

## STABILIZATION ENDURANCE

### WORKOUT 3

**Corrective Flexibility:** Perform each SMR (self myofascial release) technique for as long as necessary. Remember to hold pressure on hot spots/knots for a minimum of 20-30 sec. If you are short on time focus on just one body part to roll.

Body Part	Time
Calves	30- 60 sec ea. side
IT Band	30- 60 sec ea. side
Quads	30- 60 sec ea. side

**Dynamic Warmup:** Perform each movement for the prescribed number of repetitions one time through with no rest between movements.

Movement	Repetitions
Knee Hug to Lunge- 'Worlds Greatest Stretch'	6 ea. side
Walk Outs	6 x
Marionettes	6 ea. side

**Drills:** Perform 1-2 sets of each drill with minimal rest between each drill.

Drill	Repetitions
Rapid Response (RR) Running	5-8 sec
RR 2-in Running	5-8 sec
RR sideways Running	5-8 sec
Wall- Load and Lift	6x ea. side
Wall- Alt. Switch	6x

## HARDCORE TRAINING

**Prehab:** Perform each prehab exercise for the prescribed number of repetitions one time through with no rest between exercises.

Movement	Repetitions
Glute Bridge- Single Leg	12 ea. side
Plank Knee Drives w/ Dowel	30-60 sec.
Side Plank Knee Drives	8 ea. side

**Main Set 1:** Perform 2 sets of each exercise in order, with little to no rest between exercises. Between sets, recover for 1 minute.

Exercise	Repetitions
DB-Walking Lunge w/ Shoulder Press	20 (10 ea. side)
MB-Woodchops	15 ea. side
DB-Single Leg Squat w/ Bicep Curl (Back foot supported)	20 (10 ea. side)
Single Leg Dead Lift	12 ea. side

**Main Set 2:** Perform 2 sets of each exercise in order, with little to no rest between exercises. Between sets, recover for 1 minute.

Exercise	Repetitions
Pushups- Uneven	10 ea. side
TRX- Single Arm Row	12 ea. side
1-Arm Cable Press	20 (10 ea. side)
1-Arm Cable Row	20 (10 ea. side)

## HARDCORE TRAINING

**Post-prehab:** Perform 2 sets of each exercise in order, with little to no rest between exercises. Between sets, recover for 1 minute.

Exercise	Repetitions
Plank- Knee to Elbow	10 ea. side
Reverse Crunches	20
2-point Oblique Twist	8 ea. side
90-90	6 ea. side