



**UGT VIP+ Training Schedule**  
**WORKOUT #4**  
**Off-Season Schedule**

<b>Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Wk 1	Mob4 LB4 STAM	UB4 SPEED	Mob3	Mob4 LB4 STAM	UB4 SPEED	Mob4	OFF
Wk 2	Mob4 LB4 STAM	UB4 SPEED	Mob3	Mob4 LB4 STAM	UB4 SPEED	Mob4	OFF
Wk 3	Mob4 LB4 STAM	UB4 SPEED	Mob3	Mob4 LB4 STAM	UB4 SPEED	Mob4	OFF
Wk 4	Mob4 LB4 STAM	UB4 SPEED	Mob3	Mob4 LB4 STAM	UB4 SPEED	Mob4	OFF

**In-Season Schedule – Do ONE set ONLY!**

<b>Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Wk 1	Mob4 LB4	Mob3	OFF	Mob4 UB4 SPEED	Mob3	Mob4	OFF
Wk 2	Mob4 LB4	Mob3	OFF	Mob4 UB4 SPEED	Mob3	Mob4	OFF
Wk 3	Mob4 LB4	Mob3	OFF	Mob4 UB4 SPEED	Mob3	Mob4	OFF
Wk 4	Mob4 LB4	Mob3	OFF	Mob4 UB4 SPEED	Mob3	Mob4	OFF

## UGT VIP+ Lower Body 4

Exercise/Date				
<b>MOBILITY+ 4</b>				
1. Seated Glute x 45s each				
2. ½ Kneeling Hip IR – 10x5s hold				
3. Supine Hip IR – 10x5s hold				
4. Bretzel – 2x (5s push + 3 breaths)				
5. Elevated Hamstring + Rotation x 10ea				
<b>LOWER BODY+ 4</b>				
A. Resisted 'C' Cut 3 sets of 6 each way, each leg (2020)				
A1. Reverse X-Under Lunge 3 sets of 8 each (20X1)				
B. Kneeling Hip Extension 3 sets of 6 (21X1)				
B1. Eccentric Abduction 3 sets of 5 each (5111)				
B2. Goblet Squat 3 sets of 8 (2011)				
<b>STAMINA+ 4 – running, bike, stairmaster, elliptical, agility ladder</b>				
Warm Up for 5-minutes				
<ul style="list-style-type: none"> <li>• 20s max + 10s at 30% max</li> <li>• Repeat 8 times</li> <li>• Rest 3-minutes</li> <li>• 20s max + 10s at 30% max</li> <li>• Repeat 8 times - - DONE</li> </ul>				
Sleep Quality/Mood				

## UGT VIP+ Upper Body 4

Exercise/Date				
<b>MOBILITY+ 4</b>				
1. Seated Glute x 45s each				
2. ½ Kneeling Hip IR – 10x5s hold				
3. Supine Hip IR – 10x5s hold				
4. Bretzel – 2x (5s push + 3 breaths)				
5. Elevated Hamstring + Rotation x 10ea				
<b>UPPER BODY+ 4</b>				
A. Tall Kneeling Shoulder Press 3 sets of 12 (2011)				
A1. Neutral SA Pec Fly 3 sets of 8 each (1011)				
B. Push Up To Stabilize 3 sets of 4-6 each (2011)				
B1. Prone Rev Fly (FRC) 3 sets of 2 – 30s push: 30s lift				
B2. Contra BG Row 3 sets of 8 each (2011)				
<b>SPEED+ 4</b>				
Dynamic warm up first.... <a href="http://youtu.be/N7i1Q4MKLLk">http://youtu.be/N7i1Q4MKLLk</a>				
A. AL: Wide Out Quick HOP 3 sets of 1 each leg				
A1. Up Up Down Down 3 sets of 5 each - slowly				
A2. Hop Hop Stick 3 sets of 4 each way				
A3. Side Plank & Rotate 3 sets of 3x15s on each side				
A4. Sprint – Shuffle – Angle Shuffle 3 sets of 3 each way				
A5. Bear Superman 3 sets of 5 each – 5 second hold				
A6. AL: Ins & Outs 3 sets of 1 with each leg leading				
Sleep Quality/Mood				