

Warm Up	Foam Roll
	Floor Slides
	reach, roll & lift
	Epic Kneesay Mobility Drills
	Half Kneeling Ys
	45/90 Internal Rotation
	Warm Up

Phase 2

Pre Work Out Stress														
1 - Feeling Great 120%, 2 - Motivated + Feeling Sore, 3 - Slightly Motivated, 4 - Tired + Sore, 5 Exhausted + Sick														
	Tempo	Rest	WK1	Grade +/-%	Reps	WK2	Grade +/-%	Reps	WK3	Grade +/-%	Reps	WK4	Grade +/-%	Reps
Lateral Bound With Bounce					10			10			10			10
					10			10			10			10
Plank Row					10			10			12			12
					10			10			12			12
Hurdle Hop With Bounce					5			5			5			5
					5			5			5			5
Side Plank Row					10			10			10			10
					10			10			10			10
Lat/Med Hurdle Hop With Bounce					3			3			3			3
					3			3			3			3
Quadruped Hip Extension					10			10			10			10
					10			10			10			10
SKATER SQUAT					10			10			10			12
					10			10			10			12
								10			10			12
FEET ELEVATED PUSH UP					10			10			10			12
					10			10			10			12
								10			10			12
HK Chop Wband					10			10			10			12
					10			10			10			12
								10			10			12
Shoulder Elevated 1L Hip Lift	0/2/0				8			8			10			12
	0/2/0				8			8			10			12
	0/2/0							8			10			12
Eccentric CHIN UP														
	5/0/0				5			5			6			7
	5/0/0				5			5			6			7
	5/0/0							5			6			7
HK Lift Wband					10			10			10			12
					10			10			10			12
								10			10			12