

Name	Assessment Results	Comments

R1	Foam Roller/Ball	Frequency	Time	Comments
	Roller - Quads	Daily	30-60s	
	Roller - IT Band	Daily	30-60s	
	Baseball/Tennis Ball - Adductors	Daily	30-60s	
	Baseball/Tennis Ball - RTC	Daily	30-60s	
		Daily	30-60s	

R2	Exercises	Sets and Reps	Comments

R3	Exercises	Sets and Reps	Comments
	Leg Lowering	1x8/side	
	Glute Bridge	1x8/side	
	All 4s Twist	1x8/side	
	Hip Flexed Hip Rocking	1x8/side	
	Alternating Lateral Lunge	1x6/side	
	Perfect Stretch	1x6/side	

R3 Specific	Exercises	Sets and Reps	Comments

Day 1

R4	Exercise		Week 1	Week 2	Week 3	Week 4	Comments
	A1	3 Direction Toe Taps	1x5/dir	1x5/dir	1x5/dir	1x5/dir	For B1, if you do not have a MB use a towel
	A2	Wall Glute March or Wall Run	1x20	1x20	1x20	1x20	
	B1	Split Stance MB Slam or Split Stance Towel Snaps	3x10	3x10	3x10	3x10	
	B2	Snap Down or Broad Jump	3x8	3x8	4x10	4x10	
	C						

R5	Exercise		Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Comments	
	A1	L1	1-Leg Hip Thrust	Dyn.	0s	x6; AMRAP 30	x8; AMRAP 30	x10; AMRAP 35	x12; AMRAP 35	Perform A1 through A6 in AMRAP (As Many Rounds As Possible) for 30 or 35 minutes depending on the week you're in
		L2	RDL							
	A2	L1	Reverse Crunch	Dyn.	0s	x6	x8	x10	x12	
		L2								
	A3	L1	BW (body weight) Pistol Squat	Dyn.	0s	x6	x8	x10	x12	
		L2	BW Pistol Squat + Jump							
	A4	L1	Push Ups	Dyn.	0s	x6	x8	x10	x12	
		L2								
	A5	L1	Prisoner Reverse Lunge	Dyn.	0s	x6	x8	x10	x12	
		L2	Suspension Trainer Row							
	A6	L1	Bird Dog	Dyn.	60s	x6	x8	x10	x12	
		L2								

R6	Exercise				Work	Rest	Week 1	Week 2	Week 3	Week 4
	Comments									

Day 2

R4	Exercise			Week 1	Week 2	Week 3	Week 4	Comments	
	A1	3 Direction Toe Taps			1x5/dir	1x5/dir	1x5/dir	1x5/dir	For B1, if you do not have a MB use a towel
	A2	Wall Glute March or Wall Run			1x20	1x20	1x20	1x20	
	B1	Roll Over MB Slam or Roll Over Towel Snaps			3x10	3x10	3x10	3x10	
	B2	Snap Down or Power Vertical Jump + Power Broad Jump			3x5	3x5	3x6	3x8	
	C								

R5	Exercise		Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Comments	
	A1	L1	BW (body weight) Tempo Squats	303	60s	4x10	4x10	5x10	6x10	Perform this A1 by itself until all sets are complete
		L2								
	B1	L1	Tempo Push Ups	303	60s	3x10	3-4x10	4-5x10	4-6x10	
		L2								
	C1	L1	Reverse Crunch	201	NA	x5; AMRAP 12	x6; AMRAP 12	x7; AMRAP 12	x8; AMRAP 12	The C-Block is an AMRAP, and you will perform C1, C2, C3, and C4 as many times as possible in 12 minutes
		L2								
	C2	L1	Hip Thrust	Dyn.	NA	x10	x12	x15	x15	
		L2								
	C3	L1	Rear Foot Elevated Split Squat	Dyn.	NA	x4/side	x5/side	x6/side	x8	The C-Block is an AMRAP, and you will perform C1, C2, C3, and C4 as many times as possible in 12 minutes
		L2	Add a Jump if you can							
	C4	L1	Reactive Heidens	Dyn.	NA	x5/side	x5/side	x6/side	x6/side	
		L2								

R6	Exercise				Work	Rest	Week 1	Week 2	Week 3	Week 4

Day 3

R4	Exercise			Week 1	Week 2	Week 3	Week 4	Comments	
	A1	3 Direction Toe Taps			1x5/dir	1x5/dir	1x5/dir	1x5/dir	For B1, if you do not have a MB use a towel. For B2 STICK YOUR LANDING for 2 seconds
	A2	Wall Glute March or Wall Run			1x20	1x20	1x20	1x20	
	B1	Snap Down or Squat Jump or Burpee			3x10	3x10	4x10	4x10	
	B2	Heidens w/ STICK			3x8/side	3x8/side	3x8/side	3x8/side	
	C								

R5	Exercise		Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Comments	
	A1	L1	Push Ups	Dyn.	30s	8x6-12	8x6-12	8x6-12	8x6-12	A1 through A3 is a circuit; Do 8 sets of prescribed reps
		L2	Clap Push Ups							
	A2	L1	Reverse Lunge w/ Twist + 1-Leg RDL	Dyn.	30s	8x6/side	8x6/side	8x8/side	8x8/side	
		L2	DB Reverse Lunge + DB 1-Leg RDL							
	A3	L1	Seal Jacks	Dyn.	60s	8x20	8x25	8x30	8x30	
		L2	Squat Jacks							
	B1	L1	Alt. Towel Snaps	Dyn.	30s	6x15-20s	6x15-20	6x15-20s	6x15-20s	B1 through B3 is a circuit; Do 6 sets of prescribed reps
		L2								
	B2	L1	Squat Jumps	Dyn.	30s	6x4	6x4	6x6	6x8	
		L2								
	B3	L1	Slow Russian Twist	Dyn.	60s	6x6/side	6x6/side	6/8/side	6x10/side	
		L2								

R6	Exercise				Work	Rest	Week 1	Week 2	Week 3	Week 4
	Tread, Bike, Elliptical etc. Cardiac Output - 20-45 min				20-45min					
	Comments									