

Functional Movement / General Strength

Athlete Name:

Phase: General Preparation

Goal: Correct imbalances / Improve Stability + Mobility

Session Type: LME

Intensity: 12 - 15 RM

Note: During this phase we want to continue to develop mobility and stability by progressing on exercises previously used.

Continue to pay attention to the exercise technique and ensure that you are performing each movement correctly in a smooth and controlled fashion.

Phase #: 3

Week:

Week 1

Week 2

Day / Date:

Mon

Thurs

Mon

Thurs

Exercise:	Coaching Points	Sets:	Tempo:	Rest (s):	Weight (lbs):	Reps:	Weight (lbs):	Reps:				
A1	Foot Core + Calf Raise	2	Hold	60	BW	6	BW	6	BW	6	BW	6
A2	SL Stability (ball toss)	2	Hold	60	BW	60 secs	BW	60 secs	BW	60 secs	BW	60 secs
B1	Split Squats	3	3-1-2	60-90	BW	12		15		12		15
B2	Banded Walks	2	Contr.	60-90		12		15		12		15
C1	RDLs	2	3-1-1	60-90								
C2	Banded Rows	2	1-1-3	60-90								
D1	Draw the Sword	2	1-1-3	60-90								
D2	Front Plank	2	Hold	60-90	BW	12	BW	15	BW	12	BW	15
E1	Side Planks	2	Hold	60-90	BW	40s	BW	40s	BW	40s	BW	40s
E2	Banded Trunk Rotations	2	1-1-3	60-90		12		15		12		15

Warm-up (1 set / 10 reps each)

• Arm swing series	• Hip rotations	• Deep squat (hip mobility focus)	• Light Stretching / Foam rolling if required!!
• T-spine mobility	• Knee rotations	• Kneeling lunge (ankle mobility focus)	
• Trunk rotations	• Hip mobility series	• Forefoot varus mobility	

N.B. Perform flexibility exercises following each session!!! (~ 10 mins)