

athlete patient		EVERYDAYATHLETE				cycle	Mon	Tue	Wed	Thu	Fri	Sat	Sun
session name		LOADADAPTATION				3-4 wks	ADAPT		ADAPT		ADAPT		
n	ABC	EXERCISE NAME				S	x	%	t _r	ADAPTATION			
1.	B	<u>STEP / CHAIR FLEXIBILITY</u> <u>LUNGE</u> video				4x	15x /side	50%	–	HIP EXTENSIONANDKNEEDIP			
2.	F	<u>WALLGOODMORNING</u> video					15 m	70%	1 min	POSTERIOR CHAINLOADINTRO			
						I.	II.	III.	IV.	V.	VI.	VII.	VIII.
3.	F	<u>CBSQ-BENDPRIMING</u> video				3x 8x 5kg	4x 7x 5kg	5x 8x 5kg	4x 7x 5kg	5x 10x 5kg	4x 12x 5kg	5x 10x 5kg	4x 12x 5kg
						2 sec. HOLD	3 sec. HOLD	4 sec. HOLD	5 sec. HOLD	2 sec. HOLD	3 sec. HOLD	6 sec. HOLD	2 sec. HOLD
						1.5 min	1.5 min	1.5 min	1 min	1 min	1.5 min	1 min	1.5 min
4.	X	<u>SPLIT-SQ ARM&WING</u> video				2x 5x /side	3x 5x /side	4x 20" /side	3x 30" /side	4x 30" /side	3x 40" /side	5x 45" /side	3x 1 min /side
						50%	50%	60%	60%	7/10	7/10	+7/10	7/10
						1.5 min	1 min	1.5 min	1 min	1.5 min	1 min	1 min	1.5 min
5.	F	<u>DBOHPRESS</u> video				3x	5/6/7	2x 5kg	–	OVERHEADLOADACCUMULATION			
6.	X	<u>DBOHMARCH</u> video					5x /side	+ 2" HOLD	2 min	SL-STANCECONDITIONING			
7.	C	<u>SLIDERS AB</u> video				4x	10x	BW	–	GLUTES, ABS & SCAPULASBRACING			
8.	C	<u>BACKPLANKMARCH</u> video					5x/side	2 sec. HOLD	self regulate	SHOULDEREXTENSION&HSCOND			
9.	B	<u>PIKE VARIATION STEP / CHAIR FLEXIBILITY</u> <u>LUNGE</u> video				1x	30x /side	50%	–	FLEXIBILITY COOL DOWN			