

Athlete	Advanced Athlete
Phase	Off-Season Phase 1
Block	GPP/Extensive ISO

Day One		
Movement Preparation		
Exercise	Sets/Reps	Notes
1. Reset Circuit	1-2 Sets/Each	1. <u>Supine Single Leg Hamstring Hemi-Bridge ISO Hold w/ Crossover Reach x 5 breaths/side</u> 2. <u>Sidelying Adductor Pullback ISO Hold x 5 breaths</u> 3. <u>Band-Hold Dead Bug w/ Supine Neck Nods x 10/each</u> 4. <u>Adductor Rocking w/ "No" Head Nods x 10/each</u> 5. <u>Elevated Roll x 5/each way</u> 6. <u>Forward/Reverse Leopard Crawl x 15 yards/each</u>
2A. <u>Bodyweight Cross-Crawl Lunge Matrix 1</u>	2 x 5/each	BW X-C Lunge Matrix: Skater Squat, Lateral Lunge, Curtsy Lunge, March, Reverse Lunge, Forward Lunge
3A. <u>Spring Ankle ISO Position 1</u>	Week 1: 1 x 30 sec/each Week 2: 1 x 45 sec/each	Position 1: Low Ankle, Low Knee
3B. <u>Spring Ankle ISO Position 2</u>	Week 3: 1 x 60 sec/each	Position 2: High Ankle, Low Knee
4A. <u>Split Stance Altitude Drops</u>	3 x 3	
4B. <u>90/90 Transitions w/ Plate Hold</u>	2 x 5/each way	

Day One	Week One		Week Two		Week Three	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes

Extensive Isometrics						
A1. <u>Split Squat ISO Hold w/ Active Foot</u>	3 x 30 sec/each		4 x 30 sec/each		4 x 30 sec/each	
A2. <u>Pushup Position ISO Hold</u>	3 x 30 sec		4 x 30 sec		4 x 30 sec	
A3. <u>Pullup Hang w/ Active Scap</u>	3 x 30 sec		4 x 30 sec		4 x 30 sec	

Perform A1-A3 as a circuit. 30-60 seconds rest between exercises, 60 seconds between rounds

B1. <u>Cable Cross-Body Lateral Squat ISO Hold</u>	2 x 30 sec/each		3 x 30 sec/each		3 x 30 sec/each	
B2. <u>DB Batwings ISO Hold</u>	2 x 30 sec		3 x 30 sec		3 x 30 sec	
B3. <u>Foam Roller Single Leg Hamstring ISO Hold w/ Reach</u>	2 x 15 sec/each		2 x 20 sec/each		2 x 30 sec/each	

Perform B1-B3 as a circuit. 30-60 seconds rest between exercises, 60 seconds between rounds

Contralateral Circuit - Perform Entire Circuit As Specified  
General Guideline for Weight: M = 20-30lbs, W = 10-20lbs

1. <u>Reverse Lunge to Band Row</u>	20sec/10sec	2 sets	25sec/10 sec	3 sets	30sec/10sec	3 sets
2. <u>Lateral Lunge to Band Row</u>	20sec/10sec		25sec/10sec	3 sets	30sec/10sec	3 sets
3. <u>Curtsy Lunge Band Row</u>	20sec/10sec	2 sets	25sec/10sec	3 sets	30sec/10sec	3 sets
4. <u>Kickstand RDL to DB Row</u>	20sec/10sec	2 sets	25sec/10sec	3 sets	30sec/10sec	3 sets
5. <u>DB Split Squat to OH Press</u>	20sec/10sec	2 sets	25sec/10sec	3 sets	30sec/10sec	3 sets
6. <u>DB Step-up to OH Press</u>	20sec/10sec	2 sets	25sec/10sec	3 sets	30sec/10sec	3 sets

Recovery						
Supine Breathing	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold

Day Two		
Movement Preparation		
Exercise	Sets/Reps	Notes
1. Reset Circuit	1-2 Sets/Each	1. <u>Foam Roller Bilateral Hamstring Bridge ISO Hold w/ reach x 5 breaths/side</u> 2. <u>Sidelying Knee to Knee ISO Hold x 5 breaths</u> 3. <u>Hip Flexor Half Rolls x 5/each</u> 4. <u>Quadruped Neck Nods to Rocking x 10/each</u> 5. <u>Bird Dogs x 6/each</u> 6. <u>Lateral Leopard Crawl x 15 yards/each way</u>
2A. <u>Plate Lunge Matrix w/ Reach</u>	2 x 5/each	Plate Lunge 1: Reverse Lunge w/ Reach, Lateral Lunge w/ Reach, Rotational Lunge w/ Reach
3A. <u>Spring Ankle Position 2</u>	Week 1: 1 x 30 sec/each Week 2: 1 x 45 sec/each	Position 2: High Ankle, Low Knee
3B. <u>Spring Ankle Position 5</u>	Week 3: 1 x 60 sec/each	Position 5: High Ankle, Straight Knee
4A. <u>Bilateral Altitude Drops</u>	3 x 5	Drop from same height as vertical jump
4B. <u>90/90 Transitions w/ Plate Hold</u>	2 x 5/each way	

Day Two	Week One		Week Two		Week Three	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes

Tempo Lifts						
A1. <u>Goblet Squat Tempo (3-1-3 Tempo)</u>	3 x 6		3 x 8		3 x 8	
A2. <u>DB Hooklying Alternating Bench Press (3-1-3 Tempo)</u>	3 x 6		3 x 8		3 x 8	
A3. <u>2DB Chest Supported Rows (3-1-3 Tempo)</u>	3 x 6		3 x 8		3 x 8	

Perform A1-A3 as a circuit. 30-60 seconds rest between exercises, 60 seconds between rounds

B1. <u>Cable Cross-Body Split Squat (3-1-3 Tempo)</u>	3 x 6/each		3 x 8/each		3 x 8/each	
B2. <u>Short-Seated Cable/Band Pulldown (3-1-3 Tempo)</u>	3 x 6		3 x 8		3 x 8	
B3. <u>2DB RDL (3-1-3 Tempo)</u>	3 x 6		3 x 8		3 x 8	

Perform B1-B3 as a circuit. 30-60 seconds rest between exercises, 60 seconds between rounds

Work Capacity Circuit- Perform All Exercises with Minimal Rest. 60 Seconds Rest Between Rounds.

1. <u>Jump Rope</u>	60 seconds	4 Sets	60 seconds	5 sets	60 seconds	6 sets
2. <u>DB Farmer's Carry</u>	40 yards	4 Sets	40 yards	5 sets	40 yards	6 sets
3. <u>Reverse Sled Drag</u>	30 yards	4 Sets	30 yards	5 sets	30 yards	6 sets

Recovery						
Supine Breathing	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold

Day Three		
Movement Preparation		
Exercise	Sets/Reps	Notes
Reset Circuit	1-2 Sets/Each	1. <u>Supine Single Leg Hamstring Hemi-Bridge ISO Hold w/ Crossover Reach x 5 breaths/side</u> 2. <u>Sidelying Adductor Pullback ISO Hold x 5 breaths</u> 3. <u>Band-Hold Dead Bug w/ Supine Neck Nods x 10/each</u> 4. <u>Adductor Rocking w/ "No" Head Nods x 10/each</u> 5. <u>Lower Body Segmented Roll</u> 6. <u>Forward/Reverse Leopard Crawl x 15 yards/each</u>
2A. <u>Bodyweight Cross-Crawl Lunge Matrix 1</u>	2 x 5/each	BW X-C Lunge Matrix: Skater Squat, Lateral Lunge, Curtsy Lunge, March, Reverse Lunge, Forward Lunge
3A. <u>Spring Ankle ISO Position 3</u>	Week 1: 1 x 30 sec/each Week 2: 1 x 45 sec/each	Position 3: Low Ankle, Mid Knee
3B. <u>Spring Ankle ISO Position 4</u>	Week 3: 1 x 60 sec/each	Position 4: High Ankle, Mid Knee
4A. <u>Split Stance Altitude Drops</u>	3 x 3/each	
4B. <u>90/90 Transitions w/ Plate Hold</u>	2 x 5/each way	

Day Three	Week One		Week Two		Week Three	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes

Extensive Isometrics						
A1. <u>RFE Split Squat ISO Hold w/ Active Foot</u>	3 x 30 sec/each		4 x 30 sec/each		4 x 30 sec/each	
A2. <u>Pushup Position ISO Hold</u>	3 x 30 sec		4 x 30 sec		4 x 30 sec	
A3. <u>Pullup Hang w/ Active Scap</u>	3 x 30 sec		4 x 30 sec		4 x 30 sec	

Perform A1-A3 as a circuit. 30-60 seconds rest between exercises, 60 seconds between rounds

B1. <u>Offset KB Lateral Squat ISO Hold</u>	2 x 30 sec/each		3 x 30 sec/each		3 x 30 sec/each	
B2. <u>DB Batwings ISO Hold</u>	2 x 30 sec		3 x 30 sec		3 x 30 sec	
B3. <u>Foam Roller Single Leg Hamstring ISO Hold w/ Reach</u>	2 x 15 sec/each		2 x 20 sec/each		2 x 30 sec/each	

Perform B1-B3 as a circuit. 30-60 seconds rest between exercises, 60 seconds between rounds

Contralateral Circuit - Perform Entire Circuit As Specified  
General Guideline for Weight: M = 20-30lbs, W = 10-20lbs

1. <u>Reverse Lunge to Band Row</u>	20sec/10sec	2 sets	25sec/10 sec	3 sets	30sec/10sec	3 sets
2. <u>Lateral Lunge to Band Row</u>	20sec/10sec	2 sets	25sec/10sec	3 sets	30sec/10sec	3 sets
3. <u>Curtsy Lunge Band Row</u>	20sec/10sec	2 sets	25sec/10sec	3 sets	30sec/10sec	3 sets
4. <u>Plate Reverse Lunge w/ Reach</u>	20sec/10sec	2 sets	25sec/10sec	3 sets	30sec/10sec	3 sets
5. <u>Plate Lateral Lunge w/ Reach</u>	20sec/10sec	2 sets	25sec/10sec	3 sets	30sec/10sec	3 sets
6. <u>Plate Forward Lunge w/ Coil</u>	20sec/10sec	2 sets	25sec/10sec	3 sets	30sec/10sec	3 sets

Recovery						
Supine Breathing	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold