

Phase 2.2



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

Phase 2.2 (wks 8-9)

	Day 1	Sets and Reps	Weight	Notes	Mobility
Warm Up	Lateral Crab Walk...	3x60 sec			Heel Slides
Primary	Barbell RDLs	Ramp Sets of 8-10 until moderate intensity, 2 sets at top weight. Record weight.			LLLD Knee Extension
Secondary	Lateral step Down	2-3 sets of 5-8 reps			Prone Knee Extension
Hypertrophy	Prone Hamstring Curls	3-4 sets of 8-12	3 RIR	See RIR, can be banded or machine but if machine, avoid hyperextension	Strap Calf Stretch
Hypertrophy	Knee Extension ISOM	10x10 sec @ 70% intensity			Prone Quad Stretch
Core	Front Planks	3 x 20-45 sec			Quad Foam Roll
	Day 2	Sets and Reps	Weight		
Warm Up	Monster Walk FW...	3x60 sec			
Primary	KB Front Squat	3x8 @ >3 RIR		Or high bar, low bar depending on patient history and preference	See Appendix for Progression Criteria
Secondary	1L RDL	3x6-10 reps		Skill emphasis	
Secondary	Ecc 1L Squat to Box	3-4 sets of 5-8 reps		2 up, 1 down, adjust height to tolerance	
Quad	Knee Extensions 90-60 deg	3x8-10 @ 3 RIR		Tolerance exposure, not intensity	
Hypertrophy	2L Bridge	3-4x10-15 @ RPE 7		RPE 7/10 = 3 RIR (see appendix)	
Core	Side Planks	3 x 20-40 sec, moderate intensity			
	Day 3	Sets and Reps	Weight		
Warm Up	Lateral Crab Walk...	3x60 sec			
Primary	Barbell Bridge	3x10-12	4 RIR		
Secondary	KB Box Step Up	Ramp Sets of 8-10 until moderate intensity, 2 sets at top weight. Record weight.		Start at 6", work up to 12" box over several weeks THEN add weight	
Secondary	Lunges (Surgical Knee Only)	3x6	4-5 RIR	Surgical Knee in front, scale as needed.	
Secondary	Calf Raises	3x10-15	3 RIR		
Hypertrophy	Knee Extension ISOM	10x10 sec @ 80% intensity			
Core	Partial Sit Up	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 failed or DID fail, VERY VERY heavy!	Almost impossible, couldn't finish
9.5	Could do 0 more reps, maybe a little more weight	0-1		Very hard, can speak in one word sentences
9	Could have done one more rep.	1	Very heavy! Needed 3-5 minutes of rest	Hard, can speak in very short sentences
8.5	Could definitely have done 1 more, maaaaybe 2	1-2		
8	Could have done 2 more reps	2	Moderately hard/heavy, need a couple minutes rest	Borderline uncomfortable, short of breath, can speak in sentences.
7.5	Could definitely do 2 more, maaaaybe 3	2-3		
7	Could have done 3 more reps	3	Easy to Medium, needed less than a minute rest	Breathing heavily, can hold a short conversation
5-6	Could have done 4 to 6 more reps	4-6		
1-4	Very light to little effort	6+	Easy, didn't need much if any rest	Easy, can do for hours possibly

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