

ENDEAVOR

SPORTS PERFORMANCE

Group C

Phase 4: Day 1

	Week 1	Week 2	Week 3	Week 4
A1) Hang Clean	2 x 5, 2 x 3	2 x 5, 2 x 3	2 x 5, 2 x 3	2 x 5, 2 x 3
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) 1-Leg Glute Bridge	2 x (8x2s)/side	2 x (8x2s)/side	2 x (8x2s)/side	2 x (8x2s)/side
B1) 1-Leg Squat Off Box	3 x 5/side	3 x 6/side	3 x 4/side	2 x 6/side
B2) 1-Arm DB Row: FAST! (~50%)	3 x 5/side	3 x 6/side	3 x 4/side	3 x 6/side
B3) Slideboard Bodysaw	2 x 8	2 x 8	2 x 10	2 x 8
C1) Slideboard HS Curl: FAST!	3 x 6	3 x 8	3 x 10	2 x 6
C2) Band-Resisted Push-Up Jump	3 x 6	3 x 8	3 x 4	2 x 6
C3) Prone Retraction to External Rotation	2 x 8	2 x 8	2 x 8	2 x 8

Phase 4: Day 2

	Week 1	Week 2	Week 3	Week 4
A1) Walking Lunge into Vertical 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) Hip Airplane	2 x 6/side	2 x 6/side	2 x 8/side	2 x 8/side
B1) Hang Clean	2 x 5, 2 x 3	2 x 5, 2 x 3	2 x 5, 2 x 3	2 x 5, 2 x 3
B2) Chin-Up	3 x 4	3 x 6	3 x 3	3 x 4
B3) 1/2 Kneeling 3-Way Belly Press (Non-Shooting Only)	2 x (3x10s)	2 x (3x10s)	2 x (3x15s)	2 x (3x10s)
C1) 1-Leg DB Stiff-Legged Deadlift	3 x 5/side	3 x 6/side	3 x 4/side	2 x 6/side
C2) Incline 1-Arm DB Chest Press	3 x 5/side	3 x 6/side	3 x 4/side	3 x 5/side
C3) No Money Drill	2 x 8	2 x 8	2 x 8	2 x 8