

Day 3

MFT Phase 1

Mobility Focus: Thoracic Extension/Rotation

Skill Focus: Turkish Get-UP

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

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

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

		Date:				Date:				Date:				Date:			
		Week 1				Week 2				Week 3				Week 4			
Core / Skill		Target				Progression				Progression				Progression			
A1	KB Low Windmill	3 x 30sec ES				Add Leg Sweep				KB High Windmill				KB TGU			
A2	SB Overhead Kneel to Stand	3 x 30sec ES															
A3	BW 1/2 TGU	3 x 30sec ES															
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	SB Staggered Stance Squat	2	10	ES		3	15			3	12			3	12		
B2	SB Bent-Over Row	2	15			3	15			3	10			3	10		
C1	Double KB Step-ups	2	10	ES		3	10	ES		3	10	ES		3	8	ES	
C2	Double KB Floor Press	2	15			3	15			3	10			3	10		
Conditioning		Target		Actual		Target		Actual		Target		Actual		Target		Actual	
		2 rounds				3 rounds				3 rounds				> 3 Rounds			
Circuit 30sec:15sec x 3 rounds																	
Suspended Hamstring Curl																	
Burpees																	
Shuttle Runs - 5metre distance																	

Training intent is all-important!