

LOWER BACK RE-CONDITIONING PHASE 5																				
Name																				
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps			
Day 1 Foam Roll, Stretch, Movement Prep									Day 3 Foam Roll, Stretch, Movement Prep											
DB Snatch	Exp	2min		x5		x5		x5	Bar Complex	Var	1.5min		x6+		x6+		x6+			
				x5		x5		x5					x6+		x6+		x6+			
Pair W/Psoas Stretch				x5		x5		x5					x6+		x6+		x6+			
						x5		x5	MINI CIRCUIT- no rest between exercises, 1:30 rest between circuits											
Leg Circuit	3/0/3	2min	x3	x10	x3	x10	x3	x10	3-Way DB Ball Press Circuit		1:30		3x8ea		3x10ea		3x12ea			
				x10ea		x10ea		x10ea	1-Leg Slideboard Split Squat				3x8ea		3x10ea		3x12ea			
				x10ea		x10ea		x10ea	Body Saw				3x10		3x12		3x15			
MINI CIRCUIT- no rest between exercises, 1:30 rest between circuits									3-Way Ball Hamstring				3x8ea		3x10ea		3x12ea			
Push Ups		1:30		3xMAX		4xMAX		4xMAX	Pull Up				3xMAX		3xMAX		3xMAX			
Back Extension				3x15		4x15		4x15	YTWL				3x10ea.		3x12ea.		3x15ea			
Body Saw				3x10		4x12		4x12												
Lateral Squat				3x10ea		3x12ea		3x15ea												
Pull Up				3xMAX		4xMAX		4xMAX												
3 Way Shoulder				3x10ea.		4x10ea		4x10ea.												
Day 2 Foam Roll, Stretch, Movement Prep																				
DB Complex	Exp	2min		x6ea.		x6ea.		x6ea.												
				x6ea.		x6ea.		x6ea.												
				x6ea.		x6ea.		x6ea.												
						x6ea.		x6ea.												
MINI CIRCUIT- no rest between exercises, 1:30 rest between circuits																				
Bench Press		1:30		3x10		3x12		3x12												
1-Leg Skater Squat				3x8ea		3x10ea		3x12ea												
Alternating Side Bridge				6x:10ea		6x:10ea		6x:10ea												
1-Arm DB Row				3x10ea		3x12ea		3x15ea												
Slideboard Leg Curl				3x10		3x12		3x15												
DB Curl and Press				3x10		3x12		3x16												
Hip Circuit W/Theraband				x10ea		x12ea		x14ea												
				x10		x12		x14												
				x10		x12		x14												
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