

MBSC Adult Intro Program: Strength Training w/ Shoulder P		
Weeks 1-3		
Foam Rolling		
<u>Mobility Circuit</u>		
Spiderman		
Box Hip Flexor with Breathing		
Hip Rotator		
Kneeling T-Spine rotations		
Yoga Table	Calf Stretch & Ankle mobility D	
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		
Toe Touch Squat x 10	Mini-Band Circuit (squats, later	
Split Squat Hold + 5 Reps		
Lateral Squat x 5 ea		
SLDL x 10 ea		
Bear Crawl		Inchworm
Lateral Crawl		Forward Skip
High Knee Run		Shuffle
Carioca		
Box Jump: 3 x 5		Vertical Jump (n
Kneeling Chest Pass: 3 x 10		Core Act. Leg Lov
Plank Circuit: 3 x :20/:25/:30 ea		Core Act. Deadbu
	Week 1	Week 2
KB Deadlift	2x8	3x8
Inline Chop	2x8	3x10
Sumo Hold	2 x :20	3 x :20
Split Squats	2x8	3x6

Chin-Up or X-Pulldown	2 x 5	3 x 5
One Arm X-Pulldown		
Floorslide or Wallslide	2 x 8	3 x 10
Push-Up	2 x 8	3 x 8
Farmer Carry	2 x Turf	3 x Turf
TK Anti-Rotation Hold (Use Good Arm/Shoulder)	2 x :15 ea	3 x :15 ea
<u>Conditoning</u>	Week 1	Week 2
Tempo Runs	x 8	x10
(DEPENDING ON SPACE)		
Turf: Down and Back x 1 Minute Rest		
<i>or</i>		
Treadmill		
15/45 off, 5 Incline		

	Foam Roll
	<u>Mobility Circuit</u>
	Spiderman
	Box Hip Flexor with Breathing
	Hip Rotator
	Kneeling T-Spine rotations
	Yoga Table
	90/90 Breathing on Wall: 2 Rounds
	Bi-lateral Hip Lift 3 x 10 seconds
	Toe Touch Squat x 10
	Split Squat Hold + 5 Reps
	Lateral Squat x 5 ea
	SLDL x 10 ea
	<u>Ladder</u>
	Shuffle and Stick
Vertical Jump (no box risk of falling)	Cross Behind
	In-In/Out-Out
	Low Lateral Bound & Stick: 3 x 5 ea
	1/2 Kneeling Side Toss: 3 x 10 ea
	Plank Circuit: 3 x :20/:25/:30 ea
Week 3	
3x10	Goblet Squat to Box
3x12	Inline Lift
3 x :20	Toe Touch Squat
	Leg Curl 5 sec. Eccentrics
3x8	DB Bench
	<i>One Arm Good Arm/Shoulder</i>

3 x 5	TRX Row
	Floor Slide and Wall Slide
3 x 12	Front Plank
3 x 10	Reaching or 1 KB SLDL
	w/ RNT pulling the knee in
3 x Turf	Suitcase Carry
3 x :20 ea	TK Push/Pull
Week 3	Conditoning
x 12	Sled Push
	Down and Back = 1

			Foam Roll
			<u>Mobility Circuit</u>
			Spiderman
			Box Hip Flexor with Breathing
			Hip Rotator
			Kneeling T-Spine rotations
Calf Stretch & Ankle mobility Drill			Yoga Table
			90/90 Breathing on Wall: 2 Rounds
			Bi-lateral Hip Lift 3 x 10 seconds
Mini-Band Circuit (squats, lateral walks, single leg hold)			Toe Touch Squat x 10
			Split Squat Hold + 5 Reps
			Lateral Squat x 5 ea
			SLDL x 10 ea
			Bear Crawl
	Cross In Front		Lateral Crawl
	In-In/Out-Out		<u>High Knee Run</u>
	Scissors		<u>Carioca</u>
			Box Jump: 3 x 5
	Core Act. Leg Lowers 2 x 10 ea.		Standing OH Throw: 3 x 10 ea side
	Lying Hip Flexion Holds 2x 15 sec.		Plank Circuit: 3 x :20/:25/:30 ea
Week 1	Week 2	Week 3	
2 x 8	3 x 8	3 x 10	KB Deadlift
2x8	3x10	3x12	Inline Row (good arm)
2 x 6	3 x 8	3 x 10	6 Point Bear Crawl
2 x 5	3 x 6	3 x 8	Leg Lowers w/ Core Act
2 x 8 ea	3 x 8 ea	3 x 8ea	Split Squats

2 x 8	3 x 8	3 x 10	DB Row
2x8	3x10	3x12	<i>(Good Arm/Shoulder)</i>
2 x :20	3 x :20	3 x :25	Active Spiderman
			90/90 Hip Stretch
2 x 8 ea	3 x 8 ea	3 x 10 ea	1/2 Kneeling OH Press
			<i>(Good Arm/Shoulder)</i>
2 x Turf	3 x Turf	3 x Turf	Foot Elevated SL Hip Lift
2 x 8 ea	3 x 8 ea	3 x 10 ea	Farmer Carry
Week 1	Week 2	Week 3	<u>Conditoning</u>
x4	x5	x6	Airdyne
			Record Times
Bike Sprints :20/:40			
x6	x7	x8	

2 x 8 ea	3 x 8 ea	3 x 10 ea
2 x 5 ea	3 x 5 ea	3 x 5 ea
:30 sec ea side	:30 sec ea side	:30 sec ea side
2 x 8 ea	3 x 8 ea	3 x 10 ea
2 x 8	3 x 8	3 x 10
2 x Turf	3 x Turf	3 x Turf
Week 1	Week 2	Week 3
1 mile	1.5 mile	2 mile