

# Day 1

# MFT Phase 1

Mobility Focus: Ankles, Hips

Skill Focus: Single Leg Hinge

Training Focus	
1	Restore Function
2	Develop Function
3	Build Muscle Endurance

Tissue Quality - Release	
1	Gastrocnemius
2	Adductors
3	Quadriceps
4	ITB / Hip Flexors
5	Glutes

Mov't Prep	
1	Standing knee to wall (Ankle)
2	Pulsed hip flexor mobilisation
3	Rectus Femoris mobilisation
4	Sumo Goblet Squat - Hip Abduction / Ext Rotaion
5	Banded Squat / Banded Clams

Core / Skill		Date:	Date:	Date:	Date:
		Week 1	Week 2	Week 3	Week 4
		Target	Progression	Progression	Progression
A1	Kneeling SB Hinge	3 x 30sec	Staggered Stance Deadlift		Single Leg Deadlift
A2	Front Plank	3 x 30sec	SFS Plank		SFS Plank
Movement Focus		Target	Actual	Target	Actual
		Sets	Reps	Sets	Reps
B1	SB Bear Hug Squat	2	15	3	15
B2	Suspended Row	2	12	3	15
C1	SB Deadlift / High Pull	2	15	3	15
C2	Suspended Push-up	2	12	3	15
Conditioning		Target	Actual	Target	Actual
		2 rounds		3 rounds	
AMRAP		7mins	10mins	10mins	10mins
Suspended Biceps Curl x 8			x 10	x 12	
Suspended Triceps Press x 8			x 10	x 12	
Run x 300m					

Let the journey begin