

## Performance Therapy Mentorship Course Outline

## Day 1:

8:00-8:30	Introductions and Expectations
8:30-9:30	<b>Lecture:</b> EXOS Training System Overview
9:30-10:30	<b>Lecture:</b> EXOS Rehab Methodology
10:30-10:45	Break
10:45-12:00	<b>Practical:</b> Upper & Lower Quarter Assessment
12:00-1:00	Lunch
1:00-1:40	<b>Lecture:</b> Pillar Preparation
1:40-2:20	<b>Lecture:</b> Movement Preparation
2:20-2:30	Break
2:30-4:00	<b>Practical:</b> Pillar Preparation & Movement Preparation
4:00-5:00	<b>Lecture:</b> Bridge the Gap

## Day 2:

8:00-9:00	<b>Lecture:</b> Strength/Power Framework
9:00-10:30	<b>Practical:</b> Upper Quarter Rehab to Performance
10:30-12:00	<b>Practical:</b> Upper Body Strength
12:00-1:00	Lunch
1:00-2:00	<b>Lecture:</b> Movement Skills
2:00-2:15	Break
2:15-3:45	<b>Practical:</b> Movement Skills
3:45-4:00	Break
4:00-5:00	<b>Lecture:</b> Nutrition

## Day 3:

8:00-9:00	<b>Lecture:</b> Energy Systems Development
9:00-10:30	<b>Practical:</b> Lower Quarter Rehab to Performance
10:30-12:00	<b>Practical:</b> Lower Body Strength
12:00-1:00	Lunch
1:00-2:00	<b>Lecture:</b> Regen
2:00-3:00	<b>Practical:</b> Energy Systems Development
3:00-4:00	<b>Practical:</b> Regen
4:00-5:00	<b>Lecture:</b> Functional Movement Systems

## Day 4:

8:00-8:45	<b>Lecture:</b> Plyometric Training
8:45-9:30	<b>Lecture:</b> Medicine Ball Training
9:30-9:45	Break
9:45-10:30	<b>Practical:</b> Plyometric Training
10:30-11:15	<b>Practical:</b> Medicine Ball Training
11:15-12:00	<b>Practical:</b> Rotary Propulsive Training
12:00-1:00	Lunch
1:00-2:00	Course Wrap Up, Q&A

-Schedule subject to change-