

ACL REHAB- Phase 1																	
Name																	
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps
Day 1									Day 3								
MVP Shuttle (uninjured)	Exp	3 min	3x5		3x5		3x5		MVP Shuttle (uninjured)	Exp	3 min	3x5		3x5		3x5	
MVP Shuttle Press (inj)			3x5		3x5		3x5		MVP Shuttle Press (inj)			3x5		3x5		3x5	
Seated OH MED Ball Throw			3x10		3x10		3x10		Seated OH MED Ball Throw			3x10		3x10		3x10	
Seated Chest Throws			3x10		3x10		3x10		Seated Chest Throws			3x10		3x10		3x10	
BAR Assisted Cable	2/P/2	1 min		x10		x12		x15	BAR Assisted Cable	2/P/2	1 min		x10		x12		x15
Squat or BW SQUAT				x10		x12		x15	Squat or BW SQUAT				x10		x12		x15
Tri Set W/				x10		x12		x15	Tri Set W/				x10		x12		x15
Parallel Grip Chin Up	2/0/2	1 min		x8		x8		x8	Pull Up	2/0/2	1 min		x8		x8		x8
AND				x8		x8		xmax	AND				x8		x8		xmax
Ball Roll Out			2x10		2x12		2x15		Ball Roll Out			2x10		2x12		2x15	
Bosu Supported Hip Lift	2/0/2	1 min		x8		x10		x12	Bosu Supported Hip Lift	2/0/2	1 min		x8		x10		x12
Tri Set W/				x8		x10		x12	Tri Set W/				x8		x10		x12
				x8		x10		x12					x8		x10		x12
DB Row	2/0/2	1 min		x8		x10		x10	Inverted Row	2/0/2	1 min		x8		x10		x10
				x8		x10		x10					x8		x10		x10
AND				x8		x10		x10	AND				x8		x10		x10
Bench Reverse Crunch			2x10		2x12		2x15		Bench Reverse Crunch			2x10		2x12		2x15	
Half Kneel Cable Chop	2/0/2			x10		x10		x10	Half Kneel Cable Chop	2/0/2			x10		x10		x10
				x10		x10		x10					x10		x10		x10
				x10		x10		x10					x10		x10		x10
Day 2									Day 4								
MVP Shuttle (uninjured)	Exp	3 min	3x5		3x5		3x5		MVP Shuttle (uninjured)	Exp	3 min	3x5		3x5		3x5	
MVP Shuttle Press (inj)			3x5		3x5		3x5		MVP Shuttle Press (inj)			3x5		3x5		3x5	
Seated OH MED Ball Throw			3x10		3x10		3x10		Seated OH MED Ball Throw			3x10		3x10		3x10	
Seated Chest Throws			3x10		3x10		3x10		Seated Chest Throws			3x10		3x10		3x10	
Alt. DB Bench Press	2/0/2	1 min		x8ea		x10ea		x12ea	Alt. DB Bench Press	2/0/2	1 min		x8ea		x10ea		x12ea
Quad Set W/				x8		x10		x12	Quad Set W/				x8		x10		x12
				x8		x10		x12					x8		x10		x12
Bar Assisted Split	2/0/2	1 min		x8		x10		x12	Bar Assisted Split	2/0/2	1 min		x8		x10		x12
Squat				x8		x10		x12	Squat				x8		x10		x12
AND				x8		x10		x12	AND				x8		x10		x12
Plank- 2x:30									Plank- 2x:30								
AND Lat Stretch									AND Lat Stretch								
Seated DB Shoulder	2/0/2			x8		x8		x8	Seated DB Shoulder	2/0/2			x8		x8		x8
Press				x8		x8		x8	Press				x8		x8		x8
AND				x8		x8		x8	AND				x8		x8		x8
Plate 1-Leg SLDL	2/0/2	1 min		x8		x10		x12	Plate1-Leg SLDL	2/0/2	1 min		x8		x10		x12
AND				x8		x10		x12	AND				x8		x10		x12
Bent Knee Side Bridge and Hold-			2x5(:06)		2x8(:06)		2x10(:06)		Bent Knee Side Bridge and Hold-			2x5(:06)		2x8(:06)		2x10(:06)	
Half Kneel Cable Lift	2/0/2			x10		x10		x10	Half Kneel Cable Lift	2/0/2			x10		x10		x10
				x10		x10		x10					x10		x10		x10
				x10		x10		x10					x10		x10		x10