

# ENDEAVOR

## SPORTS PERFORMANCE

### Group C

#### Phase 5: Day 1

|                                               | Week 1       | Week 2       | Week 3       | Week 4       |
|-----------------------------------------------|--------------|--------------|--------------|--------------|
| A1) Hang Clean                                | 3 x 4        | 3 x 4        | 3 x 4        | 3 x 4        |
| A2) 1/2 Kneeling Hip Flexor & Forearm Stretch | 2 x 30s/side | 2 x 30s/side | 2 x 30s/side | 2 x 30s/side |
| A3) Glute Bridge Hold                         | 2 x (3x10s)  | 2 x (3x10s)  | 2 x (3x10s)  | 2 x (3x10s)  |
| B1) 1-Leg 1-Arm SLDL                          | 3 x 6/side   | 3 x 6/side   | 3 x 6/side   | 3 x 6/side   |
| B2) Chin-Up                                   | 3 x 6        | 3 x 6        | 3 x 6        | 3 x 6        |
| B3) SB Front Plank w/ Mini Rollout            | 2 x 10       | 2 x 10       | 2 x 10       | 2 x 10       |
| C1) Front Squat                               | 2 x 6        | 2 x 6        | 2 x 6        | 2 x 6        |
| C2) Loaded Push-Up                            | 3 x 6        | 3 x 8        | 3 x 4        | 2 x 6        |
| C3) Prone Y, T, W                             | 2 x 10s/each | 2 x 10s/each | 2 x 10s/each | 2 x 10s/each |

#### Phase 5: Day 2

|                                    | Week 1          | Week 2          | Week 3          | Week 4          |
|------------------------------------|-----------------|-----------------|-----------------|-----------------|
| A1) Vertical Jump                  | 2 x 5           | 2 x 5           | 2 x 5           | 2 x 5           |
| A2) Rectus Femoris Mobilization    | 2 x 10/side     | 2 x 10/side     | 2 x 10/side     | 2 x 10/side     |
| A3) Supported Hip Airplane         | 2 x 10/side     | 2 x 10/side     | 2 x 10/side     | 2 x 10/side     |
| A4) Lateral MiniBand Walk (Knees)  | 2 x 10/side     | 2 x 10/side     | 2 x 10/side     | 2 x 10/side     |
| B1) 1/2 Kneeling Overhead DB Press | 3 x 8/side      | 3 x 8/side      | 3 x 8/side      | 3 x 8/side      |
| B2) Quadruped Extension-Rotation   | 2 x 8/side      | 2 x 8/side      | 2 x 8/side      | 2 x 8/side      |
| B3) Standing Psoas Lift            | 3 x (4x5s)/side | 3 x (4x5s)/side | 3 x (4x5s)/side | 3 x (4x5s)/side |
| C1) Suspended Row                  | 3 x 10          | 3 x 10          | 3 x 10          | 3 x 10          |
| C2) Scap Push-Up into Yoga Push-Up | 3 x 5/side      | 3 x 6/side      | 3 x 4/side      | 3 x 5/side      |
| C3) Lateral Kneeling Hip Rock      | 2 x 8           | 2 x 8           | 2 x 8           | 2 x 8           |