Phase 3 - Transition - Day 2							
Thase of Transition Day 2							
RELEASE							
Foam rolling	20-40 sec						
Lacrosse ball	20-40 sec						
Lacrosse ball	20-40 360						
DECET A							
RESET A			RESET B				
1A) Crocodile or Supine Breathing	8-10 breat	hs			8-10 Breath		
1B) Hip Flexor Stretch	2x30 s.		1B) Side-Ly	ing Clams	2x5	Lie on side you shift towards	
1C) Glute Bridge	2x10 reps		1C) Moneyr	maker	2x5	Lie on side you shift away from	
READINESS							
Dead bug	8 Reps Ea	ch Lea					
Glute Bridge with leg raise	8 Reps						
•		ch Arm					
Side-Lying Reach	8 Reps Ea				-		
Half-Kneeling Rotations	8 Reps Ea						
Pull-Back Butt Kicks	8 Reps Ea	cn Side					
Forearm Floor Slides	8 Reps						
Wall Ankle Mobilizations	8 Reps Ea	ch Side					
Groiners to Inverted dog	8 Reps Ea	ch Side					
Around the clock lunges	8 Reps						
REACTIVE	Tempo	Week 1	Week 2	Week 3	Week 4	Comments	Rest
Side-to-Side Line Hops	explosive	3x8-10s.	3-4x8-10s.	3-4x8-10s.	3-4x8-10s.	Fast feet – the ground is HOT!	
Explosive Pushups	explosive	3x5	3-4x5	3-4x6	3-4x6	Torso tall, ribs down	
	 				 		
Lateral Jump and Hold (Heidens)	explosive	3x5	3-4x5	3-4x5	3-4x5	Ninja landings, control knee/hip position	
RESISTANCE	Tempo	Week 1	Week 2	Week 3	Week 4	Comments	Rest
1A) RDL	201	3x6	3-4x6	3-4x6	3-4x5	Chest up, sit back	60 s.
						Push knee outs	
1B) Chinup ISO						One-second hold/squeeze at top!	
	ISO	3xALAP	3-4xALAP	3-4xALAP	3-4xALAP		60 s.
	ISO	3xALAP	3-4xALAP	3-4xALAP	3-4xALAP	One-second hold/squeeze at top! Chest MUST touch the bar	60 s.
	ISO	3xALAP	3-4xALAP	3-4xALAP	3-4xALAP	One-second hold/squeeze at top!	60 s.
						One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load	
2A) DB Step-ups	Dyn Dyn	3xALAP 2-3x10	3-4xALAP 3-4x10	3-4xALAP 3-4x8-10	3-4xALAP 3-4x8	One-second hold/squeeze at top! Chest MUST touch the bar	60 s.
						One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load	
2A) DB Step-ups	Dyn	2-3x10	3-4x10	3-4x8-10	3-4x8	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment	60 s.
						One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight	
2A) DB Step-ups	Dyn	2-3x10	3-4x10	3-4x8-10	3-4x8	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment	60 s.
2A) DB Step-ups 2B) Alternating DB Bench	Dyn 201	2-3x10 2-3x8	3-4x10 3-4x8	3-4x8-10	3-4x8	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control!	60 s.
2A) DB Step-ups	Dyn	2-3x10	3-4x10	3-4x8-10	3-4x8	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight	60 s.
2A) DB Step-ups 2B) Alternating DB Bench	Dyn 201	2-3x10 2-3x8	3-4x10 3-4x8	3-4x8-10 3-4x6-8	3-4x8 3-4x6	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control!	60 s.
2A) DB Step-ups 2B) Alternating DB Bench	Dyn 201	2-3x10 2-3x8	3-4x10 3-4x8	3-4x8-10 3-4x6-8	3-4x8 3-4x6	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back	60 s.
2A) DB Step-ups 2B) Alternating DB Bench	Dyn 201	2-3x10 2-3x8	3-4x10 3-4x8	3-4x8-10 3-4x6-8	3-4x8 3-4x6	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows	60 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls	Dyn 201 211	2-3x10 2-3x8 2-3x10	3-4x10 3-4x8 2-3x10	3-4x8-10 3-4x6-8 2-3x10	3-4x8 3-4x6 2-3x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag	60 s. 60 s. 30 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls	Dyn 201 211	2-3x10 2-3x8 2-3x10	3-4x10 3-4x8 2-3x10	3-4x8-10 3-4x6-8 2-3x10	3-4x8 3-4x6 2-3x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start	60 s. 60 s. 30 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls	Dyn 201 211	2-3x10 2-3x8 2-3x10	3-4x10 3-4x8 2-3x10	3-4x8-10 3-4x6-8 2-3x10	3-4x8 3-4x6 2-3x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag	60 s. 60 s. 30 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls	Dyn 201 211	2-3x10 2-3x8 2-3x10	3-4x10 3-4x8 2-3x10	3-4x8-10 3-4x6-8 2-3x10	3-4x8 3-4x6 2-3x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag	60 s. 60 s. 30 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls 3B) Ball roll outs	Dyn 201 211 212	2-3x10 2-3x8 2-3x10	3-4x10 3-4x8 2-3x10 3-4x8	3-4x8-10 3-4x6-8 2-3x10 3-4x10	3-4x8 3-4x6 2-3x10 3-4x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag Keep ribs down and back flat!	60 s. 60 s. 30 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls 3B) Ball roll outs	Dyn 201 211 202 Tempo	2-3x10 2-3x8 2-3x10 3x8	3-4x10 3-4x8 2-3x10 3-4x8	3-4x8-10 3-4x6-8 2-3x10 3-4x10	3-4x8 3-4x6 2-3x10 3-4x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag Keep ribs down and back flat! Comments	60 s. 60 s. 30 s. 60 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls 3B) Ball roll outs	Dyn 201 211 212	2-3x10 2-3x8 2-3x10	3-4x10 3-4x8 2-3x10 3-4x8	3-4x8-10 3-4x6-8 2-3x10 3-4x10	3-4x8 3-4x6 2-3x10 3-4x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag Keep ribs down and back flat!	60 s. 60 s. 30 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls 3B) Ball roll outs	Dyn 201 211 202 Tempo	2-3x10 2-3x8 2-3x10 3x8	3-4x10 3-4x8 2-3x10 3-4x8	3-4x8-10 3-4x6-8 2-3x10 3-4x10	3-4x8 3-4x6 2-3x10 3-4x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag Keep ribs down and back flat! Comments	60 s. 60 s. 30 s. 60 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls 3B) Ball roll outs RECILIENCY Tempo Squats or Tempo Split-Squats	Dyn 201 211 202 Tempo	2-3x10 2-3x8 2-3x10 3x8	3-4x10 3-4x8 2-3x10 3-4x8	3-4x8-10 3-4x6-8 2-3x10 3-4x10	3-4x8 3-4x6 2-3x10 3-4x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag Keep ribs down and back flat! Comments	60 s. 60 s. 30 s. 60 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls 3B) Ball roll outs	Dyn 201 211 202 Tempo	2-3x10 2-3x8 2-3x10 3x8	3-4x10 3-4x8 2-3x10 3-4x8	3-4x8-10 3-4x6-8 2-3x10 3-4x10	3-4x8 3-4x6 2-3x10 3-4x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag Keep ribs down and back flat! Comments	60 s. 60 s. 30 s. 60 s.
2A) DB Step-ups 2B) Alternating DB Bench 3A) Face pulls 3B) Ball roll outs RECILIENCY Tempo Squats or Tempo Split-Squats	Dyn 201 211 202 Tempo	2-3x10 2-3x8 2-3x10 3x8	3-4x10 3-4x8 2-3x10 3-4x8	3-4x8-10 3-4x6-8 2-3x10 3-4x10	3-4x8 3-4x6 2-3x10 3-4x10	One-second hold/squeeze at top! Chest MUST touch the bar If you hit 20 sec increase the load Foot/knee/hip in alignment Shoulder blades back/down, abs tight Lower under control! Squeeze scaps back Swivel from elbows Long arms at start Do not sag Keep ribs down and back flat! Comments	60 s. 60 s. 30 s. 60 s.