

Phase 2 Exercises

(NOTE: WATCH VIDEOS)

These workouts are ideally performed in a circuit fashion. Perform each exercise once for the assigned repetitions, before moving immediately to the next exercise. After the last exercise rest for 2 minutes, and perform again, for a total of up to 4 times through. You may spend the first week becoming familiar with the exercises, where you can perform each exercise for the assigned reps and sets, resting for 30 seconds in between sets. Then move onto the next exercise.

Phase 2 Strength (MONDAY)

Exercise Number	Exercise name	Reps
1	Split squat	10 reps each side
2	Pull Up	6 - 10 reps
3	Hip bridge or swiss ball hamstring curl	10 reps
4	Push Up	10 reps
5	Farmers Walk (on toes)	30 - 60 seconds
6	Hanging leg raise	10 reps or 30 seconds

Phase 2 Strength (WEDNESDAY)

Exercise Number	Exercise name	Reps
1	Step up with single leg dead lift	10 reps each side
2	Assymetrical lunge	8 reps each side
3	Single arm bent over row	8 - 10 reps each side
4	High to low wood chop	8 - 10 reps each side

Phase 2 Mobility Exercises

Exercise Number	Exercise name	Reps/time held
1	Low squat with rotation	1 minute
2	Straight arm plant with leg raise	45 seconds
3	Bretzel	1 minutes each side
4	Supine opposite arm to leg raise	6 each side
5	Supine 3 way leg stretch (hamstring, hips/glutes and ITB)	30 second hold on each spot
6	Band dorsi flexion	20 reps each side
7	Trap/pec release with ball standing against wall	30 - 60 seconds each side