

ALLTRAIN™ General Performance Training

Client Name: CHANGE_{rx}

Code: AHS CHC 2018 ESD 1.1-6.18

Movement Prep

A1) Foam Roll Glutes x 30-60s ea	B1) Single Leg Hip Extension ISOs 2x8-2s ISO ea
A2) Foam Roll Anterior Shoulder x 30-60s ea	B2) Side Plank 2x25s ea
A3) Foam Roll Single Calf x 30-60s ea	B3) Prone Y W T ISOs 2x15s ea
A4) Supine Leg Swings x8 ea	B4) Quadruped Hip Circles 2x15 ea
A5) Supine Steeple Twist x 8 ea	
A6) Prone Scorpions x8 ea	
A7) Childs Pose to Cobra x8 ea	
A8) Downward Dog to High Plank x8 ea	
A9) 1/2 Kneeling Hip Flexor and Ankle Mobility x8 ea	
A10) Gorilla Squats (Ankle Grab) x8 ea	

Stimulus

Category/Movement/Modification	Week 1	Week 2	Week 3	Week 4
C1) Alternating Reverse Lunges	3x10 ea	3x12 ea	4x12 ea	4x14 ea
Notes: Pause for 1s At the bottom of each rep.				
C2) Body Weight Squats W/ Last Rep ISO	3x10+10s	3x12+12s	4x12+12s	4x14+14s
Notes: Rep out prescribed number of squats then hold last one for time.				
C3) Push-up to Shoulder Touch ISO	3x6 ea	3x8 ea	4x8 ea	4x10 ea
Notes: 2s ISO at top and bottom of each rep.				
D1) Prone I to W - Alternating from W Postion	3x10 ea	3x12 ea	4x12 ea	4x14 ea
Notes: Keep Tension in upper back at all times.				
D2) Supine Dead Bugs	3x10 ea	3x12 ea	4x12 ea	4x14 ea
Notes: Keep core braced.				
D3) Glute Bridge Marches	3x10 ea	3x12 ea	4x12 ea	4x14 ea
Notes: 2s ISOs on each leg.				

Recovery

E1) Half Pigeon Left - 90s	
E2) Half Pigeon Right - 90s	
E3) Thread the Needle Hold Left - 90s	
E4) Thread the Needle Hold Right - 90s	
E5) Hip Extension on Yoga Bock - 90s	