

IPP FLOWSHEET

DAY ONE (PART 1)



1. PEC STRETCH

Hold for 20 sec each position for 1 min total, each side

RPE: 6-10

2. BACK-TO-BACK BALL TOSS

10 reps each direction, each partner

RPE: 6-10



3. FACE PULLS

8-12 reps, 2 sets

RPE: 12-15

4. ROWS WITH T-SPINE ROTATION

12 reps, 1 set each side

RPE: 12-15



IPP FLOWSHEET

DAY ONE (PART 2)



5. PALOFF PRESS

12 reps, 1 set each side

RPE: 12-15

6. SHOULDER FLEXION/OVERHEAD POSITION

1 minute each arm

RPE: 12-15



7. COURT PUSH/PULL

25% push-pull- 50% push-pull- 75% push-pull- 100% push-pull

RPE: VARIES

8. FAN DRILL

Figure 8 around hub and each outside cone, enter from right & left side 1x

RPE: VARIES



IPP FLOWSHEET

DAY TWO (PART 1)



1. PEC STRETCH

Hold for 20 sec each
position for 1 min
total, each side
RPE: 6-10

2. OPEN BOOK/ RAINBOW COMPLEX

10 reps each
Rainbows & Open
books, each side
RPE: 6-10



3. PULL APART SERIES

5 reps each: palms up, elbows
straight- palms down, elbows
straight- palms up, elbows bent
RPE: 12-15



4. BANDED OVERHEAD PULL-APARTS TO "W"

8-12 reps, 2 sets
RPE: 12-15



IPP FLOWSHEET

DAY TWO (PART 2)



5. PALOFF PRESS

12 reps, 1 set each side

RPE: 12-15

6. 90/90 POSITION

1 minute each arm

RPE: 12-15



7. COURT PUSH/PULL

25% push-pull- 50% push-pull- 75% push-pull- 100% push-pull

RPE: VARIES

8. FAN DRILL

Figure 8 around hub and each outside cone, enter from right & left side 1x

RPE: VARIES



IPP FLOWSHEET

DAY THREE (PART 1)



1. PEC STRETCH

Hold for 20 sec each position for 1 min total, each side
RPE: 6-10

2. NET TWISTS

20 reps, per side
RPE: 6-10



3. POSTERIOR CHAIN COMPLEX

5 reps, 2 sets
RPE: 12-15

4. SWORDS

12 reps, 2 sets each side
RPE: 12-15



IPP FLOWSHEET

DAY THREE (PART 2)



5. PALOFF PRESS

12 reps, 1 set each side

RPE: 12-15

6. SERRATUS ANTERIOR WALL STABILIZATION

30 sec circles each direction, each side

RPE: 12-15



7. COURT PUSH/PULL

25% push-pull- 50% push-pull- 75% push-pull- 100% push-pull

RPE: VARIES

8. FAN DRILL

Figure 8 around hub and each outside cone, enter from right & left side 1x

RPE: VARIES

