

XLathlete.com

Upper Body Injury Adaptability Training

Step Up Right Leg

Step Up Left Leg

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Uninjured Arm

1-Arm DB Bench

Uninjured Arm

1-Arm Lat Pull Down

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions and continue with the other exercise and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

Lunge Right Leg

Lunge Left Leg

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

Uninjured Arm

1-Arm Curl To Press

Uninjured Arm

1-Arm Tricep Push Down

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

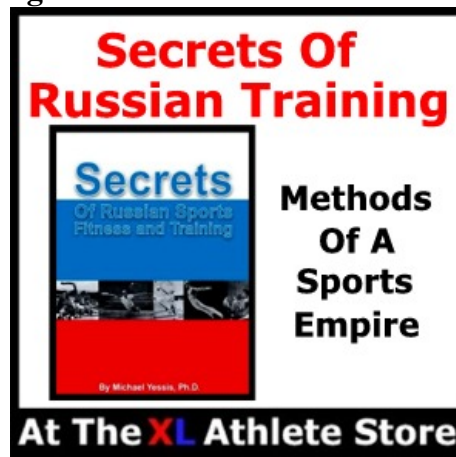
Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required	
Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
Level 3 = 4 Minutes	
Level 4 = 5 Minutes	
Level 5 = 6 Minutes	

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Upper Body Injury Adaptability Training

DB Squat

DB RDL

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Uninjured Arm

1-Arm DB Incline Bench

Uninjured Arm

1-Arm DB Row

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions and continue with the other exercise and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

Lunge Right Leg

Lunge Left Leg

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

Uninjured Arm

1-Arm DB Zottman Curls

Uninjured Arm

1-Arm Front Deltoid Raise

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

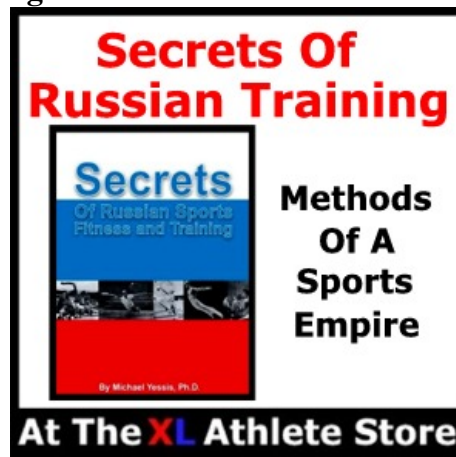
Complete as many sets as possible in the time required by the chosen level

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Check Box Of Level Required	
Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
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Level 5 = 6 Minutes	

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Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Uninjured Arm

1-Arm DB Shoulder Press

Uninjured Arm

1-Arm DB Row

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions and continue with the other exercise and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

DB Squat

DB RDL

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

Uninjured Arm

1-Arm Overhead Lateral Raise

Uninjured Arm

1-Arm DB Curl

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
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25	26	27	28	29	30

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