



MARTELL ELITE FITNESS

Professional Monthly Membership Program

PREPARATORY PHASE

Disclaimer

The information presented on this workout program is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in this program, you are agreeing to accept full responsibility for your actions. By continuing with the programs, exercises, advice, information or diets found here you recognize that despite all precautions on the part of Martell Elite Fitness, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Martell Elite Fitness or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, use or misuse of the programs, exercises, advice, diets and/or information found in this workout program.

Reproduction of part or all of the contents of this workout program in any form is expressly prohibited other than for individual use only and may not be recopied and/or shared with a third party. You agree not to reproduce, re-transmit, copy, distribute, publish or sell the content of this workout program without the prior written consent of Martell Elite Fitness. In doing so will result in the termination of the workout program.



MARTELL ELITE FITNESS

This represents the current day of your program. Typically Day 1 is Monday.

Here you will record how long the workout took. This will help keep you on track to make sure you aren't wasting time in the gym.

Reps is the number of times you perform the exercise, and **Sets** is the number of cycles of reops that you complete. Example: 3x10 would mean you perform 10 reps of the desired exercise and complete that 3 times with the required amount of rest between.

DON'T FORGET EACH EXERCISE IS A VIDEO LINK DEMONSTRATING THE EXERCISE!

DAY 1 Time: _____
WARM-UP - SEE APPENDIX 1

Go to the Appendix Section of the workout program to find the appropriate warm-up.

	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	REST
a)EXERCISE	x-x-x	0X0				X
b)EXERCISE	x-x-x	0X0				X
c)EXERCISE	x-x-x	0X0				X
a)EXERCISE	x-x-x	0X0				X
b)EXERCISE	x-x-x	0X0				X
c)EXERCISE	x-x-x	0X0				X
a)EXERCISE	x-x-x	0X0				X
b)EXERCISE	x-x-x	0X0				X
c)EXERCISE	x-x-x	0X0				X

Record how much weight you used here.

Exercises are typically grouped together: a), b), c). Perform exercise **a)** first then rest (check rest column), then **b)** rest again, then finish exercise **c)**. Repeat this rotation until desired amount of **SETS** is complete. Once finished move onto the next group of exercises and perform the same format whether 2 or 5 exercises are grouped together.

The **TEMPO** is the speed at which you perform the exercise. A tempo of 2-1-2 requires you to lower the weight by 2 seconds, pause for 1 second at the bottom and then lift the weight by 2 seconds. And repeat for the desired amount of reps.

This is how much rest you get in **seconds**. Example, 15 would mean 15 seconds of rest and 180 would mean you get 180 seconds of rest (2 minutes).



MARTELL ELITE FITNESS

NAME: _____

MONDAY Time:							
WARM-UP - SEE APPENDIX 2							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
Bird Dog	2-2-2	3x8e					20
Open Book 1	2-2-2	3x7e					20
Knling T- Spine Rotation	2-3-2	2x5e					20
a)Knling Walkout	2-2-2	3x5-10					15
b)Bench	3-1-2	2x20					75
a)LM Standing Press	2-2-2	2x10e					15
b)Gliders	2-2-2	3x8					45
a)SB Deadbug	2-2-2	3x8-10e					15
b)BB Standing Press	2-2-3	2x15					15
c)DB Lateral Raise	3-3-3	2x10					75
COOL DOWN - SEE APPENDIX 5							

WEDNESDAY Time:							
WARM-UP - SEE APPENDIX 2							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
Cat Camel	2-2-2	3x10					20
Lying Clam Shell	2-2-2	3x12e					20
Hydrants (3way)	1-1-1	2x7e					30
Squat Variation 1	2-2-2	3x3e					30
a)Front Squat	3-1-2	2x20					15
b)Pallof Standing Press	2-2-2	3x10e					60
a)DB Hug RDL	2-2-2	2x20					15
b)LM Standing Rotation	2-2-2	3x8-10e					60
a)Cable Pull Through	2-2-2	2x10					15
b)SB Side Raise	2-2-2	2x8e					60
COOL DOWN - SEE APPENDIX 5							



MARTELL ELITE FITNESS

NAME: _____

THURSDAY	Time:
WARM-UP - SEE APPENDIX 2	
CARDIO - BIKE RIDE 45 minutes (70% MHR)	
COOL DOWN - SEE APPENDIX 5	

FRIDAY	Time:							
WARM-UP - SEE APPENDIX 2								
		TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
T-Spine Roation		2-2-2	3x7e					20
a)Wall Slides		2-2-2	3x10					15
b)Band "W" Pulls		2-3-2	3x8					30
Hip Opener 2		2-2-2	3x8e					30
a)Push-up		2-2-2	2xMAX					15
b)SB Rollout		2-1-2	3x8-10					60
a)Deadlift		2-2-2	2x20					15
b)Band Lateral Walk		2-2-2	3x10e					60
a)DB SL SA Shoulder Press		2-2-2	2x5e					15
b)Inverted Row		2-2-2	2x8-12					60
COOL DOWN - SEE APPENDIX 5								



MARTELL ELITE FITNESS

NAME: _____

3 DAYS BEFORE GAME Time:							
WARM-UP - SEE APPENDIX 2							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)Bird Dog	2-2-2	3x8e					20
a)Open Book 1	2-2-2	3x7e					20
a)Knling T- Spine Rotation	2-3-2	2x5e					20
a)Knling Walkout	2-2-2	3x5-10					15
b)Bench	2-2-2	2x12					75
a)Front Squat	2-2-2	2x10					15
b)Gliders	2-2-2	3x8					45
a)Deadlift	2-2-2	2x20					15
b)SB Deadbug	2-2-2	3x8-10e					15
c)DB Lateral Raise	2-2-2	2x10					75
COOL DOWN - SEE APPENDIX 5							

2 DAYS BEFORE GAME Time:							
WARM-UP - SEE APPENDIX 2							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)Bearcrawl w/Reach	2-2-2	3x8e					30
b)SB Side Raise	1-3-1	3x8e					30
c)LM Twists	XPLOSIV	3x6e					45
a)Push-up Hold ->Stability Touch	2-2-2	3x7e					30
b)Cable Anti-Rotational Press	HOLD	3x10s (EA)					30
a)SB Rollout w/ STP	2-2-2	3x5e					30
b)Cable Rope Rotation	1-1-1	3x7e					30
c)SB Rev Hyper w/ Band	1-1-1	3x15					45
COOL DOWN - SEE APPENDIX 5							



MARTELL ELITE FITNESS

NAME: _____

1 DAY BEFORE GAME Time:							
WARM-UP - SEE APPENDIX 2							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)T-Spine Roation	2-2-2	3x7e					20
a)Wall Slides	2-2-2	3x10					15
b)Band "W" Pulls	2-3-2	3x8					30
Hip Opener 2	2-2-2	3x8e					30
a)Push-up	2-2-2	2x50% MAX					15
b)SB Rollout	2-1-2	3x8-10					60
a)Squat Jump	XPLOSIV	2x8					15
b)Band Lateral Walk	2-2-2	2x10e					60
a)DB SL SA Shoulder Press	2-2-2	2x5e					15
b)Inverted Row	2-2-2	2x8-12					60
COOL DOWN - SEE APPENDIX 5							

1 DAY AFTER GAME Time:							
WARM-UP - 10min Bike							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)Calves	SLOW	1x60s (EA)					0
a)Hamstrings	SLOW	1x60s (EA)					0
a)IT Bands	SLOW	1x60s (EA)					0
a)Low Back	SLOW	1x60s					0
a)Hip Opener 1	2-2-2	2x10e					15
b)Lying Knee-to-Knee Pull-ins	2-2-2	2x10					15
c)1/2 Knling RFE Rec Fem Mob	2-2-2	2x10e					15
d)Split Stance Kneeling Adductor w/ Thread The Needle MOB	2-2-2	2x5e					15
COOL DOWN - SEE APPENDIX 5							



APPENDIX 1

FOAM ROLL (5mins)

[Calves](#)

[Hamstrings](#)

[IT Bands](#)

[Quads](#)

[Low Back](#)

[Lats](#)

[Shins](#)

TRIGGER RELEASE WITH SOFTBALL, BASEBALL, OR LACROSSE BALL (4mins)

[Hip Flexors \(Iliopsoas & Tensor fascia latae\)](#)

[Glutes](#)

MOBILITY (3mins)

[Cat/Camel](#)

8 reps

[Lying Clam Shells](#)

10 reps

[Bentover T-spine Rotation](#)

7 reps each side

[Ankle Wall Touches](#)

7 reps each side

WARM-UP (8mins)

[Prisoner Lunge Progression](#)

3 reps each side

[Walking Quad Progression](#)

5 reps each side

[Hydrant \(3way\)](#)

3 reps each way

[Shoulder Iron Cross](#)

6 reps

[Rev Band Pull Aparts](#)

8 reps

[SL Push-up](#)

10 reps each leg

[Band Front Squat](#)

10 reps

[Side Shuffle](#)

10m Distance

[High Knees](#)

10m Distance

[Butt Kicks](#)

10m Distance

[Power Skips](#)

10m Distance



APPENDIX 2

FOAM ROLL (15mins)

[Calves](#)

[Hamstrings](#)

[IT Bands](#)

[Quads](#)

[Low Back](#)

[Middle Back](#)

[Lats](#)

[Upper Back \(with hands over head\)](#)

[Shins](#)

APPENDIX 3

FOAM ROLL (15mins)

[Calves](#)

[Hamstrings](#)

[IT Bands](#)

[Quads](#)

[Low Back](#)

[Shins](#)

	Sets X Reps	Rest
2 Laps of a soccer field (5mins)		
Prisoner Lunge Progression	2x3e	Jog Back
Lateral Crossover March	2x7e	Jog Back
Lateral Crossover March w/ Skip	2x10m	Jog Back
Lateral Carioca	2x10m	Jog Back
Lateral Shuffle	2x10m	Jog Back
High Leg Kicks	2x10m	Jog Back
2 Foot Lateral Line Hops	3x10e	Jog Back

APPENDIX 5

Chest Stretch 1



1 x 30s (EA Side)

Chest Stretch 2



1 x 30s (EA Side)

Chest Stretch 3



3 x 30s

Shoulder Stretch 1



2 x 30s (EA Side)

Shoulder Stretch 2



2 x 30s (EA Side)

Hamstring Stretch 1



1 x 30s

Back Stretch 1



1 x 30s

Back Stretch 2 (Lean Hips One Way)



1 x 30s (EA Side)

Hip Flexor Stretch 2



2 x 30s (EA Side)

Hip Flexor Stretch 1



2 x 30s (EA Side)

Seated Oblique Stretch



2 x 30s (EA Side)



LEGEND

KNLING = Kneeling

MHR = Max Heart Rate (220-age)

KD = Knee Drive

PD = Pull Down

UH = Under Hand

WG = Wide Grip

RG = Reverse Grip

Rev = Reverse

2+1 = Hold two dumbbells but only one is working at a time

Wt = Weighted

WEC = With Eyes Closed

Opp = Opposite

Alt = Alternate

RFE = Rear Foot Elevated

SS = Split Stance

3x8e = 3 sets of 8 repetitions on each side (either each arm or each leg)

3xMAX = 3 sets of as many repetitions you can perform

3x10-15 = 3 sets of 10 to 15 repetitions

OH = Overhead or Overhand (Pull-ups Only)

LM = Landmine

Ext = Extension

DB = Dumbbell

SA = Single Arm

SL = Single Leg

SB = Swiss Ball

MB = Medicine Ball

RDL = Romanian Deadlift

CLJ = Continuous Long Jump

→ = To (eg. SL Bicep Curl →(to) Press)

STP = Stir The Pot (1 rotation clockwise then 1 rotation counter clockwise)

Rec Fem Mob = Rectus Femoris Mobility

50% MAX = If your MAX is 20, you'd perform 10 reps (or whatever the % of MAX is)

EA or e = Each