

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 1</b>	<b>Rest / Recovery</b>
Prehab / Rehab	SAQ, Core, Cardio Shuttles	Prehab / Rehab	SAQ, Core, Cardio Shuttles	Prehab / Rehab	



# SPEEDU.CA

## Prehabilitation / Rehabilitation Phase - A

### U18 and Older 1: Full Gym Access

#### WORKOUT 1

BLOCK 1		BLOCK 2		BLOCK 3	
<b>Exercise 1A:</b>	Segmented Cat and Camel SS	<b>Exercise 2A:</b>	KB FR Pendulum Lunges	<b>Exercise 3A:</b>	Hip CAR to Hip Airplane
<b>Sets x Reps:</b>	2 x 8	<b>Sets x Reps:</b>	2 x 4 Per Side Per Lunge	<b>Sets x Reps:</b>	2 x 3 per leg
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Goblet 5RM	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	SLOW
<b>Exercise 1B:</b>	FW/BW Rock w/ Foot gripping	<b>Exercise 2B:</b>	Goblet Toe Up to Lunge Twist	<b>Exercise 3B:</b>	Sotts Press With Dowel
<b>Sets x Reps:</b>	2 x 6 Per Leg	<b>Sets x Reps:</b>	2 x 4 Per Side Per Lunge	<b>Sets x Reps:</b>	2 x 5
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Goblet 5RM	<b>Weight:</b>	Dowel
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	2:2:2:2
<b>Exercise 1C:</b>	Weighted ISO Hip Flexion	<b>Exercise 2C:</b>	ISO Neck Ext. Hip Thrust	<b>Exercise 3C:</b>	Sissy Squat
<b>Sets x Reps:</b>	2 x 5 Per Leg	<b>Sets x Reps:</b>	2 x 5	<b>Sets x Reps:</b>	2 x 8
<b>Weight:</b>	5 RM KB or Mini Band	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	5 second hold	<b>Tempo:</b>	2:5:2:1	<b>Tempo:</b>	5:2:2:1
<b>Exercise 1D:</b>	Pushup Plus to Pike Plus	<b>Exercise 2D:</b>	SL RDL w/ OH Dowel	<b>Exercise 3D:</b>	KB Windmill to SA OH Lunge
<b>Sets x Reps:</b>	2 x 6	<b>Sets x Reps:</b>	2 x 5 Per Side	<b>Sets x Reps:</b>	2 x 4 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	4 RM
<b>Tempo:</b>	1:1:3:3	<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	2:2:2:2
<b>Exercise 1E:</b>	Deep Squat Hold w/ OH Reach	<b>Exercise 2E:</b>	Assisted Tib Raise to Pogo Stick	<b>Exercise 3E:</b>	Shoulder I/Y PAIL/RAIL
<b>Sets x Reps:</b>	2 x 5 Per Side	<b>Sets x Reps:</b>	2 x 6 of each	<b>Sets x Reps:</b>	2 x 4 Ea Way Per Arm
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	3 second hold on each	<b>Tempo:</b>	5 sec PAIL / 5 sec RAIL
<b>Exercise 1F:</b>	Kneeling Wrist Flex/Ext.	<b>Exercise 2F:</b>	Lateral Lunge Plate Drag	<b>Exercise 3F:</b>	Hanging Lat Pack
<b>Sets x Reps:</b>	2 x 1 Per Side	<b>Sets x Reps:</b>	2 x 5 per leg	<b>Sets x Reps:</b>	2 x 8
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	30 second hold	<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	2:2:2:2

#### WORKOUT 2

SAQ		CORE		CARDIO	
<b>Sets / Exercise</b>	4	<b>Rounds</b>	3	<b>Sets</b>	10
<b>Work : Rest</b>	10 sec : 20 sec	<b>Sets / Exercise</b>	6	<b>Work : Rest</b>	60 Sec : 60 Sec
<b>Intensity</b>	50%	<b>Work : Rest</b>	5 sec : 5 sec	<b>Modality</b>	Running- 10m Shuttle
<b>Exercise 1:</b>	HopScotch (2 Lines)	<b>Exercise 1:</b>	Body Saw		
<b>Exercise 2:</b>	In, In, Out, Out (2 Lines)	<b>Exercise 2:</b>	Copenhagen SP + Abd.		
<b>Exercise 3:</b>	Icky Stationary (2 Lines)	<b>Exercise 3:</b>	Contra. Half Superman		
<b>Exercise 4:</b>	Ali x3, Quarters x3 Combo	<b>Exercise 4:</b>	Hanging Pevlic Tilt Leg Raise		
<b>Exercise 5:</b>	Cross-Over (1 Line)	<b>Exercise 5:</b>			
<b>Exercise 6:</b>	F Lat. Slalom Hops (1,2,Over)	<b>Exercise 6:</b>			

