

UPPER BODY INJURY

Name	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps	WK 4	Reps
Day 1- Pre- Foam Roll, Stretch, Movement Prep, Core Activation										
DB Snatch (good limb) Pair w/Psoas stretch	EXP	1 min		x5		x5		x5		x5
				x5		x5		x5		x5
				x5		x5		x5		x5
External Rotation (good limb) Tri Set W/	2/0/2	1 min		x10		x10		x10		x10
				x10		x10		x10		x10
				x10		x10		x10		x10
Core Board Squat	2/0/2	1 min		x8		x10		x12		x14
				x8		x10		x12		x14
				x8		x10		x12		x14
And Quad Alt./Arm Leg Ext- 3x10ea.										
Eccentric 1-Leg Box Squat Tri Set W/	2/0/2	1 min		x8		x8		x8		x8
				x8		x8		x8		x8
				x8		x8		x8		x8
				x8		x8		x8		x8
1-Arm Cable Row And	2/0/2	1 min		x10		x10		x10		x10
				x10		x10		x10		x10
Reverse Crunch-3x12				x10		x10		x10		x10
Lunge Walk x steps ea. Leg	2/0/2	1 min		x8		x8		x10		x10
				x8		x8		x10		x10
				x8		x8		x10		x10
Day 2- Pre-Foam Roll, Stretch, Movement Prep, Core Activation										
Squat Jumps Pair w/	EXP	1 min		x8		x8		x8		x8
				x8		x8		x8		x8
Functional Trainer OH Squat- 3x10				x8		x8		x8		x8
				x8		x8		x8		x8
1-Leg S.L.D.L. Airex Pad	2/0/2	1 min		x8ea.		x8ea.		x8ea.		x8ea.
				x8		x8		x8		x8
Tri Set W/				x8		x8		x8		x8
1-Arm DB Bench Pres	2/0/2	1 min		x8ea.		x8ea.		x8ea.		x8ea.
				x8		x8		x8		x8
And				x8		x8		x8		x8
Elevated Plank- 3x:30										
Ball-Leg Curl Airex Pad	2/0/2	1 min		x8		x10		x12		x14
				x8		x10		x12		x14
Tri Set W/				x8		x10		x12		x14
DB Curl	2/0/2	1 min		x10		x10		x10		x10
				x10		x10		x10		x10
And				x10		x10		x10		x10
Side Plank- 3x:30ea				x10		x10		x10		x10

	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps	WK 4	Reps
Day 3- Pre- Foam Roll, Stretch, Movement Prep, Core Activation										
DB Snatch (good limb) Pair w/Psoas stretch	EXP	1 min		x5		x5		x5		x5
				x5		x5		x5		x5
				x5		x5		x5		x5
External Rotation (good limb) Tri Set W/	2/0/2	1 min		x10		x10		x10		x10
				x10		x10		x10		x10
				x10		x10		x10		x10
DB Ball Wall Squat And Quad Alt./Arm Leg Ext- 3x10ea.	2/0/2	1 min		x10		x10		x10		x10
				x10		x10		x10		x10
				x10		x10		x10		x10
1-Leg Box Squat Pair w/ DB Row And Reverse Crunch-3x12	2/0/2	1 min		x8		x8		x8		x8
				x8		x8		x8		x8
				x8		x8		x8		x8
						x8		x8		x8
	2/0/2	1 min		x8		x8		x8		x8
				x8		x8		x8		x8
				x8		x8		x8		x8
Off Bench Oblique	2/0/2	1 min		x10		x10		x12		x12
				x10		x10		x12		x12
Day 4-Pre- Foam Roll, Stretch, Movement Prep, Core Activation										
Squat Jumps Pair w/ Functional Trainer OH Squat- 3x10	EXP	1 min		x8		x8		x8		x8
				x8		x8		x8		x8
				x8		x8		x8		x8
				x8		x8		x8		x8
Lateral Squat Tri Set W/ 1-Arm DB Bench Press And Elevated Plank- 3x:30	2/0/2	1 min		x8ea.		x8ea.		x8ea.		x8ea.
				x8		x8		x8		x8
				x8		x8		x8		x8
	2/0/2	1 min		x8ea.		x8ea.		x8ea.		x8ea.
				x8		x8		x8		x8
				x8		x8		x8		x8
Glute-Ham Raise Tri Set W/ DB Curl And Side Plank- 3x:30ea	2/0/2	1 min		x8		x8		x8		x8
				x8		x8		x8		x8
				x8		x8		x8		x8
	2/0/2	1 min		x10		x10		x10		x10
				x10		x10		x10		x10
				x10		x10		x10		x10