

Strength Phase 2

Mobility Work

Day 1	Day 2
Frog Pumps	Frog Pumps
T-Spine Rotations	Lat Stretch
Shoulder Windmills	Ankle Mobility

Frog Pumps to be done at start of each workout, other mobility exercises done between sets

Day 1

Exercises	Week 1			Week 2			Week 3			Week 4		
	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3
Squat												
Shoulder Press												
Bench DB Single Arm												
Single Leg Series-Skater Squat												

Day 2

Exercises	Week 1			Week 2			Week 3			Week 4		
	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3
Squat												
Pull Up (Overhand Grip)												
Single Leg RDL												
Row (Barbell)												

Core Work

Day 1	Day 2
Plank (2Point) 3Sets, 45Sec	V Ups 3Sets, 30

Sets and Reps

3Sets of 5Reps, 3 minute break between sets (mobility exercises between sets)

Superset the last 2 exercises on each day

“This is my medal. I’m going to fight harder for this medal than you can ever imagine. I’m going to dig deeper than you’re prepared to dig. I’m going for a dirty ball, a hard ball, I don’t care”. – Jim McGuinness