

## PHASE-2 - BODY WEIGHT

<b>Name:</b>	<b>WARM-UP + SPEED WORK</b>	<b>Date:</b>
<b>Rolling with Lacrosse Ball (Link)</b>		<b>Rolling with Foam Roller (Link)</b>
Chest		Adductors
Back of Shoulder Blade		Middle of Back
Upper Trap		Behind Armpit
Calves / Side of Calves		Side of Body
Sides of Glutes		Inside of Leg
Back of Legs (Hamstrings, Sitting on bench, box, or ground)		Front of Legs
		45° on Outside of Leg
<b>Dynamic Warm-Up</b>		<b>Notes</b>
1.	Dead Bug w/ Manual Resistace - 5/side	
2.	Rockback Quadruped Extension Rotation - 8/side	
3.	Hip Flexor Stretch - 30sec/s	Hold for duration of time.
4.	Wall Slide with Foam Roller - 8 reps	Hold for duration of time.
5.	1-Leg RDL - 5/side	
6.	Lateral Lunge - 5/side	Perform in place if not enough room
7.	Walking Spiderman Lunge - 5/side	Perform in place.
8.	High Knee Skips - 10/side	Perform in place, or over 10yd distance
9.		
10.		

<b>Sprint / Movement Day (Optional): can be performed after Day 1/3</b>												
Notes:												
This is done sequentially - not in a round like fashion. You will complete the first drill in its entirety (3 sets) before moving onto the next numbered item.												
1	Lateral Bound - Hands on Hips					2	High Knee Skip					
Hold hands on hips, and jump from side to side.					Push the ground away!							
Week 1	Week 2	Week 3	Week 4		Week 1	Week 2	Week 3	Week 4				
Set x Rep	Set x Rep	Set x Rep	Set x Rep		Set x Rep	Set x Rep	Set x Rep	Set x Rep				
3x10yds	3x10 yds	3x10 yds	3x10 yds		3x10yds	3x10 yds	3x10 yds	3x10 yds				
3	High Knee Skip - Hands OH					4	Jog to Sprint					
Week 1	Week 2	Week 3	Week 4		Week 1	Week 2	Week 3	Week 4				
Set x Rep	Set x Rep	Set x Rep	Set x Rep		Set x Rep	Set x Rep	Set x Rep	Set x Rep				
3x6/side	3x6/side	3x6/side	3x6/side		3x20-30yds	3x20-30yds	3x20-30yds	3x20-30yds				
5	Side Shuffle to Sprint (Transition)					6	Sprint - Different Starting Positions					
10-15 yards. Side shuffle in one direction, then change directions to sprint					Wk 1+2 = 2 Pt // Wk 3+4 = Side Start							
Week 1	Week 2	Week 3	Week 4		Week 1	Week 2	Week 3	Week 4	Rest			
Set x Rep	Set x Rep	Set x Rep	Set x Rep		Set x Rep	Set x Rep	Set x Rep	Set x Rep				
3x1/s	3x1/s	3x1/s	3x1/s		6x10 yds	6x10 yds	7x10 yds	8x10 yds				90-120s



<b>Name:</b>		<b>DAY 2</b>				<b>Date:</b>				
<b>Special Exercises</b>					<b>Daily Questionnaire</b>					
A1.					Sleep (Hours)		1	2	3	4
A2.					How excited are you to train? Scale from 1-10		1	2	3	4
B1.					How sore are you? Scale from 1-10.		1	2	3	4
B2.					Bodyweight (Enter in weight for each week)		1	2	3	4

**Bodyweight Program** Phase 2, 3x **Day 2**

**Lesson/Purpose:**

<b>A1</b> Feet Elevated Side Plank				<b>A2</b> 1-Leg RDL to Step Up			
Feet at top of step, chair, or box. Make sure alignment from head to heels.				Perform RDL first, then perform step up (all in one seamless move)			
Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
20-30s/s	20-30s/s	30s/s	30s/s	5/side	5/side	5/side	5/side
20-30s/s	20-30s/s	30s/s	30s/s	5/side	5/side	5/side	5/side
20-30s/s	20-30s/s	30s/s	30s/s	5/side	5/side	5/side	5/side

**Density Circuit: Repeat exercises in a circuit fashion. Rest 90-120sec after each set.**

<b>B1</b> BW RFE Split Squat				<b>B2</b> Inchworm with Push Up			
Have back foot up on bench, chair, or elevated surface. Perform split squat				Perform an inchworm, then when in a push-up position (bottom) perform push-up			
Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
4x10/s	4x10/s	4x12/s	4x12/s	4x6	4x6	4x8	5x8

<b>B3</b> Bodyweight Squat Jumps - Hands on Hips				<b>B4</b> Core Engaged Reverse Crunch - 3 Sec Lowering			
Jump into air, focusing on pushing ground away!							
Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
4x8	4x8	4x10	5x8	4x6	4x6	4x8	5x8

<b>B5</b> Seal Jacks							
Like jumping jacks, but instead of raising arms up into air, bring in front of body							
Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
4x30	4x30	4x30	5x30				

<b>Cardio</b>		<b>Sprinting / Walking</b>					
Sprint (if possible) for 15 sec, then walk for 90sec							
Week 1		Week 2		Week 3		Week 4	
Duration		Duration		Duration		Duration	
15s / 90s	8 Rds	15s / 90s	9 Rds	15s / 90s	10 Rds	15s / 90s	8 Rds

<b>Name:</b>		<b>DAY 3</b>				<b>Date:</b>			
<b>Special Exercises</b>					<b>Daily Questionnaire</b>				
A1.					Sleep (Hours)	1	2	3	4
A2.					How excited are you to train? Scale from 1-10	1	2	3	4
B1.					How sore are you? Scale from 1-10.	1	2	3	4
B2.					Bodyweight (Enter in weight for each week)	1	2	3	4

**Bodyweight Program** Phase 2, 3x **Day 3**

**Lesson/Purpose:**

<b>A1</b> Bodyweight Squat - 2 Sec Pause at Bottom					<b>A2</b> Reverse Inchworm										
					Feet hip width apart, if you have a mini-band, place around ankles, feel hips										
Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
10	10	12	12	6	6	6-8	6-8	10	10	12	12	6	6	6-8	6-8
10	10	12	12	6	6	6-8	6-8	10	10	12	12	6	6	6-8	6-8
10	10	12	12	6	6	6-8	6-8	10	10	12	12	6	6	6-8	6-8

**Density Circuit: Repeat exercises in a circuit fashion. Rest 90-120sec after each set.**

<b>B1</b> BW Reverse Lunge to Aerobic Step					<b>B2</b> Feet Elevated Side Plank										
Step height = 8 to 12 inches. Start in reverse lunge bottom position, go to step					Feet on aerobic step (or elevated height)										
Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
4x4/s	4x4/s	4x6/s	5x6/s	4x20s/s	4x20s/s	4x30s/s	5x30s/s	10	10	12	12	4x30s/s	5x30s/s	10	10

<b>B3</b> Lateral Bear Crawl					<b>B4</b> Seal Jacks										
Move left to right, then right to left. Switch sides that you start on.					Like jumping jacks, but instead of raising arms up into air, bring in front of body										
Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
4x8/s	4x8/s	4x10/s	5x10/s	4x30sec	4x30sec	4x30sec	5x30sec	10	10	12	12	4x30sec	5x30sec	10	10

<b>B5</b> BW Lateral Lunge to Aerobic Step							
Perform lateral lunge to an elevated surface.							
Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
4x6/s	4x6/s	4x8/s	5x6/s				

<b>Cardio</b>		Jogging / Walking					
Work at HR at about 65-75% of MHR.							
Week 1		Week 2		Week 3		Week 4	
Duration		Duration		Duration		Duration	
12min	12-15min	15min	15min				