

SOST Prep Program

Name:																			
					PHASE I										Day 1 & 2				
Week 1					Week 2					Week 3					Week 4				
Day 1					Day 1					Day 1					Day 1				
Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight
Vertical Lower - Double					Vertical Lower - Double					Vertical Lower - Double					Vertical Lower - Double				
Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6	
	1	X	12			1	X	10			1	X	10			1	X	8	
	1	X	12			1	X	10			1	X	10			1	X	8	
	1	X	12			1	X	10			1	X	10			1	X	8	
Vertical Lower - Single					Vertical Lower - Single					Vertical Lower - Single					Vertical Lower - Single				
	1	X	8ea			1	X	8ea			1	X	8ea			1	X	8ea	
	1	X	8ea			1	X	8ea			1	X	8ea			1	X	8ea	
Horizontal Pull					Horizontal Pull					Horizontal Pull					Horizontal Pull				
	1	X	8			1	X	8			1	X	8			1	X	8	
	1	X	8			1	X	8			1	X	8			1	X	8	
	1	X	8			1	X	8			1	X	8			1	X	8	
Posterior Chain					Posterior Chain					Posterior Chain					Posterior Chain				
	1	X	8			1	X	8			1	X	8			1	X	8	
	1	X	8			1	X	8			1	X	8			1	X	8	
	1	X	8			1	X	8			1	X	8			1	X	8	
Core - Linear					Core - Linear					Core - Linear					Core - Linear				
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
Press - Double					Press - Double					Press - Double					Press - Double				
Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6	
	1	X	12			1	X	10			1	X	10			1	X	8	
	1	X	12			1	X	10			1	X	10			1	X	8	
	1	X	12			1	X	10			1	X	10			1	X	8	
Cuff/Scap					Cuff/Scap					Cuff/Scap					Cuff/Scap				
	1	X	8			1	X	8			1	X	8			1	X	8	
	1	X	8			1	X	8			1	X	8			1	X	8	
Vertical Pull					Vertical Pull					Vertical Pull					Vertical Pull				
	1	X	8			1	X	8			1	X	8			1	X	8	
	1	X	8			1	X	8			1	X	8			1	X	8	
	1	X	8			1	X	8			1	X	8			1	X	8	
Posterior Chain					Posterior Chain					Posterior Chain					Posterior Chain				
	1	X	8			1	X	8			1	X	8			1	X	8	
	1	X	8			1	X	8			1	X	8			1	X	8	
	1	X	8			1	X	8			1	X	8			1	X	8	
Core - Rotational					Core - Rotational					Core - Rotational					Core - Rotational				
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	

SOST Prep Program

Name:																			
PHASE III																			
Week 1				Week 2				Week 3				Day 1 & 2							
Day 1				Day 1				Day 1				Day 1							
Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight
Vertical Lower - Double					Vertical Lower - Double					Vertical Lower - Double					Vertical Lower - Double				Light Weight
Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
Vertical Lower - Single					Vertical Lower - Single					Vertical Lower - Single					Vertical Lower - Single				
	1	X	4ea			1	X	4ea			1	X	4ea			1	X	4ea	
	1	X	4ea			1	X	4ea			1	X	4ea			1	X	4ea	
Horizontal Pull					Horizontal Pull					Horizontal Pull					Horizontal Pull				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Posterior Chain					Posterior Chain					Posterior Chain					Posterior Chain				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Core - Linear					Core - Linear					Core - Linear					Core - Linear				
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
Day 2				Day 2				Day 2				Day 2							
Press - Double					Press - Double					Press - Double					Press - Double				Light Weight
Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
Cuff/Scap					Cuff/Scap					Cuff/Scap					Cuff/Scap				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Vertical Pull					Vertical Pull					Vertical Pull					Vertical Pull				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Posterior Chain					Posterior Chain					Posterior Chain					Posterior Chain				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Core - Rotational					Core - Rotational					Core - Rotational					Core - Rotational				
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	
	1	X	15			1	X	15			1	X	15			1	X	15	

SOST Prep Program

Name: _____																			
PHASE III																			
Week 1				Week 2				Week 3				Day 3 & 4							
Day 3				Day 3				Day 3				Day 3							
Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight
Vertical Lower - Double					Vertical Lower - Double					Vertical Lower - Double					Vertical Lower - Double				Light Weight
Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
Horizontal Lower					Horizontal Lower					Horizontal Lower					Horizontal Lower				
	1	X	4ea			1	X	4ea			1	X	4ea			1	X	4ea	
	1	X	4ea			1	X	4ea			1	X	4ea			1	X	4ea	
	1	X	4ea			1	X	4ea			1	X	4ea			1	X	4ea	
Horizontal Pull					Horizontal Pull					Horizontal Pull					Horizontal Pull				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Posterior Chain					Posterior Chain					Posterior Chain					Posterior Chain				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Core - Anti-Extension					Core - Anti-Extension					Core - Anti-Extension					Core - Anti-Extension				
	1	X	20s			1	X	20s			1	X	20s			1	X	20s	
	1	X	20s			1	X	20s			1	X	20s			1	X	20s	
	1	X	20s			1	X	20s			1	X	20s			1	X	20s	
	1	X	20s			1	X	20s			1	X	20s			1	X	20s	
Day 4				Day 4				Day 4				Day 4							
Press - Single					Press - Single					Press - Single					Press - Single				Light Weight
Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
	1	X	3			1	X	3			1	X	3			1	X	5	
Cuff/Scap					Cuff/Scap					Cuff/Scap					Cuff/Scap				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Vertical Pull					Vertical Pull					Vertical Pull					Vertical Pull				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Posterior Chain					Posterior Chain					Posterior Chain					Posterior Chain				
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
	1	X	12			1	X	12			1	X	12			1	X	12	
Core - Anti-Rotation					Core - Anti-Rotation					Core - Anti-Rotation					Core - Anti-Rotation				
	1	X	20s			1	X	20s			1	X	20s			1	X	20s	
	1	X	20s			1	X	20s			1	X	20s			1	X	20s	
	1	X	20s			1	X	20s			1	X	20s			1	X	20s	

Exercise Menu		
Lower Body		
Horizontal Lower	Vertical Lower	Posterior Chain
Sagittal	Double	BB RDL
BB Forward Lunge	Squat	DB RDL
BB Reverse Lunge	Front Squat	1 Leg RDL
DB Forward Lunge	Deadlift (Conventional/Sumo)	1 Leg DB SLDL
DB Reverse Lunge	DB Front Squat	Back Extension
Walking Lunge	Leg Press	1 Leg Back Ext.
Lateral/Transverse	Hex Bar Deadlift	Twisting Back Ext.
Hockey Lunge	Goblet Squat	WT Back Extension
Pivot Lunge	Single	WT Twisting Back Ext.
Lateral Lunge	DB 1 Leg Squat	Glute-Ham Raise
Ft. Ele. Rev. Lunge	DB 1 Leg Squat RFE	WT Glute-Ham Raise
Arch Lunge	BB 1 Leg Squat	Russian Leans
SB Lateral Lunge	BB 1 Leg Squat RFE	Hamstring Curl
SB Rev. Lunge	DB Step Up	Nordic Ham.
120 Degree Lunge	BB Step Up	Rev. Hyper
	DB Lateral Step Up	Hip Bridge
	BB Lateral Step Up	1 Leg Hyper
	DB Crossover Step Up	1 Leg Glute Bridge
	BB Split Squat	
	DB Split Squat	
	Lateral Squat	
Upper Body		
Cuff/Scap	Press	Vertical Pull
Empty Cans	Double	Chin-Up
Banded Y	Bench Press	Pull-Up
Band No Monies	Overhead Press	Lat. Pull Down
Cuban Rotation	Floor Press	Horizontal Pull
YTW	Incline Press	Bent Row
3 Way Delt	Single	DB 1 Arm Row
Seated Ext. Rotation	DB Military	DB Chest Supported Row
Band Pull Aparts	DB Alt. Military	Seated Row
Face Pulls	DB Bench Press	Inverted Row
Scap Pushups	DB Alt. Bench Press	
	DB Incline	
	DB Alt. Incline	
	DB 1 Arm Military	
	DB 1 Arm Bench Press	
	DB 1 Arm Incline Press	

Core		
Linear	Rotational	Anti-Extension
WT Press Crunch	Russian Twist	Plank
WT Toe Touch	Russian Twist Throw	Plank w/ Leg Lift
WT V-Up	Kneeling Twisting Plate Raise	Plank w/ Wing
Ab Pulldown	Twisting Plate Raise	WT Plank
Barbell Oblique Lift	Plate Chopper	AB Roll Outs
	MB Kneeling Chop	Dead Bug
	Standing MB Chop Front	KB Sit Up Hold
	Standing MB Chop Side	Anti-Rotation
	MB Twist Throw Front	Side Plank
	MB Twist Throw Side	Pallof Press
	Woodchops	Pallof Hold
	Split Leg Woodchops	Band Ripper
		Band Walk Outs
		Suitcase Carry
		Waiters Carry

SOST Prep Program

PHASE I

	Week 1	Week 2	Week 3	Week 4
Day 1	Run 200m x6 1:1 work to rest	Run 200m x8 1:1 work to rest	Run 200m x10 1:1 work to rest	Run 400m x4 1:1 work to rest
Day 2	Bike or Row 20sec x6 1:1.5 work to rest	Bike or Row 20sec x8 1:1.5 work to rest	Bike or Row 20sec x10 1:1.5 work to rest	Bike or Row 40sec x4 1:1.5 work to rest
Day 3	Run 1.5mi	Run 2mi	Run 2.5mi	Run 2mi
Day 4	Bike or Row 100cals for time	Bike or Row 100cals for time	Bike or Row 100cals for time	Bike or Row 15min for distance

SOST Prep Program

PHASE II

	Week 5	Week 6	Week 7	Week 8
Day 1	Run 400m x5 1:1 work to rest	Run 400m x6 1:1 work to rest	Run 200m x10 1:1 work to rest	Run 400m x6 1:1 work to rest
Day 2	Bike or Row 40sec x5 1:1.5 work to rest	Bike or Row 40sec x6 1:1.5 work to rest	Bike or Row 1min x3 1:1.5 work to rest	Bike or Row 1min x4 1:1.5 work to rest
Day 3	Run 2.5mi	Run 3mi	Run 2.5mi	Run 3mi
Day 4	Bike or Row 15min for distance	Bike or Row 15min for distance	Bike or Row 125cals for time	Bike or Row 125cals for time

SOST Prep Program

PHASE III

	Week 9	Week 10	Week 11	Week 12
Day 1	Run 400m x3 800m x2 1:1 work to rest	Run 800m x3 1:1 work to rest	Run 400m x3 800m x2 1:1 work to rest	Run 1600m x2 1:1 work to rest
Day 2	Bike or Row 1min x5 1:1.5 work to rest	Bike or Row 1.5min x3 1:1.5 work to rest	Bike or Row 1.5min x4 1:1.5 work to rest	Bike or Row 1.5min x5 1:1.5 work to rest
Day 3	Run 3.5mi	Run 3mi	Run 3.5mi	Run 4mi
Day 4	Bike or Row 125cals for time	Bike or Row 20min for distance	Bike or Row 20min for distance	Bike or Row 20min for distance

SOST Prep Program

Name:																			
Week 1					Week 2					Week 3					Week 4				
Day 1					Day 1					Day 1					Day 1				
Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight	Exercise	Set	x	Reps	Weight
Goblet Squat					Vertical Lower - Double					Vertical Lower - Double					Vertical Lower - Double				
Warm Up	1	X	3-6	35	Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6	
	1	X	12	40		1	X	10			1	X	10			1	X	8	
	1	X	12	45		1	X	10			1	X	10			1	X	8	
	1	X	12	45		1	X	10			1	X	10			1	X	8	
DB Step Up					Vertical Lower - Single					Vertical Lower - Single					Vertical Lower - Single				
	1	X	8ea	25		1	X	8ea			1	X	8ea			1	X	8ea	
	1	X	8ea	25		1	X	8ea			1	X	8ea			1	X	8ea	
DB 1 Arm Row					Horizontal Pull					Horizontal Pull					Horizontal Pull				
	1	X	8	30		1	X	8			1	X	8			1	X	8	
	1	X	8	30		1	X	8			1	X	8			1	X	8	
	1	X	8	35		1	X	8			1	X	8			1	X	8	
BB RDL					Posterior Chain					Posterior Chain					Posterior Chain				
	1	X	8	115		1	X	8			1	X	8			1	X	8	
	1	X	8	115		1	X	8			1	X	8			1	X	8	
	1	X	8	115		1	X	8			1	X	8			1	X	8	
WT Press Crunch					Core - Linear					Core - Linear					Core - Linear				
	1	X	15	25		1	X	15			1	X	15			1	X	15	
	1	X	15	25		1	X	15			1	X	15			1	X	15	
	1	X	15	25		1	X	15			1	X	15			1	X	15	
	1	X	15	25		1	X	15			1	X	15			1	X	15	
	1	X	15	25		1	X	15			1	X	15			1	X	15	
	1	X	15	25		1	X	15			1	X	15			1	X	15	
Bench Press					Press - Double					Press - Double					Press - Double				
Warm Up	1	X	3-6	90	Warm Up	1	X	3-6		Warm Up	1	X	3-6		Warm Up	1	X	3-6	
	1	X	12	115		1	X	10			1	X	10			1	X	8	
	1	X	12	125		1	X	10			1	X	10			1	X	8	
	1	X	12	135		1	X	10			1	X	10			1	X	8	
3 Way Delt					Cuff/Scap					Cuff/Scap					Cuff/Scap				
	1	X	8	10		1	X	8			1	X	8			1	X	8	
	1	X	8	10		1	X	8			1	X	8			1	X	8	
Pull Ups					Vertical Pull					Vertical Pull					Vertical Pull				
	1	X	8	BW		1	X	8			1	X	8			1	X	8	
	1	X	8	BW		1	X	8			1	X	8			1	X	8	
	1	X	8	BW		1	X	8			1	X	8			1	X	8	
Hamstring Curl					Posterior Chain					Posterior Chain					Posterior Chain				
	1	X	8	45		1	X	8			1	X	8			1	X	8	
	1	X	8	45		1	X	8			1	X	8			1	X	8	
	1	X	8	45		1	X	8			1	X	8			1	X	8	
Russian Twist					Core - Rotational					Core - Rotational					Core - Rotational				
	1	X	15	20		1	X	15			1	X	15			1	X	15	
	1	X	15	20		1	X	15			1	X	15			1	X	15	
	1	X	15	20		1	X	15			1	X	15			1	X	15	

