

ALLTRAIN Performance Training

Client Name: AHS Bronze 2019

Code: 5/19 ECC.ST./REV.ST./AER.PWR.

Movement Prep

A1) Quadruped Cat/Cow x 8 ea.

A8) Standing Vertical Arm Swing x 8 ea.

A2) Quadruped Bird Dog x 8 ea.

A9) Gorilla Squat x 8

A3) Quadruped Bird Dog same side x 8 ea.

A10) Overhead Squat with Dowel x 8

A4) Supine Single Leg Lowering x 8 ea. Alt

A11) Pushup, 2 sec down, 1 sec up (leave 2 reps in the tank)

A5) Supine Single Leg Adduction x 8 ea.

A6) Rolling V Sit x 8

A7) Standing Opposing Shoulder Flex./Ext. x 8 ea.

Stimulus

Category/Movement/Modification		Week 1	Week 2	Week 3	Week 4
B1)	KB Lunge, Forward to Reverse	3x8ea	3x8ea	4x8ea	4x8ea
B2)	KB Romanian Deadlift, Single Leg	3x6ea	3x8ea	4x8ea	4x8ea
B3)	Supine Leg Raise, Double Leg	3x10	3x10	4x10	4x10
C1)	Pushup, 1 Hand Elevated on MB	3x8ea	3x8ea	3x8ea	3x8ea
C2)	KB Row, 3-point, 3s ecc	3x10ea	3x10ea	3x10ea	3x10ea
C3)	Pushup Plank Knee Drives to Chest	3x10ea	3x12ea	3x14e	3x14ea
D1)	Banded Straight Arm Pulldown	3x10	3x10	3x10	3x10
D2)	DB V Raise	3x12	3x12	3x12	3x12

Recovery

Standing Straddle Fold Forward x 20s.

Standing Straddle Fold Left x 30s.

Standing Straddle Fold Right x 30s.

Split Kneel Overhead Reach, R. Side Forward x 20s.

Split Kneel Overhead Reach, L. Side Forward x 20s.