

CARDINALS PERFORMANCE TRAINING

WINTER
25/26

\$60

DEC 8th - FEB 27th

MON - TUE - THUR

WEEKLY SCHEDULE

MONDAY

Hip Mobility
(Hurdle Drills)

Barbell Back Squat
(Lower Body Focus)

TUESDAY

Plyometrics
(Box Drills)

Barbell Bench Press
(Upper Body Focus)

THURSDAY

Change of Direction
(Cone Drills)

Barbell Back Squat
(Full Body Split)

Session Time

2:50 PM
to
4:30 PM

WINTER TESTING

STRENGTH TESTS

Broad Jump Testing
Vertical Jump Testing
Strength Index Number

SPEED TESTS

Flying 10s
5-10-5 Shuttle

FITNESS TESTS

1-Mile
Chin-Ups
Nordic Hamstring

DAILY SCHEDULE

CLASSROOM TIME [10 min]

Attendance
Goal Tracking

PRE-TRAINING [20 min]

Prehab
Trunk Prep
Ground Mobility
Dynamic Mobility

TEAM ACTIVATION [15 min]

Isometrics
Form Coaching

TEAM STRENGTH [45 min]

Bilateral Primary Movements
Rotational Core Strength
Unilateral Supplemental Stability

QUESTIONS?

Activities Secretary
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C.U.L.T.U.R.E.