

Corrective Program Foundations Phase

			Full Body #1						
A1) Hanging Position Kettlebell Deadlift									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
		1	3	12		4-2-01			
		2	3	12		4-2-01			
		3	3	10		3-2-01			
		4	3	8		2-1-01			
A2) Supine Pelvic Tuck to Knee March									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
		1	3	10		1-2-04			
		2	3	10		1-2-04			
		3	3	10		1-2-04			
		4	2	10		1-2-04			
A3) Yoga Push-Up									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
		1	3	8	90 sec.	Slow			
		2	3	8	90 sec.	Slow			
		3	3	10	90 sec.	Slow			
		4	2	10	90 sec.	Slow			
B1) Dumbbell Split Squat									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
		1	3	12/side		4-2-01			
		2	3	12/side		4-2-01			
		3	3	10/side		3-2-01			
		4	3	8/side		2-1-01			
B2) TRX Suspension Trainer Low Row									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
		1	3	12		1-2-04			
		2	3	12		1-2-04			
		3	3	10		1-2-03			
		4	3	8		1-2-02			
B3) Half-Kneeling Knee to Wall Stretch									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
		1	2	8/side	90 sec.	Slow			
		2	2	8/side	90 sec.	Slow			
		3	2	8/side	90 sec.	Slow			
		4	2	8/side	90 sec.	Slow			
C1) Stability Ball Leg Curl									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
		1	3	10		1-2-04			
		2	3	12		1-2-04			
		3	3	12		1-2-04			
		4	3	15		1-2-04			
C2) Half-Kneeling Anti-Rotation Cable Press									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
		1	3	12	90 sec.	1-2-03			
		2	3	12	90 sec.	1-2-03			
		3	3	10	90 sec.	1-2-03			
		4	2	10	90 sec.	1-2-03			
D1) Standing Cable Facepull									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
		1	3	15		1-2-03			
		2	3	15		1-2-03			
		3	3	12		1-2-03			

			Full Body #1						
	4	3	12		1-2-03				
D2) Sidelying T-Spine Rotation									
Date	Week	Sets	Reps	Rest	Tempo	Set 1	Set 2	Set 3	Set 4
	1	2	8/side	90 sec.	Slow				
	2	2	8/side	90 sec.	Slow				
	3	2	8/side	90 sec.	Slow				
	4	2	8/side	90 sec.	Slow				