PHASE-2 - BODY WEIGHT

Name:	WARM-UP + S	PEED WORK	Date:					
Rolling	with Lacrosse Ball (Link)	Rolling with Foam Roller (Link)						
Chest		Adductors						
Back of Shoulder Blad	e	Middle of Back						
Upper Trap		Behind Armpit						
Calves / Side of Calves	s	Side of Body						
Sides of Glutes		Inside of Leg						
Back of Legs (Hamstri	ings, Sitting on bench, box, or ground)	Front of Legs						
		45° on Outside of Leg						
Dy	namic Warm-Up	Notes						
1. Dead Bug w/ I	Manual Resistace - 5/side							
2. Rockback Qua	adruped Extension Rotation - 8/side							
3. Hip Flexor Str	etch - 30sec/s	Hold for duration of time.						
4. Wall Slide with	n Foam Roller - 8 reps	Hold for duration of time.						
5. 1-Leg RDL - 5	i/side							
6. Lateral Lunge	- 5/side	Perform in place if not enough room						
7. Walking Spide	erman Lunge - 5/side	Perform in place.						
8. High Knee Ski	ips - 10/side	Perform in place, or over 10yd distance						
9.		-						
10.								

Sprint / Movement Day (Optional): can be performed after Day 1/3												
Notes:												
This is done so	equentially - not	in a round like f	ashion. You will	complete the fir	rst drill in its enti	rety (3 sets) bef	ore moving onto	the next numb	ered			
1 Latera	l Bound - H	ands on Hi	ps	2 High Knee Skip								
Hold hands o	on hips, and ju	mp from side	to side.	Push the gro	und 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 K	nee 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 S	huffle to Sp	rint (Trans	ition)		6 Sprint - Different Starting Positions							
10-15 yards. S	ide shuffle in on	e direction, ther	change direction	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	90-120:			
3x1/s	3x1/s	3x1/s	3x1/s		6x10 yds	6x10 yds	7x10 yds 8x10		120			

Name:							DA	Y 1					Da	ite:		
			Specia	al Exercis	es				Daily Q	uestionn	aire					
A1.								Sleep (Hours)					2	3	4	
A2.								How excited are you to			1	2	3	4		
									train? Scale from 1-10							
B1.										are you? m 1-10.	Scale	1	2	3	4	
B2.										veight for	r each	1	2	3	4	
Body	weigh	t Pro	aram						V	veek)			Phase 2	3x	Day 1	
Lesson/F	_	<u> </u>	grain										T Huse 2	., O A	Day	
	p 3001															
			n, 2 Sec I					A2 Boo	dyweight	Squat - 2	Sec Dow	n, 2 Sec	Up			
			• •	ted surface	,	107	-l. 4	147	ali 4	107	-1.0	147	-l. 0	147	-l. 4	
Wee			ek 2	Wee		Wee			Week 1		ek 2		ek 3		eek 4	
6-8	0 @ Load	6-8	p @ Load	Set x Rep 8	@ Load	8-10	@ Load	6-8	p @ Load	6-8	@ Load	Set x Re	@ Load	Set x Rep 8-10	@ Load	
6-8		6-8		8		8-10		6-8		6-8		8		8-10		
6-8		6-8		8		8-10		6-8		6-8		8		8-10		
	ty Circu		peat exc	ercises	in a ci		shion.		0-120se		each s					
	dyweight I							B2 Sid								
No tempo)!															
Wee	ek 1	We	ek 2	Wee	ek 3	Wee	ek 4	We	ek 1	Wee	ek 2	We	ek 3	Wee	ek 4	
	p @ Load		p @ Load	Set x Rep	@ Load	Set x Rep	@ Load		p @ Load	·	@ Load		p @ Load	Set x Rep	@ Loa	
4x6/s		4x6/s		4x8/s		5x8/s		4x20s/s		4x20s/s		4x30s/s		5x30s/s		
			-	-				-	-	-						
B3 Bea	ar Crawl F	Position S	Shoulder T	Гарѕ	<u> </u>	l .	<u>I</u>	B4 Boo	dyweight i	L Alternatin	g Lateral	Lunges	I	l .		
								Alternate between left and right sides, instead of only sta					ly staying	ying to one side.		
Wee	ek 1	We	ek 2	Wee	ek 3	Wee	ek 4	We	ek 1	Wee	ek 2	Wee	ek 3	Week 4		
	p @ Load		p @ Load	Set x Rep	@ Load		@ Load		p @ Load				p @ Load	Set x Rep	@ Loa	
4x8/s		4x8/s		4x10/s		5x8/s		4x8/s		4x8/s		4x10/s		5x8/s		
D = O: :	- Ol- "															
	e Shuffle	ack and fa	orth for dur	ation of tim				-								
Wee			ek 2	Wee		Wee	ak 1	ł								
	p @ Load		p @ Load	Set x Rep		Set x Rep		1								
4x30s		4x30s		4x40s	<u> </u>	4x40s		1								
	`ordia	 	1	locai:	~ / \^/=!!	ina		1								
	Cardio HR at abou	t 65-75% (of MHR	Joggin	g / Walk	ırıg		1								
Work at HR at about 65-75% of MHR. Week 1 Week 2 Week 3 Week 4					1											
	ation	Duration Duration Duration			1											
10-12min		10-12min	1	12-15min		12-15min		1								
]								

Name:			DAY 2										Date:						
			Specia	al Exercis	es				Daily Q	uestionn	aire								
A1.									Slee	p (Hours	5)	1	2	3	4				
A2.									How excit train? Sc			1	2	3	4				
B1.									How sore a		² Scale	1	2	3	4				
DO										m 1-10.		4	0	0					
B2.									dyweight (Enter in w	veight fo	r each	1	2	3	4				
Body	weigh	nt Prog	gram							/			Phase 2	., 3x	Day 2				
Lesson/F	Purpose:																		
		d Side Pla							-Leg RDL to										
		chair, or bo							m RDL first, tl										
	ek 1	Wee		Wee			ek 4		leek 1		ek 2	We		Wee					
Set x Rep 20-30s/s	p @ Load	Set x Rep 20-30s/s	© Load	Set x Rep	@ Load	1	@ Load	Set x	Rep @ Load		p @ Load		o @ Load		@ Load				
20-30s/s 20-30s/s		20-30s/s 20-30s/s		30s/s 30s/s		30s/s		5/side		5/side 5/side		5/side 5/side		5/side 5/side					
20-30s/s		20-30s/s		30s/s 30s/s		30s/s 30s/s		5/side		5/side		5/side		5/side					
	ty Circu		neat eve		in a ci		shion		90-120se		pach s			3/Side					
	RFE Spl		out ox	010100	iii u oi	rount ru	3111011.		nchworm wi			O t.							
		on bench, c	hair or ele	evated surf	ace Perfo	rm snlit sa	uat		m an inchwor		•	sh-un nosi	tion (hotto	m) nerform	nush-un				
Wee		Wee		Wee		Wee		Week 1 Week 2				We		Wee	· · · · ·				
	p @ Load	Set x Rep		Set x Rep			o @ Load		Set x Rep @ Load Set x Rep @ Load		Set x Rep @ Load		Set x Rep @ Loa						
4x10/s	2 60 2000	4x10/s	J @ Load	4x12/s	7 @ LOGG	4x12/s	2 6 2000	4x6	THEP WE LOUIS	4x6	p @ Load	4x8	D C LOUI	5x8	J @ LOGG				
		Squat Jur			ps			B4 C	Core Engage	ed Revers	se Crunch	ı - 3 Sec	Lowering						
Jump into	air, focus	ing on pusl																	
Wee	ek 1	Wee		Wee	ek 3	Wee	ek 4	W	leek 1	Week 2		Week 3		Wee	ek 4				
Set x Rep 4x8	p @ Load	Set x Rep 4x8	@ Load	Set x Rep 4x10	@ Load	Set x Rep 5x8	@ Load	Set x F	Rep @ Load	Set x Re 4x6	p @ Load	Set x Re	© Load	Set x Rep 5x8	@ Load				
170		120		4210		380		17.0		120		430		380					
B5 Sea	l al Jacks					l.													
		but instead	of raising	arms up ir	nto air, brir	ng in front o	of body	İ											
Wee		Wee		Wee			ek 4	ı											
	p @ Load			Set x Rep			o @ Load												
4x30		4x30		4x30		5x30													
	Cardio				ıg / Walk	king													
Sprint (if	possible) f	or 15 sec, t																	
Wee	ek 1	Wee	Week 2 Week 3 Week 4				ek 4												
	ation		ation		ation		ation												
15s / 90s	8 Rds	15s / 90s	9 Rds	15s / 90s	10 Rds	15s / 90s	8 Rds	1											
<u> </u>								-											
		<u> </u>	<u> </u>	<u> </u>		<u> </u>	<u> </u>	<u> </u>											

Name:							Г	DAY 3						Date:			
			Specia	al Exercis	es				Daily Q	uestionn	aire						
A1.			орош									1	2	3	4		
AT.									Slee	o (Hours)	'	2	3	4		
									0.00	y (1.10a.0	,						
A2.								Н	How excited are you to			1	2	3	4		
						I				ale from							
B1.	31.											1	2	3	4		
D1.										are you?	Scale	'	2	3	7		
									froi	m 1-10.							
B2.									Boo	lyweight		1	2	3	4		
						ı		(Enter in v	veight for	each						
								,	١	week)							
Body	weigh	nt Pro	gram										Phase 2	., 3x	Day 3		
	Purpose:	<u></u>	9												<u>, </u>		
2000011/1	J. P 3001																
A1 Boo	dyweight :	Squat - 2	Sec Paus	se at Bott	om			A2 Rev	erse Inch	nworm							
	, - 9	<u> </u>									/e a mini-b	and, place	around ar	ıkles, feel	nips		
We	ek 1	We	ek 2	Week 3 Week 4			ek 4	Week 1 Week 2			We	ek 3	We	ek 4			
Set x Re	p @ Load		p @ Load		o @ Load		p @ Load		o @ Load		o @ Load		p @ Load		p @ 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			
Densi	ty Circu	ıit: Rer	neat exc	ercises	in a ci	rcuit fa	shion.	Rest 90)-120se	c after	each s	et.					
	/ Reverse					ouit iu	<u> </u>					-					
	ght = 8 to 1				hottom no	sition an t	n sten	B2 Feet Elevated Side Plank Feet on aerobic step (or elevated height)									
	ek 1			We		Wee		Week 1 Week 2 Week 3 Week 4									
	p @ Load	Week 2 Set x Rep @ Load		Set x Rep			p @ Load		Set x Rep @ Load		o @ Load	Set x Rep @ Load			p @ Load		
4x4/s	P @ Load	4x4/s	p @ Load	4x6/s	D GG LOGG	5x6/s	D GO LOGG	4x20s/s	D GO LOGG	4x20s/s	D GG LOGG	4x30s/s	p @ Load	5x30s/s	D GO LOGG		
				470/3		0.073		4X203/3		4X203/3		48003/3		0,0003/3			
B3 Lat	eral Bear	Crawl		1	ı	ı		B4 Sea	al Jacks		ı		1				
	t to right, th		left. Switch	h sides tha	t you start	on.		Like jumping jacks, but instead of raising arms up into air, bring in front of bod									
We	ek 1	We	ek 2	Wee	ek 3	Wee	ek 4	Wee	ek 1	Wee	ek 2	We	ek 3	We	ek 4		
Set x Re	p @ Load	Set x Re	p @ Load	Set x Re	@ Load	Set x Rep	p @ Load	Set x Re	p @ Load	Set x Re	@ Load	Set x Re	p @ Load	Set x Re	p @ Load		
4x8/s		4x8/s		4x10/s		5x10/s		4x30sec		4x30sec		4x30sec		5x30sec			
	/ Lateral L]									
	lateral lung																
	ek 1		ek 2	We			ek 4										
	p @ Load		p @ Load		© Load		p @ Load	ļ									
4x6/s		4x6/s	1	4x8/s		5x6/s		-									
				 				-									
	<u> </u>	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>									
	Cardio			loggia	a / \Malk	ina											
	HR at abou	t 65-75%	of MHR	Joggin	g / Walk	ıııy		-									
				\\/\c	ak 3	\\/\c	ak /I	-									
	Peek 1 Week 2 Week 3 Week 4 ration Duration Duration Duration																
12min	ation	12-15min		15min	au011	15min											
	1	0		1311111		10/11111		1									
			1	1				1									
			1														