

Hamstrings, Hip Flexors, Front Splits

	Exercise	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band
Hamstring Primary A1	Supine banded hamstring stretch 5 reps of 5 second contractions + 5 second relax with bent leg								
Hamstring Primary A2	Jefferson curl 5 reps + 10 breath hold on last rep								
Hamstring Secondary B1	Hip flexor MOILS 3 x 5 second lift + 5 ballistic reps + 3-5 second hold								
Hamstring Primary B2	Elevated pancake 8 reps + 10 second hold								
Hip Flexor Primary C1	Hip flexor extension lift with focus point 6 reps + max hold on last rep								
Hip Flexor Primary C2	Active hero stretch 5-10 reps								
Hip Flexor Secondary D1	Extension/abduction lifts 5 reps + 5 second hold in each position								
Hip Flexor Secondary D2	Yoga block hip opener 30-60 second hold								
Front Splits	Active front splits 30-60 second hold each side								

Back Bridge, Shoulder Flexion, Internal Rotation

	Exercise	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band
Shoulder Internal Rotation A1	Sleeper stretch CRAC 3 reps of CRAC each rep is a 5 second contraction, then 5 second antagonist contraction								
Shoulder Internal Rotation A2	Unilateral bench loaded internal rotation end range hold 30-60 second hold								
Shoulder Flexion Primary B1	Banded shoulder flexion 3 x 5 second contraction + 5 ballistic reps + 5 second end range hold								
Shoulder Flexion Primary B2	Hanging chest down Accumulate 30-60 seconds hang per set If you can only do 10 second, do that 3 times for one set								
Shoulder Flexion Secondary C1	Tuck shoulder flexion MOILS 3 x 5 second lift + 5 ballistic reps + 5 second hold								
Shoulder Flexion Secondary C2	Supine Lat Stretch On Bench 30-60 second hold								
Spine Mobility D1	Thoracic extension on foam roller 30-90 seconds of work								
Spine Mobility D2	Spine rotation top initiation 5 reps in each direction								
Bridge E1	Low bridge rotations on the wall 5 reps in each direction								

Middle Splits

Middle Splits									
		Set 1		Set 2		Set 3		Set 4	
	Exercise	Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band
Butterfly A1	Butterfly overcoming isometric 8 reps of 3 second contraction + 10 second contraction last rep								
Butterfly A2	Loaded butterfly stretch 30-60 seconds								
Glute End Range Activation B1	Pissing dog over coming isometric 3 x 10 second contraction								
Glute End Range Activation B2	Cossack squat basic 8-12 reps								
Middle Splits C1	Active middle splits 30-60 second hold								

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Hamstring Primary A1	Supine banded hamstring stretch 5 reps of 5 second contractions + 5 second relax with bent leg								
Hamstring Primary A2	Jefferson curl 5 reps + 10 breath hold on last rep								
Hamstring Secondary B1	Hip flexor MOILS 3 x 5 second lift + 5 ballistic reps + 3-5 second hold								
Hamstring Primary B2	Elevated pancake 8 reps + 10 second hold								
Hip Flexor Primary C1	Hip flexor extension lift with focus point 6 reps + max hold on last rep								
Hip Flexor Primary C2	Active hero stretch 5-10 reps								
Hip Flexor Secondary D1	Extension/abduction lifts 5 reps + 5 second hold in each position								
Hip Flexor Secondary D2	Yoga block hip opener 30-60 second hold								
Front Splits	Active front splits 30-60 second hold each side								

Shoulder Extension, External Rotation

		Set 1		Set 2		Set 3		Set 4	
Exercise		Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band
Shoulder External Rotation A1	Shoulder ER CRAC with dowel rod 60 sec of work, 5 sec CRAC each rep								
Shoulder External Rotation A2	Side lying ER with dumbbell 30-60 second hold								
Chest Stretching B1	Supine loaded foam roller chest stretch 60-90 seconds work								
Shoulder Extension C1	Supinated grip shoulder extension loaded lift 3 x 10 second hold + 5 ballistic reps + 5 second hold								
Shoulder Extension C2	Pronated grip german hang on the rings 15-30 second hold								
Hip External Rotation D1	Incline hip external rotation CRAC 3 reps of 5 second CRAC								
Hip External Rotation D2	Incline loaded pigeon 30-45 second hold								

Middle Splits

Middle Splits									
		Set 1		Set 2		Set 3		Set 4	
	Exercise	Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band	Reps	Weight/Band
Butterfly A1	Butterfly overcoming isometric 8 reps of 3 second contraction + 10 second contraction last rep								
Butterfly A2	Loaded butterfly stretch 30-60 seconds								
Glute End Range Activation B1	Pissing dog over coming isometric 3 x 10 second contraction								
Glute End Range Activation B2	Cossack squat basic 8-12 reps								
Middle Splits C1	Active middle splits 30-60 second hold								