



## Gladiator Program

### Week 1

Day 1 - Hands Only  
Day 2 - Lead Leg  
Day 3- Singles / Doubles / Triples – Parallel Position

### Week 2

Day 1 - No Movement - Parallel Position  
Day 2- Rear Leg  
Day 3 - String Day

### Week 3

Day 1 - Shuffling Day/Jump Training  
Day 2 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks 10 Triple Kicks  
Day 3 - Side To Side/Parallel Position

### Week 4

Day 1 - Chair Day/Strength And Conditioning  
Day 2 - Hands Only  
Day 3 -Lead Leg

### Week 5

Day 1 - Singles / Doubles / Triples – Parallel Position  
Day 2 - No Movement - Parallel Position  
Day 3 - Rear Leg

### Week 6

Day 1 -String Day  
Day 2- Shuffling / Jump Training  
Day 3-Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

### Week 7

Day 1 - Side To Side/Parallel Position  
Day 2– Chair Day / Strength And Conditioning  
Day 3 - Hands Only

### Week 8

Day 1 - Lead Leg  
Day 2 - Singles / Doubles / Triples - Parallel Position  
Day 3 - No Movement - Parallel Position

### Week 9

Day 1 - Rear Leg  
Day 2 - String Day  
Day 3 - Shuffling / Jump Training

### Week 10

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks  
Day 2 - No Movement - Parallel Position  
Day 3-Chair Day/Strength And Conditioning

### Week 11

Day 1 - Hands Only  
Day 2- Lead Leg  
Day 3 - Singles / Doubles / Triples - Parallel Position

### Week 12

Day 1 - No Movement - Parallel Position  
Day 2 - Rear Leg  
Day 3 - String Day

### Week 13

Day 1 - Shuffling Day / Jump Training  
Day 2 - Legs Only - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40, 30,20 Double Kicks, 10 Triple Kicks  
Day 3 - Side To Side / Parallel Position



Week 14

Day 1 - Chair Day / Strength And Conditioning  
Day 2 - Hands Only  
Day 3 - Lead Leg

Week 15

Day 1 - Singles / Doubles / Triples - Parallel Position  
Day 2 - No Movement - Parallel Position Day 3 - Rear Leg

Week 16

Day 1 -String Day  
Day 2 - Shuffling / Jump Training, Triple Kicks  
Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40,30,20 Double Kicks, 10

Week 17

Day 1 - Side To Side/Parallel Position  
Day 2 - Chair Day / Strength And Conditioning  
Day 3 - Hands Only

Week 18

Day 1 - Lead Leg  
Day 2 - Singles / Doubles / Triples - Parallel Position  
Day 3 - No Movement - Parallel Position

Week 19

Day 1 - Rear Leg  
Day 2 - String Day  
Day 3 - Shuffling / Jump Training

Week 20

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks  
Day 2 - No Movement - Parallel Position  
Day 3 - Chair Day / Strength And Conditioning

Week 21

Day 1 - Hands Only  
Day 2 - Lead Leg  
Day 3 - Singles / Doubles / Triples - Parallel Position

Week 22

Day 1 - No Movement - Parallel Position  
Day 2 - Rear Leg  
Day 3 - String Day

Week 23

Day 1 - Shuffling Day/Jump Training  
Day 2 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks  
Day 3 - Side To Side / Parallel Position

Week 24

Day 1 - Chair Day / Strength And Conditioning  
Day 2 - Hands Only  
Day 3 - Lead Leg

Week 25

Day 1 - Singles / Doubles / Triples – Parallel Position  
Day 2 - No Movement - Parallel Position  
Day 3 - Rear Leg

Week 26

Day 1 -String Day  
Day 2 - Shuffling / Jump Training  
Day 3 - Slow Motion And Hold/Skill Development Kicking/10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks