



ACL REHAB- PHASE 3																	
Name																	
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps
Day 1									Day 3								
1-Leg Hurdle Hop	Exp	3 min	3x5		3x5		3x5		1-Leg Hurdle Hop	Exp	3 min	3x5		3x5		3x5	
1-Leg Line Hop (inj)			3x5		3x5		3x5		1-Leg Line Hop (inj)			3x5		3x5		3x5	
OH Throw W/Step			3x10		3x10		3x10		OH Throw W/Step			3x10		3x10		3x10	
Chest Throw W/Step			3x10		3x10		3x10		Chest Throw W/Step			3x10		3x10		3x10	
Side Twist Throws			3x10		3x10		3x10		Side Twist Throws			3x10		3x10		3x10	
Light Front Squat	2/P/2	1 min		x10		x12		x15	1-Leg Squat to Bench	2/P/2	1 min		x10		x12		x15
				x10		x12		x15	(With miniband)				x10		x12		x15
Tri Set W/				x10		x12		x15	Tri Set W/				x10		x12		x15
Mixed Grip Chin Up	2/0/2	1 min		x8		x8		x8	Sternum Pull Up	2/0/2	1 min		x8		x8		x8
				x8		x8		x8					x8		x8		x8
AND				x8		x8		xmax	AND				x8		x8		xmax
Wheel Roll Out			2x10		2x12		2x15		Wheel Roll Out			2x10		2x12		2x15	
SlideBoard Leg Curl	2/0/2	1 min		x8		x10		x12	SlideBoard Leg Curl	2/0/2	1 min		x8		x10		x12
				x8		x10		x12					x8		x10		x12
Tri Set W/				x8		x10		x12					x8		x10		x12
DB Row	2/0/2	1 min		x8		x10		x10	TRX Inverted Row	2/0/2	1 min		x8		x10		x10
				x8		x10		x10					x8		x10		x10
AND				x8		x10		x10	AND				x8		x10		x10
Hanging Knee Ups			2x10		2x12		2x15		Hanging Knee Ups			2x10		2x12		2x15	
Standing Cable Chop	2/0/2			x10		x10		x10	Standing Cable Chop	2/0/2			x10		x10		x10
				x10		x10		x10					x10		x10		x10
				x10		x10		x10					x10		x10		x10
Day 2									Day 4								
1-Leg Hurdle Hop	Exp	3 min	3x5		3x5		3x5		1-Leg Hurdle Hop	Exp	3 min	3x5		3x5		3x5	
1-Leg Line Hop (inj)			3x5		3x5		3x5		1-Leg Line Hop (inj)			3x5		3x5		3x5	
OH Throw W/Step			3x10		3x10		3x10		OH Throw W/Step			3x10		3x10		3x10	
Chest Throw W/Step			3x10		3x10		3x10		Chest Throw W/Step			3x10		3x10		3x10	
Side Twist Throws			3x10		3x10		3x10		Side Twist Throws			3x10		3x10		3x10	
DB Bench Press	2/0/2	1 min		x8		x10		x12	DB Incline Press	2/0/2	1 min		x8		x10		x12
Quad Set W/				x8		x10		x12	Quad Set W/				x8		x10		x12
				x8		x10		x12					x8		x10		x12
Rear Foot Elevated	2/0/2	1 min		x8		x10		x12	Rear Foot Elevated	2/0/2	1 min		x8		x10		x12
Split Squat				x8		x10		x12	Split Squat				x8		x10		x12
AND				x8		x10		x12	AND				x8		x10		x12
Plank With DB Row- 2x5/8/10ea.									Plank With DB Row- 2x5/8/10ea.								
AND Lat Stretch									AND Lat Stretch								
DB Curl and Press	2/0/2			x8		x8		x8	Half Kneel DB Shoulder	2/0/2			x8		x8		x8
				x8		x8		x8	Press				x8		x8		x8
AND				x8		x8		x8	AND				x8		x8		x8
2-ARM-1-LEG DB SLDL	2/0/2	1 min		x8		x10		x12	2-ARM-1-LEG DB SLDL	2/0/2	1 min		x8		x10		x12
AND		3 sets		x8		x10		x12	AND		3 sets		x8		x10		x12
Side BridgeW/Top Leg ABD HOLD			2x5(:06)		2x8(:06)		2x10(:06)		Side BridgeW/Top Leg ABD HOLD			2x5(:06)		2x8(:06)		2x10(:06)	
Standing Cable Lift	2/0/2			x10		x10		x10	Standing Cable Lift	2/0/2			x10		x10		x10
				x10		x10		x10					x10		x10		x10
				x10		x10		x10					x10		x10		x10