As a reminder our RPE weight scale is as follows:

Light: technique focus. controlled movement. won't be sore the next day

Medium: challenging but can complete all reps and all sets with perfect technique

Heavy: Can barely compete the last rep in each set

Vheavy: Maxed out. Likely needs a spot to finish the last rep

Dynamic: Light but quick, precise movements. Lifting as quick as you can

Stability Max Day 2						
Aerobic Warm up	5-15 min					
Stretching and personal P.T. exercises	10 min					
Activation circuit - any order x2	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
Prone superman stretch w/ band	x10 hold for 5 sec	x10	x10	x10	x10	x10
fire hydrant band holds (light band)	x 6 each leg hold for 10 sec	x 6 each leg hold for 10 sec	x 6 each leg hold for 10 sec	x 6 each leg hold for 10 sec	x 6 each leg hold for 10 sec	x 6 each leg hold for 10 sec
Single leg band series	x 10 each leg, each way	x 10 each leg, each way	x 10 each leg, each way	x 10 each leg, each way	x 10 each leg, each way	x 10 each leg, each way
A skip w/ hold	x 15 meters	x 15 meters	x 15 meters	x 15 meters	x 15 meters	x 15 meters
SL stability - circuit exercises 2-3 rounds 30-60 sec rest between exercises						
Single leg KB RDL w/ push press	x8 each leg med	x8 each leg med	x8 each leg med	x8 each leg med	x8 each leg med	x8 each leg med
Classic bound	x 12 jumps	x 12 jumps	x 12 jumps	x 12 jumps	x 12 jumps	x 12 jumps
Squat jump	2 x 3 jumps	2 x 3 jumps	2 x 3 jumps	2 x 3 jumps	2 x 3 jumps	2 x 3 jumps
Single leg mini box pallof press	x 8 each leg	x 8 each leg	x 8 each leg	x 10 each leg	x 10 each leg	x 10 each leg

*** always add a light warm up set *** Can cycle one core exercises between lift sets***

General Lifts (no circuit, any order)	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
Weighted dip	3 x 5 med	3 x 4 med / heavy	3 x 4 heavy	3 x 4 heavy	3 x 4 heavy	3 x 4 heavy
BB hip thrusters	3 x 5 med	3 x 5 med	3 x 5 med	3 x 5 heavy	3 x 5 heavy	3 x 5 heavy
**can replace with SL hip extension						
Optional add:						
BB single arm row	3 x 5 each arm med	3 x 5 each arm med	3 x 5 each arm med	3 x 4 each arm heavy	3 x 4 each arm heavy	3 x 4 each arm heavy

Core circuit 2-3 times through	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
BB rotation	x 20 total	x 20 total	x 20 total	x 20 total	x 20 total	x 20 total
TRX mountain climber	x 30 - 60 seconds	x 30 - 60 seconds	x 30 - 60 seconds	x 30 - 60 seconds	x 30 - 60 seconds	x 30 - 60 seconds
TRX qudruped hold (not roll out, statior	x 30 - 60 seconds	x 30 - 60 seconds	x 30 - 60 seconds	x 30 - 60 seconds	x 30 - 60 seconds	x 30 - 60 seconds
Nordie crunches	x 10 - 20 (controlled)	x 10 - 20 (controlled)	x 10 - 20 (controlled)	x 10 - 20 (controlled)	x 10 - 20 (controlled)	x 10 - 20 (controlled)
front plank band row	x 10 each side (slow)	x 10 each side (slow)	x 10 each side (slow)	x 10 each side (slow)	x 10 each side (slow)	x 10 each side (slow)