

FALCON STRENGTH
BuiltToLast
No Equipment Training Manual

Training Session 1: Upper Body

Warm up: Small arm circles 2x20 forwards + 2x20 backwards, high plank 2x1min, side plank 2x30sec e

1. 5 Second Eccentric Push Ups 3x5
2. Incline Push Ups 3x10-15
3. Low Plank to Push Up 3x10
4. I,Y,T 3x6e

Core: Sit Ups 4x25

Training Session 2: Lower Body

Warm up: Fire Hydrants 2x10e, donkey kicks 2x10e

1. 5 Second Eccentric Squat 3x10
2. 5 Second Eccentric Split Squat 3x6e
3. Step Ups with as much control as possible down 3x6e
4. 5 Second Eccentric Bulgarian Split Squat 3x6e

Core: Sit ups 4x25

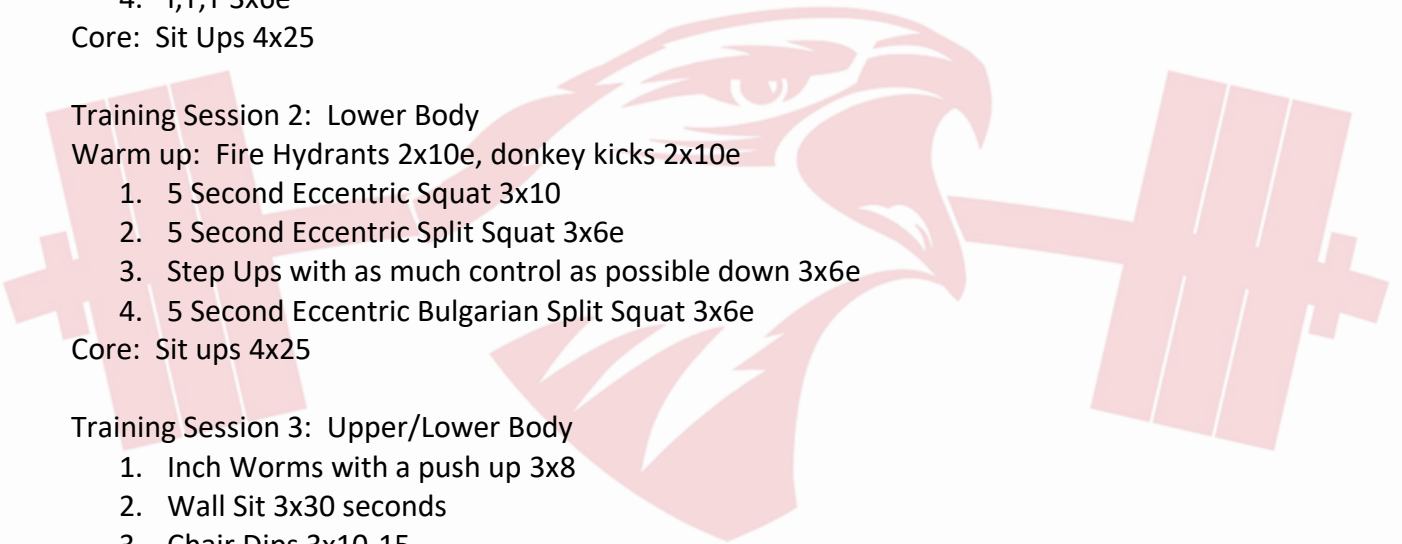
Training Session 3: Upper/Lower Body

1. Inch Worms with a push up 3x8
2. Wall Sit 3x30 seconds
3. Chair Dips 3x10-15
4. Lunge Holds 3x30 seconds each side
5. Superman Raises 3x10

Core: Sit Ups 4x25

Training Session 3: Explosive Work

1. Squat Jumps 3x8
2. Explosive Hand Release Push Ups 3x5
3. Split Jumps 3x4 each leg
4. Broad Jumps 3x5



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Sprint Training Session:

1. 40 yard sprint-10 reps
2. 30 yard sprint-10 reps
3. 20 yard sprint-10 reps

Hill Sprints: 12 sprints up a hill

Agility Training Session: Use an object for yard markers

1. Side shuffle up 5 yards, side shuffle back 5 yards, sprint 20 yards-3 reps facing each way (6 total reps)
2. Sprint up 5 yards, back pedal 5 yards, sprint 20 yards-3 reps
3. Pro agility-4 reps (end markers should be 10 yards apart. Starting line should be directly in between the 2 end markers. This means the starting line is 5 yards apart from both end markers)

Mobility: Can be implemented as part of any training session

1. Spiderman lunge (knee stays behind toe) 3x10sec e
2. Cradle stretch 3x10sec e
3. Kneeling hip flexor strength 3x10sec e
4. Kneeling quad stretch 3x10sec e
5. Squat hold 3x10sec
6. Spiderman lunge ankle mobility (knee works past the toe) 3x10sec e