MRSC Adult Intro Drogram: Strangth Traini	ing w/ Vncc P-	in									
MBSC Adult Intro Program: Strength Trainin	ing w/ Knee Pa	111									
Weeks 1-3				Form Poll				Form Pall			
Foam Rolling				Foam Roll				Foam Roll			
Mobiltiy Circuit	1 1 16.1	1 1.66	 	Mobiltiy Circuit		1 1.66. 1.		Mobiltiy Circuit	1 1 10	1	
Spiderman (go standing with front leg on a l	low box if the	ground is to diffic	cult)	Spiderman (go standing with front leg or	$\frac{1}{2}$ a low box if the g	round is to difficult	İ	Spiderman (go standing with front leg on a	low box if the g	ground is to difficult	i)
Box Hip Flexor with Breathing							Box Hip Flexor with Breathing				
Hip Rotator (do on a high table if up and down is difficult)								Hip Rotator (do on a high table if up and down is difficult)			
Kneeling T-Spine Calf Stretch & Ankle mobility Drill							Kneeling T-Spine Calf Stretch & Ankle mobility Drill				
Yoga Table (pick another shoulder stretch if up and down is difficult)			Yoga Table (pick another shoulder stretch if up and down is difficult)				Yoga Table (pick another shoulder stretch if up and down is difficult)				
90/90 Breathing on Wall: 2 Rounds of 5 Breathes				90/90 Breathing on Wall: 2 Rounds of 5 Breathes				90/90 Breathing on Wall: 2 Rounds of 5 Breathes			
Bi-lateral Hip Lift 3 x 10 seconds & Single Leg hip Lift 3 x 10 ea. side				Bi-lateral Hip Lift 3 x 10 seconds & Single Leg hip Lift 3 x 10 ea. side				Bi-lateral Hip Lift 3 x 10 seconds & Single Leg hip Lift 3 x 10 ea. side			
Toe Touch Squat x 10	Mini-Band Circ	cuit (squats, later	al walks, single leg holds)	Toe Touch Squat x 10	Mini-Band Circui	<mark>t (squats, lateral w</mark> a	alks, single leg ho	Toe Touch Squat x 10	Mini-Band Circu	<mark>it (squats, lateral v</mark>	valks, single leg holds)
Split Squat Hold + 5 Reps				Split Squat Hold + 5 Reps				Split Squat Hold + 5 Reps			
Lateral Squat x 5 ea				<del>Lateral Squat x 5 ea</del>				Lateral Squat x 5 ea			
SLDL x 10 ea				SLDL x 10 ea				SLDL x 10 ea			
Bear Crawl (If kneeling hurts, double up on l	lateral crawl)	Inchworm	Core Act. Leg Lowers 2 x 10 ea.	<u>Ladder</u>				Bear Crawl (If kneeling hurts, double up o	n lateral crawl)	Inchworm	Lying Hip Flexion Holds 2x 15 sec.
Push Up Lateral Crawl		Forward Skip	Core Act. Deadbug 2 x 10 ea.	Shuffle and Stick		Cross In Front		Push Up Lateral Crawl		Forward Skip	Core Act. Deadbug 2 x 10 ea.
High Knee Run		Shuffle	Quad Hip Ext. (on elbows) 2 x 10 ea.	Cross Behind		Lateral In-In/Out	t-Out	High Knee Run		Shuffle	Quad Hip Ext. (on elbows) 2 x 10 ea.
Carioca				In-In/Out-Out		<del>Scissors</del>		Carioca			
Box Jump: 3 x 5	Bike: :45 seco	nds medium inter	nsity	Low Lateral Bound & Stick: 3 x 5 ea		KB Swing x 10 rep	ps	Box Jump: 3 x 5		Light Battling Rop	es 3 x :20/ :25/ :30
Kneeling Chest Pass: 3 x 10				1/2 Kneeling Side Toss: 3 x 10 ea				Standing OH Throw: 3 x10 ea side			
Plank Circuit: 3 x :20/:25/:30 ea				Plank Circuit: 3 x :20/:25/:30 ea				Plank Circuit: 3 x :20/:25/:30 ea			
	Week 1	Week 2	Week 3		Week 1	Week 2	Week 3		Week 1	Week 2	Week 3
KB Deadlift	2x8	3x8	3x10	Goblet Squat to Box	2 x8	3 x 8	3 x 10	KB Deadlift	2x8	3x8	3x10
				w/mini-band and keeping a vertical tibia	a						
Inline Chop (If kneeling hurts, go standing)	2x8	3x10	3x12	Inline Lift (If kneeling hurts, go standing	g) 2x8	3x10	3x12	Inline Row (If kneeling hurts, go standing)	2x8	3x10	3x12
Sumo Hold	<del>2 x :20</del>	<del>3 x :20</del>	3 x :20	Toe Touch Squat	2 x 6	3 x 8	3 x 10	6 Point Bear Crawl	2 x 10 yards	3 x 10 yards	3 x 20 yards
Stability Ball Rollouts	2x8	3x10	3x12	Leg Curl 5 sec. Eccentrics	2 x 5	3 x 6	3 x8	Leg Lowers w/ Core Act	2 x 8	3 x 8	3 x 10
Split Squat Hold	2 x :15	3 x :15	3 x :20	Alt DB	2 x 8 ea	3 x 8 ea	3 x 8ea	Split Squat	2 x 8 ea	3 x 8 ea	3 x 8ea
w/ RNT pulling the knee in				Bench				w/ RNT pulling the knee in			
Chin-Up or X-Pulldown	2 x 5	3 x 5	3 x 5	TRX Row	2 x 8	3 x 8	3 x 10	DB Row	2 x 8 ea	3 x 8 ea	3 x 10 ea
Floorslide or Wallslide	2 x 8	3 x 10	3 x 12	Front Plank	2 x :20	3 x :20	3 x :25	Active Spiderman	2 x 5 ea	3 x 5 ea	3 x 5 ea
								(go standing with front leg on a low box if	the ground is to	difficult)	
Push-Up	2 x 8	3 x 8	3 x 10	Reaching or 1 KB SLDL	2 x 8 ea	3 x 8 ea	3 x 10 ea		2 x 8 ea	3 x 8 ea	3 x 10 ea
				w/ RNT pulling the knee in				(Unless kneeling hurts, go seated or stand			
Farmer Carry	2 x Turf	3 x Turf	3 x Turf	Suitcase Carry	2 x Turf	3 x Turf	3 x Turf		2 x 8	3 x 8	3 x 10
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TK Anti-Rotation Hold	2 x :15 ea	3 x :15 ea	3 x :20 ea	TK Push/Pull	2 x 8 ea	3 x 8 ea	3 x 10 ea	Farmer Carry	2 x Turf	3 x Turf	3 x Turf
(Unless kneeling hurts, go standing)	1110 00			(Unless kneeling hurts, then go standing							
Conditoning	Week 1	Week 2	Week 3	Conditoning	Week 1	Week 2	Week 3	Conditoning	Week 1	Week 2	Week 3
Tempo Runs	<del>x 8</del>	<del>×10</del>	<del>x 12</del>	Sled Push	x4	x5	х6	Airdyne	1 mile	1.5 mile	2 mile
(DEPENDING ON SPACE)				Down and Back = 1				Record Times			
(CE ENDING ON SIACE)		I						i	i e	ĺ	İ
Turf: Down and Back x 1 Minute Rest											
,				(most people don't get knee pain pushir	ng sleds						
Turf: Down and Back x 1 Minute Rest	Backwards Slo	ed Drag	(think mini leg extensions)	(most people don't get knee pain pushir		't too heavy and the	e steps are small)				