Name:		Regeneration				
		Day 1 Strength				
I. Foam Roll/Mobility (4-8 min)		**Comments (note: your specific area of concern)**				
Areas of concern=		hips, hamstrings, calves, upper back, etc.				
II. Heart Rate Increase/Dynamic (2 min)		**Comments**				
Light knee drives, butt kicks, hip circles, leg swings		We use this period to provide blood flow to all joints and muscles				
III. Activation/Core&Cuff (1.5 min)		**Sets**	**Reps**	**Time**		**Comments**
1. Hip Ups		1		:30		glute/Hamstring activation
2. Light Squat + Aggressive toe raise		1		:30		core
3. Cobras		1		:30		lats
IV. Strength (3-Week Phase)		**Sets**	**Reps**	**Tempo**	**Rest**	**Comments**
1. Pyramid Squat		4	1:00	**2,1,2**	:30	start heavy and drop weight every 5
Wk 1 (wt)-	Modify=					use different implements ea. day
Wk 2 (wt)-	Modify=					to mix it up
Wk 3 (wt)-	Modify=					
2. KB/DB Floor Press		4	1:00	**x**	:30	single or double KB
Wk 1 (wt)-	Modify=					
Wk 2 (wt)-	Modify=					
Wk 3 (wt)-	Modify=					
3. Overhead Scap Press		4	1:00	**2,1,2**	:30	against band resistance or with bench (DB)
Wk 1 (wt)-	Modify=					or on floor
Wk 2 (wt)-	Modify=					
Wk 3 (wt)-	Modify=					
4. Glute/Ham Raises or Hip Up Hold		4	1:00	**x**	:30	Glute/Hamstring Hold
Wk 1 (wt)-	Modify=					or hip up on floor if you don't have GH
Wk 2 (wt)-	Modify=					
Wk 3 (wt)-	Modify=					
V. Corrective Stretches (make note of your specific stretch/release between sets)						
1=		**3=**				
2=		**4=**				