Edge Training System

April

4/2-4/28

| | Day A | Day A | | | Day B | | Day C | |
|---------------------------------------|--|--------------------|--------------------|----------------------------------|--------------------------|----------------------------|--------------------------|--|
| | Exercise | Sets x Reps | Notes Timing | Exercise | Sets x Reps Notes Timing | Exercise | Sets x Reps Notes Timing | |
| Recovery - Quality | Adductor | | | TFL | | Glute | | |
| | Calf | | | IT Band | | Chest | | |
| | Quad | | | Hip Flexor | | Hamstring | | |
| | Thoracic Spine | | | Shoulder Capsule | | Tspine w/double ball | | |
| Warm Up - Length | | | | | | | | |
| Muscle Activation | Glute Bridge w/band | 2x20 | | KB Arm Bar/Punch to Elbow | 2x5 ea side | Bear Crawl Push Back | 2x5 | |
| Muscle Activation | Rockerboard Hold | 2x10 sec | progress->flutters | Mountain climbers | 2x10 ea side w/cone | Prone Snow Angels | 2x10 | |
| Flexibility - Static | Teapot Stretch | 2x5 | | KB Split kneeling Hip Flex Shift | 2x5 ea side | Hip Hinge w/stick | 2x10 | |
| Movement Training - Temperature | | | | | | | | |
| Core Prep (anti) | Cable Chop w/rotation | 2x5 ea side | | Cobra Back Extension | 2x10 | Cable Lift - Rotation | 2x5 ea | |
| Dynamic Flexibility | Groin Stretch - Tall Sitting Wide Stance | 2x5 ea side 2x5 | | Double Kneeling Groin | 2x10 2x10 | Chest Stretch - OH Stick | 2x10 | |
| Movement (Linear/Lateral) | Skipping Variations | 2x 15 yd | | Plank - Alt Arm Reach | 2x5 ea | Ladder - 1-2 Stick - Quick | 2x20 | |
| | | 2X 15 yu | | | 275 Ca | Ladder - 1-2 Stick - Quick | 2,20 | |
| Power/Dyanmic Warm Up - Neurolopgical | | | | | | | | |
| Power | TRX Jump w/band | 2x5-10 | | Squat - OH Stick | 2x10 | Broad Jump Variations | 3x5-10yd | |
| Lineral/Lateral Power | Sled - Reverse Drag/push combo | 2x | | MB Push Up | 2x5ea | Ladder - 1-2 Stick - Large | 2x5 | |
| Flexibility | Sumo Variation | 2x5 | | Reverse TGU to Side Bend | 2x5 ea | Hip Flexor - RFE | 2x5 | |
| Core Lifts - Strength | | | | | | | | |
| LB Core lift | Squat | 5x5 | | Squat Matrix w/band - Side//rot | 2x5ea | Dead Lift | 5x5 | |
| UB Core llft | Pull Up/Pull Down | 5x5 | | Walking Lunges w/ OH Reach | 2x10 yd | Horizontal Press Variation | 5x5 | |
| Mobility/Corrective | | | | Inverted Row | 2x10 | | | |
| | | | | | | Speed Sled Relay | 5x | |
| Strength Circuit - Strength | | | | KB Farmer Hold | 60,40, 20, 40, 60 sec | | | |
| LB Strength | SL Squat | 2x5 ea | | Turf Run | | | | |
| UB Strength | SA DB Bench Row | 2x10 ea side | | Rope Variation | | | | |
| Core | Cable OH Press | 2x10 | | Hip Thrusters | | | | |
| Conditioning - Tolerance | | | | | | | | |
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