

## Phase 4: Program A

### Rotation 1: Single Leg Cable Pull

| w.o    | Sets | reps | Rest | tempo   | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--------|------|------|------|---------|-------|-------|-------|-------|-------|
| 1, 3   | 3    | 12   | 0    | Control |       |       |       |       |       |
| 5, 7   | 4    | 10   | 0    |         |       |       |       |       |       |
| 9, 11  | 5    | 10   | 0    |         |       |       |       |       |       |
| 13, 15 | 3    | 14   | 0    |         |       |       |       |       |       |

### Standing Dumb Bell Push Press

| w.o    | sets | reps | Rest | Tempo | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--------|------|------|------|-------|-------|-------|-------|-------|-------|
| 1, 3   | 3    | 12   | 0    | X12   |       |       |       |       |       |
| 5, 7   | 4    | 10   | 0    |       |       |       |       |       |       |
| 9, 11  | 5    | 10   | 0    |       |       |       |       |       |       |
| 13, 15 | 3    | 14   | 0    |       |       |       |       |       |       |

### Loaded Reverse Lung

| w.o    | sets | reps | Rest | tempo   | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--------|------|------|------|---------|-------|-------|-------|-------|-------|
| 1, 3   | 3    | 10   | 0    | Control |       |       |       |       |       |
| 5, 7   | 4    | 8    | 0    |         |       |       |       |       |       |
| 9, 11  | 5    | 8    | 0    |         |       |       |       |       |       |
| 13, 15 | 3    | 14   | 0    |         |       |       |       |       |       |

### Stability Ball Lower Body Twist

| w.o    | sets | reps | Rest | Tempo   | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--------|------|------|------|---------|-------|-------|-------|-------|-------|
| 1, 3   | 3    | -2   | 120  | control |       |       |       |       |       |
| 5, 7   | 4    | -2   | 150  |         |       |       |       |       |       |
| 9, 11  | 5    | -1   | 150  |         |       |       |       |       |       |
| 13, 15 | 3    | -1   | 120  |         |       |       |       |       |       |

### Rotation 2: Stability Ball Chest Press

| w.o    | sets | reps    | Rest | tempo   |  | Set 1 | Set 2 | Set 3 | Set 4 |
|--------|------|---------|------|---------|--|-------|-------|-------|-------|
| 1, 3   | 3    | -2      | 0    | Control |  |       |       |       |       |
| 5, 7   | 2    | -1      | 0    |         |  |       |       |       |       |
| 9, 11  | 2    | -1      | 0    |         |  |       |       |       |       |
| 13, 15 | 3    | failure | 0    |         |  |       |       |       |       |

### Human Rhombus Pulls

| w.o    | Sets | reps | Rest | Tempo |  | Set 1 | Set 2 | Set 3 | Set 4 |
|--------|------|------|------|-------|--|-------|-------|-------|-------|
| 1, 3   | 3    | 12   | 60   | 212   |  |       |       |       |       |
| 5, 7   | 2    | 16   | 60   |       |  |       |       |       |       |
| 9, 11  | 2    | 20   | 60   |       |  |       |       |       |       |
| 13, 15 | 3    | 14   | 60   |       |  |       |       |       |       |

**Rotation 3: Ab Wheel**

| w.o    | sets | reps    | Rest | Tempo   |  | Set 1 | Set 2 | Set 3 | Set 4 |
|--------|------|---------|------|---------|--|-------|-------|-------|-------|
| 1, 3   | 2    | -2      | 0    | control |  |       |       |       |       |
| 5, 7   | 1    | Failure | 0    |         |  |       |       |       |       |
| 9, 11  | 1    | Failure | 0    |         |  |       |       |       |       |
| 13, 15 | 2    | -2      | 0    |         |  |       |       |       |       |

**Cable Face Pulls**

| w.o    | Sets | Reps | Rest | Tempo |  | Set 1 | Set 2 | Set 3 | Set 4 |
|--------|------|------|------|-------|--|-------|-------|-------|-------|
| 1, 3   | 1    | 18   | 60   | 212   |  |       |       |       |       |
| 5, 7   | 2    | 14   | 60   |       |  |       |       |       |       |
| 9, 11  | 2    | 18   | 60   |       |  |       |       |       |       |
| 13, 15 | 1    | 20   | 60   |       |  |       |       |       |       |

Then I finish with some sort of biceps and triceps work

## Phase 4: Program B

### Rotation 1: Box Jump

| w.o    | Sets | reps | Rest | tempo | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--------|------|------|------|-------|-------|-------|-------|-------|-------|
| 2, 4   | 3    | 8    | 0    | X     |       |       |       |       |       |
| 6, 8   | 4    | 6    | 0    |       |       |       |       |       |       |
| 10, 12 | 3    | 10   | 0    |       |       |       |       |       |       |
| 14, 16 | 5    | 8    | 0    |       |       |       |       |       |       |

### Pull Ups

| w.o    | sets | reps | Rest | Tempo   | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--------|------|------|------|---------|-------|-------|-------|-------|-------|
| 2, 4   | 3    | -2   | 0    | control |       |       |       |       |       |
| 6, 8   | 4    | -2   | 0    |         |       |       |       |       |       |
| 10, 12 | 3    | -1   | 0    |         |       |       |       |       |       |
| 14, 16 | 5    | -2   | 0    |         |       |       |       |       |       |

### Dumb Bell Bent Swimmers

| w.o    | sets | reps | Rest | tempo   | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--------|------|------|------|---------|-------|-------|-------|-------|-------|
| 2, 4   | 3    | 18   | 0    | Control |       |       |       |       |       |
| 6, 8   | 4    | 16   | 0    |         |       |       |       |       |       |
| 10, 12 | 3    | 20   | 0    |         |       |       |       |       |       |
| 14, 16 | 5    | 12   | 0    |         |       |       |       |       |       |

### Single Leg Glute Extension

| w.o    | sets | reps | Rest | Tempo | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--------|------|------|------|-------|-------|-------|-------|-------|-------|
| 2, 4   | 3    | 8    | 120  | 121   |       |       |       |       |       |
| 6, 8   | 4    | 8    | 120  |       |       |       |       |       |       |
| 10, 12 | 3    | 10   | 120  |       |       |       |       |       |       |
| 14, 16 | 5    | 8    | 120  |       |       |       |       |       |       |

### Rotation 2: Foot Elevated Push Ups

| w.o    | sets | reps    | Rest | tempo   |  | Set 1 | Set 2 | Set 3 | Set 4 |
|--------|------|---------|------|---------|--|-------|-------|-------|-------|
| 2, 4   | 3    | -2      | 0    | Control |  |       |       |       |       |
| 6, 8   | 3    | -1      | 0    |         |  |       |       |       |       |
| 10, 12 | 3    | -1      | 0    |         |  |       |       |       |       |
| 14, 16 | 2    | failure | 0    |         |  |       |       |       |       |

### Lateral Stability Ball

| w.o    | Sets | reps | Rest | Tempo |  | Set 1 | Set 2 | Set 3 | Set 4 |
|--------|------|------|------|-------|--|-------|-------|-------|-------|
| 2, 4   | 3    | -2   | 60   | 212   |  |       |       |       |       |
| 6, 8   | 3    | -2   | 60   |       |  |       |       |       |       |
| 10, 12 | 3    | -2   | 60   |       |  |       |       |       |       |
| 14, 16 | 2    | 12   | 60   |       |  |       |       |       |       |

**Rotation 3: Dumb Bell Chops**

| w.o    | sets | reps | Rest | Tempo   |  | Set 1 | Set 2 | Set 3 | Set 4 |
|--------|------|------|------|---------|--|-------|-------|-------|-------|
| 2, 4   | 2    | 8    | 0    | control |  |       |       |       |       |
| 6, 8   | 2    | 8    | 0    |         |  |       |       |       |       |
| 10, 12 | 2    | 10   | 0    |         |  |       |       |       |       |
| 14, 16 | 3    | 8    | 0    |         |  |       |       |       |       |

**Single Leg Dead Lift**

| w.o    | Sets | Reps | Rest | Tempo |  | Set 1 | Set 2 | Set 3 | Set 4 |
|--------|------|------|------|-------|--|-------|-------|-------|-------|
| 2, 4   | 2    | 8    | 60   | 212   |  |       |       |       |       |
| 6, 8   | 2    | 10   | 60   |       |  |       |       |       |       |
| 10, 12 | 2    | 12   | 60   |       |  |       |       |       |       |
| 14, 16 | 3    | 10   | 60   |       |  |       |       |       |       |

Then I finish with some sort of biceps and triceps work