



Group C

Phase 5: Day 1

	Load	Week 1	Week 2	Week 3	Week 4
A1) Broad Jump w/ Stiff Landing*		5, 3, 3	5, 3, 3	5, 3, 3	5, 3, 3
A2) Half-Kneeling Quad Mobilization		2 x 8/side	2 x 8/side	2 x 8/side	2 x 8/side
B1) DB Reverse Lunge	70, 70, 75, 65%	3 x 6/side	3 x 8/side	3 x 8/side	3 x 6/side
B2) DB Chest Press	70, 70, 75, 65%	3 x 6	3 x 8	3 x 8	3 x 6
C1) 1-Leg Slideboard Hamstring Curl		3 x 5/side	3 x 6/side	3 x 7/side	3 x 5/side
C2) Chin-Up	70, 70, 75, 65%	3 x 6	3 x 8	3 x 8	3 x 6
D1) Lying Med Ball Crush		3 x 15s	3 x 15s	3 x 15s	3 x 15s
D2) Forward Bear Crawl		2 x 10/side	2 x 10/side	2 x 10/side	2 x 10/side
D3) Lying MiniBand Psoas		2 x 8/side	2 x 8/side	2 x 8/side	2 x 8/side

**All concentrics are fast*

Phase 5: Day 2

	Load	Week 1	Week 2	Week 3	Week 4
A1) Broad Jump w/ Stiff Landing*		3 x 3	3 x 3	3 x 3	3 x 3
A2) Loaded Glute Bridge		2 x 10	2 x 10	2 x 10	2 x 10
B1) 1-Leg Goblet Squat Off Bench	70, 70, 75, 65%	3 x 4/side	3 x 6/side	3 x 6/side	3 x 4/side
B2) Suspended Row		3 x 6	3 x 8	3 x 8	3 x 6
C1) 1/2 Kneeling DB Overhead Press	70, 70, 75, 65%	3 x 4/side	3 x 6/side	3 x 6/side	3 x 4/side
C2) Trap Bar Deadlift	70, 70, 75, 65%	2 x 6	2 x 6	2 x 6	2 x 6
D1) Prone W's		2 x 8	2 x 8	2 x 8	2 x 8
D2) Wide Stance Quadruped Plank		2 x 30s	2 x 30s	2 x 30s	2 x 30s
D3) DB Farmer's Walk		2 x 25 yards	2 x 25 yards	2 x 25 yards	2 x 25 yards

**Reactive drop start*
***All concentrics are fast*