

# Phase 2.1



Goal: Skill acquisition, smooth and pretty and working on building volume. Intensity will be emphasized over the coming weeks so moderate here.

### Phase 2.1 (wks 6-7)

	Day 1	Sets and Reps	Weight	Notes	Mobility
Warm Up	Stationary Bike				
Warm Up	lateral Crab Walk, knees bent	3x60 sec	Moderate Band around knees		<a href="#">Heel Slides</a>
Primary	<a href="#">KB RDLs</a>	Ramp Sets of 8-10 until moderate intensity, 2 sets at top weight. Record weight.	3-4 RIR	See Appendix for Ramp Set Explanation	<a href="#">Wall Slides</a>
Secondary	<a href="#">Lateral step Down</a>	2-3 sets of 5-8 reps	Low volume, skill emphasis	<a href="#">Anterior Step Down</a> once able	<a href="#">LLLD Knee Extension</a>
Hypertrophy	<a href="#">Prone Hamstring Curls</a>	3x10	Moderate band	Avoid hyperextension	<a href="#">Prone Knee Extension</a>
Hypertrophy	<a href="#">Knee Extension ISOM</a>	10x10 sec @ 70% intensity			<a href="#">Strap Calf Stretch</a>
Core	<a href="#">Front Planks</a>	3 x 20-45 sec			<a href="#">Prone Quad Stretch</a>
	Day 2	Sets and Reps	Weight		
Warm Up	monster Walk FWD, Knees Bent	3x60 sec			<b>Phase 2 Goals and Progression Criteria</b>
Primary	<a href="#">KB Front Squat</a>	Ramp Sets of 8-10 until moderate intensity, 2 sets total at top weight. Record weight.			1) Demonstrate ability to reproduce program outside of clinic, consistently and as prescribed.
Secondary	<a href="#">1L RDL</a>	2x6		Skill emphasis	2) Normalized passive range of motion in all planes (ext/flexion)
Secondary	<a href="#">Ecc 1L Leg Press</a>	3-4 sets of 8-12 reps		If available	3) 50% Limb Symmetry or greater with hip ABD, Knee Extension testing
Hypertrophy	<a href="#">2L Bridge</a>	3-4x10-15		Ok to progress to 1L once able	4) Able to complete training session with less than 2 pt increase in pain
Core	<a href="#">Side Planks</a>	3 x 20-40 sec		See Progression, modify to tolerances	
	Day 3	Sets and Reps	Weight		
Warm Up	lateral Crab Walk, knees bent	3x60 sec			
Primary	<a href="#">KB Box Step Up</a>	Ramp Sets of 8-10 until moderate intensity, 2 sets at top weight. Record weight.	3 RIR	Start at 6in, work up to 12 in box over several weeks THEN add weight	
Secondary	<a href="#">Lunges (Surgical Leg in Front)</a>	2x6			
Secondary	<a href="#">Calf Raises</a>	3x10-15	3 RIR		
Hypertrophy	<a href="#">Knee Extensions 90-60 deg</a>	3x12-15	4 RIR		
Core	<a href="#">Partial Sit Up</a>	3x12	2-3 RIR	Surgical leg straight	

RPE (Rate of Perceived Exertion)	Reps In Reserve (RIR)	RIR	General Exertion	Cardio Conversion
10	Could not have done more reps or weight	0		Almost impossible, couldn't finish
9.5	Could do 0 more reps, maybe a little more weight	0-1	Almost failed or DID fail, VERY VERY heavy!	
9	Could have done one more rep.	1		Very hard, can speak in one word sentences
8.5	Could definitely have done 1 more, maaaaybe 2	1-2	Very heavy! Needed 3-5 minutes of rest	
8	Could have done 2 more reps	2		Hard, can speak in very short sentences
7.5	Could definitely do 2 more, maaaaybe 3	2-3	Moderately hard/heavy, need a couple minutes rest	
7	Could have done 3 more reps	3	Moderate/Medium, need a 1-2 minutes of rest	Borderline uncomfortable, short of breath, can speak in sentences.
5-6	Could have done 4 to 6 more reps	4-6	Easy to Medium, needed less than a minute rest	Breathing heavily, can hold a short conversation
1-4	Very light to little effort	6+	Easy, didn't need much if any rest	Easy, can do for hours possibly