

# ENDEAVOR

## SPORTS PERFORMANCE

### Group C

#### Phase 3: Day 1

|                                               | <b>Week 1</b> | <b>Week 2</b> | <b>Week 3</b> | <b>Week 4</b> |
|-----------------------------------------------|---------------|---------------|---------------|---------------|
| A1) Front Squat/Hang Clean                    | 1 x 5, 3 x 5  | 1 x 5, 3 x 5  | 1 x 5, 3 x 5  | 1 x 5, 3 x 5  |
| 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 w/ Med Ball Crush            | 2 x (6x5s)    | 2 x (6x5s)    | 2 x (6x5s)    | 2 x (6x5s)    |
| B1) DB Slideboard Reverse Lunge               | 3 x 8/side    | 3 x 10/side   | 3 x 6/side    | 2 x 8/side    |
| B2) Loaded Suspended Row w/ Rotation          | 3 x 8-10      | 3 x 10-12     | 3 x 6-8       | 3 x 8         |
| B3) Alternate Straight-Leg Lowering           | 2 x 8/side    | 2 x 8/side    | 2 x 10/side   | 2 x 8/side    |
| C1) Stiff-Legged Deadlift                     | 3 x 8         | 3 x 10        | 3 x 6         | 2 x 8         |
| C2) Alternate Arm DB Chest Press (wks 1-3)    | 3 x 6/side    | 3 x 8/side    | 3 x 5/side    | 3 x 8         |
| C3) Scap Wall Slide                           | 2 x 8         | 2 x 8         | 2 x 8         | 2 x 8         |

#### Phase 3: Day 2

|                                                   | <b>Week 1</b>     | <b>Week 2</b>     | <b>Week 3</b>     | <b>Week 4</b>     |
|---------------------------------------------------|-------------------|-------------------|-------------------|-------------------|
| A1) Split Squat Jump w/ Squat Landing             | 3 x 3/side        | 3 x 4/side        | 3 x 4/side        | 2 x 3/side        |
| A2) Rectus Femoris Mobilization                   | 2 x 10/side       | 2 x 10/side       | 2 x 10/side       | 2 x 10/side       |
| A3) Lateral MiniBand Walk (Ankles)                | 2 x 12/side       | 2 x 12/side       | 2 x 12/side       | 2 x 12/side       |
| B1) Front Squat/Hang Clean                        | 1 x 5, 3 x 5      | 1 x 5, 3 x 5      | 1 x 5, 3 x 5      | 1 x 5, 3 x 5      |
| B2) Chin-Up                                       | 3 x 6             | 3 x 8             | 3 x 5             | 3 x 6             |
| B3) Tall-Kneeling Belly Press (Non-Shooting Only) | 3 x 20s           | 3 x 30s           | 3 x (12x2s)       | 3 x (12x2s)       |
| C1) DB 1-Leg Stiff-Legged Deadlift                | 3 x 6/side        | 3 x 8/side        | 3 x 5/side        | 2 x 6/side        |
| C2) Band-Resisted Push-Up (wks 1-3)               | 3 x 10            | 3 x 12            | 3 x 8             | 3 x 8             |
| C3) 1-Arm DB Waiters Walk                         | 2 x 25 yards/side | 2 x 25 yards/side | 2 x 25 yards/side | 2 x 25 yards/side |