

Junior High School 301		Meso 3 Week 1		High Volume Hypertrophy		FHIT Performance	
Workout 1				Workout 2			
Warm-Up				Warm-Up			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes
Leg Cradle	2	10yd	Pull from knee	Leg Cradle	2	10yd	Pull from knee
Carioca High Knee	2	10yd	Twist hips	Carioca High Knee	2	10yd	Twist hips
Shuffle	2	10yd	Sit low	Shuffle	2	10yd	Sit low
Backwards Run	2	10yd	Long strides	Backwards Run	2	10yd	Long strides
Scap Pushup and Pullup	2	10		Scap Pushup and Pullup	2	10	
Strength Development				Strength Development			
Exercise	Sets	Reps	Tempo	Exercise	Sets	Reps	Tempo
DB Bench Press	3	20	1-1-1	DB Swings / Band Pull Through	3	20	1-1-1
Sissy Squat	3	8	1-1-1	DB Shrugs	3	8	1-1-1
Wall Arm Slides - 135 deg	2	10	1-1-1	Rocked Back T-Spine Rotation	2	10	1-1-1
Goblet Squat	3	20	1-1-1	BO DB Row	3	20	1-1-1
DB Shoulder Press	3	8	1-1-1	Bench Glute Lifts	3	8	1-1-1
Ankle Alphabet	2	1	1-1-1	Side Lying Leg Extensions	2	10	1-1-1
Front Raise	3	20	1-1-1	Hamstring Ball Curls	3	20	1-1-1
Groin Ball Squeeze	3	8	1-1-1	DB Hammer Curl	3	8	1-1-1
Farmer's Walks	2	50 yd	1-1-1	Supermans	2	10	1-1-1
Side Lunge	3	20	1-1-1	Back Flys	3	20	1-1-1
Lying Tricep Extension	3	8	1-1-1	Hip Flexor Band Pull	3	8	1-1-1
Prehab				Prehab			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes

Junior High School 301		Meso 3 Week 1		High Volume Hypertrophy		FHIT Performance	
Workout 3				Workout 4			
Warm-Up				Warm-Up			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes
Leg Cradle	2	10yd	Pull from knee	Leg Cradle	2	10yd	Pull from knee
Carioca High Knee	2	10yd	Twist hips	Carioca High Knee	2	10yd	Twist hips
Shuffle	2	10yd	Sit low	Shuffle	2	10yd	Sit low
Backwards Run	2	10yd	Long strides	Backwards Run	2	10yd	Long strides
Scap Pushup and Pullup	2	10		Scap Pushup and Pullup	2	10	
Strength Development				Strength Development			
Exercise	Sets	Reps	Tempo	Exercise	Sets	Reps	Tempo
DB Incline Press	3	20	1-1-1	DB Swings	3	20	1-1-1
Split Squats	3	8	1-1-1	DB Shrugs	3	8	1-1-1
Anterior Tib Band	2	10	1-1-1	Rocked Back T-Spine	2	10	1-1-1
Front Squat	3	20	1-1-1	BO DB Row	3	20	1-1-1
DB Shoulder Press	3	8	1-1-1	Glute Ham Raise	3	8	1-1-1
Bench T-Spine Mobilization	2	10	1-1-1	Hip Abductor Band	2	10	1-1-1
Lateral Raise	3	20	1-1-1	Hamstring Ball Curl	3	20	1-1-1
Groin Ball Squeeze	3	8	1-1-1	DB Hammer Curl	3	8	1-1-1
Farmer's Walk	2	50 yd	1-1-1	Quad Opposite Glute/Arm Ext	2	3	1-10-1
Front Plank	3	3	1-10-1	Back Flys	3	20	1-1-1
Lying Tricep Extension	3	8	1-1-1	Hip Flexor Band Pull	3	10	1-1-1
Prehab				Prehab			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes