

ENDEAVOR

SPORTS PERFORMANCE

Group C

Phase 2: Day 1

	Week 1	Week 2	Week 3	Week 4
A1) Front Squat/Hang Pull	2 x 6, 2 x 4	2 x 6, 2 x 4	2 x 6, 2 x 4	2 x 6, 2 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 March w/ Full Hip Flexion	2 x 6/side	2 x 6/side	2 x 6/side	2 x 6/side
B1) DB Step-Up	3 x 5/side	3 x 6/side	3 x 4/side	2 x 6/side
B2) 1-Arm DB Row: 3s neg (wks 1-3)	3 x 5/side	3 x 6/side	3 x 4/side	3 x 6/side
B3) SB Front Plank w/ MiniRollout	2 x 8	2 x 8	2 x 10	2 x 8
C1) Slideboard HS Curl w/ 1-Leg Neg. (wks 1-3)	3 x 3/side	3 x 4/side	3 x 4/side	2 x 8
C2) Incline Alternate DB Chest Press (wks 1-3)	3 x 5/side	3 x 6/side	3 x 4/side	3 x 8
C3) Reach, Roll, and Lift	2 x 6/side	2 x 6/side	2 x 6/side	2 x 6/side

Phase 2: Day 2

	Week 1	Week 2	Week 3	Week 4
A1) Mini Hop into Broad Jump	3 x 4	3 x 4	3 x 4	2 x 4
A2) Rectus Femoris Mobilization	2 x 10/side	2 x 10/side	2 x 10/side	2 x 10/side
A3) Lateral MiniBand Walk (Knees)	2 x 12/side	2 x 12/side	2 x 12/side	2 x 12/side
B1) Front Squat/Hang Pull	2 x 6, 2 x 4	2 x 6, 2 x 4	2 x 6, 2 x 4	2 x 6, 2 x 4
B2) Chin-Up	3 x 5	3 x 6	3 x 4	3 x 5
B3) 1/2 Kneeling Belly Press (Non-Shooting Only)	2 x 20s	3 x 20s	3 x (12x2s)	3 x (12x2s)
C1) DB Stiff-Legged Deadlift	3 x 6	3 x 8	3 x 5	2 x 8
C2) Feet Elevated Loaded Push-Up (wks 1-3)	3 x 6	3 x 8	3 x 5	3 x 8
C3) 1-Arm SB Wall Hold	2 x 20s/side	2 x 20s/side	2 x 20s/side	2 x 20s/side