

General Athletic Development

This program has been created for those committed to getting stronger in the pursuit of improved general athletic performance. The goal is to help you move better and get stronger.

In this plan you will find three Movement Prep options, two 4-week training blocks, and a list of over 100 exercises that you can do at home. I'm aware that not everyone has a set of bands, a pair of dumbbells, or a suspension trainer just lying around, so every exercise in this program can be done with just your body weight and a loaded up suitcase.

The first page includes information on preparing to train. We'll call these our warmups or Movement Preps. A proper warmup serves many purposes. A good one increases your core body temperature while preparing your tissues for the session. It gradually builds from more static to more dynamic movements, training stability where stability is needed and mobility where range of motion is needed. My hope is that these Movement Prep sessions achieve these goals.

I have created 3 different Movement Preps with three different purposes:

- The first focuses on stability. If you are extremely mobile, choose this one. It will give you the stability needed to express your mobility.
- The second focuses on mobility. If you are tight, choose this one. It will give you the mobility needed to express your strength.
- The third combines elements of mobility and stability and is a bit longer. Do this one if you have a few extra minutes or if you don't really know what you should be focusing on.

Move through these warmups before your training sessions. They're designed to take about 8-12 minutes and get you feeling loose, limber, and strong. If you find that one of them gets you primed and ready to go, feel free to implement it before sprint work or skill training as well.

After the Movement Prep section you will find two 4 week training blocks. Each is designed to deliver a maximal training effect with minimal equipment. Power is a major focus, and strength work comes in the form of isometrics and as much unilateral training as possible.

Block 2 is a progression from Block 1, so I recommend beginning with Block 1 and continuing to Block 2.

The last page is a list of over 100 exercises that you can do at home. The training plans incorporate many of these exercises, but not all. Use this list as a source of inspiration, or for exercise substitution. This list also includes a few how-to's, which you may need in order to make some of the at-home weights this program utilizes.

To help you out, each exercise in this program is a link to a **YouTube** video of me demonstrating and explaining the exercise, but if you have any questions, or if you get confused anywhere along the way, please feel free to reach out at any time.

Nat

natballenberg.com



WARMUP/MOVEMENT PREP	
MOBILITY FOCUSED	STABILITY FOCUSED
ALL FOUR BELLY LIFT	ALL FOUR BELLY LIFT
BIRDDOGS	DEADBUGS
QUADRUPED T-SPINE ROTATION	ROTATIONAL SIDE PLANK
PIGEON PROGRESSION	FRC HIP SERIES
ANKLE/CALF AGAINST WALL	MOVING INCHWORM WITH PUSHUP
BACK TO WALL OVERHEAD FLEXION	LATERAL LUNGE WITH OVERHEAD REACH
LATERAL LUNGE WITH OVERHEAD REACH	SPIDERMANS WITH ROTATION
SPIDERMANS WITH ROTATION	90-90 BACKPACK PAUSED MARCH
LONGER - MOBILITY/STABILITY COMBO	
ALL FOUR BELLY LIFT	
DEADBUGS	
BIRDDOGS	
ROCK BACK QUADRUPED ROTATION WITH BREATHING	
PRONE EXTERNAL ROTATION	
PELVIS DISSOCIATION	
THREE WAY ANKLE TO WALL	
FRONT FACING WALL SLIDES	
BACK TO WALL OVERHEAD FLEXION	
LATERAL LUNGE WITH OVERHEAD REACH	
SPIDERMANS WITH ROTATION	
BEAR CRAWL	

AT HOME GENERAL ATHLETIC DEVELOPMENT OPTION 1: WEEKS 1-4				
DAY 1				
SUPERSET	EXERCISE	SETS	REPS	NOTES
A1	CAR DEADLIFT ISO	4	4x3sec	move from one exercise to the next
A2	AT HOME DEPTH JUMP TO BOX JUMP	4	4	
A3	REVERSE BEAR CRAWL	4	6/side	
SUPERSET	EXERCISE	SETS	REPS	NOTES
B1	CAR BENCH PRESS ISO	4	4x3sec	move from one exercise to the next
B2	AT HOME PLYO PUSHUP	4	4	
B3	ROTATIONAL SIDE PLANK	4	6/side	
SUPERSET	EXERCISE	SETS	REPS	NOTES
C1	CAR SPLIT SQUAT ISO	4	3x3sec/side	move from one exercise to the next
C2	SINGLE LEG SUITCASE LOADED JUMP	4	3/side	
C3	SEATED (OR STANDING) 90-90 WALL SLIDES	4	8	
SUPERSET	EXERCISE	SETS	REPS	NOTES
D1	ISOMETRIC DOOR PULL	4	4x3sec/side	move from one exercise to the next
D2	1 ARM 1 LEG SUITCASE ROW	4	6/side	
D3	AT HOME GOBLET CARRY	4	50 steps	
DAY 2				
SUPERSET	EXERCISE	SETS	REPS	NOTES
A1	SHOULDERED SUITCASE SQUAT	4	6/side	move from one exercise to the next
A2	AT HOME WEIGHTED JUMPS	4	4	
A3	SUITCASE CARRY	4	50 steps	
SUPERSET	EXERCISE	SETS	REPS	NOTES
B1	AT HOME WEIGHTED SUITCASE PUSHUPS	4	6	move from one exercise to the next
B2	AT HOME INVERTED ROW	4	8	
B3	PRONE EXTERNAL ROTATION	4	4x3seconds/side	
SUPERSET	EXERCISE	SETS	REPS	NOTES
C1	1 ARM 1 LEG SUITCASE RDL	4	6/side	move from one exercise to the next
C2	AT HOME HURDLE HOPS	4	4/side	
C3	90-90 BACKPACK PAUSED MARCH	4	30 steps	
SUPERSET	EXERCISE	SETS	REPS	NOTES
D1	AT HOME FEET ELEVATED YOGA PUSHUP	4	8	move from one exercise to the next
D2	1 ARM 1 LEG SUITCASE ROW	4	6/side	
D3	FRONT FACING WALL SLIDES	4	8	
DAY 3				
SUPERSET	EXERCISE	SETS	REPS	NOTES
A1	PARTNER SQUAT	4	max - 2	leave 2 reps in the tank each set
A2	PUSHUP	4	max - 2	
SUPERSET	EXERCISE	SETS	REPS	NOTES
B1	AT HOME CHEST SUPPORTED 1 ARM SUITCASE ROW	4	max - 2	move from one exercise to the next leave 2 reps in the tank for each set of rows
B2	SPLIT STANCE 1 ARM WALL SLIDE WITH ROLLER AND BACKPACK	4	6/side	
SUPERSET	EXERCISE	SETS	REPS	NOTES
C1	AT HOME RUSSIAN HAMSTRING CURL (NORDIC)	4	5	move from one exercise to the next
C2	UP DOWN PLANK	4	8	
SUPERSET	EXERCISE	SETS	REPS	NOTES
D1	AT HOME CROSS WALK/MARCH	4	50 steps	move from one exercise to the next
D2	REVERSE BEAR CRAWL	4	8/side	

AT HOME GENERAL ATHLETIC DEVELOPMENT OPTION 2: WEEKS 1-4				
DAY 1				
SUPERSET	EXERCISE	SETS	REPS	NOTES
A1	CAR DEADLIFT ISO	6	2x3seconds	20 seconds of rest between exercises 3 minutes of rest between sets
A2	AT HOME WEIGHTED JUMPS	6	2	
A3	PARTNER SQUAT	6	2	
A4	AT HOME DEPTH JUMP TO BOX JUMP	6	2	
SUPERSET	EXERCISE	SETS	REPS	NOTES
B1	CAR BENCH PRESS ISO	6	2x3seconds	20 seconds of rest between exercises 2 minutes of rest between sets
B2	AT HOME PLYO PUSHUP	6	2	
SUPERSET	EXERCISE	SETS	REPS	NOTES
C1	CAR SPLIT SQUAT ISO	6	2x3seconds/leg	20 seconds of rest between exercises 3 minutes of rest between sets
C2	SINGLE LEG SUITCASE LOADED JUMP	6	2/leg	
C3	AT HOME SINGLE LEG LUNGE WITH KNEE DRIVE	6	2/leg	
C4	AT HOME HURDLE HOPS	6	4 hurdles/leg	
SUPERSET	EXERCISE	SETS	REPS	NOTES
D1	ISOMETRIC DOOR PULL	6	2x3seconds/arm	20 seconds of rest between exercises 2 minutes of rest between sets
D2	AT HOME INVERTED ROW	6	5	
DAY 2				
SUPERSET	EXERCISE	SETS	REPS	NOTES
A1	AT HOME PISTOL SQUAT	4	8/side	move from one exercise to the next
A2	AT HOME CHEST SUPPORTED 1 ARM SUITCASE ROW	4	8/side	
SUPERSET	EXERCISE	SETS	REPS	NOTES
B1	1 ARM 1 LEG SUITCASE RDL	4	8/side	move from one exercise to the next
B2	AT HOME WEIGHTED SUITCASE PUSHUPS	4	8	
SUPERSET	EXERCISE	SETS	REPS	NOTES
C1	AT HOME BACK FOOT SLIDING LUNGE	4	8/side	move from one exercise to the next
C2	1 ARM 1 LEG SUITCASE ROW	4	8/side	
SUPERSET	EXERCISE	SETS	REPS	NOTES
D1	AT HOME LATERAL STEP DOWN	4	8/side	move from one exercise to the next
D2	AT HOME FEET ELEVATED YOGA PUSHUP	4	8	
SUPERSET	EXERCISE	SETS	REPS	NOTES
E1	AT HOME GOBLET CARRY	4	50 steps	move from one exercise to the next
E2	ROTATIONAL SIDE PLANK	4	6/side	
DAY 3				
SUPERSET	EXERCISE	SETS	REPS	NOTES
A1	PARTNER SQUAT	6	3	20 seconds of rest between exercises 3 minutes of rest between sets
A2	AT HOME WEIGHTED JUMPS	6	3	
A3	PRONE EXTERNAL ROTATION	6	3x3 seconds/side	
SUPERSET	EXERCISE	SETS	REPS	NOTES
B1	AT HOME WEIGHTED SUITCASE PUSHUPS	6	4x3; 2xmax reps	20 seconds of rest between exercises 2 minutes of rest between sets last set of weighted pushups = as many as you can with good form
B2	AT HOME PLYO PUSHUP	4	3	
SUPERSET	EXERCISE	SETS	REPS	NOTES
C1	STAIRCASE RAILING SPLIT SQUAT ISO	6	2x3seconds/leg	20 seconds of rest between exercises 3 minutes of rest between sets
C2	AT HOME SINGLE LEG BOX JUMP	6	2/leg	
C3	AT HOME PRONE TRAP RAISE	6	4/side	
SUPERSET	EXERCISE	SETS	REPS	NOTES
D1	AT HOME CHEST SUPPORTED 1 ARM SUITCASE ROW	5	5/side	move from one exercise to the next
D2	AT HOME INVERTED ROW	5	8	

AT HOME TRAINING			
LOWER BODY			
2 LEG STRENGTH	SINGLE LEG STRENGTH	2 LEG PLYO	SINGLE LEG PLYO
CAR DEADLIFT ISO	CAR PUSH	AT HOME ALTITUDE LANDING	RUDIMENT HOPS
PARTNER SQUAT	BACKWARDS CAR PUSH	AT HOME DEPTH JUMP	AT HOME BOX JUMP TO SINGLE LEG LANDING
AT HOME SUITCASE (KB) SWING	CAR SPLIT SQUAT ISO	AT HOME DEPTH JUMP TO BOX JUMP	AT HOME SINGLE LEG BOX JUMP
AT HOME RUSSIAN HAMSTRING CURL (NORDIC)	STAIRCASE RAILING SPLIT SQUAT ISO	AT HOME ROTATIONAL BOX JUMP	AT HOME HURDLE HOPS
SHOULDERED SUITCASE SQUAT	AT HOME BULGARIAN SPLIT SQUAT	AT HOME WEIGHTED JUMPS	AT HOME MEDIAL/LATERAL HURDLE HOPS
SUITCASE CLEAN AND PUSH PRESS	1 ARM 1 LEG SUITCASE RDL		SINGLE LEG BOUNDING
	AT HOME BACK FOOT SLIDING LUNGE		LATERAL BOUNDS
	AT HOME LATERAL STEP DOWN		AT HOME DEPTH JUMP TO LATERAL BOUND AND STICK
	AT HOME LATERAL STEP UP		SINGLE LEG SUITCASE LOADED JUMP
	AT HOME PISTOL SQUAT		
	AT HOME SINGLE LEG LUNGE WITH KNEE DRIVE		
	OVERHEAD SUITCASE LUNGE		
	SHOULDERED SUITCASE GET UP		
	SUITCASE LATERAL LUNGE		
UPPER BODY			
PULL	PUSH	PLYO	"ARM CARE"
ISOMETRIC DOOR PULL	CAR BENCH PRESS ISO	AT HOME PLYO PUSHUP	FRONT FACING WALL SLIDES
TREE PULLUPS	AT HOME WEIGHTED SUITCASE PUSHUPS	SUITCASE CLEAN AND PUSH PRESS	FULL SCAPTION WITH AT HOME OATS
AT HOME CHEST SUPPORTED 1 ARM SUITCASE ROW	AT HOME SLIDING SPIDERMAN PUSHUP		EXTERNAL ROTATION TO WALL
AT HOME INVERTED ROW	AT HOME FEET ELEVATED SPIDERMAN PUSHUP		AT HOME PRONE TRAP RAISE
1 ARM 1 LEG SUITCASE ROW	AT HOME FEET ELEVATED YOGA PUSHUP		PRONE EXTERNAL ROTATION
	AT HOME FEET ELEVATED PUSHUP		QUADRUPED Y.T.W
	YOGA PUSHUP		SEATED (OR STANDING) 90-90 WALL SLIDES
	PUSHUP		SPLIT STANCE EXTERNAL ROTATION LIFT OFFS
	AT HOME ELEVATED PUSHUP		SUPINE EXTERNAL ROTATION
			SPLIT STANCE 1 ARM WALL SLIDE WITH ROLLER AND BACKPACK
HOW TO'S	MOBILITY	STABILITY	RUNNING
HOW TO MAKE AN AT HOME WEIGHT	ANKLE/CALF AGAINST WALL	90-90 BACKPACK PAUSED MARCH	BOOM BOOMS
HOW TO MAKE A SMALL AT HOME WEIGHT	ECCENTRIC HEEL LOWERS	AT HOME CROSS WALK/MARCH	STRAIGHT LEG RUNS
HOW TO MAKE A LARGE AT HOME WEIGHT	COUCH STRETCH	AT HOME GOBLET CARRY	POWER THIRD SKIPS
HOW TO MAKE AN AT HOME MEDICINE BALL	KNEELING GLUTE MOBS	SUITCASE CARRY	BOUNDING
ROTATIONAL	PIGEON PROGRESSION	ROTATIONAL SIDE PLANK	BOX DRILL
AT HOME MED BALL SCOOP TOSS	HIP EXTERNAL ROTATION PROGRESSION	UP DOWN PLANK	FALLING START
AT HOME MED BALL SHOTPUT	HIP INTERNAL ROTATION PROGRESSION	BIRDDOGS	SHUFFLE TO SPRINT
AT HOME MED BALL STEP BEHIND SHOTPUT	FRC HIP SERIES	DEADBUGS	SHUFFLE SPRINT SHUFFLE
PELVIS DISSOCIATION	QUADRUPED T-SPINE ROTATION	MOVING INCHWORM WITH PUSHUP	SPRINT BACKPEDAL SPRINT
ROTATIONAL SUITCASE (KB) SWINGS	ROCK BACK QUADRUPED ROTATION WITH BREATHING	AT HOME SINGLE LEG SERIES	SIDE STARTS
	TRICEPS MOBILITY	TREE HANGING LEG RAISES	BUILD UP SPRINTS
	DYNAMIC WARMUP	STANDING SERRATUS SQUAT	
	DYNAMIC COOLDOWN	ALL FOUR BELLY LIFT	
		REVERSE BEAR CRAWL	