

SUTT Functional Strength Base Training Phase 2007

(move quickly between sets; keep movements dynamic, fluid and controlled.)

	Exercises	Reps/t	Sets	Comments
Warm up	1. Arm swings 2. Runner's drill	1' each, rotate through	1-2	
Torso	1. Side to side bends with dumbbell	10 15	2 (week 1-3) 2 (week 4-7)	
	2. Good mornings with dumbbell, single leg	12 (6 ea leg) 15	2 (week 1-3) 2 (week 4-7)	
Chest	1. Bench Press	10 15	2 (week 1-3) 2-3 (week 4-6)	do full range, mix w/ half range controlled pace both up & down Alternate with #3
	2. Dumbbell Fly's	10 15	2 (week 1-3) 3 (week 4-6)	Using bench, lying on back
	3. Incline Press	10 10	2 (week 1-3) 3 (week 4-6)	Incline bench, Use heavier weight week 4-6
Latissimus Dorsi	1. Lat Pull down to behind head (shoulder width)	10 15	2 (week 1-3) 3 (week 4-6)	Alternate with #2
	2. Lat pull down, reverse grip (narrow grip to chest)	10 20	2 (week 1-3) 2 (week 4-7)	
Shoulders	1. Bent over reverse fly pulses , thumbs down, switch ½ way thumbs up	2x1'	2 Add circles week 4-7	Seated or standing, if standing try w/ single leg stance,
Triceps	1. Straight arm press down, single leg	10 15	2 (week 1-3) 3 (week 4-6)	Using rope or Y on lat machine, 2 arms, no extension @ elbow
	2. Triceps row, single arm with dumbbell	10 15 2	2 (week 1-3) 2 (week 4-7)	Bend over, opposite knee on bench
Biceps	1. Seated single arm curl, elbow on thigh	10 15	2 (week 1-3) 3 (week 4-6)	Full range of motion, alternate with #2
	2. Incline bicep curl	10 12	2 (week 1-3) 3 (week 4-6)	Use seated incline bench Heavier weights weeks 4-6

SUTT Functional Strength Base Training Phase 2007– Cont.

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	Exercises	Reps/t	Sets	Comments
Rotators	1. Back (stick-up) against wall	45"-60"	1 (week 1-3) 2 (week 4-7)	Wrists flat against wall, 90 degree arms
Thighs	1. Leg press single leg	10 15	2 (week 1-3) 2 (week 4-7)	Use seated leg press machine
	2. Calf extensions – elevated step or block	10 20	2 (week 1-3) 2 (week 4-7)	Use a 1" heel drop, no more, lean against the wall
Hamstrings	1. Hamstring curl, single leg	10 12	2 (week 1-3) 3 (week 4-6)	
	2. Dead-lifts with full extension overhead (free bar)	10 15	2 (week 1-3) 2 (week 4-7)	Keep knees slightly bent, control, no jerking, not too much weight
Glutes	1. Gluteal – mule kicks	10 15	2 (week 1-3) 2 (week 4-7)	#1, 2, 3, - all exercises Start on all 4's, hips square, single leg
	2. Gluteal – scissors (swing straight leg side to back)	10 15	2 (week 1-3) 2 (week 4-7)	Full range of motion, strong core
	3. Gluteal – leg circles	10 15	2 (week 1-3) 2 (week 4-7)	Hold straight leg to side and small circles
Abdominals /Back	1. Crunches with twist (feet in tabletop)	15	2 (week 1-3) 3 (week 4-6)	
	2. Knee crunch, prone on fit ball	15 15	2 (week 1-3) 3 (week 4-6)	Start prone, elbows straight pushup style with ankles on fit ball, bring knees to chest
	3. Back hyper extensions	10 12	2 (week 1-3) 2 (week 4-7)	Can do on floor –superman position
Core Functional	1. prone lateral walks	10 alt sides	2 (week 1-3) 2 (week 4-7)	
	2. prone lateral karaoke	10 alt sides	2 (week 1-3) 2 (week 4-7)	
Warm down	Your choice stretches			