From Head to Toe Academy

STRENGTH AND POWER

PHASE 2

Warm Up: Mobility and Activation

SESSION A (Force Absorption)		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
1 - 3 sets of each; 1 - 2 mins rest in between		#1	#2	#1	#2	#1	#2	#1	#2
(SL) Drop Step to Spring	x 3 - 6								
RDL	x 8 - 12								
Lateral Spring Back to Spring	x 3 - 6								
Lateral Step Up	x 8 - 12								
Drop Split Squat	x 3 - 6								
Forward Lunge (Eccentric)	x 8 - 12								
Hollow Hold	ALAP								

SESSION B (Force Production)		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
1 - 3 sets of each; 1 - 2 mins rest in between		#1	#2	#1	#2	#1	#2	#1	#2
High Toe Hip Thrust	x 8 - 12								
Box Jump	x 3 - 6								
Bulgarian Split Squat	x 8 - 12								
Jump Split Squat	x 3 - 6								
Step Up	x 8 - 12								
SL Tuck	x 3 - 6								
Ski Squat Jump	x 8 - 12								

Cool Down Stretch