# MINNESOTA

**WARM-UP**
- Dynamic Warmup Level 1B
- Dynamic Jogging
- Dynamic Walking
- Vestibular system Training
- Nerve Glide Z health
- Proprioceptive Enhancment

**STRENGTH PREP** — Strength Prep Leg 1
- Agility Drills

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband  Post-Shake Fish oil and Vits

| 100% | MONDAY | 4-Jun-12 (100.0%) REPS | LOAD | SETS | NOTES | 11-Jun-12 (100.0%) REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|---|---|---|---|
| | Neural Speed Tuning | T | | 1 | Fly 60 | T | | 1 | Fly 60 |
| 281 | Single Leg Squat | 5 | 125 - 155 | 1 | | 5 | 125 - 155 | 1 | |
| | | | | | No Rest | | | | No Rest |
| 281 | Single Leg Squat | 3 | 165 - 185 | 1 | Spine Rolls | 3 | 165 - 185 | 1 | Spine Rolls |
| | | | | | No Rest | | | | No Rest |
| 281 | Single Leg Squat | 3 | 220 - 225 | 1 | Coach Watch | 3 | 220 - 225 | 1 | Coach Watch |
| 281 | Single Leg Squat | T | 255 - 265 | 4 | 0:3:0:0:20:20 | T | 255 - 265 | 4 | 0:3:0:0:20:20 |
| | Pair with | | | | | | | | |
| | Below Boxes | | | | | | | | |
| | French Contrast | | | | | | | | |
| | Hurdle Hop | 4 | | 4 | Height | 4 | | 4 | Distance |
| | Pair w/NO REST | EU | | | | | | | |
| | SQ Jump Weighted | 4 | | 4 | 0:2:0:0:0:0 | 4 | | 4 | 0:2:0:0:0:0 |
| | Pair w/NO REST | EU | | | | EU | | | |
| | Acc Band Jump Pause | 4 | | 4 | 0:2:0:0:0:0 | 4 | | 4 | 0:2:0:0:0:0 |
| | 4 way neck | T | | 4 | 0:10:0:0:20:20 | T | | 4 | 0:10:0:0:20:20 |
| | PW / 45 rest/BB/RT | | | | Stretched | | | | 2-way |
| | Wrist Flexion | T | | 4 | 0:20:0:0:20:20 | T | | 4 | 0:20:0:0:20:20 |
| | PW / 45 rest/BB/RT | ED | Set - Hr | 103 | | EU | Set - Hr | 103 | |
| | ANT TIB BND | T | | 4 | 0:20:0:0:20:20 | T | | 4 | 0:20:0:0:20:20 |
| 250 | DB Walking Lunge | T | 165 - 175 | 3 | Bands / 1 Leg | T | 165 - 175 | 3 | Bands / 1 Leg |
| | PW / 45 rest/BB/RT | EF | | | 0:2:0:0:20:20 | | | | 0:2:0:0:20:20 |
| | Cuban PRSS INC F8 | T | | 3 | 0:2:0:0:20:20 | T | | 3 | 0:2:0:0:20:20 |
| | PW / 45 rest/BB/RT | EU | Set - Hr | 110 | Each Leg | EU | Set - Hr | 110 | Each Leg |
| | Ankle Band Work | T | | 3 | 0:20:0:0:20:20 | T | | 3 | 0:20:0:0:20:20 |
| 625 | Glute Bar Lift | T | 470 - 500 | 3 | 0:4:0:0:20:20 | T | 470 - 500 | 3 | 0:4:0:0:20:20 |
| | PW / 45 rest/BB/RT | EU | | | | | | | |
| | Hip Flex Iso Prone | T | | 3 | 0:2:0:0:20:20 | T | | 3 | 0:2:0:0:20:20 |
| | PW / 45 rest/BB/RT | ED | Set - Hr | 110 | | ED | Set - Hr | 110 | |
| | Bench Add Groin | T | | 3 | 0:4:0:0:20:20 | T | | 3 | 0:4:0:0:20:20 |
| | Hip Traction | 300S | | 1 | Belly Breath | 300S | | 1 | Belly Breath |
| | Pair w/ | | | | No Rest | | | | No Rest |
| | Partner Leg Walks | | | | | | | | |
| | Pair w/ | | | | No Rest | | | | No Rest |
| | GH HANG | 60S | | 1 | Relax Mouth | 60S | | 1 | Relax Mouth |

MONDAY NOTES

**WARM-UP**
- Dynamic Warmup Level 1B
- Dynamic Jogging
- Dynamic Walking
- Vestibular system Training
- Nerve Glide Z health
- Proprioceptive Enhancment

**STRENGTH PREP** — Strength Prep Leg 10
- Agility Drills

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband  Post-Shake Fish oil and Vits

| 100% | WENDESDAY | 6-Jun-12 (100.0%) REPS | LOAD | SETS | NOTES | 13-Jun-12 (100.0%) REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|---|---|---|---|
| | Hormonal Strain Release | T | | 1 | 0:6:0:0:6:10 | T | | 1 | |
| 313 | SL Hex Deadlift | 5 | 205 - 220 | 1 | Roll I Band | 5 | 140 - 170 | 1 | Roll I Band |
| | Pair w/ No Rest | | | | | | | | No Rest |
| 313 | SL Hex Deadlift | 3 | 185 - 205 | 1 | Spine Rolls | 3 | 185 - 205 | 1 | Spine Rolls |
| | Pair w/ No Rest | | | | | | | | No Rest |
| 313 | SL Hex Deadlift | 3 | 245 - 250 | 1 | Coach Watch | 3 | 245 - 250 | 1 | Coach Watch |
| 313 | SL Hex Deadlift | T | 295 - 315 | 2 | 0:5:0:0:5:10 | T | 295 - 315 | 2 | 0:5:0:0:5:10 |
| | 60 Rest / BB/ RT | | Set - Hr | 105 | | | Set - Hr | 105 | |
| 313 | SL Hex Deadlift | T | 295 - 315 | 2 | 0:5:0:0:5:10 | T | 295 - 315 | 2 | 0:5:0:0:5:10 |
| | 60 Rest / BB/ RT | | Set - Hr | 105 | | | Set - Hr | 105 | |
| 313 | SL Hex Deadlift | T | 295 - 315 | 2 | 0:5:0:0:5:10 | T | 295 - 315 | 2 | 0:5:0:0:5:10 |
| 469 | SL Leg Press | T | 400 - 420 | 3 | 0:0:0:0:5:10 | T | 400 - 420 | 3 | 0:0:0:0:5:10 |
| | PW / 55 rest/BB/RT | OC | | | Single Leg | OC | | | Single Leg |
| 688 | RDL | T | 550 - 585 | 3 | 0:0:0:0:5:10 | T | 550 - 585 | 3 | 0:0:0:0:5:10 |
| | PW / 55 rest/BB/RT | OC | | | Same Leg | | | | Same Leg |
| | Hip Flex Prone oc | T | | 3 | 0:0:0:0:5:10 | T | | 3 | 0:0:0:0:5:10 |
| 313 | STEP UP | T | 265 - 280 | 3 | 0:0:0:0:5:10 | T | 265 - 280 | 3 | 0:0:0:0:5:10 |
| | PW / 55 rest/BB/RT | EP | | | Bottom 1/2 | | | | OC-D |
| | GH HYPR | T | | 3 | 0:0:0:0:5:10 | T | | 3 | 0:5:0:0:5:10 |
| | PW / 55 rest/BB/RT | OC | Set - Hr | 105 | | | Set - Hr | 105 | OC |
| | Bench Add Groin | T | | 3 | 0:0:0:0:5:10 | T | | 3 | 0:5:0:0:5:10 |
| 625 | Glute Bar Lift | T | 595 - 625 | 3 | 0:0:0:0:5:10 | T | 595 - 625 | 3 | 0:5:0:0:5:10 |
| | PW / 55 rest/BB/RT | | | | | | | | |
| | Ball LG Curl | T | | 3 | 0:0:0:0:5:10 | T | | 3 | 0:5:0:0:5:10 |
| | PW / 55 rest/BB/RT | | Set - Hr | 105 | OC-A | | Set - Hr | 105 | |
| | Bench Abd Glute | T | | 3 | 0:0:0:0:5:10 | T | | 3 | 0:5:0:0:5:10 |
| | PRTNR Abs | T | | 3 | 0:5:0:0:5:10 | T | | 3 | 0:5:0:0:5:10 |
| | Hip Traction | 180s | | 1 | belly Breath | 180s | | 1 | belly Breath |
| | GH HANG | 120S | | 1 | Relax Mouth | 120S | | 1 | Relax Mouth |
| | | | | | Relax Mouth | | | | Relax Mouth |

WENDESDAY NOTES

**WARM-UP**
- Short Hurdle Workout
- Dynamic Jogging
- Dynamic Walking
- Vestibular system Training
- Nerve Glide Z health
- Proprioceptive Enhancment

**STRENGTH PREP** — Strength Prep Leg 5
- Agility Drills

Pre-Partner Balance Stick Fighting 2 X 6 Squat Roller Iband  Post-Shake Fish oil Vits

| 100% | FRIDAY | 8-Jun-12 (100.0%) REPS | LOAD | SETS | NOTES | 15-Jun-12 (100.0%) REPS | LOAD | SETS |
|---|---|---|---|---|---|---|---|---|
| | Neural Speed Tuning | T | | 1 | Fly 60 | T | | 1 |
| 469 | SL Leg Press | 5 | 305 - 330 | 1 | Roll I Band | 5 | 210 - 260 | 1 |
| | | | | | No Rest | | | |
| 469 | SL Leg Press | 3 | 275 - 305 | 1 | Spine Rolls | 3 | 275 - 305 | 1 |
| | | | | | No Rest | | | |
| 469 | SL Leg Press | 3 | 365 - 375 | 1 | Coach Watch | 3 | 365 - 375 | 1 |
| 469 | SL Leg Press | T | 375 - 400 | 4 | 0:0:0:0:10:10 | T | 375 - 400 | 4 |
| | Pair with | | | | | | | |
| | Below Boxes | | | | | | | |
| | French Contrast | | | | | | | |
| | Hurdle Hop | 3 | | 4 | Height | 3 | | 4 |
| | PW / no Rest | | | | | | | |
| | USSR Plyo Box | 3 | | 4 | Pause | 3 | | 4 |
| | PW / no Rest | | | | Rest | | | |
| | Acc Band Jump Pause | 3 | | 4 | Rest HR 110 | 3 | | 4 |
| | Bench Add Groin | T | | 3 | 0:3:0:0:25:30 | T | | 3 |
| | PW / 35 rest/BB/RT | | | | | | | |
| | Laying ext rotation | T | | 3 | 0:2:0:0:25:20 | T | | 3 |
| | PW / 35 rest/BB/RT | | Set - Hr | 115 | | | Set - Hr | 115 |
| | Ankle Band Work | T | | 3 | 0:2:0:0:25:25 | T | | 3 |
| 281 | DB RDL Shrug | T | 140 - 155 | 3 | 0:4:0:0:25:30 | T | 140 - 155 | 3 |
| | PW / 35 rest/BB/RT | | | | | | | |
| | Hip Flex Iso Prone | T | | 3 | 0:3:0:0:25:30 | T | | 3 |
| | PW / 35 rest/BB/RT | | Set - Hr | 115 | | | Set - Hr | 115 |
| 281 | Single Leg Squat | T | 140 - 155 | 3 | 0:25:0:0:25:30 | T | 140 - 155 | 3 |
| 370 | BENCH PRESS | IsoF | 240 - 130 | 4 | 0:25:0:25:45 | IsoF | 240 - 130 | 4 |
| | 120 rest/BB/RT | | | iso | 25 Per Set | | | iso |
| 93 | DB Shoulder Press | IsoF | 65 - 35 | 3 | 0:25:0:0:25:45 | IsoF | 65 - 35 | 3 |
| | 120 rest/BB/RT | | | iso | 25 Per Set | | | iso |
| 185 | Rev Grip Tri Push | IsoF | 130 - 75 | 3 | 0:25:0:0:25:45 | IsoF | 130 - 75 | 3 |
| | GH HANG | 120S | | 1 | Relax Mouth | 120S | | 1 |
| | Pair w/ | | | | | | | |
| | Partner Leg Walks | 120S | | 1 | | 120S | | 1 |
| | Pair w/ | | | | | | | |
| | Hip Traction | 300S | | 1 | Belly Breath | 300S | | 1 |

FRIDAY NOTES

**Matson, Taylor** 9

Athlete Notes: Sewickley, Penn. (Shady Side Academy) (USNDT)



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# MINNESOTA

Block 2 iso Sl Strength

# MINNESOTA

Matson, Taylor

, Pre
and

NOTES

Fly 60

Roll I Band

No Rest

Spine Rolls

No Rest

Coach Watch

0:0:0:0:10:10

Distance

Pause

Rest HR 110

0:3:0:0:25:30

0:2:0:0:25:20

0:2:0:0:25:25

0:4:0:0:25:30

0:3:0:0:25:30

0:25:0:0:25:30

0:0:0:25:45

25 Per Set

0:0:0:0:25:45

25 Per Set

0:0:0:0:25:45

Relax Mouth

Belly Breath

Loram Design

**Block 2 Iso Sl Strength**

# MINNESOTA

Block 2 iso Sl Strength