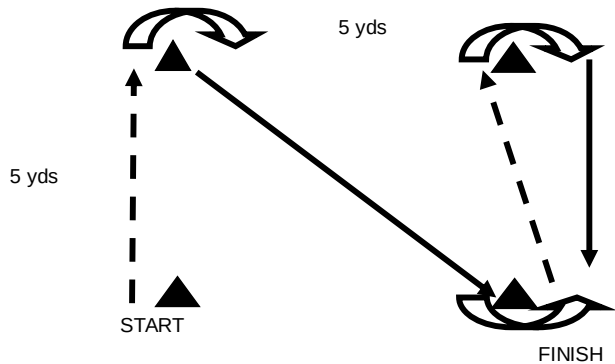
### 4 CORNER CONE CROSS



Begin drill in a two point stance. Back pedal to the 3rd cone. Gather feet and Sprint to the 2nd cone, Back pedal to the 4th cone, Sprint through entire drill.

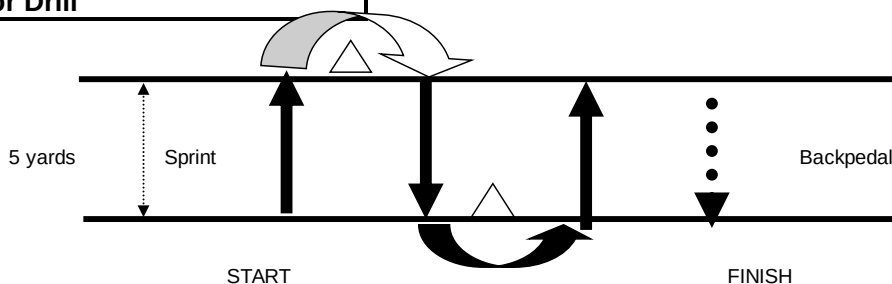
# Competition Agilities

## N - Drill



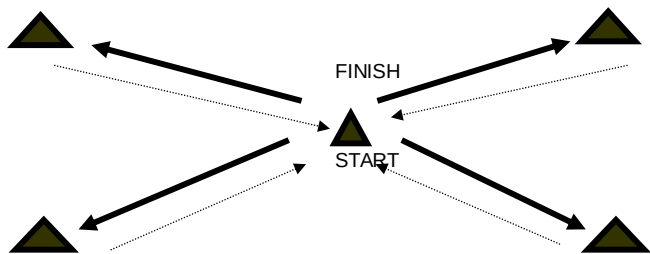
Begin in a 2 pt staggered stance. Backpedal 5 yds to the top left cone and touch the ground with 2 hands, Go around the cone and sprint to the bottom right cone. Backpedal to the top right cone, touch the ground, and sprint back to the finish cone. Make sure to do the drill from both sides.

## Gator Drill



Begin drill in a 3 pt stance. Sprint 5 yards around the cone to the right. Sprint 5 yards around the cone to the left. Sprint again 5 yards, touch line and backpedal 5 yards to the finish.

## Star Drill



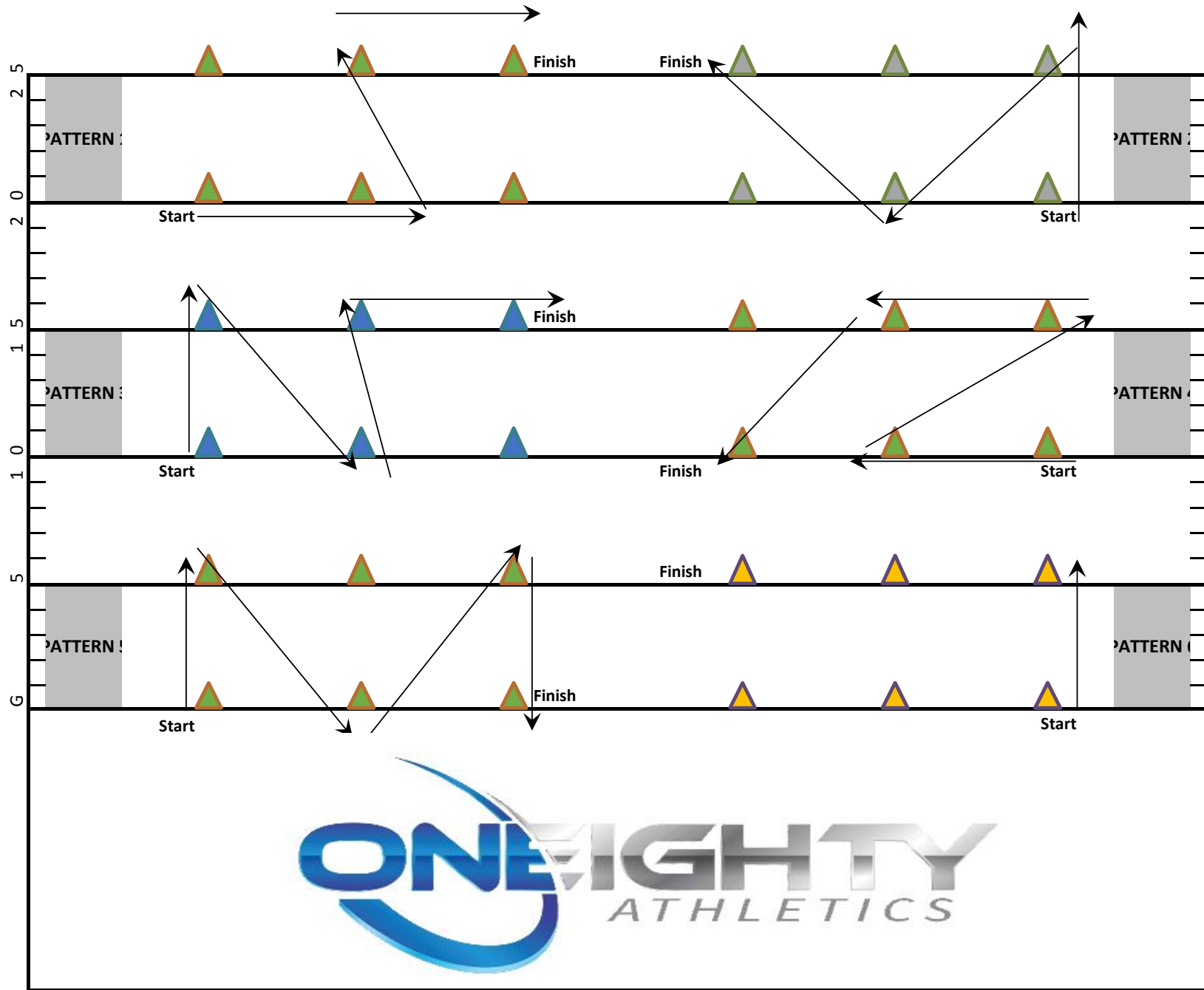
Directions: Begin drill in a 3 point stance at the middle cone. Sprint 5 yards to a corner cone. Sprint back to the middle cone. Sprint to a different corner cone. Sprint back to the middle. Sprint to another corner cone. Sprint back to the middle. Sprint to the last corner cone. Finish in the middle. Make sure to touch the top of each cone.

## 357's

|       |   |
|-------|---|
| _____ | 7 |
| _____ | 5 |
| _____ | 3 |
| _____ | 0 |

Directions: Making quick cuts, sprint to 3 yards, 5 yards, and 7 yards, touching each line with your foot and always returning to 0 between touches

# 6-CONE AGILITY DRILLS



# ONEighty Athletics STANDARDS OF EXCELLENCE (High School)

|               | DL/OL |        |       | LB/RB/TE |        |       | DB/WR/QB |        |       |
|---------------|-------|--------|-------|----------|--------|-------|----------|--------|-------|
|               | Blue  | Silver | Black | Blue     | Silver | Black | Blue     | Silver | Black |
| DEADLIFT      | 350   | 400    | 450   | 300      | 350    | 400   | 275      | 325    | 375   |
| SQUAT         | 350   | 400    | 450   | 305      | 350    | 400   | 285      | 325    | 350   |
| BENCH PRESS   | 260   | 300    | 330   | 225      | 245    | 265   | 185      | 205    | 230   |
| VERTICAL JUMP | 24    | 26     | 28    | 27       | 29     | 31    | 30       | 32     | 34    |
| BROAD JUMP    | 7'9   | 8'2    | 8'6   | 8'7      | 8'10   | 9'2   | 9'1      | 9'4    | 9'8   |
| PRO SHUTTLE   | 4.9   | 4.8    | 4.7   | 4.55     | 4.5    | 4.4.5 | 4.4      | 4.3    | 4.2   |
| 60 YD SHUTTLE | 15.1  | 14.9   | 14.5  | 14.1     | 13.9   | 13.7  | 13.6     | 13.4   | 13.2  |
| L-DRILL       | 7.90  | 7.70   | 7.50  | 7.40     | 7.35   | 7.30  | 7.12     | 7.02   | 6.95  |
| BODY FAT %    | 20%   | 18%    | 15%   | 15%      | 12%    | 10%   | 7.1%     | 6.5%   | 5.7%  |
| 40 DASH       | 5.3   | 5.1    | 5.05  | 5.1      | 5.0    | 4.90  | 4.8      | 4.75   | 4.69  |
| 20 DASH       | 3.5   | 3.2    | 3.08  | 3.2      | 3.05   | 2.98  | 3.0      | 2.95   | 2.86  |
| 10 DASH       | 2.10  | 2.05   | 2.0   | 2.0      | 1.95   | 1.9   | 1.89     | 1.86   | 1.8   |

# PERCENTAGE CHART

To determine the amount of weight to do during your workout look it up on the Percentage Chart.

How to Use: Squats are assigned at 55% of your 1 Rep Max (1RM).

Find 55% on the Percentage Chart and follow it down until you find your 1RM.

That will be your weight.



For example: If you squatted 200lbs on Test Day, 55% of that would be 110lbs.

|     | 50% | 53.0% | 55% | 58.0% | 60% | 63.0% | 65% | 68.0% | 70% | 73.0% | 75% | 78.0% | 80% | 83.0% | 85% | 88.0% | 90% | 93.0% | 95% | 98.0% | 100% | 103% | 105% |
|-----|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|------|------|------|
| 100 | 50  | 55    | 55  | 60    | 60  | 65    | 65  | 70    | 70  | 75    | 75  | 80    | 80  | 85    | 85  | 90    | 90  | 95    | 95  | 100   | 100  | 105  | 105  |
| 105 | 55  | 55    | 60  | 60    | 65  | 65    | 70  | 70    | 75  | 75    | 80  | 80    | 85  | 85    | 90  | 90    | 95  | 100   | 100 | 105   | 105  | 110  | 110  |
| 110 | 55  | 60    | 60  | 65    | 65  | 70    | 70  | 75    | 75  | 80    | 85  | 85    | 90  | 90    | 95  | 95    | 100 | 100   | 105 | 110   | 110  | 115  | 115  |
| 115 | 60  | 60    | 65  | 65    | 70  | 70    | 75  | 80    | 80  | 85    | 85  | 90    | 90  | 95    | 100 | 100   | 105 | 105   | 110 | 115   | 115  | 120  | 120  |
| 120 | 60  | 65    | 65  | 70    | 70  | 75    | 80  | 80    | 85  | 90    | 90  | 95    | 95  | 100   | 100 | 105   | 110 | 110   | 115 | 120   | 120  | 125  | 125  |
| 125 | 65  | 65    | 70  | 75    | 75  | 80    | 80  | 85    | 90  | 90    | 95  | 100   | 100 | 105   | 105 | 110   | 115 | 115   | 120 | 125   | 125  | 130  | 130  |
| 130 | 65  | 70    | 70  | 75    | 80  | 80    | 85  | 90    | 90  | 95    | 100 | 100   | 105 | 110   | 110 | 115   | 115 | 120   | 125 | 125   | 130  | 135  | 135  |
| 135 | 70  | 70    | 75  | 80    | 80  | 85    | 90  | 90    | 95  | 100   | 100 | 105   | 110 | 110   | 115 | 120   | 120 | 125   | 130 | 130   | 135  | 140  | 140  |
| 140 | 70  | 75    | 75  | 80    | 85  | 90    | 90  | 95    | 100 | 100   | 105 | 110   | 110 | 115   | 120 | 125   | 125 | 130   | 135 | 135   | 140  | 145  | 145  |
| 145 | 75  | 75    | 80  | 85    | 85  | 90    | 95  | 100   | 100 | 105   | 110 | 115   | 115 | 120   | 125 | 130   | 130 | 135   | 140 | 140   | 145  | 150  | 150  |
| 150 | 75  | 80    | 85  | 85    | 90  | 95    | 100 | 100   | 105 | 110   | 115 | 115   | 120 | 125   | 130 | 130   | 135 | 140   | 145 | 145   | 150  | 155  | 160  |
| 155 | 80  | 80    | 85  | 90    | 95  | 100   | 100 | 105   | 110 | 115   | 115 | 120   | 125 | 130   | 130 | 135   | 140 | 145   | 145 | 150   | 155  | 160  | 165  |
| 160 | 80  | 85    | 90  | 95    | 95  | 100   | 105 | 110   | 110 | 115   | 120 | 125   | 130 | 135   | 135 | 140   | 145 | 150   | 150 | 155   | 160  | 165  | 170  |
| 165 | 85  | 85    | 90  | 95    | 100 | 105   | 105 | 110   | 115 | 120   | 125 | 130   | 130 | 135   | 140 | 145   | 150 | 155   | 155 | 160   | 165  | 170  | 175  |
| 170 | 85  | 90    | 95  | 100   | 100 | 105   | 110 | 115   | 120 | 125   | 130 | 135   | 135 | 140   | 145 | 150   | 155 | 160   | 160 | 165   | 170  | 175  | 180  |
| 175 | 90  | 95    | 95  | 100   | 105 | 110   | 115 | 120   | 125 | 130   | 130 | 135   | 140 | 145   | 150 | 155   | 160 | 165   | 165 | 170   | 175  | 180  | 185  |
| 180 | 90  | 95    | 100 | 105   | 110 | 115   | 115 | 120   | 125 | 130   | 135 | 140   | 145 | 150   | 155 | 160   | 160 | 165   | 170 | 175   | 180  | 185  | 190  |
| 185 | 95  | 100   | 100 | 105   | 110 | 115   | 120 | 125   | 130 | 135   | 140 | 145   | 150 | 155   | 155 | 165   | 165 | 170   | 175 | 180   | 185  | 190  | 195  |
| 190 | 95  | 100   | 105 | 110   | 115 | 120   | 125 | 130   | 135 | 140   | 145 | 150   | 150 | 160   | 160 | 165   | 170 | 175   | 180 | 185   | 190  | 195  | 200  |
| 195 | 100 | 105   | 105 | 115   | 115 | 125   | 125 | 135   | 135 | 140   | 145 | 150   | 155 | 160   | 165 | 170   | 175 | 180   | 185 | 190   | 195  | 200  | 205  |
| 200 | 100 | 105   | 110 | 115   | 120 | 125   | 130 | 135   | 140 | 145   | 150 | 155   | 160 | 165   | 170 | 175   | 180 | 185   | 190 | 195   | 200  | 205  | 210  |
| 205 | 105 | 110   | 115 | 120   | 125 | 130   | 135 | 140   | 145 | 150   | 155 | 160   | 165 | 170   | 175 | 180   | 185 | 190   | 195 | 200   | 205  | 210  | 215  |
| 210 | 105 | 110   | 115 | 120   | 125 | 130   | 135 | 145   | 145 | 155   | 160 | 165   | 170 | 175   | 180 | 185   | 190 | 195   | 200 | 205   | 210  | 215  | 220  |
| 215 | 110 | 115   | 120 | 125   | 130 | 135   | 140 | 145   | 150 | 155   | 160 | 170   | 170 | 180   | 185 | 190   | 195 | 200   | 205 | 210   | 215  | 220  | 225  |
| 220 | 110 | 115   | 120 | 130   | 130 | 140   | 145 | 150   | 155 | 160   | 165 | 170   | 175 | 185   | 185 | 195   | 200 | 205   | 210 | 215   | 220  | 225  | 230  |
| 225 | 115 | 120   | 125 | 130   | 135 | 140   | 145 | 155   | 160 | 165   | 170 | 175   | 180 | 185   | 190 | 200   | 205 | 210   | 215 | 220   | 225  | 230  | 235  |
| 230 | 115 | 120   | 125 | 135   | 140 | 145   | 150 | 155   | 160 | 170   | 175 | 180   | 185 | 190   | 195 | 200   | 205 | 215   | 220 | 225   | 230  | 235  | 240  |
| 235 | 120 | 125   | 130 | 135   | 140 | 150   | 155 | 160   | 165 | 170   | 175 | 185   | 190 | 195   | 200 | 205   | 210 | 220   | 225 | 230   | 235  | 240  | 245  |
| 240 | 120 | 125   | 130 | 140   | 145 | 150   | 155 | 165   | 170 | 175   | 180 | 185   | 190 | 200   | 205 | 210   | 215 | 225   | 230 | 235   | 240  | 245  | 250  |
| 245 | 125 | 130   | 135 | 140   | 145 | 155   | 160 | 165   | 170 | 180   | 185 | 190   | 195 | 205   | 210 | 215   | 220 | 230   | 235 | 240   | 245  | 250  | 255  |
| 250 | 125 | 135   | 140 | 145   | 150 | 160   | 165 | 170   | 175 | 185   | 190 | 195   | 200 | 210   | 215 | 220   | 225 | 235   | 240 | 245   | 250  | 260  | 265  |
| 255 | 130 | 135   | 140 | 150   | 155 | 160   | 165 | 175   | 180 | 185   | 190 | 200   | 205 | 210   | 215 | 225   | 230 | 235   | 240 | 250   | 255  | 265  | 270  |
| 260 | 130 | 140   | 145 | 150   | 155 | 165   | 170 | 175   | 180 | 190   | 195 | 205   | 210 | 215   | 220 | 230   | 235 | 240   | 245 | 255   | 260  | 270  | 275  |
| 265 | 135 | 140   | 145 | 155   | 160 | 165   | 170 | 180   | 185 | 195   | 200 | 205   | 210 | 220   | 225 | 235   | 240 | 245   | 250 | 260   | 265  | 275  | 280  |
| 270 | 135 | 145   | 150 | 155   | 160 | 170   | 175 | 185   | 190 | 195   | 205 | 210   | 215 | 225   | 230 | 240   | 245 | 250   | 255 | 265   | 270  | 280  | 285  |
| 275 | 140 | 145   | 150 | 160   | 165 | 175   | 180 | 185   | 195 | 200   | 205 | 215   | 220 | 230   | 235 | 240   | 250 | 255   | 260 | 270   | 275  | 285  | 290  |

|     | 50% | 53.0% | 55% | 58.0% | 60% | 63.0% | 65% | 68.0% | 70% | 73.0% | 75% | 78.0% | 80% | 83.0% | 85% | 88.0% | 90% | 93.0% | 95% | 98.0% | 100% | 103% | 105% |
|-----|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|------|------|------|
| 285 | 145 | 150   | 155 | 165   | 170 | 180   | 185 | 195   | 200 | 210   | 215 | 220   | 230 | 235   | 240 | 250   | 255 | 265   | 270 | 280   | 285  | 295  | 300  |
| 290 | 145 | 155   | 160 | 170   | 175 | 185   | 190 | 195   | 205 | 210   | 220 | 225   | 230 | 240   | 245 | 255   | 260 | 270   | 275 | 285   | 290  | 300  | 305  |
| 295 | 150 | 155   | 160 | 170   | 175 | 185   | 190 | 200   | 205 | 215   | 220 | 230   | 235 | 245   | 250 | 260   | 265 | 275   | 280 | 290   | 295  | 305  | 310  |
| 300 | 150 | 160   | 165 | 175   | 180 | 190   | 195 | 205   | 210 | 220   | 225 | 235   | 240 | 250   | 255 | 265   | 270 | 280   | 285 | 295   | 300  | 310  | 315  |
| 305 | 155 | 160   | 170 | 175   | 185 | 190   | 200 | 205   | 215 | 225   | 230 | 240   | 245 | 255   | 260 | 270   | 275 | 285   | 290 | 300   | 305  | 315  | 320  |
| 310 | 155 | 165   | 170 | 180   | 185 | 195   | 200 | 210   | 215 | 225   | 235 | 240   | 250 | 255   | 265 | 275   | 280 | 290   | 295 | 305   | 310  | 320  | 325  |
| 315 | 160 | 165   | 175 | 185   | 190 | 200   | 205 | 215   | 220 | 230   | 235 | 245   | 250 | 260   | 270 | 275   | 285 | 295   | 300 | 310   | 315  | 325  | 330  |
| 320 | 160 | 170   | 175 | 185   | 190 | 200   | 210 | 220   | 225 | 235   | 240 | 250   | 255 | 265   | 270 | 280   | 290 | 300   | 305 | 315   | 320  | 330  | 335  |
| 325 | 165 | 170   | 180 | 190   | 195 | 205   | 210 | 220   | 225 | 235   | 245 | 255   | 260 | 270   | 275 | 285   | 295 | 300   | 310 | 320   | 325  | 335  | 340  |
| 330 | 165 | 175   | 180 | 190   | 200 | 210   | 215 | 225   | 230 | 240   | 250 | 255   | 265 | 275   | 280 | 290   | 295 | 305   | 315 | 325   | 330  | 340  | 345  |
| 335 | 170 | 180   | 185 | 195   | 200 | 210   | 220 | 230   | 235 | 245   | 250 | 260   | 270 | 280   | 285 | 295   | 300 | 310   | 320 | 330   | 335  | 345  | 350  |
| 340 | 170 | 180   | 185 | 195   | 205 | 215   | 220 | 230   | 240 | 250   | 255 | 265   | 270 | 280   | 290 | 300   | 305 | 315   | 325 | 335   | 340  | 350  | 355  |
| 345 | 175 | 185   | 190 | 200   | 205 | 215   | 225 | 235   | 240 | 250   | 260 | 270   | 275 | 285   | 295 | 305   | 310 | 320   | 330 | 340   | 345  | 355  | 360  |
| 350 | 175 | 185   | 195 | 205   | 210 | 220   | 230 | 240   | 245 | 255   | 265 | 275   | 280 | 290   | 300 | 310   | 315 | 325   | 335 | 345   | 350  | 360  | 370  |
| 355 | 180 | 190   | 195 | 205   | 215 | 225   | 230 | 240   | 250 | 260   | 265 | 275   | 285 | 295   | 300 | 310   | 320 | 330   | 335 | 350   | 355  | 365  | 375  |
| 360 | 180 | 190   | 200 | 210   | 215 | 225   | 235 | 245   | 250 | 265   | 270 | 280   | 290 | 300   | 305 | 315   | 325 | 335   | 340 | 355   | 360  | 370  | 380  |
| 365 | 185 | 195   | 200 | 210   | 220 | 230   | 235 | 250   | 255 | 265   | 275 | 285   | 290 | 305   | 310 | 320   | 330 | 340   | 345 | 360   | 365  | 375  | 385  |
| 370 | 185 | 195   | 205 | 215   | 220 | 235   | 240 | 250   | 260 | 270   | 280 | 290   | 295 | 305   | 315 | 325   | 335 | 345   | 350 | 365   | 370  | 380  | 390  |
| 375 | 190 | 200   | 205 | 215   | 225 | 235   | 245 | 255   | 265 | 275   | 280 | 295   | 300 | 310   | 320 | 330   | 340 | 350   | 355 | 370   | 375  | 385  | 395  |
| 380 | 190 | 200   | 210 | 220   | 230 | 240   | 245 | 260   | 265 | 275   | 285 | 295   | 305 | 315   | 325 | 335   | 340 | 355   | 360 | 370   | 380  | 390  | 400  |
| 385 | 195 | 205   | 210 | 225   | 230 | 245   | 250 | 260   | 270 | 280   | 290 | 300   | 310 | 320   | 325 | 340   | 345 | 360   | 365 | 375   | 385  | 395  | 405  |
| 390 | 195 | 205   | 215 | 225   | 235 | 245   | 255 | 265   | 275 | 285   | 295 | 305   | 310 | 325   | 330 | 345   | 350 | 365   | 370 | 380   | 390  | 400  | 410  |
| 395 | 200 | 210   | 215 | 230   | 235 | 250   | 255 | 270   | 275 | 290   | 295 | 310   | 315 | 330   | 335 | 350   | 355 | 365   | 375 | 385   | 395  | 405  | 415  |
| 400 | 200 | 210   | 220 | 230   | 240 | 250   | 260 | 270   | 280 | 290   | 300 | 310   | 320 | 330   | 340 | 350   | 360 | 370   | 380 | 390   | 400  | 410  | 420  |
| 405 | 205 | 215   | 225 | 235   | 245 | 255   | 265 | 275   | 285 | 295   | 305 | 315   | 325 | 335   | 345 | 355   | 365 | 375   | 385 | 395   | 405  | 415  | 425  |
| 410 | 205 | 215   | 225 | 240   | 245 | 260   | 265 | 280   | 285 | 300   | 310 | 320   | 330 | 340   | 350 | 360   | 370 | 380   | 390 | 400   | 410  | 420  | 430  |
| 415 | 210 | 220   | 230 | 240   | 250 | 260   | 270 | 280   | 290 | 305   | 310 | 325   | 330 | 345   | 355 | 365   | 375 | 385   | 395 | 405   | 415  | 425  | 435  |
| 420 | 210 | 225   | 230 | 245   | 250 | 265   | 275 | 285   | 295 | 305   | 315 | 330   | 335 | 350   | 355 | 370   | 380 | 390   | 400 | 410   | 420  | 435  | 440  |
| 425 | 215 | 225   | 235 | 245   | 255 | 270   | 275 | 290   | 300 | 310   | 320 | 330   | 340 | 355   | 360 | 375   | 385 | 395   | 405 | 415   | 425  | 440  | 445  |
| 430 | 215 | 230   | 235 | 250   | 260 | 270   | 280 | 290   | 300 | 315   | 325 | 335   | 345 | 355   | 365 | 380   | 385 | 400   | 410 | 420   | 430  | 445  | 450  |
| 435 | 220 | 230   | 240 | 250   | 260 | 275   | 285 | 295   | 305 | 320   | 325 | 340   | 350 | 360   | 370 | 385   | 390 | 405   | 415 | 425   | 435  | 450  | 455  |
| 440 | 220 | 235   | 240 | 255   | 265 | 275   | 285 | 300   | 310 | 320   | 330 | 345   | 350 | 365   | 375 | 385   | 395 | 410   | 420 | 430   | 440  | 455  | 460  |
| 445 | 225 | 235   | 245 | 260   | 265 | 280   | 290 | 305   | 310 | 325   | 335 | 345   | 355 | 370   | 380 | 390   | 400 | 415   | 425 | 435   | 445  | 460  | 465  |
| 450 | 225 | 240   | 250 | 260   | 270 | 285   | 295 | 305   | 315 | 330   | 340 | 350   | 360 | 375   | 385 | 395   | 405 | 420   | 430 | 440   | 450  | 465  | 475  |
| 455 | 230 | 240   | 250 | 265   | 275 | 285   | 295 | 310   | 320 | 330   | 340 | 355   | 365 | 380   | 385 | 400   | 410 | 425   | 430 | 445   | 455  | 470  | 480  |
| 460 | 230 | 245   | 255 | 265   | 275 | 290   | 300 | 315   | 320 | 335   | 345 | 360   | 370 | 380   | 390 | 405   | 415 | 430   | 435 | 450   | 460  | 475  | 485  |
| 465 | 235 | 245   | 255 | 270   | 280 | 295   | 300 | 315   | 325 | 340   | 350 | 365   | 370 | 385   | 395 | 410   | 420 | 430   | 440 | 455   | 465  | 480  | 490  |
| 470 | 235 | 250   | 260 | 275   | 280 | 295   | 305 | 320   | 330 | 345   | 355 | 365   | 375 | 390   | 400 | 415   | 425 | 435   | 445 | 460   | 470  | 485  | 495  |
| 475 | 240 | 250   | 260 | 275   | 285 | 300   | 310 | 325   | 335 | 345   | 355 | 370   | 380 | 395   | 405 | 420   | 430 | 440   | 450 | 465   | 475  | 490  | 500  |
| 480 | 240 | 255   | 265 | 280   | 290 | 300   | 310 | 325   | 335 | 350   | 360 | 375   | 385 | 400   | 410 | 420   | 430 | 445   | 455 | 470   | 480  | 495  | 505  |
| 485 | 245 | 255   | 265 | 280   | 290 | 305   | 315 | 330   | 340 | 355   | 365 | 380   | 390 | 405   | 410 | 425   | 435 | 450   | 460 | 475   | 485  | 500  | 510  |
| 490 | 245 | 260   | 270 | 285   | 295 | 310   | 320 | 335   | 345 | 360   | 370 | 380   | 390 | 405   | 415 | 430   | 440 | 455   | 465 | 480   | 490  | 505  | 515  |
| 495 | 250 | 260   | 270 | 285   | 295 | 310   | 320 | 335   | 345 | 360   | 370 | 385   | 395 | 410   | 420 | 435   | 445 | 460   | 470 | 485   | 495  | 510  | 520  |
| 500 | 250 | 265   | 275 | 290   | 300 | 315   | 325 | 340   | 350 | 365   | 375 | 390   | 400 | 415   | 425 | 440   | 450 | 465   | 475 | 490   | 500  | 515  | 525  |