

# Phase 5

# Whole Body & CV

## 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
Dynamic Stretches – Spiderman	1	Free flowing	Progress ROM each repetition, dynamic movement
Hamstring/adductor kicks	1	15-20 seconds or	
Squat to Reach	1	8-10 reps	

## CORE/BALANCE/REACTIVE

Exercise	Sets	Reps	Tempo	Rest	Notes
MB rotational Ball throws	2	5	X-X-X	30	Performed as Vertical loading or Circuit
Swiss Ball MB Throws	2	5	X-X-X		
SL Box Hops	2	5 EL	X-X-X		
Ice Skaters	2	5 EL	X-X-X		

## MAIN CV

Exercise	Time	Notes
Treadmill – CP Intervals	10 minutes	10 seconds RPE 19/60 seconds RPE 6 x 5 rounds

## RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Notes
BB Clean and Jerk	2	5/3/1	X-X-X	2min	Pyramid – increase weight each set by 5%
1a. Bench Press 1b. MB Chest Pass	3	3 10	X-X-X X-X-X	2min	Agonist Superset
2a. Chin Ups (weighted) 2b. MB Slams	3	3 10	X-X-X X-X-X	2min	Agonist Superset
3a. BB Squat 3b. Box Jumps	3	3 10	X-X-X X-X-X	2min	Agonist Superset

## 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		