

2016 FHIT | MAP

High School Varsity		In-Season		Strength and Power Maintenance				FHIT Performance			
Workout 1				Workout 3				Workout 5			
Warm-Up				Warm-Up				Warm-Up			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes
Ground Drills				Ground Drills				Ground Drills			
Dynamic Warm-up				Dynamic Warm-up				Dynamic Warm-up			
Band Hip Adduction	2	10	each	Band Hip Abduction	2	10	each	Hip Flexor Pulls	2	10	each
Prone Trap Raise	1	5	hold 3 sec	Groin Ball Squeeze	2	10		Band Hip Adduction	2	10	each
Good Morning w/ Twist	1	5	each	Scap Pushups	2	10		Good Morning w/ Twist	1	10	each
High Intensity (competition 2+ days away)				Moderate Intensity (competition 1-2 days away)				Low Intensity (competition 1 day away)			
Excercise	Sets	Reps	Tempo	Excercise	Sets	Reps	Tempo	Excercise	Sets	Reps	Tempo
Bench Glute Lift	4	5	1-1-1	DB Split Squat	4	5	1-1-1	SA Bench Press	5	10	1-1-1
Drop Jumps	4	4	0-0-0	Squat Jumps	4	4	0-0-0	DB Reverse Lunge	5	6	each
Power Step Up	4	4	each	Upright Row	4	10	1-1-1	SA BO Row	5	10	1/1/01
Alternating Lunge Jumps	4	4	each	Opposite Deadbugs	4	10	1-2-1	SA OH Press	5	10	1-1-1
Bench Press	3	5	1-1-1	Inverted Row	3	10	1-1-0	Plank from Hands	5	30 sec	
MB Chest Throw	3	10	light	DB RDL	3	10	1-1-0	BW Squats	5	15	1-1-1
Weighted Plank	3	4	elbows	DB Incline Press	3	10	1-1-0	DB Hammer Curl	5	10	1-1-1
Chin Ups	3	4	1-1-1	Pallof Press	3	10	each				
MB Slam	3	10	moderate								
Pallof Twist	3	6	each								
Recovery				Recovery				Recovery			
Foam Roll and Mobilize: 10-20 minutes				Foam Roll and Mobilize: 10-20 minutes				Foam Roll and Mobilize: 10-20 minutes			