

ARC Athletic Performance: No Equipment – No Problem																	
Exer No.	Week	Intended		Actual		Intended		Actual		Intended		Actual		Intended		Actual	
		1	1	2	2	3	3	4	4								
	Weekly Schedule	Mon	LS	Tues	FS	Wed	BF TP	Thur	FS	Fri	C	Sat	US	Sun	nil	Sun	nil
WU	Core ACT + DROM: Crunch + Reverse Pec Deck Leg Lower (x8), Bridge Sprinter (x8/), Pullover Sit-up w Rotation, Side Plank + Arm Clock (x8/si/dir), Contra Cat Camel Spinal Flexion and Extension (x8/), Child's to Camel Pose (x4), Low Heel Straight Leg Pike Walk (x4), Split Kneel Side Bend (x6/), Split Squat Hold + Abd & Add Hand Tracking Rotation(x3/), Prisoner Ath. Pos. w Partner Shoulder Push (x10), <u>1</u> or 2ft Squat Hold w Partner Knee Push and Pull (x10)																
1a	+ Partner Mountain Climber Switches	2*10/ 2-0-1	2*10/ 1-0-1			2*12/ 2-0-1	3*12/ 1-0-1			2*15/ 2-0-1	2*15/ 1-0-1						
1b	Seated Eye to Pocket Arm Sprint	2x15/ Qwik	2*15/ Qwik			2x20/ Qwik	2*20/ Qwik			2x25/ Qwik	2*25/ Qwik						
1c	Prisoner MR <u>Anti</u> Side Bend <i>or</i>	2*6/ 1-1-1	2*6/ 1-1-1			3*7/ 1-1-1	3*7/ 1-1-1			3*8/ 1-1-1	3*8/ 1-1-1						
1c	SB <u>DB</u> Side sit-up	2*6/ 1-1-1	2*10/ 1-1-1			2*7/ 1-1-1	2*12/ 1-1-1			2*8/ 1-1-1	2*15/ 1-1-1						
2a	Kneeling Side Plank & Top Leg Abd + Partner Steppers	2*6/ 1-2-1 2x6/ 1-0-1	2*6/ 1-2-1 2*6/ 1-0-1			3*8/ 1-0-1 3*8/ 1-2-1	3*8/ 1-0-1 3*8/ 1-2-1			3*10/ 1-0-1 3*10/ 1-2-1	3*10/ 1-0-1 3*10/ 1-2-1						
2b	4 Legged Table Top + Partner Split Jump Squat	2*8 2-0-1	2*8 2-0-1			2*10 2-0-1	2*10 2-0-1			2*12 2-0-1	2*12 2-0-1						
2c	Split <u>Kneel</u> / Squat Hold + MR/ <u>DB</u> Straight Arm Diag Lift	2x6/ 2-0-2	2*6/ 2-0-2			2x7/ 2-0-2	2*7/ 2-0-2			2x8/ 2-0-2	2*8/ 2-0-2						
3a	Towel Assisted Sit-up + MR Row	2*6/ Cont	2*6/ Cont			2*7/ Cont	2*7/ Cont			2*8/ Cont	2*8/ Cont						
3b	Tube Holds + <u>Agility</u> Chop	2x6/ Cont	2*6/ Cont			2x8/ Cont	2*8/ Cont			2x10/ Cont	2*10/ Cont						
3c	Crunch + Rev. Pec Deck	2x8 1-1-1	2x8 1-1-1			2x10 1-1-1	2x10 1-1-1			2x12 1-1-1	2x12 1-1-1						

Weekly Schedule: FS=Functional Strength, LS =Lower Body Strength, US=Upper Body Strength, BF=Balanced Flexibility, TP=Trigger Point Massage, Core

Equipment: Cable / Tube = Cable Stack or Tubing, DB = Dumbell, MB = Medicine Ball, MR = Partner Hand Resistance, SB = Stability Ball,

Notes: Beginners = shaded, Advanced = Underlined

Prescription: Beginners (Wk 1-3) = 1set / exer, Intermediate Wk (4-6) = 2sets / exer, Advanced (7-9) = 3 sets/exercise

Prescription: 2*6/: 1-0-1 reads as follows 2 sets of 6 repetitions at a tempo of 1 sec up or down, no pause and 1 sec in the reverse direction. In general most tempo's are indicated eccentric – transition – concentric muscle actions.