



Group B

Phase 6: Day 1

	Week 1	Week 2	Week 3
A1) DB Reverse Lunge	3 x 6/side	4 x 6/side	4 x 6/side
A2) Chin-Up	3 x 6	4 x 6	4 x 6
A3) 1-Leg Glute Bridge	2 x 8/side	3 x 8/side	3 x 8/side
B1) 1-Leg Slideboard Hamstring Curl	3 x 4/side	4 x 4/side	4 x 5/side
B2) Incline DB Chest Press	3 x 6	4 x 6	4 x 6
B3) Tall Kneeling Belly Press (Fast)	2 x 8s/side	2 x 8s/side	2 x 8s/side
C1) Knees Elevated Quadruped 1-Arm Reach	2 x 8/side	2 x 8/side	2 x 8/side
C2) 1-Arm DB Waiter's Walk	3 x 25 yards/side	3 x 25 yards/side	3 x 25 yards/side

**Week 1 use heaviest weights from Phase 5*

Phase 6: Day 2

	Week 1	Week 2	Week 3
A1) Split Squat Switch-Switch*	3 x 3/side	3 x 3/side	3 x 3/side
A2) Lateral MiniBand Walk	2 x 12/side	2 x 12/side	2 x 12/side
B1) 1-Leg DB SLDL	3 x 6/side	4 x 6/side	4 x 6/side
B2) Half-Kneeling 1-Arm Landmine Press	3 x 6/side	4 x 6/side	4 x 6/side
C1) 1-Arm DB Row w/ Rotation	3 x 6/side	4 x 6/side	4 x 6/side
C2) 1-Arm SB Wall Holds w/ MiniCircles	3 x (5/direction)/side	3 x (5/direction)/side	3 x (5/direction)/side
D1) Lying Chin Tuck Crunch	2 x 10	2 x 10	2 x 10
D2) Lateral Bear Crawl w/ Crossover	2 x 10/side	2 x 10/side	2 x 10/side

**Reactive!*
***Week 1 use heaviest weight from Phase 1, but FAST*