

All Tiers	Mesocycle 5   Weeks 1-6	Low Rep Strength	FHIT Performance
<b>Friday Circuit</b>			
<b>Tissue Care</b>			
Exercise	Sets	Reps	Notes
Foam Roll Posterior Chain	1	10 rolls	Roller or ball
Foam Roll Quads	1	10 rolls	Roller or ball
Foam Roll IT Band	1	10 rolls	Roller or ball
Foam Roll Hips	1	10 rolls	Roller or ball
Foam Roll Traps	1	10 rolls	Ball
Foam Roll T-Spine	1	10 rolls	Roller
Foam Roll Pecs	1	10 rolls	Ball
<b>Circuit</b>			
Exercise	Sets	Reps	Notes
Push Press	3-6	15	Light, Power, Drive
Tire Flips	3-6	1 Length	Big Tires - Partners if needed
MB Side Throw Speed	3-6	15	Close to wall, throw for speed
Sled Pull	3-6	1 Length	Heavy
Incline Pushup	3-6	30	Hands on bar, slight incline, go for speed
Straight Leg Glute Lift	3-6	15	light weight to no weight
Mountain Climbers	3-6	30	30 each side
<b>Conditioning</b>			
Exercise	Sets	Reps	Notes
or			
Run	1	10 - 20 min	moderate pace