

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

Phase 1

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 STICK					10			10			10			10
					10			10			10			10
Feet Elevated Plank					30 sec			35sec			40sec			45sec
Hurdle Hop W/Stick					5			5			5			5
					5			5			5			5
Elevated Side Plank					20 sec			25sec			30sec			35sec
Lateral-Medial Hop W/stick					3			3			3			3
					3			3			3			3
Bear Crawl					10m			10m			10m			10m
					10m			10m			10m			10m
SKATER SQUAT					8			8			10			12
					8			8			10			12
								8			10			12
ESSE PUSH UP	5/0/0				8			8			10			12
	5/0/0				8			8			10			12
	5/0/0							8			10			12
Half Get Up W/Shoe					5			5			6			7
					5			5			6			7
								5			6			7
Shoulder Elevated 1L Hip Lift	0/3/0				8			8			10			12
	0/3/0				8			8			10			12
	0/3/0							8			10			12
Eccentric CHIN UP	3/0/0				5			5			6			7
	3/0/0				5			5			6			7
	3/0/0							5			6			7
TK ANTI ROTATION PRESS	0/3/0				8			8			10			12
	0/3/0				8			8			10			12
	0/3/0							8			10			12