

Day 3

MFT Phase 2

Mobility Focus: Ankles, Hips

Skill Focus: Double KB Cleans

Training Focus	
1	Lower Body
2	Functional Hypertrophy
3	Metabolic Conditioning

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

Mobility / 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 Rotation
5	Banded Squat / Banded Clams

Notes	
1	Aim to hit a load that matches the reps E.g. 10 reps would be about your 11-13RM
2	RFE = Rear Foot Elevated (or Bulgarian)

		Date:				Date:				Date:				Date:			
		Week 1				Week 2				Week 3				Week 4			
Core / Skill		Target				Progression				Progression				Progression			
A1	Dowel Overhead Squat	2 x 8															
A2	Hand Walkout	2 x 8															
A3	BW Split Squat	2 x 8ES															
A4	KB Dead Clean	2 x 8ES															
Movement Focus		Target		Actual		Target		Actual		Target		Actual		Target		Actual	
		Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
B1	Double KB Cleans	3	12			3	10			4	8			2	10		
B2	Double KB Front Squat	3	8ES			3	10ES			4	10ES			2	10ES		
C1	Double KB RFE Split Squat	3	12ES			3	10ES			4	8ES			2	8ES		
C2	SB Zercher Good Mornings	3	15			3	15			3	12			2	12		
Metabolic Conditioning		Target		Actual		Target		Actual		Target		Actual		Target		Actual	
		2 Rounds				3 Rounds				3 Rounds				2 Rounds			
Tabata 20:10. D1 to D4 twice through = 1 Round																	
D1	Double KB Alternating High Pulls																
D2	Battle Rope Slams																
D3	Suspended Ice Skater																
D4	Battle Rope Bull Whips																