

Day 1								
Foam Roller	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Roll Mid/ Upper Back	30's		30's		30's		30's	
1b) Thoracic Extensions	10		10		10		10	
Lacrosse Ball	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Upper back/ traps	30's each side		30's each side		30's each side		30's each side	
1b) Chest	30's each side		30's each side		30's each side		30's each side	
Stretch:	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Chest Stretch	30's		30's		30's		30's	
1b) Lat Stretch	30's		30's		30's		30's	
1c) Hip Flexor Stretch	30's each side		30's each side		30's each side		30's each side	
1e) 90/90 Glute Stretch	30's each side		30's each side		30's each side		30's each side	
1f) Calf stretch	30's each side		30's each side		30's each side		30's each side	
Movement:	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1) Cat Camel Stretch	10		10		10		10	
2) Thoracic Rotations	10 (each side)		10 (each side)		10 (each side)		10 (each side)	
3) Birdog	10 each side		10 each side		10 each side		10 each side	
4) SLR w/ Distraction	10 each side		10 each side		10 each side		10 each side	
Activation	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Glute Bridge w/band	15		15		20		20	
1b) Glute Bridge Kneeouts	15		15		20		20	
1c) Ball HS Curl	15		15		20		20	
1d) Scap Pushups	15		15		15		15	
1e) Diagonal Pullapart	AMAP		AMAP		AMAP		AMAP	
1f) Mini Band Shuffle	10 (each side)		10 (each side)		15 (each side)		15 (each side)	
1g) Wall Slide	15		15		15		15	
1h) Band Pullapart	AMAP		AMAP		AMAP		AMAP	
Go through the circuit 2x's								
Strength:	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Inverted Row	> 10	bdy wgt	> 10		> 10		> 12	
<i>shoulders down and back</i>	> 8		> 8		> 10		> 10	
<i>push chest out to bar</i>	> 6		> 6		> 8		> 8	
<i>glutes + abs tight</i>	> 5		> 5		> 8		> 8	
1b) Pushups	> 15		> 15		> 15		> 15	
<i>tight line, elbows @ 45 degrees</i>	> 15		> 15		> 15		> 15	

<i>on toes, touch around nipple line</i>	> 10	> 10	> 12	> 15
	> 10	> 10	> 12	> 15
2a) Goblet Box Sq. W/Band	10 (30)	12 (30)	10 (35)	12 (35)
<i>Blue Band under the knees</i>	10 (30)	12 (30)	10 (35)	12 (35)
<i>Hips move 1st, OPEN the hips</i>	10 (30)	12 (30)	10 (35)	12 (35)
<i>sit tall, pull hips through top</i>	10 (30)	12 (30)	10 (35)	12 (35)
2b) McGill Side Plank	45's	45's	45's	45's
<i>Hips up, feet spread 4-6 inches</i>	45's	45's	45's	45's

Day 2

Foam Roller	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Roll Mid/ Upper Back	30's		30's		30's		30's	
1b) Thoracic Extensions	10		10		10		10	
Lacrosse Ball	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Upper back/ traps	30's each side		30's each side		30's each side		30's each side	
1b) Chest	30's each side		30's each side		30's each side		30's each side	
Stretch:	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Chest Stretch	30's		30's		30's		30's	
1b) Lat Stretch	30's		30's		30's		30's	
1c) Hip Flexor Stretch	30's each side		30's each side		30's each side		30's each side	
1e) 90/90 Glute Stretch	30's each side		30's each side		30's each side		30's each side	
1f) Calf stretch	30's each side		30's each side		30's each side		30's each side	
Movement:	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1) Cat Camel Stretch	10		10		10		10	
2) Thoracic Rotations	10 (each side)		10 (each side)		10 (each side)		10 (each side)	
3) Birdog	10 each side		10 each side		10 each side		10 each side	
4) SLR w/ Distraction	10 each side		10 each side		10 each side		10 each side	
Activation	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Glute Bridge w/band	15		15		20		20	
1b) Glute Bridge Kneeouts*	15		15		20		20	
1c) Ball HS Curl	15		15		20		20	
1d) Scap Pushups	15		15		15		15	
1f) Diagonal Pullapart	AMAP		AMAP		AMAP		AMAP	
1g) Mini Band Shuffle	10 (each side)		10 (each side)		15 (each side)		15 (each side)	
1h) Wall Slide	15		15		15		15	

1j) Band Pullapart	AMAP		AMAP		AMAP		AMAP	
Go through the circuit 2x's								
Strength:	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) 90/90 split squat	12		12		15		15	
<i>Drop the back knee straight down</i>	12		12		15		15	
<i>Pressure through whole front heel</i>	12		12		15		15	
1b) Pushup Plank	ALAP		ALAP		ALAP		ALAP	
<i>Low back neutral</i>	ALAP		ALAP		ALAP		ALAP	
<i>shoulders in the joint</i>	ALAP		ALAP		ALAP		ALAP	
2a) Incline DB Bench Row	10 (30)		12 (30)		12 (30)		8 (35)	
<i>Shoudlers down in joint and row</i>	10 (30)		12 (30)		12 (30)		8 (35)	
<i>to ribs pinching the shoulder blades</i>	10 (30)		12 (30)		12 (30)		8 (35)	
2b) Front Loaded Hip Hinge	8 (25)		8 (25)		10 (25)		10 (25)	
<i>Elbows tight to ribcage, weight in front</i>	8 (25)		8 (25)		10 (25)		10 (25)	
<i>of t-shirt logo. shins vertical, butt back</i>	8 (25)		8 (25)		10 (25)		10 (25)	