



Group C

Phase 5: Day 1

	Load	Week 1	Week 2	Week 3
A1) Hang Clean	45-65%	5, 3, 3	5, 3, 3	5, 3, 2
A2) Tall Kneeling Band Pull-Apart		2 x 8	2 x 8	2 x 8
B1) DB Squat	35-40%	3 x 10s	3 x 10s	3 x 10s
B2) Lying Partner Med Ball Drop-Throws		3 x 5	3 x 5	3 x 5
B3) Alt. Scap Wall Slide		2 x 8/side	2 x 8/side	2 x 8/side
C1) Slideboard Hamstring Curl (Hips Low)		3 x 10s	3 x 10s	3 x 10s
C2) Suspended Row		3 x 6	3 x 6	3 x 6
C3) 2-Way Med Ball Crush		2 x (2x20s)	2 x (2x20s)	2 x (2x20s)
D1) Quadruped Chin Tuck w/ Partner Pert.		2 x 20s	2 x 20s	2 x 20s
D2) 1-Arm DB Farmer's Walk		2 x 25 yards/side	2 x 25 yards/side	2 x 25 yards/side
<i>*All concentrics are fast</i>				

Phase 5: Day 2

		Week 1	Week 2	Week 3
A) Lateral Line Hop		2 x 6s	2 x 6s	2 x 6s
B1) 1-Arm DB Hang Snatch	45-55%	3 x 3/side	3 x 3/side	3 x 3/side
B2) Rectus Femoris Mobilization		2 x (8x2s)/side	2 x (8x2s)/side	2 x (8x2s)/side
C1) Overhead Med Ball Floor Slam w/ Rapid Recoil		3 x 6	3 x 6	3 x 6
C2) Band-Resisted Push-Up		3 x 10s	3 x 10s	3 x 10s
D1) Rapid 1-Arm Band Row		3 x 10s	3 x 10s	3 x 10s
D2) Squat to Reach		3 x 5/side	3 x 5/side	3 x 5/side
E1) Quadruped Chin Tuck w/ Rotations		2 x 20s	2 x 20s	2 x 20s
E2) Lying Alt. Leg Reach w/ Hands on Wall		2 x (8x2s)/side	2 x (8x2s)/side	2 x (8x2s)/side
<i>*All concentrics are fast</i>				