Edge Training System March 2/26-3/23/18

	Day a	A			Day B		Day C	
	Exercise	Sets x Reps	Notes Timing _	Exercise	Sets x Reps Note	Timing	Exercise	Sets x Reps Notes Timing
Recovery - Quality	Tspine w/ extension	10x ea spot		IT Band	10x ea spot		Glute	10x ea spot
	Quad w/knee flexion			Post Shoulder w/ IR & ER			Chest w/ flex/ext	
	Plantar Fascia w/ankle mob			Hip Flexor w/hip flexion			Hamstring w/flex/ext	
	Adductor w/IR &ER			Post Tibialis/Calf			Tspine w/double ball	
Warm Up - Length								
Muscle Activation	Supine Reverse Clam	2x10		Straight Leg Glute Bridge	2x10		Scap Pull Down	2x10
Muscle Activation	Reverse Crunch	2x10		Bretzel Around the world	2x5 ea		Push Up Opposition	2x5 ea
Flexibility - Static	Lateral Band Walk	2x3x3	Around FEET	Stick Shoulder Matrix - OH/Lat/Diag	2x5ea		SK Hamstring w rotation	2x5 ea
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Movement Training - Temperature				Reverse Lunge With Rotation	2x5 ea			
Core Prep (anti)	Wrestler Plank Prog. (hand walk outs)	3x		Crossover to stick	2x10-15 yds		Body Saw	2x10
Dynamic Flexibility	Hurdle Step Unders	3x5		Dead Bug Variation	2x10 ea		KB Windmill	2x5ea
Movement (Linear/Lateral)	Knee Cradle/Vert hip CARS	3x10 yd					Crossover Patterning	2x
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Power/Dyanmic Warm Up - Neurolopgical								
Power	KB Swing	3x20		TOTAL Points Variation	8-10 min		FBE to Drop In Combo	2x5
Lineral/Lateral Power	Speed Sled	3x		RFE Lunge	5x ea	1	Bounding (banded) Variation	2x15 yd
Flexibility	Double Kneeling Groin w/int rot	3x5 ea		Landmine Squat Press	5x ea	1	Spiderman to side lunge combo	2x5 ea
Core Lifts - Strength				Rocker Board	10x	2		
LB Core lift	Squat	5x5		Rope Variation	20x	2	Dead Lift	5x5
UB Core lift	Pull Up/Pull Down	5x5					Horizontal Press Variation	5x5
Mobility/Corrective				Suicide Run	1x	3		
				KB Swing	15x	3		
Strength Circuit - Strength								
LB Strength	SLDL variation	2-3x5 ea					Bike Conditioning	8x20:40
UB Strength	SA KB Bottoms Up Press	2-3x5 ea						
Core				.5 mile repeats	4x <2min			
Conditioning - Tolerance								