

College   Prep		Meso 1   Week 1		Movement Mechanics		FHIT Performance	
<b>Workout 1</b>				<b>Workout 2</b>			
<b>Warm-Up</b>				<b>Warm-Up</b>			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes
Roll Posterior Chain	1	8-10 rolls	Roller or Ball	Roll Posterior Chain	1	8-10 rolls	Roller or Ball
Roll Quadriceps	1	8-10 rolls	Roller or Ball	Roll Quadriceps	1	8-10 rolls	Roller or Ball
Roll Hip Flexors	1	8-10 rolls	Roller or Ball	Roll Hip Flexors	1	8-10 rolls	Roller or Ball
Roll TFL	1	8-10 rolls	Roller or Ball	Roll TFL	1	8-10 rolls	Roller or Ball
T-Spine Balls	1			T-Spine Balls	1		
<b>Movement Development</b>				<b>Movement Development</b>			
Exercise	Sets	Reps	Tempo	Exercise	Sets	Reps	Tempo
Lunge Hold	3	1	1-30-1	Bodyweight Squat Hold	3	1	1-30-1
Cook Hip Lift	2	10	1-1-1	Cook Hip Lift	2	10	1-1-1
Dowel Sit Back	2	10	1-1-1	Dowel Sit Back	2	10	1-1-1
Bodyweight Squat	3	20	1-1-1	Walking Lunges	3	20	1-1-1
Ball Groin Squeeze	2	10	1-1-1	Ball Groin Squeeze	2	10	1-1-1
Rocked Back T-Spine	2	10	1-1-1	Rocked Back T-Spine	2	10	1-1-1
Pushup w/ Scap Retraction	3	15	1-1-1	Pushup Hold	3	3	1-10-1
Scap Pullup	2	10	1-1-1	Scap Pullup	2	10	1-1-1
Wall Arm Slides - 135 deg	2	10	1-1-1	Wall Arm Slides - 135 deg	2	10	1-1-1
TRX Row Hold	3	3	1-10-1	TRX Row	3	10	1-1-1
Scap Pushup	2	10	1-1-1	Scap Pushup	2	10	1-1-1
Dead Bugs - Contralateral	2	3	1-10-1	Dead Bugs - Ipsilateral	2	3	1-10-1
<b>Prehab</b>				<b>Prehab</b>			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes

College   Prep		Meso 1   Week 2		Movement Mechanics		FHIT Performance	
<b>Workout 1</b>				<b>Workout 2</b>			
<b>Warm-Up</b>				<b>Warm-Up</b>			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes
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Roll Hip Flexors	1	8-10 rolls	Roller or Ball	Roll Hip Flexors	1	8-10 rolls	Roller or Ball
Roll TFL	1	8-10 rolls	Roller or Ball	Roll TFL	1	8-10 rolls	Roller or Ball
T-Spine Balls	1			T-Spine Balls	1		
<b>Movement Development</b>				<b>Movement Development</b>			
Exercise	Sets	Reps	Tempo	Exercise	Sets	Reps	Tempo
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Cook Hip Lift	2	10	1-1-1	Cook Hip Lift	2	10	1-1-1
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Bodyweight Squat	3	20	1-1-1	Walking Lunges	3	20	1-1-1
Ball Groin Squeeze	2	10	1-1-1	Ball Groin Squeeze	2	10	1-1-1
Rocked Back T-Spine	2	10	1-1-1	Rocked Back T-Spine	2	10	1-1-1
Pushup w/ Scap Retraction	3	15	1-1-1	Pushup Hold	3	3	1-10-1
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Wall Arm Slides - 135 deg	2	10	1-1-1	Wall Arm Slides - 135 deg	2	10	1-1-1
TRX Row Hold	3	3	1-10-1	TRX Row	3	10	1-1-1
Scap Pushup	2	10	1-1-1	Scap Pushup	2	10	1-1-1
Dead Bugs - Contralateral	2	3	1-10-1	Dead Bugs - Ipsilateral	2	3	1-10-1
<b>Prehab</b>				<b>Prehab</b>			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes

College   Prep	Mesocycle 1   Weeks 1-2	Movement Mechanics - Reconditioning	FHIT Performance				
<b>Conditioning Workout 1</b>							
<b>Warm-Up</b>							
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes</b>				
Figure 4s	1	10					
Scorpions	1	10					
Army Men	1	10					
Elbow to Instep Lunge	1	10					
Dynamic Hip Flexor Lunge	1	10					
Side Lying Windmill	1	10					
Bench T-Spine Mobilization	1	10					
<b>Conditioning</b>							
<b>Exercise</b>	<b>On</b>	<b>Off</b>	<b>Sets</b>	<b>RPM</b>	<b>Effort</b>	<b>Work Time (min)</b>	<b>Total Time (min)</b>
Warm-up Bike	2 min		1	50-60	50%	2	2
Steady State Bike	25 min		1	70-90	70%	25	27
Cooldown Bike	3 min		1	40-50	50%	3	30
<b>Recovery</b>							
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes</b>				
Figure 4s	1	10					
Scorpions	1	10					
Army Men	1	10					
Elbow to Instep Lunge	1	10					
Dynamic Hip Flexor Lunge	1	10					
Side Lying Windmill	1	10					
Bench T-Spine Mobilization	1	10					

College   Prep	Mesocycle 1   Weeks 1-2	Movement Mechanics - Reconditioning	FHIT Performance				
<b>Conditioning Workout 2</b>							
<b>Warm-Up</b>							
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes</b>				
Figure 4s	1	10					
Scorpions	1	10					
Army Men	1	10					
Elbow to Instep Lunge	1	10					
Dynamic Hip Flexor Lunge	1	10					
Side Lying Windmill	1	10					
Bench T-Spine Mobilization	1	10					
<b>Conditioning</b>							
<b>Exercise</b>	<b>On</b>	<b>Off</b>	<b>Sets</b>	<b>RPM</b>	<b>Effort</b>	<b>Work Distance (Yds)</b>	<b>Total Distance (Yds)</b>
Warm-Up Jog	2 min		1		50%	400	400
Sled Sprints	100 yds		2		70%	200	600
	50 yds		3		80%	150	750
	25 yds		4		85%	100	850
Active Cooldown	3 min		1			400	1250
<b>Recovery</b>							
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes</b>				
Figure 4s	1	10					
Scorpions	1	10					
Army Men	1	10					
Elbow to Instep Lunge	1	10					
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