

Phase 3

Lower Body

WARM UP

Exercise	Sets	Duration	Notes
SMR - Gastroc/Rec Fem	1		Roll entire muscle 4-5 times
Latissimus Dorsi	1		1 inch per second. Hold trigger point x30 sec if required
Active Iso Stretch - Hip Flexor	1	Hold for 2-3 seconds	Move into stretch, hold, then release and repeat
Soleus	1		
Pec Major	1		

CORE/BALANCE/REACTIVE

Exercise	Sets	Reps	Tempo	Rest	Notes
Dorsal Raises	2	8	2-0-2	45	Multiset
Swiss Ball Ab Crunch	2	8	2-0-2	45	Multiset
BW Reverse Lunge	2	10	2-0-2	45	Multiset - 5 Reps Each Leg - focus on alignment

MAIN CV

Exercise	Time	Notes
Treadmill - Lactate Intervals	12 minutes	30 seconds RPE 17 / 60 seconds RPE 7 x 4 rounds

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Notes
BB Deadlift	2	8	2-0-2	60	Multiset
Frontal (side) Lunges	2	10	2-0-2	60	Multiset
1a. Leg Curl 1b. DB Walking Lunges	3	10 10	2-0-2 2-0-2	60	Antagonist Superset
2a. Goblet Squat 2b. Swiss Ball Leg Ext 2c. Leg Press	3	10	2-0-2	60	Triset

COOL DOWN

Exercise	Sets	Reps	Tempo	Rest	Notes
SMR - Soleus/Gastrocnemius	1				Roll entire muscle 4-5 times
Latissimus Dorsi	1				1 inch per second
Static Stretch - Pec Major	1		30 seconds		
Hip Flexor	1		30 seconds		Hold to a mild tension
Quads	1		30 seconds		