



Group B

Phase 5: Day 1

	Week 1	Week 2	Week 3	Week 4
A1) DB Reverse Lunge w/ 3s Pause	3 x 6/side	4 x 6/side	4 x 8/side	3 x 6/side
A2) Incline DB Chest Press	3 x 8	4 x 8	4 x 10	3 x 8
A3) Lying MiniBand Psoas	3 x 8/side	3 x 8/side	3 x 8/side	3 x 8/side
B1) Slideboard Hamstring Curl w/ 3s neg.	3 x 8	4 x 8	4 x 4/side*	3 x 4/side*
B2) Chin-Up (Band-Assisted)	3 x 8	4 x 8	4 x 10	3 x 8
B3) Front Plank March	2 x 8/side	3 x 8/side	3 x 8/side	2 x 8/side
C1) Backward Bear Crawl	2 x 12/side	2 x 12/side	2 x 12/side	2 x 12/side
C2) 1-Arm DB Farmer's Walk	2 x 25 yards/side	2 x 25 yards/side	2 x 25 yards/side	2 x 25 yards/side
<i>*1-Leg Negatives</i>				

Phase 5: Day 2

	Week 1	Week 2	Week 3	Week 4
A1) Split Squat Jump*	3 x 4/side	3 x 4/side	3 x 4/side	3 x 4/side
A2) Lateral MiniBand Walk	2 x 12/side	2 x 12/side	2 x 12/side	2 x 12/side
B1) 1-Arm DB Row w/ Rotation	3 x 8/side	4 x 8/side	4 x 10/side	3 x 8/side
B2) 1-Arm Wall SB Holds	2 x 20s/side	3 x 20s/side	3 x 20s/side	2 x 20s/side
C1) 1-Leg DB SLDL	3 x 6/side	4 x 6/side	4 x 8/side	3 x 6/side
C2) Half-Kneeling 1-Arm Landmine Press	3 x 6/side	4 x 6/side	4 x 8/side	3 x 6/side
D1) Single-Leg Lowering	2 x 8/side	2 x 8/side	2 x 8/side	2 x 8/side
D2) Bird Dog	2 x 8/side	2 x 8/side	2 x 8/side	2 x 8/side
<i>*Reactive Drop Start</i>				