

| ACL REHAB PHASE 2          |       |       |          |      |          |      |           |      |                            |       |       |          |      |          |      |           |      |
|----------------------------|-------|-------|----------|------|----------|------|-----------|------|----------------------------|-------|-------|----------|------|----------|------|-----------|------|
| Name                       |       |       |          |      |          |      |           |      |                            |       |       |          |      |          |      |           |      |
|                            |       |       |          |      |          |      |           |      |                            |       |       |          |      |          |      |           |      |
|                            | Tempo | Rest  | WK1      | Reps | WK2      | Reps | WK3       | Reps |                            | Tempo | Rest  | WK1      | Reps | WK2      | Reps | WK3       | Reps |
| Day 1                      |       |       |          |      |          |      |           |      | Day 3                      |       |       |          |      |          |      |           |      |
| 1-Leg Box Jump             | Exp   | 3 min | 3x5      |      | 3x5      |      | 3x5       |      | 1-Leg Box Jump             | Exp   | 3 min | 3x5      |      | 3x5      |      | 3x5       |      |
| MVP Shuttle Jump (inj)     |       |       | 3x5      |      | 3x5      |      | 3x5       |      | MVP Shuttle Jump (inj)     |       |       | 3x5      |      | 3x5      |      | 3x5       |      |
| Standing OH MED Ball Throw |       |       | 3x10     |      | 3x10     |      | 3x10      |      | Standing OH MED Ball Throw |       |       | 3x10     |      | 3x10     |      | 3x10      |      |
| Standing Chest Throws      |       |       | 3x10     |      | 3x10     |      | 3x10      |      | Standing Chest Throws      |       |       | 3x10     |      | 3x10     |      | 3x10      |      |
| Front Twist Throws         |       |       | 3x10     |      | 3x10     |      | 3x10      |      | Front Twist Throws         |       |       | 3x10     |      | 3x10     |      | 3x10      |      |
| Cable Assited O.H.         | 2/P/2 | 1 min |          | x10  |          | x12  |           | x15  | Cable Assited O.H.         | 2/P/2 | 1 min |          | x10  |          | x12  |           | x15  |
| Squat                      |       |       |          | x10  |          | x12  |           | x15  | Squat                      |       |       |          | x10  |          | x12  |           | x15  |
| Tri Set W/                 |       |       |          | x10  |          | x12  |           | x15  | Tri Set W/                 |       |       |          | x10  |          | x12  |           | x15  |
| Chin Up                    | 2/0/2 | 1 min |          | x8   |          | x8   |           | x8   | Pull Up                    | 2/0/2 | 1 min |          | x8   |          | x8   |           | x8   |
|                            |       |       |          | x8   |          | x8   |           | x8   |                            |       |       |          | x8   |          | x8   |           | x8   |
| AND                        |       |       |          | x8   |          | x8   |           | xmax | AND                        |       |       |          | x8   |          | x8   |           | xmax |
| Ball Roll Out- LMR         |       |       | 2x10     |      | 2x12     |      | 2x15      |      | Ball Roll Out- LMR         |       |       | 2x10     |      | 2x12     |      | 2x15      |      |
| Bosu Supported             | 2/0/2 | 1 min |          | x8   |          | x10  |           | x12  | Bosu Supported             | 2/0/2 | 1 min |          | x8   |          | x10  |           | x12  |
| Slideboard Leg Curl        |       |       |          | x8   |          | x10  |           | x12  | Slideboard Leg Curl        |       |       |          | 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  |
| Ball Reverse Crunch        |       |       | 2x10     |      | 2x12     |      | 2x15      |      | Ball 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                      |       |       |          |      |          |      |           |      |
| 1-Leg Box Jump             | Exp   | 3 min | 3x5      |      | 3x5      |      | 3x5       |      | 1-Leg Box Jump             | Exp   | 3 min | 3x5      |      | 3x5      |      | 3x5       |      |
| MVP Shuttle Jump (inj)     |       |       | 3x5      |      | 3x5      |      | 3x5       |      | MVP Shuttle Jump (inj)     |       |       | 3x5      |      | 3x5      |      | 3x5       |      |
| Standing OH MED Ball Throw |       |       | 3x10     |      | 3x10     |      | 3x10      |      | Standing OH MED Ball Throw |       |       | 3x10     |      | 3x10     |      | 3x10      |      |
| Standing Chest Throws      |       |       | 3x10     |      | 3x10     |      | 3x10      |      | Standing Chest Throws      |       |       | 3x10     |      | 3x10     |      | 3x10      |      |
| Front Twist Throws         |       |       | 3x10     |      | 3x10     |      | 3x10      |      | Front Twist Throws         |       |       | 3x10     |      | 3x10     |      | 3x10      |      |
| Bench Press                | 2/0/2 | 1 min |          | x8   |          | x10  |           | x12  | 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  |
| Split Squat                | 2/0/2 | 1 min |          | x8   |          | x10  |           | x12  | Split Squat                | 2/0/2 | 1 min |          | x8   |          | x10  |           | x12  |
|                            |       |       |          | x8   |          | x10  |           | x12  |                            |       |       |          | x8   |          | x10  |           | x12  |
| AND                        |       |       |          | x8   |          | x10  |           | x12  | AND                        |       |       |          | x8   |          | x10  |           | x12  |
| Feet Elevated Plank- 2x:30 |       |       |          |      |          |      |           |      | Feet Elevated 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   |
| DB 1-Leg SLDL              | 2/0/2 | 1 min |          | x8   |          | x10  |           | x12  | DB 1-Leg SLDL              | 2/0/2 | 1 min |          | x8   |          | x10  |           | x12  |
| AND                        |       |       |          | x8   |          | x10  |           | x12  | AND                        |       |       |          | x8   |          | x10  |           | x12  |
| Side Bridge and Hold-      |       |       | 2x5(:06) |      | 2x8(:06) |      | 2x10(:06) |      | 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  |