



Recovery: Day 1

	Week 1	Week 2
A1) 1-Leg Squat Off Bench	2 x 6/side	2 x 6/side
A2) Chin-Up	2 x 5	2 x 5
B1) Slideboard Hamstring Curl	2 x 8	2 x 8
B2) Push-Up	2 x 8	2 x 8
C1) Half-Kneeling Quad Mobilization	3 x 8/side	3 x 8/side
C2) Quad. Post. Hip Mobilization	3 x 8/side	3 x 8/side
C3) Lying Knee to Knee Mobilization	3 x 10	3 x 10
C4) Rock Back Thoracic Rotation	3 x 6/side	3 x 6/side

Recovery: Day 2

	Week 1	Week 2
A1) DB Reverse Lunge (Light)	2 x 6/side	2 x 6/side
A2) Suspended Row	2 x 8	2 x 8
B1) 1-Leg 1-Arm SLDL	2 x 8/side	2 x 8/side
B2) DB Chest Press (Light)	2 x 8	2 x 8
C1) Half-Kneeling Quad Mobilization	3 x 8/side	3 x 8/side
C2) Lateral Kneeling Adductor Mobilization	3 x 8/side	3 x 8/side
C2) Quad. Post. Hip Mobilization	3 x 10	3 x 10
C4) Stationary Spiderman w/ Thoracic Rotation	3 x 6/side	3 x 6/side