



SUMMER TRAINING PHASE 2

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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 1							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)RFE Split Squat	2-2-2	4x8					15
b)SL Box Jumps	XPLOSIV	3x5e					90
a)BB Glute Raise	2-2-2	4x8					15
b)Depth Jump (Landing Only)	XPLOSIV	3x5					90
a)SL SA Cable Row ->KD	2-2-2	4x8					30
b)BB Standing Press	2-2-2	3x8					90
a)Body Saw	2-2-2	3x8					15
b)Hanging Leg Raises	2-2-2	3x8					15
c)Lying Superman	2-2-2	3x20					45
COOL DOWN - SEE APPENDIX 5							

WEDNESDAY Time:							
WARM-UP - SEE APPENDIX 1							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)DB Walking Lunges	2-2-2	4x8					30
b)Inverted Row	2-2-2	3x8					90
a)SL RDL	2-2-2	4x8					30
b)Bench	2-2-2	3x8					90
a)Upright Row	2-2-2	4x8					30
b)DB SL SA Shoulder Press	2-2-2	3x8					90
a)SB Pike Rollout	2-2-2	3x5-10					15
b)Cable Rope Rotation	2-2-2	3x10e					15
c)BOSU Push-up Hold w/Knee Drive	2-2-2	3x15e					45
COOL DOWN - SEE APPENDIX 5							



MARTELL ELITE FITNESS

NAME: _____

THURSDAY	Time:
WARM-UP - SEE APPENDIX 2	
CARDIO - BIKE RIDE 45 minutes (80% MHR)	
COOL DOWN - SEE APPENDIX 5	

FRIDAY	Time:							
WARM-UP - SEE APPENDIX 1								
		TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)SL Squats		2-2-2	4x8					15
b)Lateral Bound (2 sec pause b/w bounds)		2-2-2	3x5e					90
a)RDL		2-2-2	4x8					15
b)Box Jump		2-2-2	3x5					90
a)UH Pull-up		2-2-2	4x8					30
b)LM Knling Press		2-2-2	3x8					90
a)SB SA Rollout		2-2-2	3x7e					15
b)Pallof 1/2 Knling Press		2-2-2	3x7e					15
c)SB Rev Hyper w/ Band		2-2-2	3x12					45
COOL DOWN - SEE APPENDIX 5								



MARTELL ELITE FITNESS

NAME: _____

MONDAY Time:							
WARM-UP - SEE APPENDIX 1							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)RFE Split Squat	2-2-2	4x8					15
b)SL Box Jumps	XPLOSIV	4x5e					90
a)BB Glute Raise	2-2-2	4x8					15
b)Depth Jump (Landing Only)	XPLOSIV	4x5					90
a)SL SA Cable Row ->KD	2-2-2	4x8					30
b)BB Standing Press	2-2-2	3x8					90
a)Body Saw	2-2-2	3x8					15
b)Hanging Leg Raises	2-2-2	3x8					15
c)Lying Superman	2-2-2	3x20					45
COOL DOWN - SEE APPENDIX 5							

WEDNESDAY Time:							
WARM-UP - SEE APPENDIX 1							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)DB Walking Lunges	2-2-2	4x8					30
b)Inverted Row	2-2-2	3x8					90
a)SL RDL	2-2-2	4x8					30
b)Bench	2-2-2	3x8					90
a)Upright Row	2-2-2	4x8					30
b)DB SL SA Shoulder Press	2-2-2	3x8					90
a)SB Pike Rollout	2-2-2	3x5-10					15
b)Cable Rope Rotation	2-2-2	3x10e					15
c)BOSU Push-up Hold w/Knee Drive	2-2-2	3x15e					45
COOL DOWN - SEE APPENDIX 5							



MARTELL ELITE FITNESS

NAME: _____

THURSDAY Time: _____

WARM-UP - SEE APPENDIX 2

INTERVAL BIKE WORKOUT	
Warm-up: 10min @ 60-70% MHR	
SPRINT	RIDE
15sec	30sec
15sec	30sec
30sec	60sec
30sec	60sec
45sec	90sec
45sec	90sec
30sec	60sec
30sec	60sec
15sec	30sec
15sec	30sec
10min @ 60-70% MHR	
3min COOL DOWN & STRETCH	

FRIDAY Time: _____

WARM-UP - SEE APPENDIX 1

	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)SL Squats	2-2-2	4x8					15
b)Lateral Bound (2 sec pause b/w bounds)	XPLOSIV	4x5e					90
a)RDL	2-2-2	4x8					15
b)Box Jump	XPLOSIV	4x5					90
a)UH Pull-up	2-2-2	4x8					30
b)LM Knling Press	2-2-2	3x8					90
a)SB SA Rollout	2-2-2	3x7e					15
b)Pallof 1/2 Knling Press	2-2-2	3x7e					15
c)SB Rev Hyper w/ Band	2-2-2	3x12					45
COOL DOWN - SEE APPENDIX 5							



MARTELL ELITE FITNESS

NAME: _____

MONDAY Time:							
WARM-UP - SEE APPENDIX 1							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)RFE Split Squat	2-2-2	4x8					30
b)Linebacker Row	2-2-2	3x8					90
a)BB Glute Raise	2-2-2	4x8					30
b)DB SA Bench	2-2-2	3x8					90
a)SL SA Cable Row ->KD	2-2-2	4x8					30
b)BB Standing Press	2-2-2	3x8					90
a)Body Saw	2-2-2	3x8					15
b)Hanging Leg Raises	2-2-2	3x8					15
c)Lying Superman	2-2-2	3x20					45
COOL DOWN - SEE APPENDIX 5							

WEDNESDAY Time:							
WARM-UP - SEE APPENDIX 1							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)DB Walking Lunges	2-2-2	4x8					30
b)Inverted Row	2-2-2	3x8					90
a)SL RDL	2-2-2	4x8					30
b)Bench	2-2-2	3x8					90
a)Upright Row	2-2-2	4x8					30
b)DB SL SA Shoulder Press	2-2-2	3x8					90
a)SB Pike Rollout	2-2-2	3x5-10					15
b)Cable Rope Rotation	2-2-2	3x10e					15
c)BOSU Push-up Hold w/Knee Drive	2-2-2	3x15e					45
COOL DOWN - SEE APPENDIX 5							



MARTELL ELITE FITNESS

NAME: _____

THURSDAY	Time:
SEE CONDITIONING PROGRAM	
COOL DOWN - SEE APPENDIX 5	

FRIDAY	Time:							
WARM-UP - SEE APPENDIX 1								
		TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)SL Squats		2-2-2	4x8					30
b)Bentover Row		2-2-2	3x8					90
a)RDL		2-2-2	4x8					30
b)DB SA Bench		2-2-2	3x8					90
a)UH Pull-up		2-2-2	4x8					30
b)LM Knling Press		2-2-2	3x8					90
a)SB SA Rollout		2-2-2	3x7e					15
b)Pallof 1/2 Knling Press		2-2-2	3x7e					15
c)SB Rev Hyper w/ Band		2-2-2	3x12					45
COOL DOWN - SEE APPENDIX 5								



MARTELL ELITE FITNESS

NAME: _____

MONDAY Time:							
WARM-UP - SEE APPENDIX 1							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)RFE Split Squat	2-2-2	4x8					30
b)Linebacker Row	2-2-2	3x8					90
a)BB Glute Raise	2-2-2	4x8					30
b)DB SA Bench	2-2-2	3x8					90
a)SL SA Cable Row ->KD	2-2-2	4x8					30
b)BB Standing Press	2-2-2	3x8					90
a)Body Saw	2-2-2	3x8					15
b)Hanging Leg Raises	2-2-2	3x8					15
c)Lying Superman	2-2-2	3x20					45
COOL DOWN - SEE APPENDIX 5							

WEDNESDAY Time:							
WARM-UP - SEE APPENDIX 1							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)DB Walking Lunges	2-2-2	4x8					30
b)Inverted Row	2-2-2	3x8					90
a)SL RDL	2-2-2	4x8					30
b)Bench	2-2-2	3x8					90
a)Upright Row	2-2-2	4x8					30
b)DB SL SA Shoulder Press	2-2-2	3x8					90
a)SB Pike Rollout	2-2-2	3x5-10					15
b)Cable Rope Rotation	2-2-2	3x10e					15
c)BOSU Push-up Hold w/Knee Drive	2-2-2	3x15e					45
COOL DOWN - SEE APPENDIX 5							



MARTELL ELITE FITNESS

NAME: _____

THURSDAY	Time:
SEE CONDITIONING PROGRAM	
COOL DOWN - SEE APPENDIX 5	

FRIDAY	Time:							
WARM-UP - SEE APPENDIX 1								
		TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
a)SL Squats		2-2-2	4x8					30
b)Bentover Row		2-2-2	3x8					90
a)RDL		2-2-2	4x8					30
b)DB SA Bench		2-2-2	3x8					90
a)UH Pull-up		2-2-2	4x8					30
b)LM Knling Press		2-2-2	3x8					90
a)SB SA Rollout		2-2-2	3x7e					15
b)Pallof 1/2 Knling Press		2-2-2	3x7e					15
c)SB Rev Hyper w/ Band		2-2-2	3x12					45
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
SG = Supinated Grip (Palms facing body)