

NXT LVL Phase 1

Workout A

I. Mobility Phase

A. Custom Correctives

- Bulletproof Your Back
- Bulletproof Your Knees
- Bulletproof Your Shoulders

B. Mobility Work

- Spiderman To A Knee Hug
- Inch Worm to A Bootstrapper
- Russian Kicks/Airplane
- Mini Band Hip Walks
- Stick Shoulder Passes

II. Conditioning Phase

5-Minutes: 70 - 85% Max Heart Rate

A. Freestyle Cardio Selection

- Battle Ropes
- Shuttle Runs
- DB Skier Swings/ KB Swings
- Bodyweight Cardio Drills

III Strength Phase

- A. Technique Work: Deadlift - Partner - Stick Drill
- B. Trap Bar Deadlift - Track Progress
- C. DB Overhead Reverse Lunges 10/Side
- D. Band Assisted Chin-up 3x
- E. Kettlebell Plank Taps 10/Hand
- F. DB Snatch 10/Hand
- G. Side Plank :45/ Side

15 Minute AMRAP - 4 Rounds - Record Trap Bar

Workout B

II. Mobility Phase

A. Custom Correctives

- Bulletproof Your Back
- Bulletproof Your Knees
- Bulletproof Your Shoulders

B. Mobility Work

- Spiderman To A Knee Hug
- Inch Worm to A Bootstrapper
- Russian Kicks/Airplane
- Mini Band Hip Walks
- Stick Shoulder Passes

II. Conditioning Phase

5-Minutes: 70 - 85% Max Heart Rate

A. Freestyle Cardio Selection

- Battle Ropes
- Shuttle Runs
- DB Skier Swings/ KB Swings
- Bodyweight Cardio Drills

III Strength Phase

A. Technique Work: Deadlift - Partner - Stick Drill

B. Trap Bar Deadlift - Four sets of 5 (or follow Deadlift Program)

C. Weight Bar/Barbell Overhead Squat 12x

D. DB Floor Press 8x /Side

E. Rower 5- Cal

F. Heavy 2-Hand Cleans 8x

G. Suitcase Carries (Farmer Walks) 1x with 50% in hand (main gym)

H. Adductor Rocks As needed for recovery

15 Minute AMRAP