

THE EDGE Training System - OFF DAY PROGRAM

January 2018

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
<u>Corrective Soft Tissue Work</u>			<u>Corrective Soft Tissue Work</u>			<u>Corrective Soft Tissue Work</u>		
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				
<u>Movement Preps</u>			<u>Movement Preps</u>			<u>Movement Preps</u>		
Exercise			Exercise			Exercise		
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		Side Lunge Stretch	2x5 ea side	Floor	Single Leg Hip Thrusters	2x10ea leg	
<u>Strength Circuits</u>			<u>Conditioning/Finisher</u>			<u>Recovery Training</u>		
This workout is designed to focus on strength gains.			This workout is designed to focus on increasing your conditioning and metabolic training.			This workout is designed for recovery		
	Exercise	Sets x Reps		Exercise	Sets x Reps		Exercise	Sets x Reps
A1	Push Up	4x10	A1	Rope Variation - Singles or Doubles	3x30 sec	A1	Soft Tissue - Hip Flexor	3x20 ea leg
A2	TRX inverted Row	4x 10 ea side	A2	Kettlebell Swing	3x30 swings	A2	Table Hip Flexor stretch	3x10 sec ea leg
A3	Single Leg Squat	4x 5 ea side	A3	Bike Sprint	3x 1/2 mile	A3	Walking Lunging w/overhead reach	3x10 yards
B1	Lat Pull Down/Pull Up	4x10	B1	1,2 stick	3x20	B1	Soft Tissue - Hamstrings	3x20 ea leg
B2	DB Squat Press	4x10	B2	Suicide	3x2	B2	Leg Lowers w band	3x10ea side
B3	Heavy Sled Push	4x 1	B3	Speed DL	3x20	B3	Bretzel around the world	3x5 each side
C1	TRX Fall outs	4x10				C1	Bike	2 miles
C2	KB Side Lunge	4x10 ea side						
C3	Bike Sprints	4x60 sec						