

# Day 2

# MFT Phase 1

Mobility Focus: Shoulders

Skill Focus: SB + KB Clean and Press

## Training Focus

- Restore Function
- Develop Function
- Build Muscle Endurance

## Tissue Quality - Release

- Pecs
- External Rotators
- Lats
- Triceps
- Upper Traps

## Mov't Prep

- Kneeling Lat Dorsi Mobilisation
- Forearm Wall Slide
- Scapular Wall Slide
- Sleeper Mobilization
- Scapular Push-up

## Core / Skill

- KB 2-Hand Clean
- SB Overhead Walk

## Movement Focus

- SB Front Squat
- Assisted Pull-up / Lat Pull Down

- KB Swing
- KB 2 Hand Press / Single Press

## Conditioning

### KB Complex

- KB Figure of 8 x 8ES
- KB Row x 8ES
- KB Halo x 8ES
- KB Lunge x 8 ES

Date:

Week 1

Target

Date:

Week 2

Progression

Date:

Week 3

Progression

Date:

Week 4

Progression

3 x 30sec

3 x 30sec

KB Single Arm Dead Clean

KB Swing Swing Clean

KB Single Overhead Walk

KB Clean

Target

Actual

Target

Actual

Target

Actual

Target

Actual

Sets Reps

Sets Reps

Sets Reps

Sets Reps

Sets Reps

Sets Reps

Sets Reps

Sets Reps

2 15

2 8

3 15

3 8

3 12

3 10

3 12

3 10

2 15

3 15

3 15

3 10ES

3 20

3 10ES

3 15ES

3 10ES

Target

Actual

Target

Actual

Target

Actual

Target

Actual

2 rounds

2 rounds

3 rounds

3 rounds

20sec rest  
between exercises

Rest between rounds  
only. 30 sec

Aim to complete all  
rounds without rest

Technique is primary!