

Phase 3 - Transition - Day 2

RELEASE

Foam rolling	20-40 sec					
Lacrosse ball	20-40 sec					

RESET A

1A) Crocodile or Supine Breathing	8-10 breaths		RESET B		1A) Crocodile or Supine	8-10 Breaths
1B) Hip Flexor Stretch	2x30 s.				1B) Side-Lying Clams	2x5 Lie on side you shift towards
1C) Glute Bridge	2x10 reps				1C) Moneymaker	2x5 Lie on side you shift away from

READINESS

Dead bug	8 Reps Each Leg					
Glute Bridge with leg raise	8 Reps					
Side-Lying Reach	8 Reps Each Arm					
Half-Kneeling Rotations	8 Reps Each Side					
Pull-Back Butt Kicks	8 Reps Each Side					
Forearm Floor Slides	8 Reps					
Wall Ankle Mobilizations	8 Reps Each Side					
Groiners to Inverted dog	8 Reps Each 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 Push knee outs One-second hold/squeeze at top!	60 s.
1B) Chinup ISO	ISO	3xALAP	3-4xALAP	3-4xALAP	3-4xALAP	Chest MUST touch the bar If you hit 20 sec increase the load	60 s.
2A) DB Step-ups	Dyn	2-3x10	3-4x10	3-4x8-10	3-4x8	Foot/knee/hip in alignment	60 s.
2B) Alternating DB Bench	201	2-3x8	3-4x8	3-4x6-8	3-4x6	Shoulder blades back/down, abs tight Lower under control!	60 s.
3A) Face pulls	211	2-3x10	2-3x10	2-3x10	2-3x10	Squeeze scaps back Swivel from elbows Long arms at start	30 s.
3B) Ball roll outs	202	3x8	3-4x8	3-4x10	3-4x10	Do not sag Keep ribs down and back flat!	60 s.

RECILIENCY

	Tempo	Week 1	Week 2	Week 3	Week 4	Comments	Rest
Tempo Squats or Tempo Split-Squats	303	3 x 60 sec	4 x 60 sec	5 x 60 sec	6 x 60 sec	or 202 tempo	60 sec

RECOVERY

Breathing							
Stretching							