



Recruit

23.5.17

1.1

Primary Goals

- **Develop Work Capacity Base**
- **Develop Movement Patterns**
- **Build/Develop Core & Shoulder Health**

Release

Foam Roller/ Ball	Frequency	Reps	Timing

Reset

Exercises	Sets and Reps	Time Under Tension	Comments
90/90 Floor Slides	2x5		Exhale on way up

Readiness

Exercise	Repetitions
Leg Raise	8
Modified Dead Bug w/ Reach	5 breaths
Downward Dog	5
OR	
Push Up to Downward Dog	
Spiderman w/ Rotation - Bent Leg	5
Lateral Split Squat w/ Overhead Reach	5
Reverse Lunge to Hamstring Stretch	5



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Day 1

Reactive

Exercise	Tempo	1	2	3	4	Comments	Rest
1) Skipping / Jump Rope	DYN	2x1	3x1	3x1		Keep light on your feet	90-120s
						Time is in minutes	

Resistance

Exercise	Tempo	1	2	3	4	Comments	Rest
1) KB Goblet Squat	201	6x3	8x3	10x3		Unlock knees,	60s
						Feel whole foot	
						PUSH	
2a) Press Up	301	2x8	3x8	3x10		3-points of contact throughout	60s
						Reach LONG at start/finish	
2b) Split Squat	301	2x8	3x8	3x10		90-90ish set up,	60s
						Feel whole foot, PUSH	
3a) Half Kneel KB/DB Press	201	2x10	3x10	3x8		90-90ish set-up, stable set-up	60s
						Focus on control throughout	
3b) Front Plank	ISO	3x30s	3x35s	3x45s		Exhale fully, abs tight	60s
						Reach long through elbows	
						3-points of contact throughout!	

Resiliency - Cardiac output

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	25-35min	N/A	N/A	This can be anything, just keep heart rate between 120 and 140 beats per minute
Week 2	30-40min	N/A	N/A	
Week 3	35-45min	N/A	N/A	
Week 4				



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Recovery

Exercise	Sets/Reps	Tempo	Comments
Crocodile Breathing	2-3mins		



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Day 2

Reactive

Exercise	Tempo	1	2	3	4	Comments	Rest
1) Skipping / Jump Rope	DYN	2x1	3x1	3x1		Keep light on your feet	90-120s
						Time is in minutes	

Resistance

Exercise	Tempo	1	2	3	4	Comments	Rest
1) DB/KB Deadlift	201	6x3	8x3	10x3		Unlock knees,	60s
						feel whole foot, PUSH	
2a) 1/2 Kneel Alternating Cable Pull Down	211	2x8	3x8	3x10		Reach long and inhale	60s
						Exhale and squeeze DOWN	
2b) DB Alternating Step Up from High Step	DYN	2x8	3x8	3x10		Feel whole foot, PUSH through box	60s
						Foot/knee/hip in line throughout	
3a) 3 Point DB Row	21	2x10	3x10	3x8		Reach long with down arm	60s
						Squeeze shoulder blade BACK	
3b) 3 Month Shoulder PNF	ISO	3x6	3x7	3x8		Exhale and reach long	60s
						Reach LONG with both arms throughout	

Resiliency - Cardiac output

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	25-35min	N/A	N/A	This can be anything, just keep heart rate between 120 and 140 beats per minute
Week 2	30-40min	N/A	N/A	
Week 3	35-45min	N/A	N/A	
Week 4				



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Recovery

Exercise	Sets/Reps	Tempo	Comments
Crocodile Breathing	2-3 mins		



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Day 3

Reactive

Exercise	Tempo	1	2	3	4	Comments	Rest

Resistance

Exercise	Tempo	1	2	3	4	Comments	Rest

Resiliency

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1				
Week 2				
Week 3				
Week 4				



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Recovery

Exercise	Sets/Reps	Tempo	Comments

Off days

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1				
Week 2				
Week 3				
Week 4				

Off days

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1				
Week 2				
Week 3				
Week 4				



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