

All Levels				Cabin Workout		FHIT Performance	
Workout 1				Workout 2			
Warm-Up				Warm-Up			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes
Hip Flexor Mobilization	2	10		Hip Flexor Mobilization	2	10	
Deep Lunge T-Spine Rotations	2	10		Deep Lunge T-Spine	2	10	
Supine Bridge w/ Reach	2	10		Supine Bridge w/ Reach	2	10	
Yoga Pushup	2	10		Yoga Pushup	2	10	
Spider Walks	2	10		Spider Walks	2	10	
Speed Development				Speed Development			
Exercise	Sets	Reps	Tempo	Exercise	Sets	Reps	Tempo
10 yd Sprint	1	5		Drop Jumps ¹	1	20	0-0-0
25 yd Sprint	1	4		Depth Drop Lateral Sprint 10 yd	1	14	0-0-0
50 yd Sprint	1	4		Lateral Bounds	1	20	0-0-0
Strength Development				Strength Development			
Exercise	Sets	Reps	Tempo	Exercise	Sets	Reps	Tempo
RFE ¹ Lunge Left Leg Forward	4	5	1-6-1	Weighted Squats ²	4	15	1-1-1
Lunge Jumps Left Leg Forward	4	5	0-0-0	Pushups	4	15	1-1-1
RFE Lunge Right Leg Forward	4	5	1-6-1	Rope Pull	4	1 length	1-1-1
Lunge Jumps Right Leg Forward	4	5	0-0-0	Log Backwards Overhead Throw ³	3	8	0-0-0
Feet Elevated Pushup	4	5	1-6-1	Axe Chop ⁴	3	8	0-0-0
Log Chest Pass ²	4	5	0-0-0	Log Left Side Throw ³	3	8	0-0-0
SA BO Row ³	4	5	1-6-1	Log Right Side Throw ³	3	8	0-0-0
Rope Pull ⁴	4	1 rope length	0-0-0	SA Farmer's Walk w/ Bucket	3	50 yd	
Notes				Notes			
<p><u>1</u> - RFE= Rear foot elevated, about 6 inches; <u>2</u> - Find a log that is 10-20 pounds and throw it as hard as possible from your chest, can be substituted with clap pushups; <u>3</u> - Use any object that provides weight for the row, some ideas are a log, bucket with water, filled duffel bag, etc.; <u>4</u> - Attach a rope to a heavy object, such as a large log, boat, car, etc. and pull the object towards you as fast as possible, can be substituted with pullups</p>				<p><u>1</u> - Height of drop should be 18-24 inches; <u>2</u> - use anything to weight the squats, sandbags, logs, holding heavy objects all work; <u>3</u> - Use a log that is 10-20 lbs and throw backwards overhead as hard as possible, same log should be used for side throws; <u>4</u> - Use an axe and chop logs, or mimic chopping logs, can be done with a sledge hammer as well</p>			