

	Case Study #			
		Day 1	Day 2	Day 3
Movement Prep	Foam Roll / Soft Tissue			
	Stretch / Mobility			
	Motor Control / Corrective			
	Dynamic Warm Up			
Strength & Power	1a. Upper Body Explosive			
	1b. Lower Body Explosive			
	1c. Core / Corrective			
	2a. Hip / Knee Dominant (bi-lateral)			
	2b. Push / Pull (vertical)			
	2c. Anti-Extension			
	2d. "Open" (core, corrective, hip/knee, push/pull, explosive)			
	2a. Hip / Knee Dominant (uni-lateral)			
2b. Push / Pull (horizontal)				
2c. Anti-Rotation / Lateral-Flexion				
3d. "Open"				
Conditioning	No Impact (bike, row, walk, ropes, met-con)			
	Low Impact (jog, slideboard, sled)			
	High impact (run, sprint, jump, game)			