



**Hi everyone,**

**Attached you will find an entry level workout plan to get you started training for the Fall season. The workouts included are designed to prepare you for progressions throughout the summer. If you are already training on your own, continue doing what you are doing, in addition to these two days. The main goal of this phase (Phase I) is to address movement patterns and prepare your body for symmetrical movement. The isometric design is to encourage significant adaptation by your muscle cells through improved motor unit recruitment. They will allow you to tap into more muscle as we progress. The goal of the workouts is not to leave you exhausted and sweaty, but to address specific needs that we feel are important for overall athletic performance. You should also receive either a google sheets link or PDF file with links to videos for the warm ups and workouts. Please complete this phase for the next 2-3 weeks so you are ready to progress.**

**Thanks,  
The AMP Team**

## Day 1



### Warm up A

- **Wall 90/90 breaths**  
(big breath in through nose, full breath out through mouth, pause :2 – repeat)
- **Wall 90/90 shoulder flexion**  
(exhale as arms travel back, don't let low back arch)
- **Side lying windmill**  
(glide top arm forward, follow arm with head, don't let hips roll back)
- **Side lying clamshell**  
(glide top knee forward, draw ribs in tight, don't let hips roll back)
- **Alternating spider lunge w/ knee down**  
(step into position, drop back knee, breath into upper back, keep back leg long)
- **Quadruped adductor rock**  
(keep leg straight, keep spine neutral, rock back to tension)

### **A1) Isometric split squat – 3x:20 each leg**

(hold the bottom of a lunge position for twenty seconds then repeat on the other side)

### **A2) Knee press deadbug - 3x6 each side**

(lay on your back with arms in the air in front of your face and legs in the air with knees bent like a table press your hand into the opposite knee then move the free arm and leg away from your mid-section keep your lower back neutral when you feel it arch off the floor return to the start)

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### **B1) Glute bridge w/alternating march – 3x16**

(lay on your back with knees bent lift hips in the air and slowly bring one knee back to your chest then lightly stomp it down and repeat on the other side)

### **B2) Push up+ (or modified push up+) – 3x(6-10)**

(at the top of a push up gently push your chest away from the floor to round your shoulder blades hold that position briefly then return to the bottom of your push up if needed elevate the hands to a higher surface to perform the exercise effectively)

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### **C1) Isometric anti-rotation – 3x:20 each side**

(stand with straight arms and interlocked fists press your hands/wrists against a wall, doorway, or post and try to rotate your torso through the fixed point hold for twenty seconds)

### **C2) Towel isometric row – 3x:20**

(stand on a towel holding one side in each hand bend down and try to pull the towel up by bending your elbows in a rowing motion hold for twenty seconds)

**VIDEO LINKS:** [Warm up A](#)

[Workout A](#)

## Day 2



### Warm up B

- **½ kneeling T-rotation**  
(stable low body, ribs down, twist with trunk)
- **½ kneeling shoulder CAR**  
(move shoulder joint through maximal range of motion without moving trunk)
- **½ kneeling windmill**  
(keep top arm straight, look up to hand)
- **Seated 90/90 hip switch**  
(torso tall, keep cheeks down, try to touch inside knee to floor)
- **Low squat lateral adductor glides**  
(stay level, push hips across slowly, keep knees facing forward)
- **Squat to stand**  
(elbows push knees out at bottom-lift chest, inhale as legs straighten – hang head)

### **A1) Isometric heels elevated squat – 3x:30**

(stand with your heels on something that lifts them about 1-1.5" squat down and hold)

### **A2) Side plank reps – 3x8 each side**

(lay on your side propped up on a bent elbow slowly lift into a side plank then lower back down)

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### **B1) Prisoner single leg hinge – 3x8 each leg**

(place both hands behind your head w/ interlocking fingers standing on one leg slowly bend at your hip until torso is about parallel to floor then stand back up)

### **B2) Prone Blackburn – 3x5**

(lay on stomach with hands in prisoner position slowly bring your arms off your head and around like an upside down snow angel at the bottom place both hands on your lower back then slowly return back the way you came)

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### **C1) Bear lift – to hold – 3x5 (pause :3 at top)**

(start on hands and knees inhale then slowly lift your knees 1-3" off the ground as you exhale hold that position for three seconds)

### **C2) Same side lateral lunge – 3x6 each leg**

(lunge directly to your side bending the traveling knee while your other leg straightens out then return to standing position)

**VIDEO LINKS:** [Warm up B](#)      [Workout B](#)