



# Strength & Stability Training

## Phase 1



EXERCISE	DESIRED SET/REP/REST			FEB 18TH	FEB 20TH	FEB 25TH	FEB 27TH	MAR 4TH	MAR 6TH	MAR 11TH	MAR 13TH	MAR 18TH	MAR 20TH	MAR 25TH	MAR 27TH
	SETS	REPS	REST	S1	S1	S1	S1	S1	S1	S1	S1	S1	S1	S1	S1
<b>1a. Overhead Split Squat:</b> Every third rep hold at mid point for a period of 5 seconds. Maintain good alignment and stay within a comfortable range of motion. Focus on setting shoulder blades in slight retraction/depression (do not shrug). Over time, increase challenge by adding progressive resistance from medicine ball Tempo: slow + 5 sec hold	3	Up to 12 Each Side	0	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3
<b>1b. Low Cable Single Leg Waiter Bow:</b> Maintain back in extension (do not round out low back). Maintain good alignment – do not allow body to rotate (you should remain square throughout). Maintain a slight fixed bend in stance side knee. Focus on engaging glute max (stance side) to return to upright. Begin with low resistance - gradually progress with increased resistance - while maintaining strict form. Tempo: 302	3	8 Each Side	1.5 Min	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3
<b>2a. Elevated Mountain Climber to Push Up:</b> Keep core engaged - do not allow back to sag or pelvis to rotate. Progress by gradually lowering height of hand support while maintaining strict technique. The higher the hands are supported, the easier to perform. Tempo: SLOW	3	Up to 12	0	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3
<b>2b. Standing Cable Bow and Arrow:</b> Keep core engaged. Do not shrug shoulder while pulling. Maintain good alignment throughout. Gradually progress with increased resistance - while maintaining strict form. Tempo: 212	3	8 Each Side	1.5 min	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3

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	<b>3a. Kneeling High Cable Diagonal Chop:</b> Keep core engaged - do not allow hips to shift or pelvis to rotate. Begin with low load and maintain strict form. Maintain alignment throughout. Gradually progress with increased resistance. If you do not have the "stick handle" attachment, you may use a length of rope with hands spaced approx. shoulder width apart. Tempo: slow	3	10 each side	0	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3
<b>3b. Stability Ball Wall Overhead Static Press with Slow Hip Flexion:</b> Keep core engaged. Maintain neutral spine and pelvis position throughout. Maintain good alignment (there should be no shift of hips, sagging of your low back, or rotation of your pelvis. Press palms into ball (trying to indent - this will assist in engaging your core. The greater the amount of pressure into the ball - the greater demand you will have on the musculature of the core. Tempo: slow	3	Up to 12 each side	0	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3
<b>3c. Kneeling Low Cable Diagonal Lift:</b> Keep core engaged - do not allow hips to shift or pelvis to rotate. Begin with low load and maintain strict form. Gradually progress with increased resistance. If you do not have the "stick handle" attachment, you may use a length of rope with hands spaced approx. shoulder width apart. Tempo: slow	3	10 each side	1 min	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3	<input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3

FOR THE FIRST WEEK, PERFORM ONE OR TWO SETS OF EACH EXERCISE. DURING THE SECOND WEEK PROGRESS UP TO THREE SETS ENSURE STRICT TECHNIQUE THROUGHOUT ALL EXERCISES, AND MAINTAIN THIS TECHNIQUE AS YOU PROGRESS THE INTENSITY. THERE SHOULD BE NO PAIN WHILE PERFORMING ANY OF THE EXERCISES, IF PAIN IS EXPERIENCED STOP THE ACTIVITY AT ONCE.