

ACL REHAB PHASE 4																	
Name																	
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps
Day 1									Day 3								
Box Jump w/stab.	Exp	3 min	4x5		4x5		4x5		Box Jump w/stab.	Exp	3 min	4x5		4x5		4x5	
1-Leg Hurdle Hop /stab			3x5ea.		3x5ea.		3x5ea.		1-Leg Hurdle Hop /stab			3x5ea.		3x5ea.		3x5ea.	
1-LEG Standing OH MED Ball Throw			2x10ea		3x10		3x10		1-LEG Standing OH MED Ball Throw			2x10ea		3x10		3x10	
1-LEG Standing Chest Throws			2x10ea		3x10		3x10		1-LEG Standing Chest Throws			2x10ea		3x10		3x10	
1-LEG Front Twist Throws			2x10ea		3x10		3x10		1-LEG Front Twist Throws			2x10ea		3x10		3x10	
Front Squat	2/P/2	1 min		x6		x6		x6	Light Front Squat	2/P/2	1 min		x8		x8		x8
Tri Set W/				x6		x6		x6	Tri Set W/				x8		x8		x8
				x6		x6		x6					x8		x8		x8
Wt. Chin Up	2/0/2	1 min		x3		x3		x3	Pull Up	2/0/2	1 min		x3		x3		x3
				x3		x3		x3					x3		x3		x3
AND				x3		x3		x3	AND				x3		x3		x3
Barbell Roll Out- 2x10,12, 15				x3		x3		xmax	Barbell Roll Out- 2x10,12, 15				x3		x3		xmax
1-Leg Ball Curl	2/0/2	1 min		x8		x10		x12	1-Leg Ball 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		x6		x6		x6	TRX Inverted Row	2/0/2	1 min		x8		x10		x10
				x6		x6		x6					x8		x10		x10
AND				x6		x6		x6	AND				x8		x10		x10
Hanging Knee Ups			2x10		2x12		2x15		Hanging Knee Ups			2x10		2x12		2x15	
Lunge Position	2/0/2			x10		x10		x10	Lunge Position	2/0/2			x10		x10		x10
Cable Chop				x10		x10		x10	Cable Chop				x10		x10		x10
				x10		x10		x10					x10		x10		x10
Day 2									Day 4								
Heiden W/Stab	Exp	3 min	4x5ea.		4x5ea.		4x5ea.		Heiden W/Stab	Exp	3 min	4x5ea.		4x5ea.		4x5ea.	
1-leg Lat. Hurdle Hop W/Stab			3x5ea.		3x5ea.		3x5ea.		1-leg Lat. Hurdle Hop W/Stab			3x5ea.		3x5ea.		3x5ea.	
1-LEG Standing OH MED Ball Throw			2x10ea		2x10ea		2x10ea		1-LEG Standing OH MED Ball Throw			2x10ea		2x10ea		2x10ea	
1-LEG Standing Chest Throws			2x10ea		2x10ea		2x10ea		1-LEG Standing Chest Throws			2x10ea		2x10ea		2x10ea	
1-LEG Front Twist Throws			2x10ea		2x10ea		2x10ea		1-LEG Front Twist Throws			2x10ea		2x10ea		2x10ea	
Bench Press	2/0/2	1 min		x5		x5		x5	Incline Press	2/0/2	1 min		x5		x5		x5
Quad Set W/				x5		x5		x5	Quad Set W/				x5		x5		x5
				x5		x5		x5					x5		x5		x5
1-Leg Squat	2/0/2	1 min		x8		x8		x8	1-Leg Squat	2/0/2	1 min		x8		x8		x8
				x8		x8		x8					x8		x8		x8
AND				x8		x8		x8	AND				x8		x8		x8
Plank With DB ROW- 2x5/8/10									Plank With DB ROW- 2x5/8/10								
AND Lat Stretch									AND Lat Stretch								
Front Press	2/0/2			x6		x6		x6	Kneeling DB Curl and Press	2/0/2			x8		x8		x8
Tri Set W/				x6		x6		x6					x8		x8		x8
				x6		x6		x6	AND				x8		x8		x8
2-Arm/2-LEG DB SLDL	2/0/2	1 min		x6		x8		x10	2-Arm/2-LEG DB SLDL	2/0/2	1 min		x6		x8		x10
AND				x6		x8		x10	AND				x6		x8		x10
				x6		x8		x10					x6		x8		x10
Side Bridge W/Top Leg ABD			2x10		2x12		2x15		Side Bridge W/Top Leg ABD			2x10		2x12		2x15	
Lunge Position	2/0/2			x10		x10		x10	Lunge Position	2/0/2			x10		x10		x10
Cable Lift				x10		x10		x10	Cable Lift				x10		x10		x10
				x10		x10		x10					x10		x10		x10