## 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		
Exe	Exercise: Coaching Points		Sets:	Tempo:	Rest (s):	Weight (lbs):	Reps:	Weight (lbs):	Reps:				
A1	Foot Core + Calf Raise	Shorten foot arch + push ground away.     Use Airex cushion, 5-sec hold for each.	2	Hold	60	BW	6	BW	6	BW	6	BW	6
A2	SL Stability (ball toss)	Standing knee soft, hips level,     stand tall. Prepare to take a punch.	2	Hold	60	BW	60 secs	BW	60 secs	BW	60 secs	BW	60 secs
B1	Split Squats	Feet hip-shoulder width. Feet on tracks.     Squat DOWN, wt. thru heels.     Knees over laces. Chest up, stand tall.	3	3-1-2	60-90	BW	12		15		12	-	15
B2	Banded Walks	Feet flat on floor, knees out.      Chest up, stand tall. Draw a square.	2	Contr.	60-90		12		15		12		15
C1	RDLs	Knees soft. Chest up, shoulders back.     Bow to the wall in front.	2	3-1-1	60-90								
C2	Banded Rows	Feet shoulder width, athletic posture.     Graze ribs with forearms.	2	1-1-3	60-90							-	
D1	Draw the Sword	Feet hip width. Stand natural.      Draw diaganal, rotate away.	2	1-1-3	60-90							-	
D2	Front Plank	Neutral spine throughout.     Straight line from shoulder to ankle.	2	Hold	60-90	BW	12	BW	15	BW	12	BW	15
E1	Side Planks	Feet together, elbows under shoulders.     Straight line from knees-shoulders.	2	Hold	60-90	BW	40s	BW	40s	BW	40s	BW	40s
E2	Banded Trunk Rotations	Feet hip width, athletic posture.      Pull fast, release slow.	2	1-1-3	60-90		12		15		12		15

## Warm-up (1 set / 10 reps each)

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