

DOLANIZED TRAINING				
Day One- Dynamic				
Release/Breathing				
Order	Exercise	Sets	Reps	Notes
1	Foam Roll	1	3-5 min total	Calves, Hamstrings, Glutes, Lateral Leg, Quads, Adductors, Lats, T-Spine Rolls
2	90/90 Wall Breathing	1	10 Breaths	
Movement Prep				
1	Reset Circuit	1 set	1. <a href="#">Supine 90/90 Hamstring Hemi-Bridge w/ Bilateral Horizontal Reach x 5 Breaths</a>	
			2. <a href="#">Band-Hold Dead Bug w/ Neck Nods x 10/each</a>	
			3. <a href="#">Quadruped Rocking x 10</a>	
			4. <a href="#">Egg Rolls x 5/each way</a>	
			5. <a href="#">Forward/Backward Baby Crawls x 15 yards/each</a>	
2	<a href="#">Double Leg SnapDown to Athletic Position Iso Hold</a>	3	5	5 Sec Iso Hold
Lift				
Order	Exercise	Sets	Reps	Notes
A1.	<a href="#">Plate-Reaching Squat</a>	4	5	3-2-X Tempo
A2.	<a href="#">Cable External Rotation-Humerus at 90 Degrees</a>	3	10/each	Scapular Plane; Control Ribcage
B1.	<a href="#">Band Hinge Patterning</a>	4	5	
B2.	<a href="#">Cable Pull-Thru</a>	4	5	
B3.	<a href="#">Prone Y-Raise</a>	4	8	2 Sec Hold at Top
C1.	<a href="#">Hand-Release Pushup</a>	3	8	
C2.	<a href="#">Inverted Row</a>	3	8	2-2-2 Tempo
D1.	<a href="#">Plate Reaching FFE Split Squat w/ Heel Reference</a>	3	8	3-2-X Tempo
D2.	<a href="#">Half-Kneeling Cable Chop</a>	3	8/e	
E1.	<a href="#">PB Hamstring Curl</a>	2	8	
E2.	<a href="#">Band Groiners</a>	2	15	

DOLANIZED TRAINING				
Day Two- Isometric				
Release/Breathing				
Order	Exercise	Sets	Reps	Notes
1	Foam Roll	1	3-5 min total	Calves, Hamstrings, Glutes, Lateral Leg, Quads, Adductors, Lats, T-Spine Rolls
2	90/90 Wall Breathing	1	10 Breaths	
Movement Prep				
1	Reset Circuit	1 set	1. <a href="#">Supine 90/90 Glute Bridge w/ Bilateral Horizontal Reach x 5 Breaths</a>	
			2. <a href="#">Plate-Hold Dead Bug w/ Neck Nods x 10</a>	
			3. <a href="#">Quadruped Rocking x 10</a>	
			4. <a href="#">Upper Body Segmental Roll x 5 Each Way</a>	
			5. <a href="#">Lateral Baby Crawls x 15 yards/each</a>	
2	<a href="#">Athletic Development- Single Leg Snap Down ISO Hold</a>	3	3/each side	Reset Each Time
Lift				
Order	Exercise	Sets	Reps	Notes
A1.	<a href="#">Goblet Squat ISO Hold</a>	4	20-30 Sec	Spanish Squat If Necessary Heels Elevated if Necessary
A2.	<a href="#">Back to Wall Shoulder Flexion</a>	3	8	
B1.	<a href="#">Split Squat ISO Hold w/ Heel Reference</a>	4	20-30 Sec/each	
B2.	<a href="#">Pullup Hold- Active Scap</a>	4	20-30 Sec	
C1.	<a href="#">Pushup ISO Hold</a>	3	20-30 Sec	
C2.	<a href="#">DB Batwings ISO Hold</a>	3	20-30 Sec	
D1.	<a href="#">Foam Roller Bilateral Hamstring ISO Hold</a>	3	20-30 Sec	
D2.	<a href="#">Quadruped Bear Hold with Wall Heel Reference</a>	3	20-30 Sec	
E1.	<a href="#">Reverse Sled Drag</a>	3	20 yards	
E2.	<a href="#">DB Farmers Carry</a>	3	40 yards	
E3.				

DOLANIZED TRAINING				
Day Three- Dynamic				
Release/Breathing				
Order	Exercise	Sets	Reps	Notes
1	Foam Roll	1	3-5 min total	Calves, Hamstrings, Glutes, Lateral Leg, Quads, Adductors, Lats, T-Spine Rolls
2	90/90 Wall Breathing	1	10 Breaths	
Movement Prep				
1	Reset Circuit	1 set	1. <a href="#">Supine 90/90 Hamstring Hemi-Bridge w/ Bilateral Horizontal Reach x 5 Breaths</a>	
			2. <a href="#">Band-Hold Dead Bug w/ Neck Nods x 10</a>	
			3. <a href="#">Quadruped Rocking x 10</a>	
			4. <a href="#">Egg Rolls x 5/each way</a>	
			5. <a href="#">Forward/Backward Baby Crawls x 15 yards/each</a>	
2	<a href="#">Double Leg SnapDown to Athletic Position Iso Hold</a>	3	5	5 Sec Eccentric
Lift				
Order	Exercise	Sets	Reps	Notes
A1.	<a href="#">Plate-Reaching Squat</a>	4	5	3-2-X Tempo
A2.	<a href="#">Cable External Rotation-Humerus at 90 Degrees</a>	3	10/each	Scapular Plane; Control Ribcage
B1.	<a href="#">Band Hinge Patterning</a>	4	5	
B2.	<a href="#">Cable Pull-Thru</a>	4	5	
B3.	<a href="#">Prone Y-Raise</a>	4	8	2 Sec Hold at Top
C1.	<a href="#">Hand-Release Pushup</a>	3	8	
C2.	<a href="#">Inverted Row</a>	3	8	2-2-2 Tempo
D1.	<a href="#">Plate Reaching FFE Split Squat w/ Heel Reference</a>	3	8	3-2-X Tempo
D2.	<a href="#">Half-Kneeling Cable Lift</a>	3	8/e	
E1.	<a href="#">PB Hamstring Curl</a>	2	8	
E2.	<a href="#">Band Groiners</a>	2	15	

DOLANIZED TRAINING				
Day Four- Isometric				
Release/Breathing				
Order	Exercise	Sets	Reps	Notes
1	Foam Roll	1	3-5 min total	Calves, Hamstrings, Glutes, Lateral Leg, Quads, Adductors, Lats, T-Spine Rolls
2	90/90 Wall Breathing	1	10 Breaths	
Movement Prep				
1	Reset Circuit	1 set	1. <a href="#">Supine 90/90 Glute Bridge w/ Bilateral Horizontal Reach x 5 Breaths</a>	
			2. <a href="#">Plate-Hold Dead Bug w/ Neck Nods x 10</a>	
			3. <a href="#">Quadruped Rocking x 10</a>	
			4. <a href="#">Lower Body Segmental Roll x 5 Each Way</a>	
			5. <a href="#">Lateral Baby Crawls x 15 yards/each</a>	
2	<a href="#">Athletic Development- Single Leg Snap Down ISO Hold</a>	3	3/each side	Reset Each Time
Lift				
Order	Exercise	Sets	Reps	Notes
A1.	<a href="#">Goblet Squat ISO Hold</a>	4	20-30 Sec	Spanish Squat If Necessary Heels Elevated if Necessary
A2.	<a href="#">Back to Wall Shoulder Flexion</a>	3	8	
B1.	<a href="#">Split Squat ISO Hold w/ Heel Reference</a>	4	20-30 Sec/each	
B2.	<a href="#">Pullup Hold- Active Scap</a>	4	20-30 Sec	
C1.	<a href="#">Pushup ISO Hold</a>	3	20-30 Sec	
C2.	<a href="#">DB Batwings ISO Hold</a>	3	20-30 Sec	
D1.	<a href="#">Foam Roller Bilateral Hamstring ISO Hold</a>	3	20-30 Sec	
D2.	<a href="#">Quadruped Bear Hold with Wall Heel Reference</a>	3	20-30 Sec	
E1.	<a href="#">Cross-Over Step Sled Drag</a>	3	20 yards	
E2.	<a href="#">DB Suitcase Carry</a>	3	20 yards/each side	