

THE EDGE Training System - OFF DAY PROGRAM

Day 1 - Strength			Day 2 - Conditioning			Day 3 - Recovery		
Corrective Soft Tissue Work			Corrective Soft Tissue Work			Corrective Soft Tissue Work		
Exercise	Tool		Exercise	Tool		Exercise	Tool	
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		IT Band	Foam Roll	
Corrective Flexibility/Activation			Corrective Flexibility/Activation			Movement Preps		
Exercise	Sets x Reps	Tool	Exercise	Sets x Reps	Tool	Exercise		
X band Walk	2x3x3	w/band	Table Lat	2x10 sec hold	Wall	Hip CARS		2x10 ea leg
Side Plank	2x3x5 sec		Dead bug variation	2x10		RFE hip flexor		2x5 ea leg
Mini band handcuffs			Scap Band Pulls	2x10	Band	Cobra back extensions		2x10
Strength Circuits			Conditioning/Finisher			Recovery Training		
	Exercise	Sets x Reps	This workout is designed to focus on increasing your conditioning and metabolic training.			This workout is designed for recovery		
A1	SK Landmine press	4x5 each arm	Exercise	Sets x Reps		Exercise	Sets x Reps	
A2	Cable squat hold w/ row	4x10	8 Min AMRAP			A1	Soft Tissue - Hamstring	3x20 ea leg
A3	Front Plate raises	4x10	A1	Squat jumps	10x	A2	Knee cradle variation	15 yards
B1	Step down lunges	4x5 each leg	A2	Plank w/ reach	20x total	A3	SLDL	3x10ea leg
B2	Power push up	4x10	A3	Speed sled	1x	B1	Soft Tissue - Baseball on shoulder	3x20 ea arm
B3	Heavy lat pull downs	4x5	6 min AMRAP			B2	Sleeper stretch	3x5 ea arm
C1	SL squats	4x5 each leg	B1	SA KB DL	10x	B3	YTW's on bench	3x5
C2	Heavy med ball slams	4x5	B2	Skipping variation	1x down and back	C1	Soft Tissue - Groin	3x20ea
			4 min AMRAP			C2	Rotational Lunge	3x5 ea
			C1	Walking lunges	15 yards	C3	Asymmetrical Squat	3x5 ea side
			C2	Stationary bear crawl	5x ea side			
			D1	Squat hold	1 min			