Edge Training System

January (Week 5&6)

1/1-1/13/18

	<b>Day A</b> Exercise	Cata Dana Nata Tining	<b>Day B</b> Exercise	Coto Dona Notas Tining	<b>Day</b> Exercise	
Recovery - Quality	Adductor	Sets x Reps Notes Timing	TFL	Sets x Reps Notes Timing	Glute	Sets x Reps Notes Timing
Recovery - Quanty	Calf		IT Band		Chest	
	Quad		Hip Flexor		Hamstring	
	Thoracic Spine		Shoulder Capsule		Tspine w/double ball	
	meracic spine		chediaer capsaic		ispine w, asabie san	
Warm Up - Length						
Muscle Activation	Squat Hold w/ band IR/ER	2x10	Double Kneeling Band Hip Thrusters	2x10	Supine SA Diagonal Band Pull	2x10
Muscle Activation	McGill Crunch	2x5 ea	Vertical Bird Dog	2x10 ea	Tspine Crunch Holds	2x5
Flexibility - Static	Spiderman Variation	2x 5 ea	Fig 8 MB Slam	3x5 ea	Cobra Back Extension	2x10
<b>Movement Training - Temperature</b>			Supine Straight Arm DB Reach	2x10		
Core Prep (anti)	Cable Chop	2x5	Bench W's	2x10	Cable Lift	2x5 ea
Dynamic Flexibility	Table Lat Stretch	2x5	bottoms up farmer carry	2x	Sumo Variation	2x5
Movement (Linear/Lateral)	Knee Cradle Combo Variations	2x 15 yd			Ladder - cross front/back	2x
			Slow Motion Bear Crawl	3x5yd		
Power/Dyanmic Warm Up - Neurolopgical			Full Get Up	3x2		
Power	Squat Jump W/Med Ball Reach	2x5-10	4 way Band Walk	3x2	Box jump w rot	3x5
Lineral/Lateral Power	Heavy sled push	2x			SL MB Slam	2x5 ea
Flexibility	Figure 4 Stretch to Side Lunge	2x5 ea	Sled Rope Pull	3x	Inchworm variation	2x5
			Landmine Rotation	3x10 ea		
Core Lifts - Strength			Step Down w/Lunge	3x5 ea		
LB Core lift	Squat	5x5			Dead Lift	5x5
UB Core lift	Pull Up/Pull Down	5x5	Bike Sprints		Horizontal Press Variation	5x5
Mobility/Corrective						
Strength Circuit - Strength	CI Count	2.5				
LB Strength	SL Squat Prone Bench DB Row	2x5 ea 2x10				
UB Strength						
Core	Landmine Press Variation	2x5 ea				
Conditioning - Tolerance						
Conditioning - Tolerance						