

## MC Strength and Conditioning In-Home/Limited Equipment Info

Hello Everyone,

This program can be completed with little to no equipment. If you have access to things like DBs, Chin Up bars or bands feel free to use them to make exercises more difficult. Alternatively, you can use a backpack filled with books or a heavy water bottle to add difficulty.

**Make sure you complete the warm up, jumps, sprints and conditioning, that stuff is just as important as the lifting.** For the attached conditioning, you should shoot to complete the each type (Tempos or Shuttles) once or twice a week. We want 3 days of lifting and 3 days of conditioning. As a point of reference for shuttles and tempos, a basketball court is about 30yds.

On off-days, get outside and practice your sport! Hit the wall, play catch with a family member, shoot some pucks, do something. You should be moving for at least 20-30 mins a day.

Most exercises you should be familiar with, you can find the ones you aren't familiar with on YouTube. I've attached hyperlinks to ones that would be new or confusing. You can also email (meloni.joe@gmail.com) or text (508)648-0755) with any questions and I will do my best to explain.

As always, if these exercises are too difficult for you, you can always make them easier by removing weight entirely, elevating hands, elevating feet or doing less weight.

Download the Google Sheets app to access this on your phone and record progress, or print and record your progress manually.

Stay healthy and keep moving,

Coach Joe

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## MC Strength and Conditioning In-Home/Limited Equipment Info

Hello Eveyone,

For Phase 2 I thought I'd clarify a few things. First off, now everything you see underlined in either the Phase 1 or Phase 2 tab will have a video hyperlink. If you click where it says "Day 1", "Day 2" or "Day 3" it will take you to the YouTube page with a full video of the entire workout. On the Movment tab, there are links to foam rolling, stretching, activation and an in-home dynamic warm up. In the workout videos, you'll often see "ALT:" under different exercises. These alternatives are for this who don't have equipment, or aren't as experienced. The first video clip shows the MOST DIFFICULT version of the exercise, with the easier regressions following after.

**Please make sure you are completing warmups and conditioning. Doing these things will set you apart from other athletes during this time. This is a chance to get better. Make sure you use it.**

Most exercises you should be familiar with, you can find the ones you aren't familiar with on YouTube. If you don't understand something ASK!  
You can email (meloni.joe@gmail.com) or text (508)648-0755) with any questions and I will do my best to explain.

Download the Google Sheets app to access this on your phone and record progress, or print and record your progress manually.

Please refrain from doing other people's workouts you find on Instagram or online. This program is specially designed for you guys, doing burpees and curls won't help make you a better athlete!

Stay healthy and keep moving,

Coach Joe

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## MC Strength and Conditioning In-Home/Limited Equipment Info

Hello Everyone,

For Phase 3 we are starting to include **ECC** and **ISO** exercises. **ECC** stands for eccentric, and is the **DOWN** part of the movement. An example would be ECC Push Up, where you are lowering down to the ground for 5 seconds. **ISO** stands for isometric hold, and is a **hold at the top or bottom** part of a movement. An example would be on ISO DB Row, where you pull the dumbbell to your ribs, and hold for 3 seconds before lowering down. Do your best to stick to these on exercises that use them, as they are designed to make the exercise more difficult.

**Please make sure you are completing warmups and conditioning. Doing these things will set you apart from other athletes during this time. This is a chance to get better. Make sure you use it.**

We are starting to incorporate more difficult exercises. If they are too difficult or feel weird, use the alternatives provided in the program. If you don't understand something ASK! You can email (meloni.joe@gmail.com) or text (508)648-0755) with any questions and I will do my best to explain.

Download the Google Sheets app to access the program on your phone and record progress, or print and record your progress manually.

Make sure if you are just receiving this for the first time that you start with Phase 1.

Please refrain from doing other people's workouts you find on Instagram or online. This program is specially designed for you guys, doing burpees and curls won't help make you a better athlete!

Stay healthy and keep moving,

Coach Joe

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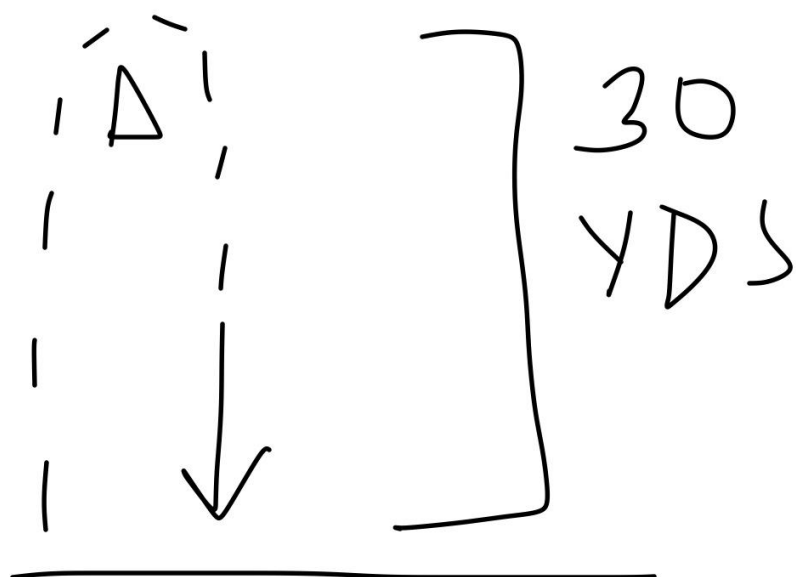


| MC Strength and Conditioning In-Home/Limited Equipment   |  |
|--|--|
| MOVEMENT   |  |
| ROLL/Breathe (x10 each side)   |  |
| Neck   | Glutes + Hip Rotators  |
| Lower/Upper Back   | Hamstrings   |
| Lat  | Calves   |
| Posterior Shoulder   | Quads  |
|  | Groin  |
| STRETCH CIRCUIT (MOBILITY) (x3 Breaths or 3/side)  |  |
| 1. 90/90 Hip ER/IR<br>2. Spiderman<br>3. Adductor Rock<br>4. V-Stance T-Spine Rotation   |  |
| ACTIVATION (STABILITY, MOTOR CONTROL) x5ea   |  |
| 1. Floor Slide<br>2. Hip Lift<br>3. Leg Lower<br>4. Ankle Mob  |  |
| DYNAMIC WARMUP   |  |
| Knee Hug<br>Leg Cradle<br>Quad Stretch<br>Backwards SLDL<br>A-March<br>A-Skip<br>High Knees<br>Heels Up Knees Up<br>Straight Leg Walk<br>Short Shuffle |  |
| JUMP/SPRINT 2 Rounds   |  |
| <b>Jump (Soft Stick):</b>  | <b>Day 1:</b> Vertical Jump w/Stick x5 AND Lateral Bound w/Stick x5ea<br><b>Day 2:</b> Single Leg Hop w/stick x5ea AND 45 Degree Bound w/Stick x5ea<br><b>Day 3:</b> Your choice |
| <b>Sprint:</b>   | <b>All Days: 10 yd MAX Effort Sprint x2 (Rest 30s in between)</b>  |
| Conditioning   |  |
| <b>Tempo Run</b>   | 15s on 30s off   |
| 60yds total 70% of MAX Sprint Speed  | Week 1: x8   |
| 30yds down 30yds back  | Week 2: x10  |
|  | Week 3: x12  |
| <b>Shuttle Sprints</b>   | 1:3 Work to Rest (~10s sprint 30s rest)  |
| 75 yds Full Speed  | Week 1: x3   |
| 25yds down 25yds back 25 yds down  | Week 2: x4   |
|  | Week 3: x5   |

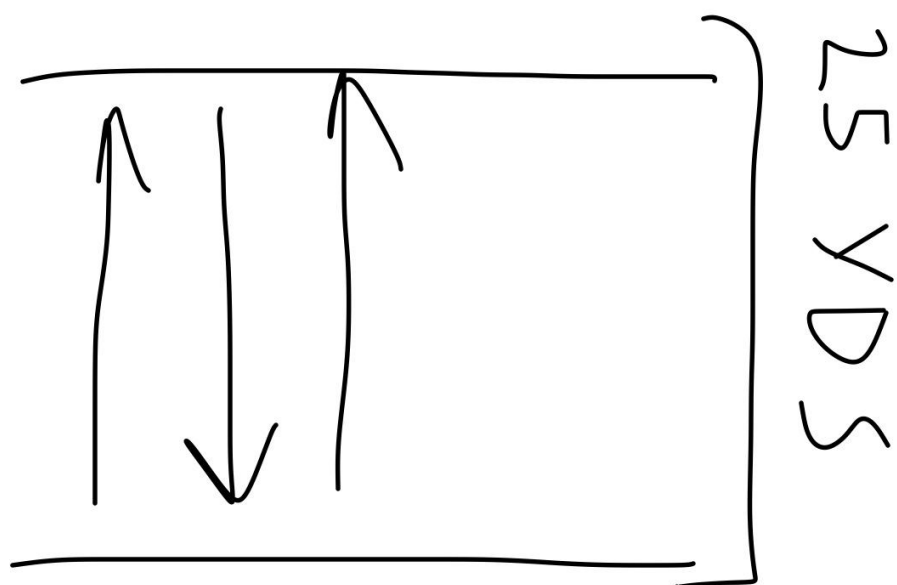
| MC Strength and Conditioning In-Home/Limited Equipment   |  |
|--|--|
| MOVEMENT   |  |
| ROLL/Breathe (x10 each side)   |  |
| Neck   | Glutes + Hip Rotators  |
| Lower/Upper Back   | Hamstrings   |
| Lat  | Calves   |
| Posterior Shoulder   | Quads  |
|  | Groin  |
| STRETCH CIRCUIT (MOBILITY) (x3 Breaths or 3/side)  |  |
| 1. 90/90 Hip ER/IR<br>2. Spiderman<br>3. Adductor Rock<br>4. V-Stance T-Spine Rotation   |  |
| ACTIVATION (STABILITY, MOTOR CONTROL) x5ea   |  |
| 1. Floor Slide<br>2. Hip Lift<br>3. Leg Lower<br>4. Ankle Mob  |  |
| DYNAMIC WARMUP   |  |
| Knee Hug<br>Leg Cradle<br>Quad Stretch<br>Backwards SLDL<br>A-March<br>A-Skip<br>High Knees<br>Heels Up Knees Up<br>Straight Leg Walk<br>Short Shuffle |  |
| JUMP/SPRINT 3 Rounds   |  |
| <b>Jump (Soft Stick):</b>  | <b>Day 1:</b> Continuous Jumps x3 AND Continuous Lateral Bound x5ea<br><b>Day 2:</b> Broad Jump x3 AND M/L Hop x3ea<br><b>Day 3:</b> Your choice |
| <b>Sprint:</b>   | <b>All Days: 10 yd MAX Effort Sprint x2 (Rest 30s in between)</b>  |
| Conditioning   |  |
| <b>Tempo Run</b><br>60yds total 70% of MAX Sprint Speed<br>30yds down 30yds back   | 15s on 30s off<br>Week 1: x10<br>Week 2: x12<br>Week 3: x14  |
| <b>Shuttle Sprints</b><br>75 yds Full Speed<br>25yds down 25yds back 25 yds down   | 1:3 Work to Rest (~10s sprint 30s rest)<br>Week 1: x6<br>Week 2: x7<br>Week 3: x8  |



Tempo Runs



75 yd Shuttle






**Malden Catholic Strength and Conditioning In-Home/Limited Equipment**

Name:

| Day 1                            | Wk1 | Reps     | Wk2 | Reps    | Wk3 | Reps    | Day 2                      | Wk1 | Reps    | Wk2 | Reps    | Wk3 | Reps    |
|----------------------------------|-----|----------|-----|---------|-----|---------|----------------------------|-----|---------|-----|---------|-----|---------|
| DB Jump                          |     | 5        |     | 5       |     | 5       | DB Jump                    |     | 5       |     | 5       |     | 5       |
| Or BW Vertical Jump              |     | 5        |     | 5       |     | 5       | Or BW Vertical Jump        |     | 5       |     | 5       |     | 5       |
|                                  |     | 5        |     | 5       |     | 5       |                            |     | 5       |     | 5       |     | 5       |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |
| Front Plank                      |     | 3x20sec  |     | 3x25sec |     | 3x30sec | Side Plank                 |     | 3x20sec |     | 3x25sec |     | 3x30sec |
| Push Up                          |     | 8        |     | 10      |     | 12      | Straight Leg Sit Up        |     | 10      |     | 12      |     | 14      |
| Elevate hands if necessary       |     | 8        |     | 10      |     | 12      |                            |     | 10      |     | 12      |     | 14      |
|                                  |     | 8        |     | 10      |     | 12      |                            |     | 10      |     | 12      |     | 14      |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |
| BW Split Squat Iso               |     | 20s      |     | 25s     |     | 30s     | Deadlift Towel Iso         |     | 20s     |     | 25s     |     | 30s     |
| Hold for 20s ea side             |     | 20s      |     | 25s     |     | 30s     |                            |     | 20s     |     | 25s     |     | 30s     |
|                                  |     | 20s      |     | 25s     |     | 30s     |                            |     | 20s     |     | 25s     |     | 30s     |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |
| Reaching SLDL                    |     | 10ea     |     | 12ea    |     | 14ea    | Shoulder Elevated Hip Lift |     | 8       |     | 10      |     | 12      |
| Reach across body                |     | 10ea     |     | 12ea    |     | 14ea    | Use both legs              |     | 8       |     | 10      |     | 12      |
|                                  |     | 10ea     |     | 12ea    |     | 14ea    |                            |     | 8       |     | 10      |     | 12      |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |
| DB Row                           |     | 8ea      |     | 8ea     |     | 8ea     | Push Ups                   |     | 8       |     | 10      |     | 12      |
| Use Backpack for weight if no DB |     | 8ea      |     | 8ea     |     | 8ea     | Elevate hands if necessary |     | 8       |     | 10      |     | 12      |
|                                  |     | 8ea      |     | 8ea     |     | 8ea     |                            |     | 8       |     | 10      |     | 12      |
| Day 3                            | Wk1 | Reps     | Wk2 | Reps    | Wk3 | Reps    |                            |     |         |     |         |     |         |
| DB Jump                          |     | 5        |     | 5       |     | 5       |                            |     |         |     |         |     |         |
| Or BW Vertical Jump              |     | 5        |     | 5       |     | 5       |                            |     |         |     |         |     |         |
|                                  |     | 5        |     | 5       |     | 5       |                            |     |         |     |         |     |         |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |
| Bear Plank                       |     | 3x20 sec |     | 3x25sec |     | 3x30sec |                            |     |         |     |         |     |         |
| Chin Up                          |     | 8        |     | 8       |     | 8       |                            |     |         |     |         |     |         |
| Or DB Row x8ea if no Chin Up Bar |     | 8        |     | 8       |     | 8       |                            |     |         |     |         |     |         |
|                                  |     | 8        |     | 8       |     | 8       |                            |     |         |     |         |     |         |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |
| Goblet Squat Iso                 |     | 20s      |     | 25s     |     | 30s     |                            |     |         |     |         |     |         |
| Hold Backpack for Weight         |     | 20s      |     | 25s     |     | 30s     |                            |     |         |     |         |     |         |
|                                  |     | 20s      |     | 25s     |     | 30s     |                            |     |         |     |         |     |         |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |
| Lateral Squat Pressout           |     | 8ea      |     | 10ea    |     | 12ea    |                            |     |         |     |         |     |         |
|                                  |     | 8ea      |     | 10ea    |     | 12ea    |                            |     |         |     |         |     |         |
|                                  |     | 8ea      |     | 10ea    |     | 12ea    |                            |     |         |     |         |     |         |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |
| FE 1 Leg Hip Lift                |     | 6ea      |     | 8ea     |     | 10ea    |                            |     |         |     |         |     |         |
|                                  |     | 6ea      |     | 8ea     |     | 10ea    |                            |     |         |     |         |     |         |
|                                  |     | 6ea      |     | 8ea     |     | 10ea    |                            |     |         |     |         |     |         |
|                                  |     |          |     |         |     |         |                            |     |         |     |         |     |         |





**Malden Catholic Strength and Conditioning In-Home/Limited Equipment**

|                                       |     |       |     |       |     |       |                                  |     |       |     |       |     |       |
|---------------------------------------|-----|-------|-----|-------|-----|-------|----------------------------------|-----|-------|-----|-------|-----|-------|
| Name: _____                           |     |       |     |       |     |       |                                  |     |       |     |       |     |       |
| Day 1                                 | Wk1 | Reps  | Wk2 | Reps  | Wk3 | Reps  | Day 2                            | Wk1 | Reps  | Wk2 | Reps  | Wk3 | Reps  |
| DB Jump                               |     | 5     |     | 5     |     | 5     | NCMJ                             |     | 5     |     | 5     |     | 5     |
| Or BW Vertical Jump                   |     | 5     |     | 5     |     | 5     |                                  |     | 5     |     | 5     |     | 5     |
|                                       |     | 5     |     | 5     |     | 5     |                                  |     | 5     |     | 5     |     | 5     |
| Front Plank Reach                     |     | 3x6ea |     | 3x7ea |     | 3x8ea | Feet Elevated Side Plank         |     | 3x15s |     | 3x20s |     | 3x30s |
| ALT: Front Plank 3x30s                |     |       |     |       |     |       | ALT: Side Plank                  |     |       |     |       |     |       |
| Push Up                               |     | 8     |     | 10    |     | 12    | Straight Leg Sit Up              |     | 10    |     | 12    |     | 14    |
| ALT: Hands Elevated                   |     | 8     |     | 10    |     | 12    |                                  |     | 10    |     | 12    |     | 14    |
|                                       |     | 8     |     | 10    |     | 12    |                                  |     | 10    |     | 12    |     | 14    |
| Split Squat                           |     | 8ea   |     | 8ea   |     | 8ea   | Skater Squat                     |     | 20s   |     | 25s   |     | 30s   |
| ALT: Stick Assisted Split Squat       |     | 8ea   |     | 8ea   |     | 8ea   | ALT: Reaching SLDL               |     | 20s   |     | 25s   |     | 30s   |
|                                       |     | 8ea   |     | 8ea   |     | 8ea   |                                  |     | 20s   |     | 25s   |     | 30s   |
| 1 DB SLDL                             |     | 8ea   |     | 10ea  |     | 12ea  | 1 Leg Shoulder Elevated Hip Lift |     | 6ea   |     | 8ea   |     | 10ea  |
| ALT: Reaching SLDL                    |     | 8ea   |     | 10ea  |     | 12ea  | ALT: Shoulder Elevated Hip Lift  |     | 6ea   |     | 8ea   |     | 10ea  |
|                                       |     | 8ea   |     | 10ea  |     | 12ea  |                                  |     | 6ea   |     | 8ea   |     | 10ea  |
|                                       |     |       |     |       |     |       |                                  |     |       |     |       |     |       |
| DB Row                                |     | 8ea   |     | 10ea  |     | 12ea  | Push Ups                         |     | 8     |     | 10    |     | 12    |
| ALT: Bag Row                          |     | 8ea   |     | 10ea  |     | 12ea  | ALT: Hands Elevated Push Up      |     | 8     |     | 10    |     | 12    |
|                                       |     | 8ea   |     | 10ea  |     | 12ea  |                                  |     | 8     |     | 10    |     | 12    |
| Day 3                                 | Wk1 | Reps  | Wk2 | Reps  | Wk3 | Reps  |                                  |     |       |     |       |     |       |
| DB Jump                               |     | 5     |     | 5     |     | 5     |                                  |     |       |     |       |     |       |
| Or BW Vertical Jump                   |     | 5     |     | 5     |     | 5     |                                  |     |       |     |       |     |       |
|                                       |     | 5     |     | 5     |     | 5     |                                  |     |       |     |       |     |       |
| Bear Plank Shoulder Tap               |     | 3x6ea |     | 3x7ea |     | 3x8ea |                                  |     |       |     |       |     |       |
| ALT: Bear Plank                       |     |       |     |       |     |       |                                  |     |       |     |       |     |       |
| Chin Up                               |     | MAX   |     | MAX   |     | MAX   |                                  |     |       |     |       |     |       |
| As many as you can with good form     |     | MAX   |     | MAX   |     | MAX   |                                  |     |       |     |       |     |       |
| 5 good reps is better than 8 bad ones |     | MAX   |     | MAX   |     | MAX   |                                  |     |       |     |       |     |       |
| ALT: DB or Bag Row                    |     |       |     |       |     |       |                                  |     |       |     |       |     |       |
|                                       |     |       |     |       |     |       |                                  |     |       |     |       |     |       |
| Goblet Squat                          |     | 8     |     | 10    |     | 12    |                                  |     |       |     |       |     |       |
| ALT: Goblet Squat Pressout            |     | 8     |     | 10    |     | 12    |                                  |     |       |     |       |     |       |
|                                       |     | 8     |     | 10    |     | 12    |                                  |     |       |     |       |     |       |
| Goblet Lateral Squat                  |     | 8ea   |     | 10ea  |     | 12ea  |                                  |     |       |     |       |     |       |
| ALT: Lateral Squat Pressout           |     | 8ea   |     | 10ea  |     | 12ea  |                                  |     |       |     |       |     |       |
|                                       |     | 8ea   |     | 10ea  |     | 12ea  |                                  |     |       |     |       |     |       |
|                                       |     |       |     |       |     |       |                                  |     |       |     |       |     |       |
| FE 1 Leg Hip Lift                     |     | 8ea   |     | 10ea  |     | 12ea  |                                  |     |       |     |       |     |       |
|                                       |     | 8ea   |     | 10ea  |     | 12ea  |                                  |     |       |     |       |     |       |
|                                       |     | 8ea   |     | 10ea  |     | 12ea  |                                  |     |       |     |       |     |       |
|                                       |     |       |     |       |     |       |                                  |     |       |     |       |     |       |



**Malden Catholic Strength and Conditioning In-Home/Limited Equipment**

| Name: _____                           |     |      |     |      |     |      |                                  |     |       |     |       |     |       |
|---------------------------------------|-----|------|-----|------|-----|------|----------------------------------|-----|-------|-----|-------|-----|-------|
| Day 1                                 | Wk1 | Reps | Wk2 | Reps | Wk3 | Reps | Day 2                            | Wk1 | Reps  | Wk2 | Reps  | Wk3 | Reps  |
| DB Jump                               |     | 5    |     | 5    |     | 5    | NCMJ                             |     | 3     |     | 3     |     | 3     |
| Or BW Vertical Jump                   |     | 5    |     | 5    |     | 5    |                                  |     | 3     |     | 3     |     | 3     |
|                                       |     | 5    |     | 5    |     | 5    |                                  |     | 3     |     | 3     |     | 3     |
| High Plank Walk Outs                  |     | 3x6  |     | 3x7  |     | 3x8  | Side Plank w/ Towel ADD          |     | 3x15s |     | 3x20s |     | 3x30s |
| ALT: Front Plank 3x35s                |     |      |     |      |     |      | ALT: Side Plank 3x25sea          |     |       |     |       |     |       |
| ECC Push Up                           |     | 6    |     | 8    |     | 10   | ECC Straight Leg Sit Up          |     | 8     |     | 10    |     | 12    |
| 5s down                               |     | 6    |     | 8    |     | 10   | 5s down                          |     | 8     |     | 10    |     | 12    |
| ALT: Hands Elevated                   |     | 6    |     | 8    |     | 10   |                                  |     | 8     |     | 10    |     | 12    |
| Goblet RFE SS                         |     | 6ea  |     | 6ea  |     | 6ea  | Skater Squat                     |     | 5ea   |     | 6ea   |     | 7ea   |
| ALT: BW Split Squat                   |     | 6ea  |     | 6ea  |     | 6ea  | ALT: 1 DB SLDL 3x8ea             |     | 5ea   |     | 6ea   |     | 7ea   |
|                                       |     | 6ea  |     | 6ea  |     | 6ea  |                                  |     | 5ea   |     | 6ea   |     | 7ea   |
| 1 DB SLDL                             |     | 8ea  |     | 10ea |     | 12ea | 1 Leg Shoulder Elevated Hip Lift |     | 8ea   |     | 10ea  |     | 12ea  |
| ALT: Reaching SLDL                    |     | 8ea  |     | 10ea |     | 12ea | ALT: Shoulder Elevated Hip Lift  |     | 8ea   |     | 10ea  |     | 12ea  |
|                                       |     | 8ea  |     | 10ea |     | 12ea |                                  |     | 8ea   |     | 10ea  |     | 12ea  |
|                                       |     |      |     |      |     |      |                                  |     |       |     |       |     |       |
| ISO DB Row                            |     | 8ea  |     | 10ea |     | 12ea | Push Up to Lateral Crawl         |     | 3ea   |     | 4ea   |     | 5ea   |
| 3s Hold                               |     | 8ea  |     | 10ea |     | 12ea | ALT: Hands Elevated Push Up      |     | 3ea   |     | 4ea   |     | 5ea   |
| ALT: ISO Bag Row                      |     | 8ea  |     | 10ea |     | 12ea |                                  |     | 3ea   |     | 4ea   |     | 5ea   |
| Day 3                                 | Wk1 | Reps | Wk2 | Reps | Wk3 | Reps |                                  |     |       |     |       |     |       |
| DB Jump                               |     | 5    |     | 5    |     | 5    |                                  |     |       |     |       |     |       |
| Or BW Vertical Jump                   |     | 5    |     | 5    |     | 5    |                                  |     |       |     |       |     |       |
|                                       |     | 5    |     | 5    |     | 5    |                                  |     |       |     |       |     |       |
| Bear Crawl F/B                        |     | 3x5  |     | 3x6  |     | 3x7  |                                  |     |       |     |       |     |       |
| ALT: Bear Plank Shoulder Tap 3x8ea    |     |      |     |      |     |      |                                  |     |       |     |       |     |       |
| Chin Up                               |     | MAX  |     | MAX  |     | MAX  |                                  |     |       |     |       |     |       |
| As many as you can with good form     |     | MAX  |     | MAX  |     | MAX  |                                  |     |       |     |       |     |       |
| 5 good reps is better than 8 bad ones |     | MAX  |     | MAX  |     | MAX  |                                  |     |       |     |       |     |       |
| ALT: DB or Bag Row 3x8                |     |      |     |      |     |      |                                  |     |       |     |       |     |       |
| Single Leg Squat                      |     | 5ea  |     | 6ea  |     | 7ea  |                                  |     |       |     |       |     |       |
| ALT: Assited or Split Squat           |     | 5ea  |     | 6ea  |     | 7ea  |                                  |     |       |     |       |     |       |
|                                       |     | 5ea  |     | 6ea  |     | 7ea  |                                  |     |       |     |       |     |       |
| 1/2K 1 DB OHP                         |     | 6ea  |     | 8ea  |     | 10ea |                                  |     |       |     |       |     |       |
| ALT: Backpack Press                   |     | 6ea  |     | 8ea  |     | 10ea |                                  |     |       |     |       |     |       |
|                                       |     | 6ea  |     | 8ea  |     | 10ea |                                  |     |       |     |       |     |       |
| SL Hip Lift w/ Flexion                |     | 5ea  |     | 6ea  |     | 7ea  |                                  |     |       |     |       |     |       |
| ALT: SL Hip Lift                      |     | 5ea  |     | 6ea  |     | 7ea  |                                  |     |       |     |       |     |       |
|                                       |     | 5ea  |     | 6ea  |     | 7ea  |                                  |     |       |     |       |     |       |

