

2015 FHIT | MAP

Varsity   JV				In-Season Maintenance   Game Week				FHIT Performance			
Workout 1 - Heavy				Workout 2 - Moderate				Workout 3 - Flush (optional)			
Warm-Up				Warm-Up				Warm-Up			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes
Foam Roll Lower	1	10		Foam Roll Lower	1	10		Foam Roll Lower	1	10	
Foam Roll Upper	1	10		Foam Roll Upper	1	10		Foam Roll Upper	1	10	
Yoga Pushups	1	10		Yoga Pushups	1	10		Yoga Pushups	1	10	
Dynamic Movements				Dynamic Movements				Dynamic Movements			
Bird Dogs	1	5	breathe out	Bird Dogs	1	5	breathe out	Bird Dogs	1	5	breathe out
Strength and Power				Strength and Power				Strength and Power			
Exercise	Sets	Reps	Tempo	Exercise	Sets	Reps	Tempo	Exercise	Sets	Reps	Tempo
Back Squat	4	4/4/3/3	1-1-1	Bench Glute Lift	3	4	1-1-1	Goblet Squat	3	10	light
Sport Back Squat	4	6	0-0-0	Speed Lunges	3	8	0-0-0	DB Incline Press	3	10	light
T-Raise	3	10	1-1-1	Y-Raise	3	10	1-1-1	Bird Dogs	2	5	each pair
Bench Press	4	4/4/3/3	1-1-1	DB Bench Press	3	5	1-1-1	FE Bench Glute Lifts	3	8	light
Reactive DB Bench Press	4	6	0-0-0	DB Split Squats	3	5	each leg	SA BO Row	3	10	light
SL RDL	3	6	1-1-1	Groin Ball Squeeze	2	10	1-1-1	Deadbugs - Opposite	2	1	1-15-1
Groin Ball Squeeze	3	10	1-1-1	Side Plank	2	20 sec	1-20-1	Pushups	3	10-15	1-1-1
SA BO Row	3	4/4/3/3	1-1-1	Inverted Rows	3	6	1-1-1	Upright Row	3	10	light
Reactive SA BO Row	3	6	0-0-0	Upright Row	3	6	1-1-1	Triange Terror	2	6	each way
SB Band Twist	2	10	0-0-0	Deadbugs	2	2	1-10-1	Foam Roll			
Plank	2	45 sec	1-45-1	Band External Rotation	2	10	1-1-1	Stretch			
Recovery				Recovery				Recovery			
Foam roll and stretch as necessary after workouts. Light biking for 5-10 minutes is a good way to increase recovery. Lying down with feet up against a wall for 3 minutes can help legs recover.				Foam roll and stretch as necessary after workouts. Light biking for 5-10 minutes is a good way to increase recovery. Lying down with feet up against a wall for 3 minutes can help legs recover.				Foam roll and stretch as necessary after workouts. Light biking for 5-10 minutes is a good way to increase recovery. Lying down with feet up against a wall for 3 minutes can help legs recover.			