



From Head to Toe Academy

STRENGTH AND POWER

PHASE 1

Warm Up: Mobility and Activation

SESSION A (Force Absorption)		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
<i>1 - 3 sets of each; 1 - 2 mins rest in between</i>		#1	#2	#1	#2	#1	#2	#1	#2
Touch Downs	x 3 - 6								
Deadlift	x 8 - 12								
Lateral Spring Back	x 3 - 6								
Cross Step Up	x 8 - 12								
Drop Squat	x 3 - 6								
Squat Pulses / Core Braced	x 8 - 12								
Hollow Hold	ALAP								

SESSION B (Force Production)		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
<i>1 - 3 sets of each; 1 - 2 mins rest in between</i>		#1	#2	#1	#2	#1	#2	#1	#2
Hip Thrust	x 8 - 12								
Knee Jump	x 3 - 6								
Split Squat	x 8 - 12								
Power Split Squat	x 3 - 6								
SL Box Squat	x 8 - 12								
Squat to Power Jump	x 3 - 6								
Crouch Spring (Max Power)	x 8 - 12								

Cool Down Stretch