



Preparation Phase

Strength, Day 2

Sets **Reps** **E-Is-C-Ic** **Rest** **Wt** **Reps** **Wt** **Reps** **Wt** **Reps**

A1 Sandbag Squat

Notes: Toes pointed out about 30 degrees.

Week 1	2	(8-10)	3-0-1-0	30						
Week 2	3	(8-10)	3-0-1-0	30						
Week 3	3	(6-8)	3-0-1-0	30						

A2 Single Leg SLDL

Notes: Keep shoulders, hips, and knee aligned as torso is lowered.

Week 1	2	(8-10)	2-0-2-0	30						
Week 2	3	(8-10)	2-0-2-0	30						
Week 3	3	(6-8)	2-0-2-0	30						

B1 Alternating Iso Hold DB Bench

Notes: Alternate one arm, then the other. Keep tension in the holding arm.

Week 1	2	(8-10)	3-0-1-0	30						
Week 2	3	(8-10)	3-0-1-0	30						
Week 3	3	(6-8)	3-0-1-0	30						

B2 Split Squat to Row

Notes: Keep spine erect. Full range of motion in shoulder.

Week 1	2	(8-10)	2-0-1-0	30						
Week 2	3	(8-10)	2-0-1-0	30						
Week 3	3	(6-8)	2-0-1-0	30						

C1 Swiss Ball Hip Raise to Bridge

Notes: Use glutes, don't arch your back.

Week 1	2	(6-8)	2-0-1-2	30						
Week 2	3	(6-8)	2-0-1-2	30						
Week 3	3	(8-10)	2-0-1-2	30						

C2 W Raise

Notes: You should feel this in your shoulders and upper back, not the lower back.

Week 1	2	(6-8)	1-0-1-3	30						
Week 2	2	(6-8)	1-0-1-3	30						
Week 3	2	(6-8)	1-0-1-3	30						