

WEEKS 1+2
PHASE 1 3 Day Program -- 4th Day Optional
GPP // TISSUE REMODELING

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Warm-Up	ROLLER DYNAMIC: Hug to Lunge Lateral Squat Spiderman Turns Leg Swings LADDER JUMP ROPE	ROLLER DYNAMIC: Hug to Lunge Lateral Squat Spiderman Turns Leg Swings LADDER JUMP ROPE	ROLLER DYNAMIC: Hug to Lunge Lateral Squat Spiderman Turns Leg Swings LADDER JUMP ROPE	OFF DAY OFF DAY OFF DAY OFF DAY OFF DAY OFF DAY OFF DAY	ROLLER DYNAMIC: Hug to Lunge Lateral Squat Spiderman Turns Leg Swings LADDER JUMP ROPE
Corrective EX	Child Squat 2x6 CB Rotational Reach 2x5ea Crawl-Crawl Turn and hold 2x3ea Elevated Dip and Leg Raise ALT 2x6ea Plank Shoulder Stabe 2x7ea	Lying Green band ABDUCTORS 2x8ea Lying Groin Series 2x8ea Pilates Ring Hold 3x:20sec	Rotary Stability 2x8ea Band OH Squat Feed back 2x10 4 Pt Adductor Squeeze x2sets :10sec Squeeze Shoulder Reach w/ TRACN 2x5ea Cook MB Chop Throw 3x6ea		Child Squat 2x6 CB Rotational Reach 2x5ea Crawl-Crawl Turn and hold 2x3ea Elevated Dip and Leg Raise ALT 2x6ea Plank Shoulder Stabe 2x7ea
Hip/ Groin Glute					
Plyos		Box Jump 3x5 w/ Spiderman Stretch :20sec each side			
Speed Work					
Core	Front Bridge 2x:20sec Elevated Side Bridge 2x:20sec Cook Pressout 2x8ea Cook Lift Kneeling 2x8ea		TRX Lateral Reach 2x8ea Elbow Reach on Ball 2x10 Home Plate Turns 2x6ea Palloff ISO Press w/ steps 2x3steps ea		Front Bridge 2x:20sec Elevated Side Bridge 2x:20sec Cook Pressout 2x8ea Cook Lift Kneeling 2x8ea
Strength Training	SEE SHEET	Curl to press 3x8 // TRX Tricep 3x8 BOSU Push-up 3x12 // YTW Prone 3x7ea	SEE SHEET	OFF	SEE SHEET
Conditioning	Treadmill TEMPOS x10 :15work // :45rest 10mph @ 2.5% grade	Fit Prog 3 Level 11 for 20min			Treadmill TEMPOS x10 :15work // :45rest 10mph @ 2.5% grade
Stretching	Post Workout Mobility 1. A) Roller- Lateral Quad 15x ea -- Reach & Touch Stretch x6 ea B) Roller- Quad Pumps x15 ea -- Quad Table Stretch 20 sec ea C) Roller High Hami 15x ea -- Rope Hami 10x ea D) Roller Upper Back 15x -- Seated Lat Stretch 20 sec ea 2. A) Calf/Soleus 20 sec B) Bretzel Quad 20 sec C) Press up stretch 20 sec D) Hamstring turns 10x ea E) Quadruped Hip Stretch 10x ea F) Dynamic Hugs 10x ea G) Ball Lat Stretch 20 sec				