

# Day 2

# MFT Phase 3

**Mobility Focus:** Shoulders / Thoracic

**Strength Focus:** KB Alternating Press

## Training Focus

- 1 Push Power
- 2 Upper Push Strength
- 3 Battlerope Endurance

## Tissue Quality - Release

- 1 Pecs
- 2 External Rotators
- 3 Lats
- 4 Triceps
- 5 Upper Traps

## Mobility / Mov't Prep

- 1 Kneeling Lat Dorsi Mobilisation
- 2 Forearm Wall Slide
- 3 Scapular Wall Slide
- 4 Sleeper Mobilization
- 5 Scapular Push-up

## Notes

- 1 Rest as needed between sets. Power and Strength require 2mins rest at least between sets.
- 2 Always lift fast in concentric phase
- 4 Battlerope aim is to keep constant velocity to the anchorpoint for entire time allocated to each set.

## Movement Prep

- A1 Scap Push-up
- A2 Suspended Standing Dive
- A3 KB Row

## Power

- B1 Plyometric Push-ups
- B2 Suspended Stability Lunge Jump

## Strength

- C1 Double KB Alternating Press
- C2 Double KB Single Leg Deadlift

## Trunk

- D1 SB Rotations / Around the World
- D2 Suspended Oblique Knee Tuck

## Conditioning

Battlerope Endurance

- E1 Battlerope waves

Date:				Date:				Date:				Date:			
Week 1				Week 2				Week 3				Week 4			
Target				Progression				Progression				Progression			
3 x 10 3 x 10 3 x 10ES															
Target		Actual		Target		Actual		Target		Actual		Target		Actual	
Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
3      6				3      6				4      6				2      5			
3      10				3      10				4      10				2      10			
Target		Actual		Target		Actual		Target		Actual		Target		Actual	
Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
4      6ES				5      5ES				6      4ES				4      3ES			
4      6ES				5      6ES				6      8ES				4      6ES			
Target		Actual		Target		Actual		Target		Actual		Target		Actual	
Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
3      8EW				3      10EW				4      10EW				2      10EW			
3      8ES				3      10ES				4      10ES				2      10ES			
Target		Actual		Target		Actual		Target		Actual		Target		Actual	
				3 Rounds				3 Rounds				2 Rounds			
8 sets of 1minute 2minutes rest				6 sets of 90seconds 2minutes rest				5 sets of 2minutes 2minutes rest				3 sets of 3 minutes 3minutes rest			