

## Phase 4

## Squat and Inverted Row Session

### 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
TRX Single Leg Squat	2	10	2-0-2	45	Multiset - 1 set each leg- focus on tech

### MAIN CV

Exercise	Time	Notes
CV Completed on separate day as per overview		

### RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Notes
Leg Press	1	3	X-X-X		Single set – activation work
Squat	3	5/3/1	X-X-X	3min	Pyramid – increase weight each set by 5%
Reverse Flye R Band	1	3	X-X-X		Single set – activation work
BB Inverted Row	4	2	X-X-X	3min	Forced Reps – 2 rep failure – 2 rep support

### 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		