

Day 1

MFT Phase 2

Mobility Focus: Thoracic / Shoulders

Skill Focus: Double KB Jerk

Training Focus	
1	Functional Hypertrophy
2	Upper Body
3	Girevoy Conditioning

Tissue Quality - Release	
1	T-Spine / Rhomboids / Traps
2	Lats
3	Triceps
4	Pecs
5	

Mobility / Mov't Prep	
1	Foam Roller T-Spine Breathing Extension
2	Kneeling Lat Dorsi Mobilisation
3	Quadrupped Extention / Rotation
4	Kneeling bench breathing / Stretch
5	Down Dog to Updog (Pike Mobilization)

Notes	
1	Aim to hit a load that matches the reps. E.g. 10 reps would be about your 11-13RM
2	Pyramid W3 complete just once through
3	Pyramid W4 complete 40,30,20,10,10,20,30
4	Pyramid W3 + W4. Strict 2min rest between sets
5	* Weight in kg is based on 16kg = 100%. Adjust for you.
6	May need to do Girevoy on different day. Don't overdo.

Core / Skill		Date:	Date:	Date:	Date:
		Week 1	Week 2	Week 3	Week 4
		Target	Progression	Progression	Progression
Functional Hypertrophy		Target	Actual	Target	Actual
		Sets	Reps	Sets	Reps
A1	KB Pistol Press	2 x 8ES			
A2	Double KB Renegade Row	2 x 8ES			
A3	KB 1/2 TGU	2 x 8ES			
B1	SB Weighted Push-ups	3	10	3	12
B2	KB Single Leg Dead Lift	3	8ES	3	10ES
C1	Double KB Alternating Press	3	10ES	3	12ES
C2	KB Row	3	10ES	3	12ES
Girevoy Conditioning		Target	Actual	Target	Actual
		1 Round		1 Round	
Double KB Jerk		8 x 1min, 1min rest	10 x 1min, 1min rest	Pyramid kg*	Pyramid kg*
				12kg x 2min	12kg x 30 reps
				16kg x 90sec	16kg x 20 reps
				20kg x 1min	20kg x 10 reps
				24kg x 30sec	24kg x 5 reps