

# THE EDGE Training System - OFF DAY PROGRAM

April 2018

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
<b><u>Corrective Soft Tissue Work</u></b>			<b><u>Corrective Soft Tissue Work</u></b>			<b><u>Corrective Soft Tissue Work</u></b>		
<b>Exercise</b>		<b>Tool</b>	<b>Exercise</b>		<b>Tool</b>	<b>Exercise</b>		<b>Tool</b>
Hip Flexor		PVC Pipe	Lats		Foam Roll/PVC Pipe	Posterior Tibialis/Calf		PVC Pipe
Hamstrings		PVC Pipe/Soft ball	Chest		Baseball	Plantar Fascia		Golf Ball
Piriformis/Glute		Baseball	Mid Back		Foam Roll/Double Tennis Ball	Piriformis/Glute		Baseball
Adductor/Groin		Foam Roll	Posterior Shoulder		Tennis/Base ball			
<b><u>Movement Preps</u></b>			<b><u>Movement Preps</u></b>			<b><u>Movement Preps</u></b>		
<b>Exercise</b>			<b>Exercise</b>			<b>Exercise</b>		
Spiderman	2x5 ea side		Rear Foot Elevated Hip Flexor Stretch	2x5 ea side	Floor	Calf Stretch	2x10 ea leg	
1/4 Get Up	2x5 ea side		Cobra	2x10	Floor	Band Pull Aparts	2x10	
Walking Lunges	2x10 yards		Iron cross stretch	2x5 ea side	Floor	Single Leg Hip Thrusters	2x10ea leg	
<b><u>Strength Circuits</u></b>			<b><u>Conditioning/Finisher</u></b>			<b><u>Recovery Training</u></b>		
This workout is designed to focus on strength gains.			This workout is designed to focus on increasing your conditioning			This workout is designed for recovery		
	<b>Exercise</b>	<b>Sets x Reps</b>	<b>Exercise</b>	<b>Sets x Reps</b>		<b>Exercise</b>	<b>Sets x Reps</b>	
A2	TRX inverted Row	4x 10	Deadlift	30, 20, 10x	50% 5RM	A1	Soft Tissue - Groin	3x10
A3	Reverse SB Lunge	4x 5 ea side	Squat Press	30, 20, 10x		A2	Double Kneeing Groin Stretch	3x10
B1	Lat Pull Down/Pull Up	4x10	Rope slams	30, 20, 10x		A3	Deep Side Lunge	3x10x ea side
B2	1 Ft Elevated OH DB Press	4x10	Opposite Shoulder Touch	30, 20, 10x		B1	Soft Tissue - Mid Back	3x5x5
B3	Heavy Sled Push	4x 1				B2	Cobra	3x10
C1	Heavy Pallof Press	4x8 ea side	Bike Sprints	8x20:40sec		B3	Single Arm Landmine Press	3x10 ea side
C2	Lateral Band Walk	4x15 yds				C1	Soft Tissue - Quads	3x20 ea leg
C3	Bike Sprints	4x60 sec				C2	Walking Heel Grabs	3x10yds
						C3	Walking Lunge w/overhead reach	3x10 yards
						D1	Bike	2 miles