



Hi everyone,

Attached you will find the second part of the summer training program. The main goal of this phase (Phase II) is to build on the basic movement patterns from Phase I. The slow eccentric contractions are used to encourage significant adaptation by your muscle cells through improved resiliency and stress response. These workouts include options to load with weights, if you have them (barbells, dumbbells, or kettlebells). Your body weight will work too if you do not have access to any equipment. For this phase, I have embedded a link to the YouTube videos. The warm ups do not change yet. Hopefully they make sense and you can continue practicing those movements. 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
- Wall 90/90 shoulder flexion
- Side lying windmill
- Side lying clamshell
- Alternating spider lunge w/ knee down
- Quadruped adductor rock

***Eccentric = lower the load (or you BW) for 4-6 seconds**

A1) Eccentric Split Squat (BW or 2 DB) – 3x8 each leg

(standing in a split stance, lower your back knee slowly then return to the starting position)

A2) Alternating deadbug – 3x12

(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 move the opposite arm and leg away from your mid-section then return to the starting position and repeat with the other side)

B1) Single Leg slow up/down glute bridge – 3x6 each leg

(lay on your back with knees bent lift one leg straight into the air then lift your hips slowly up and slowly down about :3 each way)

B2) Eccentric push up – 3x5

(slowly lower yourself from push up position all the way to the ground, get up however you can and repeat)

C1) ½ kneeling broken up chop – 3x6 each

(see video, if you do not have a weight, use a full gallon of water)

C2) Eccentric bent DB row – 3x8

(bend at your waist holding two dumbbells (water jugs will work too))

LINKS

[Warm Up Video](#)

[Exercise Video](#)

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Day 2



Warm up B

- ½ kneeling T-rotation
- ½ kneeling shoulder CAR
- ½ kneeling windmill
- Seated 90/90 hip switch
- Low squat lateral adductor glides
- Squat to stand

***Eccentric = lower the load (or you BW) for 4-6 seconds**

A1) Eccentric (BW or DB) heel elevated squat – 3x8

(lower yourself into a squat slowly, return back to the starting position)

A2) Isometric side plank – 3x4 long breaths (fully in/fully out)

(hold a side plank for four breath cycles)

B1) Eccentric single leg (DB or BW) Hinge – 3x6 each leg

(holding weights or using your body weight standing on one leg slowly bend at your hip with a neutral spine then return to the starting position)

B2) Prone YTI – 3x8 each movement

(see video)

C1) bear lift to downward dog – 3x6

(begin on hands and knees, slowly lift your knees off the ground as you push back into a downward dog, return back to all fours)

C2) Eccentric lateral squat – 3x6 each side

(standing in place slowly lower yourself down to one side – see video)

LINKS

[Warm Up Video](#)

[Exercise Video](#)

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