

**Day 2**

**A1) Alternating Pike Toe Touch**

Date	Week	Sets	Reps	-	-
	1	2	6 ea.		
	2	3	6 ea.		
	3	3	8 ea.		
	4	4	8 ea.		
	5	4	8 ea.		
	6	5	10 ea.		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**A2) RKC Plank**

Complete immediately after Alt. Pike Toe Touch.

Week	Sets	Time	-	-
1	2	:20		
2	3	:20		
3	3	:25		
4	4	:25		
5	4	:25		
6	5	:30		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**B1) Lateral Raise**

Use Dumbbell, Weight Plates, or Band Tension

Week	Sets	Reps	-	-
1	2	20		
2	3	20		
3	3	25		
4	4	25		
5	4	25		
6	4	25		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**B2) Isometric Hamstring Curl**

Week	Sets	Time	-	-
1	2	:30		
2	3	:30		
3	3	:45		
4	3	:45		
5	4	1:00		
6	4	1:00		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**C1) Overhead Extension**

Use Dumbbell, Slam Ball, or preferably Band Tension. Use the same implement for all 6 weeks. Complete in as few sets as possible.

Week	Sets	Reps	-	-
1	AFSAP	50		
2	AFSAP	75		
3	AFSAP	75		
4	AFSAP	75		
5	AFSAP	100		
6	AFSAP	100		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**D1) Hollow Body Rocks**

Complete as many reps as possible in designated time.

Week	Sets	Reps	Time	-
1	1	AMRAP	1:00	
2	1	AMRAP	1:00	
3	1	AMRAP	1:30	
4	1	AMRAP	1:30	
5	1	AMRAP	1:30	
6	1	AMRAP	2:00	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**E1) Repeat Bolded Exercises in Warm Up**