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Welcome

The Programs That Work manual benefiting the Make-a-Wish Foundation has become an annual tradition for Team elitefts. More importantly I think it defines who we are as a Team, a company, and a community. The primary aim for Team elitefts is to Live, Learn, and Pass On. We take this very seriously. To be a member of Team elitefts you must certainly be strong. But, that is just the beginning. We care more about the strong person inside.

The Make-a-Wish Foundation is a cause that is very important to both Dave and Traci Tate. It has also become very important to all of Team elitefts. It is our chance to do something great. Every year Dave sends me the pictures and thank you letters from the children’s whose lives this project has touched. I cannot even put into words how much these touch my heart.

I want to say thank you for your support from all of us on Team elitefts. Thank you for joining us in our mission to Live, Learn, and Pass on.

All the best,

Bob Youngs
Team elitefts member since 1998
He was a raw lifter that needed to be working more and more in the 85%+ range so, as you can see, we had to modify things greatly so that he could do so without getting beat up. It is a very simple program with very few accessories and it is core lift "heavy".

After completing Weeks 1-4, we repeated the program through Weeks 1 and 2, then began a Circa Max Phase for 3 weeks followed by 2 weeks of regaining bar speed, extra therapy work, and making sure that he was fully recovered and prepared for his meet. The second option was to finish these 4 weeks, then do 2 weeks of "testing" followed by another 4 weeks of this program with the needed modifications.

The Prehab work is VERY important but it takes an athlete willing to really spend some time thinking about their weaknesses and making sure that they are taking precaution not to drive their body into the ground. Often this was made up of extra lat, rotator cuff, hamstring, low back, and abs work.
**Week 1:**

**Squat:**
- 5/5/5+ with 65/75/85% of your Training Max, Box Squat
- 80% x 2 x 2 Free Squat
- 70% x 2 x 2 Paused Free Squat
- Good Mornings: 3 hard sets
- ABS: 3 hard sets
- Anything for prehab

**Bench:**
- 5's up to 75%
- 3 Board: 1RM
- 2 Board: 90% of your full press x 2 x 2
- 4 Board: 90% x 3 x 3
- 1 Board: 90 x 1
- Floor Press: 2 sets of 8, 2 sets of 6
- Dbell Bench Press: 3 sets of 20 reps
- Anything for Prehab

**Deadlift:**
- 85% x 2 sets of 3 reps
- Alternate Stance: 70% x 3 x 3 (add chains if possible)
- Good Morning: 3 moderate sets
- ABS: 3 hard sets
- Anything for prehab

**Press 2:**
- Your choice, sling shot, shirt, reverse band press, dbell press on any angle
- 4 sets of 8 reps MINIMUM
- Dbell Press: 3 sets of 20 reps (flat, incline, decline, floor, does not matter)
- JM Press: 3 sets of 10 super setted with tricep push downs
- Lats: 8 sets of 10 reps, think bodybuilder. Get it done fast and get out
- Anything for prehab

**Week 2:**

**Squat:**
- Box Squat 3/3/3+ with 70/80/90% of your Training Max,
- Free Squat 85% x 2 x 2
- Paused Free Squat 75% x 2 x 2
- Good Mornings: 3 hard sets
- ABS: 3 hard sets
- Anything for prehab

**Bench:**
- 3's up to 80%
- 2 Board: 1RM
- 1 Board: 90% of your full press x 1 x 2 sets
- 4 Board: 90% x 3 x 3
- 1 Board or touch: 90 x 1
- Floor Press: 2 sets of 8, 1 set of 6, 1 set of 4
- Dbell Bench Press: 2 sets of 25 reps
- Anything for Prehab

**Deadlift:**
- 90% x 1 x 2 sets
- Alternate Stance: 75% + chains x 2 x 2
- Good Morning: 3 moderate sets
- ABS: 3 hard sets
- Anything for prehab

**Press 2:**
- Your choice, sling shot, shirt, reverse band press, dbell press on any angle
- 4 sets of 8 reps MINIMUM
- Dbell Press: 3 sets of 20 reps (flat, incline, decline, floor, does not matter)
- JM Press: 3 sets of 10 super setted with tricep push downs
- Lats: 8 sets of 10 reps, think bodybuilder. Get it done fast and get out
- Anything for prehab

**Week 3:**

**Squat:**
- Box Squat 5/3/1+ with 75/85/95% of your Training Max,
- 90-100% x 1 x 1-4 sets, box height raised 4-6 inches
- 95-100% x 1 x 1-2 sets, box height raised 8 inches
- Good Mornings: 3 hard sets
- ABS: 3 hard sets
- Anything for prehab

**Bench:**
- 3's up to 70%
- 1 Board or Touch: 90-100% x 1
- 3 Board: 95% x 1 x 4 sets
- 4 Board: 95% x 1 x 3
- 1 Board or Touch: 95 x 1
- Floor Press: 5 sets of 5
- Dbell Bench Press: 4 sets of 15 reps
- Anything for Prehab

**Deadlift:**
- SS Bar Good Morning (Strap Bar is fine): work up to a semi-hard 5, then a max 3
- Alternate Stance: add chains or bands if possible, work up to a hard triple
- Deadlift: 2 sets of 5 with 225 lbs, switch stance and repeat, very little rest (can do 5 conv, immediately 5 sumo, and back and forth)
- ABS: 3 hard sets
- Anything for prehab

**Press 2:**
- Your choice, sling shot, shirt, reverse band press, dbell press on any angle
- 4 sets of 8 reps MINIMUM
- Dbell Press: 3 sets of 20 reps (flat, incline, decline, floor, does not matter)
- JM Press: 3 sets of 10 super setted with tricep push downs
- Lats: 8 sets of 10 reps, think bodybuilder. Get it done fast and get out
- Anything for prehab
**Week 4:**

**Squat:**
- DELOAD 65% x 5 and then push some hard accessories
- OR 1RM (free, box, reverse bands, add chains/bands)
- OR WSB DE Method of bands and chains
- OR Have fun with a SS Bar
- OR Do anything that you want as long as it isn’t stupid and does not get you hurt!

ABS: 3 hard sets
Anything for prehab

**Bench:**
- 2 Board: 90% x 2 x 2
- 1 Board: 90% x 1 x 2 sets
- Touch: 90% x 1-2 x 1-2 sets
- Touch: 80% x 3 x 2 sets
- Optional Touch: 70% x 3 x 3, 60 sec rest between max
- Floor Press: 2 sets of 12
- Dbell Bench Press: 4 sets of 10 reps
Anything for Prehab

**Deadlift:**
- SS Bar Good Morning (Strap Bar is fine): work up to a hard 3, then a max single
- Alternate Stance: add chains or bands if possible, work up to a hard triple
- Deadlift: 2 sets of 5 with 275 lbs, switch stance and repeat, very little rest (can do 5 conv, immediately 5 sumo, and back and forth)
- ABS: 3 hard sets
Anything for prehab

**Press 2:**
- Your choice, sling shot, shirt, reverse band press, dbell press on any angle
- 4 sets of 8 reps MINIMUM

Dbell Press: 3 sets of 20 reps (flat, incline, decline, floor, does not matter)
JM Press: 3 sets of 10 super setted with tricep push downs
Lats: 8 sets of 10 reps, think bodybuilder. Get it done fast and get out
Anything for prehab.

Clint Darden earned his Pro Card in Strongman in 2003 in the USA and has lived on the island of Cyprus since 2004. He competed in the USA, as well as throughout Europe representing both the USA, and Cyprus on the International Level. A full-time dad, he manages being both a Trophy Husband and being the Director of Autism Assessment Support Practice all while maintaining his famous YouTube status, The House of Biceps, and keeping a Facebook documentary of “Meanwhile in Cyprus”. He has struggled with Ulcerative Colitis since 2006 and it took him 3 years to come back to the International Strongman Scene, venture down the road of Powerlifting, and currently has his sights on some lofty Olympic Lifting Goals.

View Clint’s Training Log here.
JUMP HIGHER AND RUN FASTER

Utilizing Contrast Training to become more Powerful

Improvements in an athlete’s strength, power and speed are common goals in the offseason for the majority of sports and if it’s not then it’s not a sport. That is a joke well maybe it’s not. There have been a lot of articles written on contrast training but after reading them, the protocols they provide are just wrong. I’m happy to see smart coaches out there writing articles and providing a bunch of fancy words (which I will do) the sets, reps and volume guidelines are wrong in my opinion. The reason I say this is because of the results I have gotten with my athletes. I am still working on how to apply the same concepts in the best way for strength sports. So these principals are based on athletics. There are several methods that exist to increase strength and power in your athletes. So this is just another tool for the tool box and is not a end all be all.

Now what is cool about our profession is we can manipulate so many variables to see if they work. From intensity to rest periods, the gym is our lab so doesn’t be afraid to play around with things. With my athletes I have utilized the following guidelines to help them peak for competition, training camp and for combines.

Ok here comes some science stuff. It won’t hurt my feelings I promise. I first was introduced to contrast training when reading Supertraining by Yuri Verkhoshansky years ago and quickly started to play around with different protocols with my athletes. If you don’t know what Supertraining is or don’t own a copy I suggest you go to EliteFTS now and purchase it. Now.
First strength is the ability of a muscle to exert force or torque at a specified or determined velocity. Power is work per unit of time (force times distance divided by time) or force times velocity (distance x time). So in layman’s terms power is the product of strength and speed. So if an athlete is powerful they can generate force quickly and if an athlete can develop force quickly then they will be able to demonstrate a high rate of force development. Rate of force development (RFD) is the rate at which strength increases or the rate at which force can be produced. RFD is one of the most important neural adaptations for the majority of athletes today.

Traditional weight training with relatively heavy loads (80-90% of 1RM) for few repetitions (1-5) has shown the ability to improve an athlete's strength while loads of 50-60% of 1RM, performed ballistically, will result in increased maximum power.

Plyometrics are very high intensity exercises where our muscles and the structures around them are rapidly stretched and then quickly contracted. Plyometric training has been advocated for years as a means to improve muscular power and RFD. They are easier to each then most barbell exercises but are extremely CNS intensive. So I’m asking you to please introduce plyometrics slowly and the volume should be monitored closely. We need to focus on quality over quantity of a movement. These are not to be used as conditioning. They should be done early in a workout. Also there needs to be full recovery between sets in order to perform them at the highest intensity each set.

Performing a maximal or near maximal contraction before the synchronized activity causes post activation potentiation (PAP). PAP is where the force exerted by a muscle is increased due to its previous contraction. So in theory it appears that the previous contraction of a muscle influences the mechanical performance of subsequent muscle contractions. In other words it increases the force exerted by a muscle due to its previous contraction.

The purpose of contrast training, which is also known as transfer training, is where we take a strength movement followed by a speed movement or skill. The idea here is that we’re attempting to excite higher threshold motor units by performing a strength exercise which puts us in a heightened state and transfer this into a synchronized activity. This activity is typically sprinting, jumping, throwing or a skill related to their sport.

**General Rules/ Guidelines**

1. The strength exercise should never exceed 20 seconds. Since this is for athletics, try and keep it under 10 seconds. This will keep the exercise more neural and short bursts under 10 seconds are common in just about every sport.
2. If using barbell exercises use weights 85-95% of IRM
3. The concentric portion should be as fast as possible well the intent should be.
4. Rest 10-20 seconds between strength exercise and sprint/jump/throw
5. Not waiting 10 seconds can increase chance of injury while waiting over 20 seconds you risk not getting the transfer we are looking for.
6. Take full recovery between sets, anywhere from 3-5 minutes. This is where you need to ask your athletes how they are feeling on a scale of 1-10. The athlete should feel in between 8-10 before they are ready for their next set. When this number starts to drop near 5 I like to call it so we don’t risk injuring. Also this is a good time for active recovery.
7. Perform anywhere from 5-12 sets
8. This is used for peaking and should not be used for long periods of time. 3-4 weeks max
9. This is the workout.
10. This is usually performed on our dynamic days.

**Exercise pairing examples:**

Squat and Jump
Squat and sprints
Bench and med ball throws
Military press and med ball throws
Prowler and Sprint
Example workouts

Example one

This is a workout I used getting an elite level football player ready for camp. What we used here was an extremely heavy prowler where it was pushed as fast as possible on the turf then the athlete got into a forty start position and sprinted unweighted ten yards. Getting the weight right was the most difficulty part. When we finally got the weight right the athlete said it felt like he was running on a cloud.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Weight</th>
<th>Rest</th>
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<tr>
<td>Lower Warm up - done before we start</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>A1. Sprint Contrast Training</td>
<td></td>
<td></td>
<td>See protocol</td>
<td></td>
</tr>
<tr>
<td>A2. Upper mobility work</td>
<td></td>
<td>1-2 exercises between sets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>GHR</td>
<td>4</td>
<td>8-10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B1. lunges w/SSB</td>
<td>4</td>
<td>10steps</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B2. Weighted Planks</td>
<td>4</td>
<td>60s</td>
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</table>

Sprint Contrast Training

<table>
<thead>
<tr>
<th>Week</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<tbody>
<tr>
<td>Reps</td>
<td>6ea</td>
<td>8ea</td>
<td>10ea</td>
<td>Testing</td>
</tr>
<tr>
<td>Rest</td>
<td>3-5m</td>
<td>3-5m</td>
<td>3-5m</td>
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</tr>
<tr>
<td>Weight:</td>
<td></td>
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Example two

This is a workout I used getting an elite level volleyball player ready for camp. What we used here was an extremely heavy squat where it was moved as fast as possible. After the squats the athlete performed box jumps. Any type of jump can be used. I’ve used vertical jumps, broad jumps etc. Your imagination is the limit.

### Day 3

**Contrast Training**

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<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Weight</th>
<th>Rest</th>
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</thead>
<tbody>
<tr>
<td>A1. Barbell Squats</td>
<td>6</td>
<td>2</td>
<td>Follow Protocol</td>
<td>3-5 Mins</td>
</tr>
<tr>
<td>A2. Box Jumps</td>
<td>6</td>
<td>3</td>
<td>Follow Protocol</td>
<td>3-5 Mins</td>
</tr>
<tr>
<td>A3. Rotator Cuff work</td>
<td></td>
<td></td>
<td></td>
<td>3-5 Mins</td>
</tr>
<tr>
<td>C1. Banded leg curls</td>
<td>4</td>
<td>25-30</td>
<td>Orange</td>
<td></td>
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<tr>
<td>C2. Hockey/Pistol Squat</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>C3. ab stability or anti rotation</td>
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</table>

**Box Jump**

<table>
<thead>
<tr>
<th>Exercise</th>
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<th>2</th>
<th>3</th>
<th>4</th>
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<tbody>
<tr>
<td>Box Jump</td>
<td>Box Jump</td>
<td>Box Jump</td>
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<table>
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<tr>
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<th>90</th>
<th>95</th>
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</thead>
<tbody>
<tr>
<td>Height</td>
<td></td>
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</table>
Nic Bronkall is the director of strength and conditioning at The Spot Athletics in Columbus, Ohio. He graduated with honors from Cleveland State University with a degree in health sciences with an emphasis on human factors and functions. He has also obtained his CSCS and USAW Level 1 sports performance certification as a coach. Nic worked under Tredell Doresy training and coaching a myriad Division I athletes. Nic also worked, for three years, as the strength and conditioning coach at a high school in northeast Ohio.

### Squat

<table>
<thead>
<tr>
<th>Week</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<tbody>
<tr>
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<td>Squat</td>
<td>Squat</td>
<td>Squat</td>
</tr>
<tr>
<td>Percentage</td>
<td>80</td>
<td>85</td>
<td>90</td>
<td>Test</td>
</tr>
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</table>

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<tr>
<th>Weight:</th>
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Few powerlifting programs have generated as much interest as conjugate periodization (AKA Westside). While the program is certainly effective for a vast population of lifters, it’s not exactly the easiest to follow correctly for lifters with a limited training history.

The following is a variation that I’ve used successfully for some of my clients that limits some of the variables that can derail inexperienced lifters. Is it totally idiot proof?

Nope, but it’s a great introduction to one of the most popular strength programs in the world.

What’s in a Name?

Since conjugate periodization was popularized for powerlifting by Louie Simmons of Westside Barbell, My first instinct when writing this program was to do what everyone else seems to and call it “Westside for Novices”. Why not? We already have:

Westside for Raw lifters
Westside for Natural Lifters
Westside for Skinny Guys
Westside for Fat Guys

The list goes on...

I decided against using the Westside name in the title of the program for two reasons:

Respect – It’s not my club, nor do I train there. I do not like the idea of misrepresenting my program as something Louie has somehow signed off on.
Accuracy – While this template is based on Louie’s, they have not, to my knowledge ever used it as written here. In fact, I’m almost positive they haven’t. Only those who train at the club can really claim to know what they do in and day out. And for that matter, the template itself is a small part of why the club is so successful.

In fact, having visited, and spoken to some of the members at length, I would say that the coaching and environment are probably more crucial to the club than the template.

Basically unless you are actually training AT Westside, you are not “training Westside”.

Conjugate in a Nutshell

This article is written for those out there who want to start a conjugate program, but are unsure where to begin. If you are a regular reader of elitefts, you are probably at least casually familiar with the original conjugate template written by Louie. If not, there is a TON of information on the Conjugate System on elitefts.com, including this extremely thorough breakdown by Dave Tate.


Additionally, any exercise named below can be looked up in the elitefts exercise index:

http://train.elitefts.net/

The classic conjugate template calls for 4 training days per week:

Monday – Max Effort Lower

On this day, you will perform an exercise similar to the squat or deadlift, up to a 1-3 rep max. Exercises can include various forms of the box squat, rack pull, deficit deadlift, and goodmorning, performed at a 1-3 rep max. This movement is usually rotated each week. The meet-style lifts are not performed until the meet.

Wednesday – Max Effort Upper

On this day, you will perform an exercise similar to the bench press, up to a 1-3 rep max. Exercises can include various forms of the board press, floor press, close grip bench press and rack press, performed at a 1-3 rep max. This movement is usually rotated each week. The meet-style bench press is usually not performed until the meet.

Friday – Speed Squat

Speed squats are performed as a wide stance box squat, in order to teach you to sit back in the squat and to fully recruit the hamstrings, glutes and lower back. Additionally, box squats build strength out of the hole and assure that you are squatting to depth.

The weight is kept at around 50 percent (often waved from 45 to 55 over 3 weeks), and use of bands and chains for accommodating resistance is common.

Sunday – Speed Bench

Speed benches are performed with a closer-then-competition grip, in a touch and go style (no bounce). Like the speed squats, the weight is kept at 50 percent and can be waved over the 3 week wave.

As any experienced lifter can tell you, there is a LOT more to the program, but the above is a basic breakdown.

Problems for Novices

Conjugate is a GREAT style of programming, but presents some challenges to the beginner, all of which are addressed in my template.

Variety – Conjugate thrives on variety in exercises, especially with regard to max effort exercises. This is why tools like special bars, bands and chains are used.

Most beginners do not have access to these toys, which limits their options. Hell, in today’s Planet Fitness inspired fitness industry you are lucky if your gym has a quality barbell and rack.

On this template, the exercise selection is limited so that all you need are a barbell and rack.

Coaching – Most novices, unless they are lucky enough to train with an experienced group, do not have the benefit of coaching, making it tougher to learn technique in the competition lifts.
In this template, there is a skills day, where you will be practicing the meet lifts in place of a special exercise each month.

Exercise selection – Experienced lifters know how each special exercise carries over to their meet lifts, and what the general correlation should be between lifts. On this template, exercise selection is limited, with each special exercise repeating every month. With fewer exercises in the mix, it will be easier to note the carryover from the special exercises to the meet lifts.

Note, this program is written as a MEET CYCLE, and is designed to be completed with a competition. I’ve always been of the belief that beginning powerlifters should compete early and often, in order to gain meet experience as quickly as possible.

Special Exercises

This template calls for only 3 special exercises per 16 weeks. You will be working up in each exercises once per cycle/month. In month one, you will go to a 3 rep max. In months two and three and four, you will go up to a 1 rep max. I like keeping the first week to a 3rm in order to reinforce technique.

For the squat/deadlift, pick a version of the goodmorning, deadlift and low box squat.

For the bench, use a close grip full-range bench, rack press and floor press. Board presses also work if you are able to get multiple training partners to help you. If you are just going at it alone in a commercial gym, you know how tough it can be to find a good spotter so stay away from exercises requiring more than one.

Speed Work

Speed work will be just about the same as on the traditional WSB template.

For squat/deadlift perform 8 sets of 2 on the wide stance box squat. Wave the weight from 45 to 55% of your 1rm free squat over 3 weeks, then start over at 45.

Following the squat, hit 6 singles on the deadlift waving the weight from 65-75% of your 1rm

Rest intervals between lifts should be kept to about a minute.

For the bench, use 9 sets of 3. Changing your grip every 3 sets, I tend to go from pointer-finger at the smooth, to between the line and the smooth, to pinky on the line. Wave the percentages from 45-55% of your 1rm.

Before you even ask, I do NOT recommend using bands and chains for your first conjugate cycle. Not only are they unnecessary for beginners, but they are one more variable that can muddy the waters while you are trying to learn a new training protocol.

Assistance

Following your max effort or speed work, you should be doing at least two assistance movements.

For your squat/DL days, you should be hitting at least one posterior chain (hamstrings glutes, lower back), and one abdominal exercise.

Posterior chain lower body assistance movements include:
- Glute ham raises
- Reverse hypers
- Straight leg deadlifts
- Cable pullthroughs
- Back extensions
- Band goodmornings

Abdominal exercises include,
- Sit-ups over the glute-ham/back extension machine
- Cable pulldown abs
- Band pulldown abs
- Hanging leg raises
- Planks
- Spread eagle sit-ups
- Incline bench sit-ups
- Dumbbell side bends

For the bench days, at least one upper back movement and one triceps exercise.

Upper back exercises include:
- Bent over barbell rows
- T-bar rows
- Dumbbell rows
- Shrugs
- Pulldowns
- Pullups (not kipping… sorry crossfitters)
- Rear dumbbell raises
Triceps exercises include:

- Lying dumbbell extensions
- Lying barbell extensions
- JM presses
- Cable triceps extensions
- Bend triceps extensions

**The Template**

As mentioned earlier, this template consists of 4 cycles, each lasting 4 weeks, for a total of 16 weeks (17 if you include the deload for the meet).

**IMPORTANT NOTE!!**

The exercise selection is really up to you, based on what you think you need. You do not need to use the exercises as written. I actually encourage you to experiment so that you will find what works for yourself.

For the sake of the demonstration, The Squat/DL Max Effort exercises I’ve selected are the Low Box Squat, rack pull (lowest setting on your rack) and the low box squat (2 inches below parallel).

For the bench, we’re using the close grip bench (pointer finger on the smooth), floor press (your choice of grip, but stick with the same grip for the entire program), and rack press (close grip, same height thought the whole program)

**Cycle 1**

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Max Effort Squat/DL</td>
<td>Monday – Max Effort Squat/DL</td>
<td>Monday – Max Effort Squat/DL</td>
<td>Monday – Squat/DL skill day</td>
</tr>
<tr>
<td>Low box squat – work up to a 3rm</td>
<td>Rack Pull – work up to a 3rm</td>
<td>Goodmorning– work up to a 3rm</td>
<td></td>
</tr>
<tr>
<td>Straight leg deadlifts 4 x 8</td>
<td>Straight leg deadlifts 4 x 8</td>
<td>Speed deadlift 75% 6 x 1</td>
<td>Speed bench 55% 9 x 3</td>
</tr>
<tr>
<td>Incline bench sit-ups 4 x 15</td>
<td>Incline bench sit-ups 4 x 15</td>
<td>Speed deadlift 4 x 8</td>
<td>T-bar rows 4 x 8</td>
</tr>
<tr>
<td>Wednesday – Max Effort Bench</td>
<td>Wednesday – Max Effort Bench</td>
<td>Incline bench sit-ups 4 x 15</td>
<td>Incline bench sit-ups 4 x 15</td>
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<tr>
<td>Close grip bench – work up to a 3rm</td>
<td>Close grip bench – work up to a 3rm</td>
<td>Speed bench 45% 9 x 3</td>
<td>Speed bench 55% 9 x 3</td>
</tr>
<tr>
<td>T-bar rows 4 x 8</td>
<td>T-bar rows 4 x 8</td>
<td>T-bar rows 4 x 8</td>
<td>T-bar rows 4 x 8</td>
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<tr>
<td>Lying DB extensions 4 x 12</td>
<td>Lying DB extensions 4 x 12</td>
<td>Lying DB extensions 4 x 12</td>
<td>Lying DB extensions 4 x 12</td>
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<td>Friday – Speed Squat</td>
<td>Friday – Speed Squat</td>
<td>Friday – Speed Squat</td>
<td>Friday – Speed Squat</td>
</tr>
<tr>
<td>Box squats 45% 8 x 2</td>
<td>Box squats 45% 8 x 2</td>
<td>Box squats 50% 8 x 2</td>
<td>Free Squat - work up to 85% of 1rm</td>
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<tr>
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<td>Speed deadlift 65% 6 x 1</td>
<td>Speed deadlift 75% 6 x 1</td>
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<tr>
<td>Straight leg deadlifts 4 x 8</td>
<td>Straight leg deadlifts 4 x 8</td>
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<tr>
<td>Incline bench sit-ups 4 x 15</td>
<td>Incline bench sit-ups 4 x 15</td>
<td>Incline bench sit-ups 4 x 15</td>
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<tr>
<td>Sunday – Speed Bench</td>
<td>Sunday – Speed Bench</td>
<td>Sunday – Speed Bench</td>
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</tr>
<tr>
<td>Speed bench 45% 9 x 3</td>
<td>Speed bench 50% 9 x 3</td>
<td>Speed bench 55% 9 x 3</td>
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</tr>
<tr>
<td>T-bar rows 4 x 8</td>
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<td>T-bar rows 4 x 8</td>
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<tr>
<td>Lying DB extensions 4 x 12</td>
<td>Lying DB extensions 4 x 12</td>
<td>Lying DB extensions 4 x 12</td>
<td></td>
</tr>
</tbody>
</table>
Deadlift - work up to 85% of 1rm  
Straight leg deadlifts 4 x 8  
Incline bench sit-ups 4 x 15

Wednesday – Bench skill day

Bench Press – work up to 85% of 1rm  
T-bar rows 4 x 8  
Lying DB extensions 4 x 12

Friday – Speed Squat

Box squats 45% 8 x 2  
Speed deadlift 65% 6 x 1  
Straight leg deadlifts 4 x 8  
Incline bench sit-ups 4 x 15

Sunday – Speed Bench

Speed bench 45% 9 x 3  
T-bar rows 4 x 8  
Lying DB extensions 4 x 12

Cycle 2

**Week 1**

Monday – Max Effort Squat/DL

Low box squat – work up to a 1rm  
Back Extension 4 x 8  
Cable pulldown abs 4 x 15

Wednesday – Max Effort Bench

Close grip bench – work up to a 1rm  
Bentover barbell rows 4 x 8  
Lying BB extensions 4 x 12

Friday – Speed Squat

Box squats 55% 8 x 2  
Speed deadlift 75% 6 x 1  
Back Extension 4 x 8  
Cable pulldown abs 4 x 15

Sunday – Speed Bench

Speed bench 55% 9 x 3  
Bentover barbell rows 4 x 8  
Lying BB extensions 4 x 12

**Week 2**

Monday – Max Effort Squat/DL

Box squats 55% 8 x 2  
Speed deadlift 75% 6 x 1  
Back Extension 4 x 8  
Cable pulldown abs 4 x 15

Wednesday – Max Effort Bench

Floor Press – work up to a 3rm  
Bentover barbell rows 4 x 8  
Lying BB extensions 4 x 12

Friday – Speed Squat

Box squats 50% 8 x 2  
Speed deadlift 70% 6 x 1  
Back Extension 4 x 8  
Cable pulldown abs 4 x 15

Sunday – Speed Bench

Speed bench 45% 9 x 3  
Bentover barbell rows 4 x 8  
Lying BB extensions 4 x 12

**Week 3**

Monday – Max Effort Squat/DL

Box squats 50% 8 x 2  
Speed deadlift 70% 6 x 1  
Back Extension 4 x 8  
Cable pulldown abs 4 x 15

Goodmorning – work up to a 1rm

Wednesday – Bench skill day

Bench Press – work up to 90% of 1rm  
Bentover barbell rows 4 x 8  
Lying BB extensions 4 x 12

Friday – Speed Squat

Box squats 50% 8 x 2  
Speed deadlift 70% 6 x 1  
Back Extension 4 x 8  
Cable pulldown abs 4 x 15
Cycle 3

Week 1

Monday – Max Effort Squat/DL
Low box squat – work up to a 1rm – Try to beat previous cycle’s pr
Cable pullthroughs 10 x 8
Spread eagle situps 4 x 15

Wednesday – Max Effort Bench
Close grip bench – work up to a 1rm – Try to beat previous cycle’s pr
Dumbbell Rows 4 x 8
Cable Pushdowns 4 x 12

Friday – Speed Squat
Box squats 50% 8 x 2
Speed deadlift 70% 6 x 1
Cable pullthroughs 10 x 8
Spread eagle situps 4 x 15

Week 2

Monday – Max Effort Squat/DL

Week 3

Monday – Max Effort Squat/DL
Goodmorning – work up to a 1rm – Try to beat previous cycle’s pr
Cable pullthroughs 10 x 8
Spread eagle situps 4 x 15

Wednesday – Max Effort Bench
Rack Press – work up to a 1rm – Try to beat previous cycle’s pr
Dumbbell Rows 4 x 8
Cable Pushdowns 4 x 12

Friday – Speed Squat
Box squats 45% 8 x 2
Speed deadlift 70% 6 x 1
Cable pullthroughs 10 x 8
Spread eagle situps 4 x 15

Week 4

Monday – Squat/DL skill day
Free Squat - work up to 95% of 1rm
Deadlift - work up to 95% of 1rm
Cable pullthroughs 10 x 8
Spread eagle situps 4 x 15

Wednesday – Bench skill day
Bench Press – work up to 95% of 1rm
Dumbbell Rows 4 x 8
Cable Pushdowns 4 x 1

Friday – Speed Squat
Box squats 50% 8 x 2
Speed deadlift 70% 6 x 1
Cable pullthroughs 10 x 8
Spread eagle situps 4 x 15
**Cycle 4**

**Week 1**

Monday – Max Effort Squat/DL
Low box squat – 1rm - Try to beat previous cycle’s pr
Glute ham raises 4 x 8
Hanging leg raises 4 x 15

Wednesday – Max Effort Bench
Close grip bench – 1rm - Try to beat previous cycle’s pr
Machine rows 4 x 8
JM presses 4 x 12

Friday – Speed Squat
Box squats 55% 8 x 2
Speed deadlift 75% 6 x 1
Glute ham raises 4 x 8
Hanging leg raises 4 x 15

Sunday – Speed Bench
Speed bench 55% 9 x 3
Machine rows 4 x 8
JM presses 4 x 12

**Week 2**

Monday – Max Effort Squat/DL
Rack Pull – work up to a 1rm - Try to beat previous cycle’s pr
Glute ham raises 4 x 8
Hanging leg raises 4 x 15

Wednesday – Max Effort Bench
Floor Press – work up to a 1rm - Try

**Week 3**

Monday – Max Effort Squat/DL
Goodmorning– work up to a Irn -
Try to beat previous cycle’s pr
Glute ham raises 4 x 8
Hanging leg raises 4 x 15

Wednesday – Max Effort Bench

Friday – Speed Squat
Box squats 45% 8 x 2
Speed deadlift 70% 6 x 1
Glute ham raises 4 x 8
Hanging leg raises 4 x 15

Sunday – Speed Bench
Speed bench 45% 9 x 3
Machine rows 4 x 8
JM presses 4 x 12

**Week 4**

Monday – Squat/DL skill day
Free Squat - work up to 85% of Irm
Deadlift - work up to 85% of Irm
Glute ham raises 4 x 8
Hanging leg raises 4 x 15

Wednesday – Bench skill day
Bench Press – work up to 85% of Irm
Machine rows 4 x 8
JM presses 4 x 12

Friday – Speed Squat
Box squats 55% 8 x 2
Speed deadlift 75% 6 x 1
Glute ham raises 4 x 8
Hanging leg raises 4 x 15

Sunday – Speed Bench
Speed bench 55% 9 x 3
Machine rows 4 x 8
JM presses 4 x 12

**Week of the meet**

Light assistance work only Monday – Wednesday
Rest from Thursday until meet.
Notes

On days where you break a pr, don't get too aggressive and keep going until a miss. If you break a pr, it's an indication you are on track, so don't beat yourself up more than you need to.

On day where you miss a pr, consider doing some extra assistance work for the muscle group you believe is your weakness.

Extra workouts are fine, even encouraged. Keep the weights light and the movements small. This is a great time to add in some extra ab, upper back and hamstring work.

The speed work weights might feel too light. DO NOT RAISE THEM. The point of speed work is to produce lots of force on a sub-maximal load.

Feel free to make exercise substitutions if needed, but make sure the new exercise is similar enough to accomplish a similar purpose. For example, a board press is a great substitute for a floor press. A lying triceps extension is not.

Take great notes. Conjugate requires you to listen to your body and to look for indicators. Learn which exercise carry over to the meet lifts and which do not. Adjust accordingly next time you run the program. Different lifters will notice different lifts work better for them than others.

Enjoy the ride. Powerlifting is a marathon, not a sprint. If you do not enjoy the process, you might not be cut out for it.

The Author: Dave Kirschen has been powerlifting competitively since 1998 and has since reached totals of 1901 in the 181-pound class, 1925 in the 198-pound class, and 2050 in the 220-pound class. He trains at Eastside Barbell Club in Palisades Park, New Jersey, and currently manages a fitness center in New York City. A lifelong fitness professional, he holds a degree in physical education from SUNY Cortland and lives in New Jersey with his fiancé Liz.
Craig Sowers

8 WEEK TRAINING PROGRAM

for Swimming

This program is a typical 8 week off-season training program for swimming.

Our overall goal is to increase strength and power with a little more emphasis on strength during the off-season. This emphasis will transition to a power focus as we get into pre-season workouts. Since this is our goal with all swimmers no matter what their specialty is, we train our sprinters, mid-distance and distance swimmers all the same. Our goal is all the same, so there is no need to have three different workouts. We do not believe in focusing on muscular endurance rep schemes with distance athletes since they get plenty of this work in the pool. Our goal with them is still the same as the goal with sprinters, get them as strong and as powerful as we can without adding unwanted increases in body mass.

A yearly training plan will be developed at the beginning of the year. We always start planning at our championships and work back. Swimming is a unique sport, in that we train hard through our season, only backing off or tapering slightly for certain meets. Our taper is four weeks long with the swimmers being totally out of the weight room the fourth week. Our emphasis is always on proper tech and transferring what we do in the weight room to the pool. If the swimmers are unable to transfer gains made in the weight room to the pool we are wasting our time.
Typically we work in 4 week blocks, cycling a deload emphasis on week three and then peak/performance week on week 4. This allows for a recovery week right before we get after it and also makes sure that I do not have two deload weeks in a row, with the start of a new cycle. Week four is called peak/performance week because we take them to their max on whatever rep scheme we are working on. This allows us to get a working max for each athlete and make adjustments to numbers for the next cycle every 4 week.

Below is an example of an 8 week cycle. Keep in mind that these are college athletes using this program. The athletes using this program are sophomores, juniors and seniors. Freshmen have a 8-12 week program that focuses on proper technique and positions, to prepare them for the regular program.

**Week 1**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Set 1</th>
<th>%</th>
<th>Set 2</th>
<th>%</th>
<th>Set 3</th>
<th>%</th>
<th>Set 4+</th>
<th>%</th>
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<tbody>
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<td>50</td>
<td>3</td>
<td>60</td>
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<td>70</td>
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<td>5ea</td>
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<td>3x5ea</td>
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<td>Internal/External Rotation</td>
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<td>12 each</td>
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<tr>
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<td>30 sec</td>
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<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Set 1</th>
<th>%</th>
<th>Set 2</th>
<th>%</th>
<th>Set 3</th>
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<td>3-Way Pull Apart</td>
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# Week 1

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<td>Single Arm DB RDL's</td>
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## Week 2

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<table>
<thead>
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Craig Sowers was named assistant director of strength & conditioning in the summer of 2012. Sowers has a broad and diverse background in athletic performance and development at both the collegiate level and in the private sector.

Sowers will be in charge of the women’s soccer and men’s and women’s swimming and diving teams, as well as assist in the day-to-day administrative responsibilities.

“With Dr. Yow’s help, again, we have “raised the bar” in our athletic department with the addition of an 18-year veteran strength and conditioning coach in Craig Sowers,” said assistant athletics director for strength & conditioning Bob Alejo.

“Craig brings a wide-ranging coaching and administrative experience that will persuade our athletes to raise their performance expectations as athletes and students.

“In my opinion, Craig’s biggest influence will come from his NCAA national championship experience having been directly associated with four NCAA national titles and has been on coaching staffs that have produced 12 additional national championship teams. Exposing our student-athletes to that level of direction will put us one step closer to our Strategic Plan.”

Sowers joins the Wolfpack after spending the past season at his alma mater Akron, where he served as the director of strength and conditioning for football.

Before returning to Akron, Sowers was the assistant head coach for athletic performance at UCLA (2008-11), where he assisted with training and designed and implemented a speed program for the Bruins’ football team. He also had complete oversight of training for the men’s volleyball and women’s soccer squads.

“I am excited to be apart of the NC State athletics, I am very impressed with where the program has come over the last two years and where we are getting ready to take it,” said Sowers. “I am eager to work with Bob Alejo and Deborah Yow to grow this into the top Athletic Performance Program in the country.”
Prior to relocating to the West Coast, Sowers served as the director of human performance for Akron General Sports Performance in Stow, Ohio, in 2007.

During the four previous years, he was the director of performance at Velocity Sports Performance at locations in Mayfield Village, Ohio, and Irvine, Calif. In that role, he oversaw all aspects of speed, power and strength development for athletes at the high school, collegiate and professional level. He served on the Sports Performance Directors Advisory Council during that time and was its chairman in 2006-07.

From 2000-03, Sowers was the head strength and conditioning coach at UTEP. He oversaw all aspects of speed, strength and conditioning for the University's 17 NCAA varsity sports and approximately 350 athletes. The football team was Western Athletic Conference champions in 2000.

From 1996-2000, he was an assistant strength and conditioning coach at UCLA and was in charge of men's and women's volleyball, men's and women's water polo, women's track and field, and men's and women's soccer, and also assisted with football. During his tenure at UCLA, both the men's soccer and women's water polo teams captured a national championship.

From 1993-96, Sowers was a student assistant on Akron's strength and conditioning staff.

Sowers earned a B.S. degree in physical education from Akron in 1996, and was a member of the Zips' football team. He completed a master's degree in kinesiology from the UTEP in 2008 and is CSCS, SCCC and USAW Level I certified.
Andrew McGunagle

12 WEEKS TO PUSH-PULL PRS
for Beginner & Intermediate Lifters

Competing in a push-pull meet is a great way to get your feet wet in the sport of powerlifting. While a full powerlifting meet consists of three lifts (the squat, the bench press, and the deadlift), a push-pull meet requires lifters to do just the bench press and the deadlift. Usually, lifters competing in the push-pull portion of a meet lift earlier in the day, completing their three bench press attempts and their three deadlift attempts before the full meet begins. This format is much less grueling than a full meet, which is often drawn out over the course of an entire day.

Training for a competition can be a very insightful experience, as the strict deadline of the contest usually influences lifters to streamline and optimize their training programs. Furthermore, most lifters find they are much more focused when they are preparing for a competition. All of the minor issues that normally prevent progress fade into the background when the brutal honesty of the platform is just weeks away. These factors can make the training cycle that precedes the meet a very productive one.

If testing the waters of competitive powerlifting by doing a push/pull meet intrigues you, then I urge you to take the plunge and find a competition near you. Once you have identified and registered for a competition, put together a training program that will prepare you to lift well and set some PRs in the meet. For those of you that do not know where to get started in the meet preparation process, I offer the following training program.
This 12-week push-pull meet preparation program is designed to teach beginner and intermediate lifters how to:

- Prepare for competition using general to specific exercise and loading progressions.
- Build their main lifts by doing the main lifts (and slight variations of those lifts) frequently.
- Practice powerlifting in order to have a successful meet day.

## Weeks 1-4

**Notes:** During the first four weeks of the program, do your best to leave one or two reps “in the tank” at the end of each set. Lay a foundation of muscle and sound technique while doing your best not to push to failure. Also, throughout this program, you are allowed to spend about 30 minutes after you finish your main lifts doing any extra work you deem necessary. If you know you need rows or torso training to stay healthy or extra triceps work to build your bench, then do it - just don’t go overboard.

**Day 1**
A) Close-Grip Bench Press [W1: 5 sets x 4 reps W2: 4x6 W3: 3x5 W4: 3x6]
B) Stiff-Legged Deadlift from the Floor [W1: 4x3 W2: 4x4 W3: 3x5 W4: 2x6]

**Day 2**
A) Deadlift [W1: 5x3 W2: 4x4 W3: 3x5 W4: 5x4]
B) Close-Grip Paused Bench Press [W1: 3x5 W2: 3x4 W3: 2x6 W4: 3x5]

**Day 3**
A) Close-Grip Bench Press [W1: 4x6 W2: 3x5 W3: 4x4 W4: 4x5]
B) Mid-Shin Rack Pull [W1: 4x3 W2: 4x4 W3: 3x5 W4: 4x4]

## Weeks 5-8

**Notes:** For weeks five through eight, don’t be afraid to push towards failure on some of your sets. However, make sure you are failing with sound technique and not allowing your form to go to hell just to complete one or two more reps. Strive to complete what you know is the last rep you could possibly do in that individual set with perfect positioning.

**Day 1**
A) Close-Grip Paused Bench Press [W5: 5 sets x 2 reps W6: 4x3 W7: 5x2 W8: 4x3]
B) Deadlift [W5: 4x3 W6: 5x2 W7: 4x3 W8: 5x2]

**Day 2**
A) Stiff-Legged Deadlift From the Floor [W5: 5x2 W6: 4x3 W7: 5x2 W8: 4x3]

B) Competition-Grip Bench Press [W5: 4x3 W6: 5x2 W7: 4x3 W8: 5x2]

**Day 3**
A) Competition-Grip Paused Bench Press [W5: 5x2 W6: 4x3 W7: 5x2 W8: 4x3]

B) Deadlift [W5: 4x3 W6: 5x2 W7: 4x3 W8: 5x2]

**Weeks 9 & 10**

**Notes:** During these two weeks, you will be doing the max-out, back-off protocol. Work up to a weight that is approximately your max, then decrease the weight and get some volume work done. On days you are feeling good, make more small weight jumps and really test yourself. When you are worn out, work up to a well-executed top set, then move on to the rep work. Learn when to push yourself and when to coast, and do not get frustrated and push too hard when the weights are not feeling right.

**Day 1**
A) Competition-Grip Bench Press [W9 & W10: Work up to ~3RM, then 3 sets x 5 reps]

B) Deadlift [W9 & W10: Work up to ~3RM, then 3x4]

**Day 2**
A) Deadlift [W9 & W10: Work up to ~2RM, then 3x4]

B) Competition-Grip Paused Bench Press [W9 & W10: Work up to ~2RM, then 3x5]

**Day 3**
A) Competition-Grip Paused Bench Press [W9 & W10: Work up to ~1RM, then 2x5]

B) Deadlift [W9 & W10: Work up to ~1RM, then 2x4]

**Weeks 11 & 12**

**Notes:** In the final two weeks before your competition, you will essentially be doing a total of 4 practice meets. On days one and three, you will work up to a weight that is approximately your 1-rep max. Again, if you’re feeling good, don’t be afraid to increase the weight and really test yourself by grinding out a true top set. However, if you’re feeling a bit worn out, it is better to stay conservative and complete a well-executed top set rather than pushing too hard and getting...
frustrated. On day two, avoid failure and leave one or two reps “in the tank” on every set. Focus on your technique and get some good volume in so you can improve from day one to day three. During these two weeks, focus on nailing your set-up for each lift, sticking with and grinding out tough reps, and getting comfortable and building confidence with heavy weights in your hands. All of this practice will make meet day less daunting and more successful. Good luck, and have fun!

**Day 1**

A) Competition-Grip Paused Bench Press [W11 & 12: Work up to ~1RM, back off slightly and do 3 crisp singles]

B) Deadlift [W11 & 12: Work up to ~1RM, back off slightly and do 3 crisp singles]

**Day 2**

A) Deadlift [W11 & 12: 5x3]

B) Competition-Grip Paused Bench Press [W11 & 12: 5x3]

**Day 3**

A) Competition-Grip Paused Bench Press [W11 & 12: Work up to ~1RM, back off slightly and do 3 crisp singles]

B) Deadlift [W11 & 12: Work up to ~1RM, back off slightly and do 3 crisp singles]

Andrew McGunagle is currently an undergraduate student at California Polytechnic State University, San Luis Obispo. After he graduates and receives his bachelors of science degree in kinesiology in spring 2013, he plans to open one of the premiere strength and conditioning facilities in northern California. More of his articles, which cover a variety of matters related to strength and conditioning, can be found on his blog strengthmusings.blogspot.com. In the coming years, Andrew plans on establishing himself as one of the most revered strength coaches in America.
Dan Stevens  is the Head Strength & Conditioning Coach and Physical Education Teacher at both Thomas Worthington High School and Worthington Kilbourne High School.

SOFTBALL TRAINING PRINCIPLES

a. Strength
   i. Get as strong as possible using big, multi-joint movements.
   
   ii. Balance with emphasis on Glutes/Hams and back upper and lower.
   
   iii. Mid-section trained largely through proper execution squats and deads.

   1. Additional training from external resistance; med balls, bands etc...

   iv. Prehab through accessory movements targeting wrists, elbows and shoulders

   1. Wrist flexion and extension

   2. Elbow flexion, biceps curls

   3. Shoulders; Y,T,W,L, dumbbell cleans (external rotation)

b. Explosiveness
   i. Box Squat and Deads

   ii. Med Ball Throws

   iii. Jumps, Skips and Bounds

c. Speed
   i. 10, 20 and 30 yard sprints utilizing various starts

   ii. Bounds, Skips and Broad Jumps

d. Agility
   i. Lateral movements (reactive)

   ii. Deceleration and change of direction

e. Conditioning
   i. Interval sprints up to 40 to 60 yards.

f. Flexibility/Mobility
   i. Dynamic and Ground based movement
Dr. Bryan Mann

BASIC BEGINNER POWERLIFTING PROGRAM
### Monday

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<td>GHR Situps</td>
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<tr>
<td>Spread Eagle Situps</td>
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Dr. Bryan Mann has been competing in the sport of powerlifting since 1996. He is the assistant director of strength and conditioning at the University of Missouri where he has worked since 2004. He has many powerlifting accolades to his name in raw, single ply, and multi-ply lifting. He is a researcher and author, having written several research publications dealing with training in Division 1 athletics, specifically football. He has written three books, most notably the Complete Guide to Powerlifting for Human Kinetics with co-author Dan Austin.
In this program we focus on developing strength, power and hypertrophy concurrently. While, still promoting mobility and stability through primarily focusing on ground based multi joint strength movements done unilaterally and bilaterally in different planes. For those reason this program tends to be a good fit for many different sports. If your goals are the same as the ones listed this program may benefit your athletes.

This program is done during the summer months and it’s the foundation for our 8 week pre season program that is geared towards specialized preparation to ensure the highest transfer of training.

Prior to each strength session we start with the following:
- General Warm up (3-5 minutes, bike, run, jump Rope, light agility ladder)
- Joint Mobility or Dynamic Flexibility
- Activation, Corrective exercise and/or pre hab
- Neuro Drills (dots, hex's, step
Phase 1

Week 1-2

Workout #1

Clean Pulls @60%

________ X 5  _______ x 5  _______ X 5  _______ x 5

Pause Front Squat (2 second pause at the bottom)

________ x 8  _______ x 8  _______ x 8  _______ x 8

Db Floor Press (Band Pull Apart 4x15 (2 pinks 2 thumbs)

________ x 8  _______ x 8  _______ x 8  _______ x 8

Couplings

Med-Ball plyo pushup---perform 2 sets of 12 reps
MG Pull-ups---perform 2 sets of 12 reps

SL RDLS---perform 2 sets of 10 (each leg)
Cuban Press ---perform 2 sets of 10 reps

Core Circuit
•  Sit up's 3x20
•  V-Twists 3x15 each side
•  Hyper Extension 3x15
Phase 1

Week 1-2

Workout #2

Pause Bench Press (2 second pause at the bottom)
50%__________ x 8 70%__________ x 8 60%__________ x 8 70%__________ x 8

Trap Bar Deadlifts (Sit Up’s 4x10)
_______ x 8 _______ x 8 _______ x 8 _______ x 8

High Pull’s@65% (Hanging Leg Raises 4x10)
_______ x 5 _______ x 5 _______ x 5 _______ x 5

Couplings

DB Split Squats---perform 2 sets of 8
Front and Side Raise---perform 2 sets of 10 reps on each arm

Dips --- 2 sets max reps
Row Choice--- 2 sets 8-12 reps

2 point stability
• Planks 3 x 1 minute
• Static Side Bridge 3 x .30 each side
**Phase 1**

**Week 1-2**

**Workout #3**

Pause Bench Press (V-Up's 4x10 followed by Cannonball V-Sit 4x3)

50%__________ x 8  60%__________ x 8  55%__________ x 8  65%__________ x 8

Hang Clean @70% (2 warm up sets)

_______ x 5  _______ x 5  _________x 5  _________x 5

Standing Press

_______ x 10  _______ x 10  ________x 10  _________x 10

**Couplings**

Walking Lungs--- 2 sets 10fwd and 10back
Lat Pulldowns--- 2 sets 10 reps

Spiderman Push Up's on Bosu--- 2 sets max reps
Up-Right Rows--- 2 sets 8-12 reps

**Friday Finisher**

- 1 min burpies _______record number
- 1 min prowler pushes _______record distance
- 1 min of right/left crosses _______record amount of punches
Phase 1

Week 3-4

Workout #1

Hang Clean

55% ______ x 5  75% ______ x 3  80% ______ x 3  65% ______ x 4  80% ______ x 3

Front Squat

_______ x 6  ______ x 6  _______ x 6  _________x 6

DB Combo Incline Bench Press (Band Pull Apart 4x15 (2 pinks 2 thumbs)

_______ x 5  _______ x 5  ________x 5  _________x 5

Couplings

Med-Ball piyo pushup---perform 2 sets of 12
MG Pull-ups---perform 2 sets of 12

SL RDLS---perform 2 sets of 10 (each leg)
Cuban Press ---perform 2 sets of 12 reps

Core Circuit

• Wt. Sit up’s 3x20
• MB Side Toss 3x10 each side
• Wt. Hyper Extension 3x15
Phase 1

Week 3-4

Workout #2

Bench Press (Superman 4x10)

50%________ x10  70%_______ x6  80%_______ x6  65%_______ x8  75%_______ x6

Straight Bar Deadlift (Sit up’s and Leg Swings)

50%_______ x 5  70%_______ x 5  80%_______ x5  65%_______ x 5  75%_______ x 5

Clean Pull’s @60% (Hanging Leg Raises 4x10)

_______ X 4  _______ x 4  _______ X 4  _______ x 4

Couplings

BB Split Squats---perform 2 sets of 10ea
Front and Side Raise---perform 2 sets of 12 reps

Dips --- 2 sets 12 reps
Row Choice--- 2 sets 12 reps

2 point stability
•  Planks w/extension 3 x 20
•  Side Bridge w/Rotation 3x10
Phase 1

Week 3-4

Workout #3

Back Squat (V-Up's 4x10 followed by Cannonball V-Sit 4x3)

50%_______ x 8  70%_______ x 5  80%_______ x 5  65%_______ x 6  75%_______ x 5

Hang Clean

50%_______ x 3  70%_______ x 3  65%_______ x 3  75%_______ x 3

Standing Press

_______ x 8  _______ x 8  _______x 8  _______x 8  _______x 8

Couplings

Walking Lungs--- 2 sets 10fwd and 10back
Lat Pulldowns--- 2 sets 10 reps

Spiderman Push Up's on Bosu--- 2 sets max reps
Up-Right Rows--- 2 sets 8-12 reps

Friday Finisher

• 1 min burpies _______record number
• 1 min prowler pushes _______record distance
• 1 min of right/left crosses _______record amount of punches
Phase 1

Week 5

Workout #1

All Lifts will be done at 40-50-60% during the week 6 active rest week.

Hang Clean-3x5
Bench Press-3x5
Back Squat-3x5

Core Circuit
  • Combo Pikes 2x10
  • Alt. Superman 2x20
  • Berry Pickers 2x30

Phase 1

Week 5

Workout #2

Deadlift- 3x5
Standing Press-3x5
Clean Pulls-3x5

2 Point Stability
  • Planks w/extension-2x20
  • Side Bridge w/Rotation-2x10ea
Phase 2

Week 6-7

Workout #1

Hang Clean

55%_______ x 5  80%_______ x 2  85%_______ x 2  65%_______ x 4  83%_______ x 2

Deadlift (Box Jumps 3x3 and Toe/Heel Raise x20)

55%_______ x 6  75%_____ x 4  85%_____x4  65%_____x 5  85%_____ x 4  85%____x4

Couplings

DB Bench Press---perform 3 sets of 10reps
SA DB Rows ---perform 3 sets 10reps

Walking Lung---perform 3 sets of 10FWD and 10Back
DB In Out Press ---perform 3 sets of 10 reps

Core Circuit

• Wt. Sit up's 3x20
• MB Side Toss 3x10 each side
• Wt. Hyper Extension 3x15
Phase 2

Week 6-7

Workout #2

Back Squat (Pwr Push up's 3x6 and Leg Swings each set)

55%_______ x 8  75%______ x 4  85%_______ x 4  65%_______ x 6  85%_______ x 4  85%_______ x 4

Clean Pull's @65% (Hanging Leg Raises 4x10)

_______ x 5  _______ x 5  _______ x 5  _______ x 5

Couplings

RDL's---perform 3 sets of 6-8 reps
2 Board CG Bench Press---perform 3 sets of 10 reps

MG Pull Up's--- 3 sets 10 reps
Band TKE's--- 3 sets 15reps

2 point stability
• Planks w/extension 3 x 20
• Side Bridge w/Rotation 3x10
Phase 2

Week 6-7

Workout #3

Complex I (Deadlift/Hang/Clean/Front Squat)

50%________ x 5  75%________ x 1  65%________ x 3

Bench Press (Wt. Squat Jumps 4x5 and V-Up's 4x15)

55%_______ x 8  75%_____ x 4  85%_____x4  80%_______x5  65%_______x 6  85%____ x 4  85%____ x4
70%_______x6-8

Couplings

3 way SA KB Lunge--- 3 sets 9ea
Inverted Row--- 3 sets 8-12 reps

Incline Db Bench Press--- 3 sets 8-12 reps
Up-Right Rows--- 3 sets 8-12 reps

Friday Finisher

• 1 min burpies ______record number
• 1 min prowler pushes ______record distance
• 1 min of right/left crosses _________record amount of punches
Phase 2

Week 8-9

Workout #1

Hang Clean (Lateral Hop, Hop Bound 3x2)

55%________ x 5  75%_______ x 2  90%______ x1  65%_______ x 4  85%_______ x 2
90%______ x 1

Deadlift (Box Jumps 4x3 and Toe/Heel Raise x20)

55%_______ x 6  75%_______ x 5  90%_______ x 2  65%_______ x 5  85%_____ x 3  90%____x2

Couplings

Incline DB Bench Press—perform 3 sets of 10 reps
Chest Supported DB Rows —perform 3 sets 10 reps
Reverse BB Lunge—perform 3 sets of 10
Seated DB OH Press —perform 3 sets of 10 reps

Core Circuit

- Combo Pikes 3x10
- MB Rotation Toss 3x20
- Alt. Bird Dogs 3x20
Phase 2

Week 8-9

Workout #2

Back Squat (Pwr Push up's 3x6 and Leg Swings each set)

55%_______ x 6  75%_______ x 5  90%_______ x 2  65%_______ x 5  85%_______ x 3  $$$%_______ x 2

Clean Pull's @65% (Hanging Leg Raises 4x10)

_______ X 5  _______ x 5  _______ X 5  _______ x 5

Couplings

Reverse Hypers---perform 3 sets of 10 reps
Wt. Dips---perform 3 sets of 10 reps

MG Pull Up's--- 3 sets 10 reps
Band TKE's--- 3 sets 15reps

2 point stability

• Planks w/Abduction 3 x 20
• Static Side Bridge w/ feet elevated 2x1:00 each side
Phase 2

Week 8-9

Workout #3

Bench Press (wt. Squat Jumps 4x5 and V-Up’s 4x15)

55%___ x 8  75%____ x 5  90%____x2  75%____x5-7  65%____ x 6  85%____ x 3
90%____x2

Complex I (Deadlift/Hang/Clean/Front Squat)

50%____ x 5  75%____ x 2  65%____ x 3  80%____ x 1

Couplings

DB Split Squat--- 3 sets 8ea.
Bent Over Rows--- 3 sets 8-12 reps

Alt. DB Floor Press (Palms in) --- 3 sets 8-12 reps
Band Pull To Face--- 3 sets 8-12 reps

Friday Finisher
• 1 min burpies ______record number
• 1 min prowler pushes ______record distance
• 1 min of right/left crosses ______record amount of punches
Phase 2

Week 10

Workout #1

Bench Press
55% ________ x6-8  80% ________ x 3  70% ________ x 5  85% ________ x2

Back Squat
55% ________ x6-8  80% ________ x 3  70% ________ x 5  85% ________ x2

DB Split Squat--- 3 sets 8ea.
Bent Over Rows--- 3 sets 8-12 reps

Alt. DB Floor Press (Palms in) --- 3 sets 8-12 reps
Band Pull To Face--- 3 sets 8-12 reps

Core Circuit
• Combo Pikes 2x10
• Alt. Superman 2x20
• Berry Pickers 2x30
Phase 2

Week 10

Workout #2

Deadlift
55% ______ x 6-8  80% ______ x 3  70% ______ x 5  85% ______ x 2

Hang Clean (two warm up sets)
3x3 @ 60-70-80%

2 Point Stability
• Planks w/extension 2x20
• Side Bridge w/Rotation 2x10ea
Phase 2

Week 11

Testing Week

This is the week our Men’s Basketball Team will report for testing prior to entering the fall semester. Below with the final loading cycle we use with Bench, Squat and Deadlift.

55% x 6-8
65% x 5
75% x 3
85% x 2
90% x 1
95% x 1
100% x 1
102% x 1
105% x 1
107 x 1

We have seen tremendous strength and mass gains from this program. This program fits the needs of OUR guys here at Lafayette College. Coach Fran O’Hanlon recruits a very smart, hard working, team oriented athlete with an overall emphasis on basketball skills and puts less stock into weather that player is physically developed or not. He leaves the physical development up to us so it’s very important that we safely but aggressively strength train our guys because we only get 4 years (there are no red shirts in the Patriot League). In addition to the three strength training sessions done weekly, we utilize strongman competitions, boxing and outside implements. We also assess each kid and work with them individually on any potential weaknesses and if a kid is not ready to do this program at full capacity the proper modifications are made.

Brad Potts is in his sixth year at Lafayette and third as the Director of Sports Performance. Potts works with all of Lafayette’s 23 Division I athletic teams, and is an integral part of the success of the Lafayette football program.
Prior to Lafayette, Potts was the assistant strength and conditioning coach at Wofford College in Spartanburg, S.C. for one year.
From March 2005 to August 2006, Potts spent time at the University of North Carolina and University of Georgia, working at both institutions as an intern to the head strength and conditioning coach.
Potts is a 2005 graduate of Indiana University of Pennsylvania (IUP), earning his degree in Exercise Physiology. During his time at IUP, Potts earned Division II All-America status at linebacker and was selected to the all-conference and All-North-east Region teams. Potts went on to play for the Johnstown Riverhawks, a professional Arena League football team.
Potts received his master’s of science degree in Heath Science from IUP in 2006. He is certified through the USAW as a sports performance coach and is certified by the NSCA as a Strength and Conditioning Specialist. In April 2012, he was published in American Football Monthly.
A while back, I was lucky enough to run into two things, the book, “Triphasic Training” by Cal Diez, and strength coach Ross Bowsher at Purdue. Now, with that being said, those are the influences that lead to this program templates creation. Noe, I will say this, I would never have been able to put this together without the help of Ross, so, credit must be given where it’s due. Together we had used this for one of my off seasons. Then, I took what I learned from that offseason, changed some things, and am providing you with a template. Why a template? Because everyone has different weaknesses and equipment, so I wanted to make sure it could be useful to all types if trainees, athletes, and lifters.

And what is the difference between conjugate v. Concurrent you may ask?

Conjugate: Each block/week/microcycle (a microcycle for our case in this program, is a week of training) focuses on one specific goal of resistance training (strength or power or hypertrophy or endurance, while the other three are maintained. So each day within that week has the same goal focus (if your micro cycle is a week long).

Concurrent: each microcycle/week focuses on multiple goals being trained. So training max effort (strength) two days and
dynamic effort (speed) twice a week in your four day a week (microcycle) training program; that's called concurrent training.

So why the kinda, and why the double "C"? Well, if we look at a week in this template, we have 2 dynamic days and two max effort days. Since we are training power and strength in the same week (microcycle), this makes it concurrent. However from a larger out look we are training 3 mesocycles with one specific goal per three week block. Since each mesocycles (aka 3 weeks of training and a Deload) has a specific triphasic focus (eccentric, Isometric, concentric); the program could also be called conjugate.

Confusing yes? Maybe I should have made it three "C"s. But it's relevant, so I have faith you guys will understand.

Anyways..

With this program, each mesocycle (aka 3 weeks/microcycles) focuses on a different portion of a muscle action. With muscle action there are three phases:

- **eccentric component** (lowering the weight/moving with gravity). Weeks 1-3 will have this as the overall focus.
- **isometric component** (the static equilibrium where the muscles action reverses direction from lowering to rising). Weeks 4-6 will have this as the overall focus.
- **concentric component** (the up portion of the lift/when you move against gravity). Weeks 7-9 has this as the overall focus.

And then within each week (microcycle) we will have a four day rotation:

- Max effort upper
- Max effort lower
- Dynamic effort upper
- Dynamic effort lower

As for assistance work, your rep range should be dictated by your goal. Here is the assistance work guidelines relative to different goals

- Power/explosiveness or dynamic effort (50–70 percent 1RM, jumps/throws/sprints and Olympic lifts)
- Max strength (1–5 RM)
- Hypertrophy goals (5–15 RM)
- Structural and strength endurance (15–20 RM)
Additional terms of importance:

<table>
<thead>
<tr>
<th>Terms</th>
<th>Definitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eccentric</td>
<td>The portion of the lift where you lower the weight (i.e) lowering the bar in the bench, lowering the deadlifts, and lowering the bar with squats</td>
</tr>
<tr>
<td>Isometric</td>
<td>The portion of the lift between where you lower to where you would reverse and raise the lift (i.e) at your chest in the bench, in the hole in the squat, and on the floor with the deadlift if you are doing reps</td>
</tr>
<tr>
<td>Concentric</td>
<td>The portion of the lift where you raise the bar (i.e) working against gravity</td>
</tr>
<tr>
<td>RPE</td>
<td>Rate of perceived exertion</td>
</tr>
</tbody>
</table>

So finally before we get into the plan, I will answer a question I am going to assume you are wondering: why, why, why did you set this up? Well, let me ask you this? If you were going to say your goal was to eat peanut butter from a jar with a spoon, then you would have three components equally as important to making that happen. You would have to have a spoon, peanut butter, and a jar. Thus, if your goal was to successfully enhance a muscle action (squat, bench, etc) theaters executing each triphasic portion of the lift is equally as important!! So, if that is the case, why not break your training into blocks (mesocycles) that equally get the same attention, since they are equally as important to your success!
PROGRAM TEMPLATE

Note: with assistance work

Assistance: For those looking to gain:

**Strength:** 3-5 sets x 3-6 reps on first assistance (think of it as a builder) then next to exercise 2 sets to high rep failure (increase in blood flow will help begin to facilitate recovery)

**Size:** keep the reps in the 8-12 range with 2-3 sets per exercise

**Muscular endurance:** timed sets (60sec +), 20 plus reps, sets of 100

Note: With Deload, it occurs every 4th week
Focus on high rep work to get blood flow to the body and increase/aid in recovery.

**Phase One**

**Eccentric power phase**

**A1. Squats** 5 sec eccentric 1 sec pause in hole explode up

- **week 1** 8 sets of 5 reps 40%
- **week 2** 8 sets of 4 reps 45%
- **week 3** 8 sets of 3 reps 50%

**A2. Box Jumps or Sprints**

- **Week 1** 8 sets of 2 reps
- **Week 2** add weight or box height 8x2 rep
- **Week 3** add weight or box height 8x2 rep

**B1. Speed Pulls** (competition stance, from floor)

**week 1** 5x3 reps w a 3 sec eccentric 65% plus band
**week 2** 5x3 reps w a 3 sec eccentric 70% plus band
**week 3** 5x3 reps w a 3 sec eccentric 75% plus band

(Lower the bar with the form as perfect as when u pick it up)

**Assistance**
1. Hamstring/ glute exercise
2. Quad exercise
3. Lowerback/ upper back exercise
4. Abs

**Day 2** upper eccentric power

**A1. Speed bench press** w micro band w 5 sec eccentric, 2 count pause inch above chest, then drop to chest and explode up

**week 1** 40% 8x3 reps
**week 2** 45% 8x3 reps
**week 3** 50% 8x3 reps

**A2. Lat Pull Downs** 8 sets of ___(depends on your goal)reps change grips each 2 sets (wide,narrow, reverse, ultra wide) and focus on retract then pull

**B1. Shoulder Exercise** (overhead or incline variation)

**Strength:** 5x5 w a 3 sec eccentric

**Hypertrophy:** 3 x 8-12 (3 sec Ecc)

**Muscle endurance:** 2x failure (3 sec eccentric)
Assistance
1. Rowing exercise
2. Tricep exercise
3. Rear delt exercise

**Day 3** heavy squat deadlift day
Squat power cluster all sets 90 sec rest!!

**Week 1**
- 80% x 2 reps
- 82% x 1 reps
- 75% x 5 reps
- 80% x 2 reps
- 82% x 1 rep
- 75% x 5 reps
- 80% x 2 reps
- 82% x 1 rep

**Week 2**
- 85% x 1 rep
- 90% x 1 rep
- 75% x 3 reps
- 85% x 1 rep
- 80% x 2 reps
- 90% x 1 reps
- 75% x 5 reps
- 90% x 1 rep

**Week 3**
- 75% x 2
- 80% x 2 reps
- add 2 board 85% x 3 singles close grip
- Add 2 board 85% x 3 reps x 2 sets (first rep to board, 2nd to chest, third to the 2board)
- Then 2 x failure db flat bench elbows out (aim 6-12)

2. Deadlift variation (opposite of comp. stance)

Instructions: put bar in j-hook at lock out and "lower to the floor" over 5 sec
Do this 3x
Pick a weight heavy enough to maintain form but struggle
Make sure to put back in rack you unload bar first! Do not pick it up

Heavy Bench Day

Volume Bench Training-strict pause everything

**Week 1**
- 50% x 5
- 60% x 5
- 70% 2 x 2

**Week 2**
- 50% x 4
- 60% x 4
- 70% x 2
- 75% x 1
- 80% x 1
- 85% x 4 singles
- add 2 board
- 90% x 3 singles close grip
- 90% x 3-5 reps x 2 sets regular grip
- Then 2 x failure db incline bench elbows out (aim 6-12)

**Week 3**
- 50% x 2
- 60% x 2
70% x 1
75% x 1
80% x 1
85% x 1
90% x 2 singles
92% x 2 singles
add 2 board 90% x 3 reps x2 sets
close grip
2board 95% x3 singles regular grip
Then 2xfailure db decline bench elbows out (aim 6-12)
1.Rowing exercise
2a.Tricep exercise
2b. Bicep Exercise
2c. Upper back exercise
3. Abs

**Phase Two-Isometric Phase**

**ME High Box Squat**

week 1 work up to 2x3 90% of squat max
week 2 work up to 2x2 95%
week 3 work up to 3 singles over 90% to a max around 105-110%

**The idea with the high box, is it will provide an isometric and an overload. Only set it an inch above parallel.**

Close Stance High Bar Pause squats, Deep!

**Week 1** 3x4 65%
**Week 2** 2x4 70%
**Week 3** 2x3 72-75%

**Week 1** 8 singles 60%
**Week 2** 6 singles 65%
**Week 3** 7 singles 70%

1a. Lower back exercise
1b. Abs
1c. Single Leg hamstring exercise

**Me Bench Day**

**week 1** max triple 3 board should be between 92-95% paused

**week 2** max double 2 board should be between 100-102% paused

**week 3** max single 1 board

4 inch High Pin Press w 3 sec ISO HOLD

**week 1** 3x5 85%
**week 2** 3x3 92%
**week 3** 2x2 100%

1. Pull ups 4sets x max reps
2a. tricep extension

2b. face pull
2c. abdominal exercise

**DE squat day**

**week 1** Speed Pause 2 sec hold
Squats 8x2 reps 60%

**week 2** Speed Pause 2 sec hold
squats 8x2 reps 65%

**week 3** Speed Pause 2 sec hold
squats 8 singles 70%

**Isometric (comp stance) deadlifts against pins (5sec hold)**

**week 1** 3x2x11sec
**week 2** 2x2x9sec
**week 3** 3x2x11sec

**set pin right below or at sticking point**

1. Lunge variation
2a. Glute/hamstring exercise
2b. abs

**DE bench**

Competition grip pause bench w 3 count iso-pause right above chest

**week 1** 10x3 60%
**week 2** 8x3 65%
**week 3** 6x3 70%
Heavy DB work or Weighted Dips

**week 1** 5x5  
**week 2** 4x4  
**week 3** 3x3  

1. 8 Sets of Lat work  
2a. Tricep Exercise  
2b. Upperback work  
2c. Bicep Work

**Deadlift** (competition stance)  
Straight weight triples work up to:  
**weeks 1** 80%  
**week 2** 85%  
**week 3** 88%

3a. Hamstring  
3b. Unilateral Quad  
3c. Abs

---

**Day 3-Max Lower**  
(opposite stance) Speed Pulls v. accommodating resistance  
60% x6 singles  
**week 2** 65% x6 singles  
**week 3** 70% x 6 singles

**Squat wave loading**  
**week 1** work sets  
70%x3  
75%x1  
80%x1  
70%x5  
75%x2  
82%x1x  
85%x1  
75%x5  

**week 2**  
70%x2  
75%x1  
82%x1  
75%x3  
85%x1  
88%x  
70%x5  

**week 3**  
70%x3  
75%x1  
82%x2  
85%x2  
70%x3  
85%x1  
92%x2x2sets  
70%x5

---

**Three-Concentric Phase**

**Day 1**  
Lower body dynamic effort  
Heavy walk outs first then,  
Speed contrast squats against bands  
45 sec rest  
52%x3 fast  
65%x1  
52%x3  
70%x1  
52%x3  

**Day 2**  
Dynamic Upper Body  
**Bench speed v. band**  
40%x3 comp grip  
50%x1 close grip  
40%x3 comp grip  
50%x1 close grip  
40%x3 comp grip  
55%x1 close grip  

**Week 2**  
40%x3 comp grip  
50%x1 close grip  
40%x3 comp grip  
50%x1 close grip  
40%x3 comp grip  
55%x1 close grip  

**Week 3**  
40%x3 comp grip  
50%x1 close grip  
40%x3 comp grip  
50%x1 close grip  
40%x3 comp grip  
55%x1 close grip  

**pin press lock out**  
**Week 1**  
110% 3x3  
120% 2x2  
125-140% 3x1
1. Unilateral Leg exercise
2a. High rep hamstring
2b. abs

Day 4-Max Upper
1. Paused bench, wave loading
70%x5
75%x1
80%x2
85%x1
70%x5
75%x1
82%x3
70%x5

week 2
70%x3
75%x3
80%x3 sets x 1
70%x5
85%x1
75%x4

week 3
70%x2
75%x1
82%x1
82%x1
85%x2
70%x5
80%x1
90%x2
75%x4

close grip board work v. band
3 board 55% x6 reps x 2 sets
65% x 4reps

week 2
3 board 55% x6(66), 65% x 3(78), 70% x 1(85), 75% x 1(90)

1. 8 sets of pull ups
2a. high rep tricep work
2b. high rep pec work
2c high rep rear delt work.

The Author: Jennifer Petrosino is a raw Powerlifter in the 97- and 105-pound weight classes. She holds the all-time American record squat in the 105-pound weight class and the top-five all-time squat in the 97-pound class. She is a former division I strength coach and is currently pursuing her master’s degree in Kinesiology at Ohio State while working as a graduate teacher assistant. She can be contacted at jennypetro@aol.com.
The program I have written is 12 weeks long and specific for athletes. It begins with preparatory work, then we move into what I call my intro to Dynamic work of the athlete, finally we attempt to get the athlete efficient enough that they can perform some true speed work in the weight room. Some of this may be different than what you are used to and that’s OK. This is a system that I have developed through trial and error after years working with collegiate athletes.

The program is pretty simple to follow but as always I am sure there will be some terminology that is different than each person is used to. I tried to be descriptive with the names of the exercises but if you have specific questions feel free to email me hamer@rmu.edu.
### 3 weeks preparatory work

#### Day 1

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<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
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</thead>
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<tr>
<td>Low Hurdle 3x20</td>
<td>6x3</td>
<td>6x3</td>
<td>6x3</td>
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<tr>
<td>Band Pull 3x25</td>
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<tr>
<td>T Push Ups 3x10</td>
<td>6x12 sec</td>
<td>6x12 sec</td>
<td>6x12 sec</td>
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<tr>
<td>DB Lunge 6x5/per</td>
<td>6x5/per</td>
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<td>6x5/per</td>
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<tr>
<td>LM SA Throws 3x10/per</td>
<td>3x10/per</td>
<td>3x10/per</td>
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<tr>
<td>SA Band O Press 3x10/per</td>
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<td>Band Pushdown 3x25</td>
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<td>BW Squats 100</td>
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## Day 2

<table>
<thead>
<tr>
<th>Pre Work</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
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<tbody>
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<td>3x20</td>
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### Phase two intro of dynamic

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## Day 3

### Pre Work
1a Jump Rope 4x100  
1b Lower Paloff 4x8 per  
1c Hip Jumps 4x6

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# Phase Three SPEED

## Day 1

### Pre Work

- 1a Plate Curls 3x20
- 1b BW Squats 3x10
- 1c Spiderman Stretch 3x6

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# Day 2

<table>
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<th>Week 1</th>
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<td>1b Low hurdle 3x20</td>
<td>1c Wideouts 3x10</td>
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## Workout

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<tr>
<td>1b W Lunge</td>
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<td>2a Band Push</td>
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<td>2c Abs</td>
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### Day 3

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<td>2b BB Curls</td>
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<tr>
<td>2c H leg Raise</td>
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Todd Hamer is the head strength and conditioning coach at Robert Morris University. He received his bachelor’s of science degree in exercise science from The Pennsylvania State University in 1999 and his master’s of science degree from the Virginia Commonwealth University in Richmond, Virginia, in August 2002. Todd is a competitive powerlifter and his best lifts are a 545-lb squat, a 430-lb bench, and a 540-lb deadlift.
The following is based off what I did for 12 weeks to improve my strength for the Squat, Bench, and Deadlift as a Raw Powerlifter. I based it off of a conjugate framework, utilizing max effort, dynamic effort, and repetition effort exercises. I rotated my max effort work with exercises I’ve found to benefit my raw lifts. I rotated supplementary exercises in 4-week blocks, and kept most of the other smaller assistance work simple with a few variations here and there. Keep in mind that this doesn’t account for the time right before a meet, everything will need to be adjusted accordingly for within a few weeks of a competition. Also note that the supplementary and assistance exercises are designed in a way to help me with my weaknesses, they will vary from person to person. This isn’t a “Westside” template that you might find somewhere online, this is a conjugate program manipulated to suit my needs and goals, so it will differ from a standard template.
**Competition Deadlift Style: Conventional**

Areas of Weakness (These are areas I needed to focus on, but remember everything needs to get stronger as you look at any program): Glutes/Hips (deadlift lockout/mid-squat), Shoulders/Triceps (bench lockout).

**Notes Regarding Max Effort (ME) Work:**

*The ME lifts I chose are what I’ve seen benefit my raw numbers so far, yours may be different.

*As you can see in the program: I rarely worked up to ME singles two weeks in a row, I either switched back and forth from triples, or added some sort of accommodating resistance or specialty bar – I found that this kept me from stalling or beating myself up too bad. I used a similar concept with my supplementary work on OHP and Deadlifts, only working up to a max single or triple every few weeks. (I’ve found the most success recently by only pulling ME deadlifts every few weeks).

**Notes Regarding Dynamic Effort (DE) Work:**

*In this 12 week cycle I primarily used jumps and medicine ball throws for the beginning of my dynamic days (the previous 12 weeks I used standard barbell DE work – I’ve found the most success for myself through alternating using barbell DE work (speed squats/deads and speed bench w/ accommodating resistance) with jumps and throws. This allows me to work on my explosiveness without aggravating some injuries that tend to bother me when I overdo it with barbell speed work. This is my personal setup and will vary from person to person.

*Don’t overthink the jumps or throws, or overdo it with them. They are in this particular 12 week cycle simply to prime the nervous system and help improve explosiveness before training. If you aren’t explosive enough with the prescribed work for that day, you need to use lighter ball/lower box, or adjust volume.

*I made sure to still utilize CAT (compensatory acceleration training) in my program – I worked on this with my main lifts, but particularly when using accommodating resistance like chains, as well as on supplementary or lighter work.

**Notes Regarding Repetition Work:**

*Supplementary Exercises: I chose these based off my weaknesses or things that would help improve technique flaws – Again these will vary from person to person. Even things like the height of the board presses (2 board) are chosen specifically because that is the level right below my sticking point for bench.

*Accessory Exercises: Don’t overthink these – They were chosen to keep balance, prevent injury, and gain muscle mass. They can easily be modified from person to person.

*When an exercise is noted as ‘moderately heavy set of _’ it means between 7-9 on RPE scale, depending on how I felt that week.

**Box Jump Progression:**

Week 1 – Test  
Week 2 – 6 sets of 4 jumps @ 75%
Week 3 – 5 sets of 3 jumps @ 85%
Week 4 – 4 sets of 2 jumps @ 95%
*After week 4 re-assess and start at week 1 again.

Med Ball Throw Progression:
Week 1 – Chest Pass against wall, 2-3 sets of 5 throws
Week 2 – Step and Chest Pass, 2-3 sets of 5 throws
Week 3 – Start at week 1 again, and adjust intensity/volume accordingly to how explosive you were (or weren’t).

Abbreviations:
ME – Max Effort
DE – Dynamic Effort
OHP – Overhead Press
RB – Reverse Bands
BW – Bodyweight
Wtd – Weighted

Week 1 - Start of Block 1

Monday (ME Upper):
A. Bench Press
B. Floor Press 3x8
C. Dumbbell Rows 4x10
D1. Tricep Pushdowns 3x25
D2. Bicep Curls 3x15

Thursday (DE Upper):
A. Med Ball Throws
B. Standing OHP
C. Close Grip Bench Press 3x8
D. Chins 4 sets max reps (BW or Wtd)
E. Cable Rows 3x10

Wednesday (DE Lower):
A. Box Jumps
B. Sumo Deadlifts
C. Wide Stance Box Squats 3x8
D1. Cable Pull Throughs 3x10
D2. Abs w/ Spud Strap 3x10

Saturday (ME Lower):
A. Squat
B. Hip Belt Squat 3x8
C. Glute Ham Raise 3x8
D. Weighted Abs 4x10

Week 2

Monday (ME Upper):
A. Bench Press
B. Floor Press 3x8
*Work up to ME Single, then 1-2 singles w/ reverse band

Thursday (DE Upper):
A. Med Ball Throws
B. Standing OHP w/ Swiss Bar
*Work up to moderately heavy set of 5
C. Close Grip Bench Press 3x8
C. Dumbbell Rows 4x10
D1. Tricep Pushdowns 3x25
D2. Bicep Curls 3x15

D. Chins 4 sets max reps (BW or Wtd)
E. Cable Rows 3x10

Wednesday (DE Lower):
A. Box Jumps
B. Sumo Deadlifts
*Work up to moderately heavy set of 5
C. Wide Stance Box Squats 3x8
D1. Cable Pull Throughs 3x10
D2. Abs w/ Spud Strap 3x10

Saturday (ME Lower):
A. Squat
*Work up to ME Single,
then 1-2 singles w/ reverse band
B. Hip Belt Squat 3x8
C. Glute Ham Raise 3x8
D. Weighted Abs 4x10

Week 3

Monday (ME Upper):
A. Bench Press w/ Chains
*Work up to ME Single
B. Floor Press 3x8
C. Dumbbell Rows 4x10
D1. Tricep Pushdowns 3x25
D2. Bicep Curls 3x15

Thursday (DE Upper):
A. Med Ball Throws
B. Standing OHP w/ Fat Gripz (or Axle)
*Work up to moderately heavy set of 5
C. Close Grip Bench Press 3x8
D. Chins 4 sets max reps (BW or Wtd)
E. Cable Rows 3x10

Wednesday (DE Lower):
A. Box Jumps
B. Sumo Deadlifts
*Work up to moderately heavy set of 5
C. Wide Stance Box Squats 3x8
D1. Cable Pull Throughs 3x10
D2. Abs w/ Spud Strap 3x10

Saturday (ME Lower):
A. Squat w/ Chains
*Work up to ME Single,
B. Hip Belt Squat 3x8
C. Glute Ham Raise 3x8
D. Weighted Abs 4x10

Week 4

Monday (ME Upper):
A. Bench Press w/ 2 Board
*Work up to ME Single
B. Floor Press 3x8
C. Dumbbell Rows 4x10
D1. Tricep Pushdowns 3x25
D2. Bicep Curls 3x15

Thursday (DE Upper):
A. Med Ball Throw
B. Standing OHP
*Work up to moderately heavy set of 3
C. Close Grip Bench Press 3x8
D. Chins 4 sets max reps (BW or Wtd)
E. Cable Rows 3x10
Wednesday (DE Lower):
A. Box Jumps
B. Sumo Deadlifts
*Work up to moderately heavy set of 3
C. Wide Stance Box Squats 3x8
D1. Cable Pull Throughs 3x10
D2. Abs w/ Spud Strap 3x10

Saturday (ME Lower):
A. Squat w/ SSB
*Work up to ME Triple
B. Hip Belt Squat 3x8
C. Glute Ham Raise 3x8
D. Weighted Abs 4x10

Week 5 - Start of Block 2

Monday (ME Upper):
A. Bench Press w/ Pause
*Work up to ME Triple
B. 2 Board Bench 3x8
C. Meadows Rows 4x10
D1. Tricep Pushdowns 3x25
D2. Bicep Curls 3x15

Thursday (DE Upper):
A. Med Ball Throws
B. Standing OHP w/ Swiss Bar
*Work up to moderately heavy set of 5
C. Incline Bench Press 3x8
D. Chins 4 sets max reps (BW or Wtd)
E. Cable Rows 3x10

Wednesday (DE Lower):
A. Box Jumps
B. Block pull mid shin (conv)
*Work up to moderately heavy set of 5
C. Front Squat 3x8
D1. Hyperextension 3x10
D2. Abs w/ Spud Strap 3x10

Saturday (ME Lower):
A. Squat
*Work up to Moderately Heavy Triple
B. Leg Press 3x8
C. Glute Ham Raise 3x8
D. Weighted Abs 4x10

Week 6

Monday (ME Upper):
A. Bench Press w/ Pause
*Work up to ME Single
B. 2 Board Bench 3x8
C. Meadows Rows 4x10
D1. Tricep Pushdowns 3x25
D2. Bicep Curls 3x15

Thursday (DE Upper):
A. Med Ball Throw
B. Standing OHP w/ Fat Gripz
*Work up to moderately heavy set of 5
C. Incline Bench Press 3x8
D. Chins 4 sets max reps (BW or Wtd)
E. Cable Rows 3x10

Wednesday (DE Lower):
A. Box Jumps
B. Conventional Deadlift
*Work up to ME Triple/Single

Saturday (ME Lower):
A. Squat
*Work up to ME Single, then 1-2 w/ RB
B. Leg Press 3x8
### Week 7

**Monday (ME Upper):**
- A. Bench Press w/ Chains
- B. 2 Board Bench 3x8
- C. Meadows Rows 4x10
- D1. Tricep Pushdowns 3x25
- D2. Bicep Curls 3x15

**Wednesday (DE Lower):**
- A. Box Jumps
- B. Block pull mid shin (conv)
- C. Front Squat 3x8
- D1. Hyperextension 3x10
- D2. Abs w/ Spud Strap 3x10

**Thursday (DE Upper):**
- A. Med Ball Throws
- B. Standing OHP
- C. Incline Bench Press 3x8
- D. Chins 4 sets max reps (BW or Wtd)
- E. Cable Rows 3x10

**Saturday (ME Lower):**
- A. Squat w/ SSB
- B. Leg Press 3x8
- C. Glute Ham Raise 3x8
- D. Weighted Abs 4x10

### Week 8

**Monday (ME Upper):**
- A. Bench Press
- B. 2 Board Bench 3x8
- C. Meadows Rows 4x10
- D1. Tricep Pushdowns 3x25
- D2. Bicep Curls 3x15

**Wednesday (DE Lower):**
- A. Box Jumps
- B. Conventional Deadlift
- C. Front Squat 3x8
- D1. Hyperextension 3x10
- D2. Abs w/ Spud Strap 3x10

**Thursday (DE Upper):**
- A. Med Ball Throws
- B. Standing OHP
- C. Incline Bench Press 3x8
- D. Chins 4 sets max reps (BW or Wtd)
- E. Cable Rows 3x10

**Saturday (ME Lower):**
- A. Squat
- B. Leg Press 3x8
- C. Glute Ham Raise 3x8
- D. Weighted Abs 4x10
Week 9 - Start of Block 3

**Monday (ME Upper):**
- A. Bench Press w/ 2 Board
- *Work up to ME Single*
- B. Swiss Bar Close Grip Bench 3x8
- C. Cable Rows 4x10
- D1. Tricep Pushdowns 3x25
- D2. Bicep Curls 3x15

**Thursday (DE Upper):**
- A. Med Ball Throws
- B. Standing OHP w/ Swiss Bar
- *Work up to moderately heavy set of 5*
- C. Close Grip Floor Press 3x8
- D. Chins 4 sets max reps (BW or Wtd)
- E. Cable Rows 3x10

**Wednesday (DE Lower):**
- A. Box Jumps
- B. Deficit Deadlift (conv)
- *Work up to moderately heavy set of 5*
- C. Good Morning 3x8
- D1. Cable Pull through 3x10
- D2. Hanging Leg Raises

**Saturday (ME Lower):**
- A. Squat w/ Chains
- *Work up to ME Single*
- B. Bulgarian Split Squats 3x8
- C. Glute Ham Raise 3x8
- D. Weighted Abs 4x10

---

**Week 10**

**Monday (ME Upper):**
- A. Bench Press w/ Pause
- *Work up to ME Triple*
- B. Swiss Bar Close Grip Bench 3x8
- C. Cable Rows 4x10
- D1. Tricep Pushdowns 3x25
- D2. Bicep Curls 3x15

**Thursday (DE Upper):**
- A. Med Ball Throws
- B. Standing OHP w/ Fat Gripz
- *Work up to moderately heavy set of 5*
- C. Close Grip Floor Press 3x8
- D. Chins 4 sets max reps (BW or Wtd)
- E. Cable Rows 3x10

**Wednesday (DE Lower):**
- A. Box Jumps
- B. Conventional Deadlift
- *Work up to moderately heavy set of 3*
- C. Good Morning 3x8
- D1. Cable Pull through 3x10
- D2. Hanging Leg Raises

**Saturday (ME Lower):**
- A. Squat
- *Work up to ME Triple*
- B. Bulgarian Split Squats 3x8
- C. Glute Ham Raise 3x8
- D. Weighted Abs 4x10
Week 11

**Monday (ME Upper):**
- A. Bench Press w/ Chains
- *Work up to ME Double
- B. Swiss Bar Close Grip Bench 3x8
- C. Cable Rows 4x10
- D1. Tricep Pushdowns 3x25
- D2. Bicep Curls 3x15

**Thursday (DE Upper):**
- A. Med Ball Throw
- B. Standing OHP
- *Work up to moderately heavy set of 5
- C. Close Grip Floor Press 3x8
- D. Chins 4 sets max reps (BW or Wtd)
- E. Cable Rows 3x10

**Wednesday (DE Lower):**
- A. Box Jumps
- B. Deficit Deadlift (conv)
- *Work up to moderately heavy set of 3
- C. Good Morning 3x8
- D1. Cable Pull through 3x10
- D2. Hanging Leg Raises

**Saturday (ME Lower):**
- A. Squat
- *Work up to ME Single
- B. Bulgarian Split Squats 3x8
- C. Glute Ham Raise 3x8
- D. Weighted Abs 4x10

Week 12

**Monday (ME Upper):**
- A. Bench Press
- *Work up to ME Single
- B. Swiss Bar Close Grip Bench 3x8
- C. Cable Rows 4x10
- D1. Tricep Pushdowns 3x25
- D2. Bicep Curls 3x15

**Thursday (DE Upper):**
- A. Med Ball Throws
- B. Standing OHP
- *Work up to moderately ME Triple
- C. Close Grip Floor Press 3x8
- D. Chins 4 sets max reps (BW or Wtd)
- E. Cable Rows 3x10

**Wednesday (DE Lower):**
- A. Box Jumps
- B. Conventional Deadlift
- *Work up to ME Triple
- C. Good Morning 3x8
- D1. Cable Pull through 3x10
- D2. Hanging Leg Raises

**Saturday (ME Lower):**
- A. Squat
- *Work up to heavy single, then add RB for ME singles
- B. Bulgarian Split Squats 3x8
- C. Glute Ham Raise 3x8
- D. Weighted Abs 4x10
This is a 12 week introductory athletic development program designed with the high school freshman in mind. It is designed to address many common needs for this age group, and sport. It could also be used for Jr. High or older athletes that don’t have a background in organized athletic performance training. 12 weeks was selected as it replicates the period when High School Track & Field practice starts early in the New Year, and runs through the conclusion of the season. Each week has 5 training sessions representing Monday through Saturday.

Since the athletes performing this program are probably somewhat new to training, the program seeks to address several variables. First of all, the mechanics of important exercises and movement patterns are approached using step by step teaching progressions. Since the ability to demonstrate good exercise mechanics is compromised without proper movement, the improvement of basic healthy movement patterns are also constantly addressed throughout the cycle and especially stressed in the early phase. Also included throughout the 12 weeks are exercises to address all aspects of athletic performance not just strength and power. Finally, as many training plans do, this program becomes more specific as it nears its conclusion through a transition to more intense exercises and loading patterns which translate to the needs of the events, and attempt to achieve a physiologic peak specif-
ic to track & field throwing; particularly strength and power.

For this age group and experience level repetition is important. This program uses a small battery of basic, simple, and effective exercises with the philosophy of getting the young athletes to do them really well. Focus is on developing important physical qualities and developing the psychology of working hard, smart, and doing things right. As coaches we would not want athletes to do the techniques of their events poorly, so they also should learn and embrace using good form when they stretch, lift, run, jump, etc. Note that suggested resistance levels are just those, suggested. It’s very difficult to assign loads according to percentages with beginners. Throughout this program weights are suggested and increases might not always be possible. The coach must be the decision maker here, allowing weight increases when technique looks stable. A young athlete may use the same load for a few weeks but will still benefit greatly from repetition with proper mechanics regardless of this.

**Cycle 1 – Work Capacity, Weeks 1-4**

Goals of this phase:

- Improve mobility and stability typically lacking in athletes this age
- Teach mechanics, build proficiency, and gradually build loading in key strength and power development exercises for throwing; Olympic Lift Related, Squat Related, Press Related, and Hip Hinge Related. A small battery of basic strength exercises will be covered in this introduction to assure proficiency. From these base exercises many other lifts and variations can be added in future programs.
- Provide “regressions” to major exercises for athletes that need them, allowing them to learn and strengthen movements while controlling overload.
- Address and develop the base of General Physical Preparation
- Teach basic mechanics of speed-strength/jumping movements and prepare the athletes for gradual ramp up of intensity throughout the program.
- Teach basic sprinting patterns and prepare the athletes for gradual ramp up of intensity throughout the program.
## Cycle 1, Week 1

### Monday

| Warm-up A: | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec  
c. Stability: Cook Hip Lift (10 reps, 3 sec hold), Front Plank (10 reps, 5-10 sec hold), Dyn. Blackburn (10 reps)  
d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
e. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.) |
| Speed-Strength: | a. Low Box Jump-up w/hold: Forwards, Backwards, Lateral, 90 degree (2x5 ea.) |
| Speed: | a. Teach A March: 2x5x10 yards |
| Throwing Session* | a. Intro to Power Clean: Teach the Power Position, Rack, Hi-Pull, Muscle Clean (15 min.)  
b. Intro to Squat: Bodyweight, Prisoner, Goblet, Bar (15 min.)  
c. Intro to Bench Press: Set-up, Technique, 2x10 easy weights (15 min.)  
d. Circuit:  
  a. Back Extension, 2x10  
  b. Inverted Row 2x10  
  c. Alternate Elbow to Knee Crunch 2x10 |

### Tuesday

| Warm-Up B: | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec  
c. Glute Medius Raise (10 reps, 3 sec hold), Quadruped (10 reps, 5-10 sec hold), Push Up+ x 8-10  
d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
e. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.) |
| Speed-Strength: | a. Teach Ankle Jumps, 3x10 reps |
### Throwing Session*

**Work Capacity:**
- Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 2 sets)
- Tempo Runs: (3x100 yards, 4x100 yards, 3x100 yards; 18-20 sec run, 50 yard walk between reps. Walk 100 between sets)

---

**Wednesday**

**Warm-up A:**
Same as Monday

**Speed Strength:**
- Low Hurdle Jump w/hold: Forward, Lateral, 90 degree (2x5 ea.)

**Speed:**
Same as Day 1

**Throwing Session***

**Strength:**
- Intro to Overhead Press: Dumbbell and Barbell, 2x10 easy weights (15 min. Perform Scap Slides between sets)
- Intro to Split Squat: Bodyweight, Goblet, 2x10 easy (15 min.)
- Intro to RDL: Technique, 2x10 easy weights (15 min.)
- Circuit:
  - Reverse Hyper 2x10
  - Banded Chin-ups 2x10
  - ½ Kneeling Cable Chops 2x10

---

**Thursday: Same as Tuesday**

**Friday: Same as Monday**

**Saturday: Same as Thursday**
## Cycle 1, Week 2

### Monday

**Warm-up A:**
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ⅛ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec
- c. Stability: Cook Hip Lift (2x10 reps, 3 sec hold), Front Plank (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)
- d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)
- e. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.)

**Speed-Strength:**
- a. Low Box Jump-up w/hold: Forwards, Backwards, Lateral, 90 degree (2x5 ea.)

**Speed:**
- a. A March: 3x5x10 yards

**Throwing Session***

**Strength:**
- a. Power Clean (Power Position), Technique session: 3x5 (light-medium weight, stretch wrists and lats while resting)
- b. Squat (Coach Assign 1): Goblet, or Bar – 3x10 (light-medium weight, stretch ankles and hips while resting)
- c. Bench Press: 3x10 (light-medium weight)
- d. Circuit:
  - a. Back Extension, 3x10
  - b. Inverted Row 3x10
  - c. Alternate Elbow to Knee Crunch 3x10

### Tuesday

**Warm-Up B:**
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ⅛ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec
- c. Glute Medius Raise (2x10 reps, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x8-10
- d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)
- e. Low Hurdle Series – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)

**Speed-Strength:**
- a. Ankle Jumps, 3x10 reps
### Throwing Session*

| b. Tempo Runs: (3x100 yards, 4x100 yards, 3x100 yards; 18-20 sec run, 50 yard walk between reps. Walk 100 between sets) |

### Wednesday

| Warm-up A: | Same as Monday |

| Speed Strength: | a. Low Hurdle Jump w/hold: Forward, Lateral, 90 degree (2x5 ea.) |

| Speed: | Same as Day 1 |

### Throwing Session*

| b. Goblet Split Squat: 3x10 (light-medium weight)  
| c. RDL: 3x10 (light-medium weight)  
| d. Circuit:  
| a. Reverse Hyper 3x10  
| b. Banded Chin-ups 3x10  
| c. ½ Kneeling Cable Chops 3x10 |

### Thursday

| Warm-Up B: | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
| b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  
| c. Glute Medius Raise (2x10 reps, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x8-10  
| d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
| e. Low Hurdle Series – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.) |

| Speed-Strength: | a. Ankle Jumps, 3x10 reps |

### Throwing Session*
b. Tempo Runs: (3x100 yards, 4x100 yards, 3x100 yards; 18-20 sec run, 50 yard walk between reps. Walk 100 between sets) |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Friday</strong></td>
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</table>
| Warm-up A: | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  
c. Stability: Cook Hip Lift (2x10 reps, 3 sec hold), Front Plank (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)  
d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
e. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.) |
| Speed-Strength: | a. Low Box Jump-up w/hold: Forwards, Backwards, Lateral, 90 degree (2x5 ea.) |
| Speed: | a. A March: 2x5x10 yards / Wall Drill 3x10 |
| Throwing Session* | |
b. Squat: Goblet, or Bar – 3x10 (same weight as Monday)  
c. Bench Press: 3x10 (same as Monday)  
d. Circuit:  
  a. Back Extension, 3x10  
  b. Inverted Row 3x10  
  c. Alternate Elbow to Knee Crunch 3x10 |
| **Saturday** | |
| Warm-Up B: | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  
c. Glute Medius Raise (2x10 reps, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x8-10  
d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
e. Low Hurdle Series – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.) |
### Speed-Strength:
- a. Ankle Jumps, 3x10 reps

### Throwing Session*

### Work Capacity:
- a. Medicine Ball Tempo: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps w/20-30 yard Stride between each exercise. – 2 sets)

---

## Cycle 1, Week 3

### Monday

#### Warm-up A:
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- c. Stability: Cook Hip Lift (2x10 reps, 3 sec hold), Front Plank (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)
- d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)
- e. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.)

#### Speed-Strength:
- a. Low Box Jump-up w/hold: Forwards, Backwards, Lateral, 90 degree (2x5 ea.)

#### Speed:
- a. A March/Skip: 3x5x10 yards / Wall Drill 3x10

#### Throwing Session*

### Strength:
(Continue Corrective movements between sets as needed)
- a. Power Clean, Technique (Power Position): 3x5 ea. (add 5 lbs. to previous week)
- b. Squat (Coach Assign 1): Goblet, or Bar – 3x10 (add 5-10 lbs. to previous week)
- c. Bench Press: 3x10 (add 5-10 lbs. to previous week)
- d. Circuit:
  - a. Back Extension, 3x10
  - b. Inverted Row 3x10
  - c. Alternate Elbow to Knee Crunch 3x10

---

## Tuesday
**Warm-Up B:**

| Warm-Up B: | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
| | b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  
| | c. Glute Medius Raise (2x10 reps, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x 8-10  
| | d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
| | e. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)  

**Speed-Strength:**

| Speed-Strength: | a. Teach Ankle Jumps, 3x10 reps  

**Throwing Session**

| Throwing Session* |  

**Work Capacity:**

| | b. Tempo Runs: (3x100 yards, 4x100 yards, 3x100 yards; 18-20 sec run, 50 yard walk between reps. Walk 100 between sets)  

**Wednesday**

**Warm-up A:**

| Warm-up A: | Same as Monday  

**Speed Strength:**

| Speed Strength: | a. Low Hurdle Jump w/hold: Forward, Lateral, 90 degree (2x5 ea.)  

**Speed A:**

| Speed A: | Same as Day 1  

**Throwing Session**

**Strength:** (Continue corrective movements as needed between sets)

| Strength: (Continue corrective movements as needed between sets) | a. Overhead Press (DB or BB, Coach assign): 3x10, (add 5 lbs. to previous week)  
| | b. Goblet Split Squat: 3x10 (add 5 lbs. to previous week)  
| | c. RDL: 3x10 (add 5-10 lbs. to previous week)  
| | d. Circuit:  
| | a. Reverse Hyper 3x10  
| | b. Banded Chin-ups 3x10  
| | c. ½ Kneeling Cable Chops 3x10  

|
### Thursday

**Warm-Up B:**
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ¼ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- c. Glute Medius Raise (2x10 reps, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x8-10
- d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)
- e. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)

**Speed-Strength:**
- a. Ankle Jumps, 3x10 reps

**Throwing Session***

**Work Capacity:**
- a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 3 sets)
- b. Tempo Runs: (4x100 yards, 5x100 yards, 4x100 yards; 18-20 sec run, 50 yard walk between reps. Walk 100 between sets)

### Friday

**Warm-up A:**
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ¼ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- c. Stability: Cook Hip Lift (2x10 reps, 3 sec hold), Front Plank (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)
- d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)
- e. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.)

**Speed-Strength:**
- a. Low Box Jump-up w/hold: Forwards, Backwards, Lateral, 90 degree (2x5 ea.)

**Speed:**
- a. A March/Skip: 3x5x10 yards / Wall Drill 3x10

**Throwing Session***
| Strength: (Continue Corrective movements between sets as needed) | a. Power Clean, Technique (Power Position): 3x5 ea. (Same as Monday)  
| b. Squat (Coach Assign 1): Goblet, or Bar – 3x10 (Same as Monday)  
| c. Bench Press: 3x10 (Same as Monday)  
| d. Circuit:  
|   a. Back Extension, 3x10  
|   b. Inverted Row 3x10  
|   c. Alternate Elbow to Knee Crunch 3x10 |

| Saturday |
| Warm-Up B: | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
| b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec ea.)  
| c. Glute Medius Raise (2x10 reps, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x8-10  
| d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
| e. Low Hurdle Series – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.) |

| Speed-Strength: | a. Ankle Jumps, 3x10 reps |

| Throwing Session* |

| Work Capacity: | a. Medicine Ball Tempo: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps w/20-30 yard Stride between each exercise. – 2 sets) |

| Cycle 1 - Week 4 |

| Monday |
| Warm-up A: | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
| b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec ea.)  
| c. Stability: Cook Hip Lift (2x10 reps, 3 sec hold), Front Plank (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)  
| d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
| e. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.) |
### PROGRAMS THAT WORK 3 VOL. 1

<table>
<thead>
<tr>
<th>Speed-Strength:</th>
<th>a. Low Box Jump-up w/hold: Forwards, Backwards, Lateral, 90 degree (2x5 ea.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed:</td>
<td>a. A March/Skip: 3x5x10 yards / Wall Drill 3x10</td>
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<tr>
<td></td>
<td>Throwing Session*</td>
</tr>
</tbody>
</table>
b. Squat (Coach Assign 1): Goblet, or Bar – 3x10 (May find reasonable best technical set of 10)  
c. Bench Press: 3x10 (May find reasonable best technical set of 10)  
d. Circuit:  
  a. Back Extension, 3x10  
  b. Inverted Row 3x10  
  c. Alternate Elbow to Knee Crunch 3x10 |
| (Continue Corrective movements between sets as needed) |                                                                             |

**Tuesday**

| Warm-Up B: | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  
c. Glute Medius Raise (2x10 reps, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x8-10  
d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
e. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.) |
| Speed-Strength: | a. Ankle Jumps, 3x10 reps |
|                 | Throwing Session* |

b. Tempo Runs: (3x100 yards, 4x100 yards, 3x100 yards; 18-20 sec run, 50 yard walk between reps. Walk 100 between sets) |

**Wednesday**

<p>| Warm-up A: | Same as Monday |
| Speed Strength: | a. Low Hurdle Jump w/hold: Forward, Lateral, 90 degree (2x5 ea.) |</p>
<table>
<thead>
<tr>
<th>Training Session</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Speed:</strong></td>
<td>Same as Day 1</td>
</tr>
<tr>
<td><strong>Throwing Session</strong></td>
<td></td>
</tr>
</tbody>
</table>
| **Strength:** (Continue corrective movements as needed between sets) | a. Overhead Press (DB or BB): 3x10, (May find reasonable best technical set of 10)  
  b. Goblet Split Squat: 3x10 (add 5 lbs. to previous week)  
  c. RDL: 3x10 (May find reasonable best technical set of 10)  
  d. Circuit:  
    a. Reverse Hyper 3x10  
    b. Banded Chin-ups 3x10  
    c. ½ Kneeling Cable Chops 3x10 |
| **Thursday** | |
| **Warm-Up B:** | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
  b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  
  c. Glute Medius Raise (2x10 reps, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x8-10  
  d. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)  
  e. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.) |
| **Speed-Strength:** | a. Ankle Jumps, 3x10 reps |
| **Throwing Session** | |
| **Work Capacity:** | a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 4 sets)  
  b. Tempo Runs: (4x100 yards, 5x100 yards, 4x100 yards; 18-20 sec run, 50 yard walk between reps. Walk 100 between sets) |
| **Friday** | |
**Warm-up A:**
- Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- Stability: Cook Hip Lift (2x10 reps, 3 sec hold), Front Plank (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)
- Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)
- Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.)

**Speed-Strength:**
- Low Box Jump-up w/hold: Forwards, Backwards, Lateral, 90 degree (2x5 ea.)

**Speed:**
- A March: 3x5x10 yards / Wall Drill 3x10

**Throwing Session*”

**Strength:** (Continue Corrective movements between sets as needed)
- Power Clean, Technique (Power Position): 3x5 ea. (Same as Monday)
- Squat (Coach Assign 1): Goblet, or Bar – 3x10 (Same as Monday)
- Bench Press: 3x10 (Same as Monday)
- Circuit:
  - Back Extension, 3x10
  - Inverted Row 3x10
  - Alternate Elbow to Knee Crunch 3x10

**Saturday**

**Warm-Up B:**
- Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- Glute Medius Raise (2x10 reps, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x8-10
- Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob (10 reps ea.)
- Low Hurdle Series – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)

**Speed-Strength:**
- Ankle Jumps, 3x10 reps

**Throwing Session*”

**Work Capacity:**
- Medicine Ball Tempo: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps w/20-30 yard Stride between each exercise. – 3 sets)
# Cycle 2 – Strength, Weeks 5-8

Goals of this phase:
- Continue to address mobility and stability
- Progress loading in the same key strength and power development exercises; Olympic Lift Related, Squat Related, Press Related, and Hip Hinge Related. Change exercises to allow for greater loading or to become a more explosive variation where applicable.
- Continue to provide "regressions" to major exercises for athletes that need them.
- Increase the volume of strength and power sessions and decrease work capacity sessions as the competitive season draws nearer.
- Progress volume and intensity of speed-strength/jumping movements.
- Progress volume and intensity or speed work.
- Decrease volume of general physical development work and create longer technical throwing sessions.

## Cycle 2, Week 5

<table>
<thead>
<tr>
<th>Monday</th>
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</table>
| **Warm-up A:**  
  a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
  b. Stability: Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)  
  c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard |
| **Speed-Strength:**  
  a. Box Jump-up w/hold: Forwards, Backwards, Lateral, 180 degree (2x5 ea.) |
| **Speed:**  
  a. Scramble-ups 2x5x10 yards |
| **Throwing Session*** |
| **Strength:**  
  a. Power Clean: (hang at knee): 4x3 (last 2 sets with best from wk. 4)  
  b. Squat or Front Squat (Goblet Squat Progress to FSQ): 3x6 (last 2 sets with best wk. 4)  
  c. Split Squat (rear foot low box) 3x8 (estimate wt. from wk. 4)  
  d. Circuit:  
    a. 3 Pos. Back Extension: 3x10 (3,3,4)  
    b. Inverted Row (progress: bent knee to straight, straight to low box): 3x8  
    c. 5 Palloff Press + 5 Cable Twist: 3x |
### Tuesday

**Warm-up B:**
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x10-12
- c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)

**Speed-Strength:**
- a. Ankling: 3x10 yards, On-Off Low Box: 3x10

**Throwing Session***

**Strength:**
- a. BB or DB Push-Press: 4x3 (last 2 sets with best from wk. 4)
- b. Bench Press: 3x6 (last 2 sets with best wk. 4)
- c. RDL: 3x6 (last 2 sets with best wk. 4)
- d. Circuit:
  - a. Chin-up (try to use lighter band): 3x8
  - b. Standing Cable Chops: 3x8 ea.
  - c. Standing Cable Lifts: 3x8 ea.

### Wednesday

**Extended Warm-Up:**
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ¼ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- c. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- d. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard

**Throwing Session***

**Work Capacity:**
- a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 2 sets)
**Thursday**

| Warm-up A: | a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
| | b. Stability: Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)  
| | c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard  
| Speed-Strength: | a. Explosive Step-ups: 3x5  
| Speed: | a. Med ball Starts 2x5x10 yards  

**Throwing Session***

| Strength: | a. PClean: (3 pos. technique – power, hang at knee, touch floor or low block): 4x3 light  
| | b. Squat or Front Squat (6 sec eccentric): 5x3, -5 lbs. day 1  
| | c. Step Up to hip Flex (DB): 3x8  
| | d. Circuit:  
| | a. Reverse Hyper: 3x15  
| | b. Inverted Row (progress: bent knee to straight, straight to low box): 3x8  
| | c. Landmine Twist: 3x8  

**Friday**

| Warm-up B: | a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
| | b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x10-12  
| | c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)  
| Speed-Strength: | a. Ankling: 3x10 yards, Hurdle Jumps (low, may do double jump): 3x5  

**Throwing Session***
## Strength:

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>BB or DB Press</td>
<td>3</td>
<td>6x10</td>
<td>last 2 sets with best from wk. 4</td>
</tr>
<tr>
<td>Bench Press (6 sec eccentric)</td>
<td>5</td>
<td>3x5</td>
<td>-5 lbs. day 1</td>
</tr>
<tr>
<td>RDL (6 sec eccentric)</td>
<td>5</td>
<td>3x5</td>
<td>-5 lbs. day 1</td>
</tr>
<tr>
<td>Circuit:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. Chin-up (try to use lighter band)</td>
<td>3</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>b. Standing Cable Push Pull</td>
<td>3</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>c. DB Bent Row</td>
<td>3</td>
<td>8</td>
<td></td>
</tr>
</tbody>
</table>

## Saturday (If indoor meet try to do MB post)

<table>
<thead>
<tr>
<th>Warm-Up</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Rollout:</td>
<td>Calves, Anterior Hip &amp; Quad, Glutes, T-Spine, Pecs, (1 minute each)</td>
</tr>
<tr>
<td>b. Stretch:</td>
<td>½ Kneeling position – Calves, Hip Flexors, Quads, &amp; Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)</td>
</tr>
<tr>
<td>c. Inchworm, Walking Lunge</td>
<td>twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)</td>
</tr>
<tr>
<td>d. Low Skip</td>
<td>Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. &amp; lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard</td>
</tr>
</tbody>
</table>

## Throwing Session*

<table>
<thead>
<tr>
<th>Work Capacity:</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Medicine Ball Circuit:</td>
<td>Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 2 sets)</td>
</tr>
</tbody>
</table>

## Cycle 2, Week 6

### Monday

<table>
<thead>
<tr>
<th>Warm-up A:</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Inchworm, Walking Lunge</td>
<td>twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)</td>
</tr>
<tr>
<td>b. Stability:</td>
<td>Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)</td>
</tr>
<tr>
<td>c. Low Skip</td>
<td>Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. &amp; lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Speed-Strength:</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Box Jump-up w/hold:</td>
<td>Forwards, Backwards, Lateral, 180 degree (2x5 ea.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Speed</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Scramble-ups</td>
<td>2x5x10 yards</td>
</tr>
</tbody>
</table>
### Throwing Session*

#### Strength:
- a. Power Clean: (hang at knee): 5x3 (last 3 sets +5 lbs. wk. 5)
- b. Squat or Front Squat (Goblet Squat Progress to FSQ): 4x6 (last 3 sets +5-10 lbs. wk. 5)
- c. Split Squat (rear foot low box) 3x8 (+5 lbs. if possible)
- d. Circuit:  
  - a. 3 Pos. Back Extension: 3x10 (3,3,4)
  - b. Inverted Row (progress: bent knee to straight, straight to low box): 3x8
  - c. 5 Palloff Press + 5 Cable Twist: 3x

### Tuesday

#### Warm-up B:
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x10-12
- c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)

#### Speed-Strength:
- a. Ankling: 3x10 yards, On-Off Low Box: 3x10

### Throwing Session*

#### Strength:
- a. BB or DB Push-Press:  5x3 (last 3 sets +5 lbs. wk. 5)
- b. Bench Press: 4x6 (last 3 sets +5-10 lbs. wk. 5)
- c. RDL: 4x6 (last 3 sets +5-10 lbs. wk. 5)
- d. Circuit:  
  - a. Chin-up (try to use lighter band): 3x8
  - b. Standing Cable Chops: 3x8 ea.
  - c. Standing Cable Lifts: 3x8 ea.
### Wednesday

**Extended Warm-Up:**
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ¼ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- c. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- d. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard

**Throwing Session***

**Work Capacity:**
- a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 2 sets)

### Thursday

**Warm-up A:**
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Stability: Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)
- c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard

**Speed-Strength:**
- a. Explosive Step-ups: 3x5

**Speed:**
- a. Med ball Starts 2x5x10 yards

**Throwing Session***

**Strength:**
- a. P.Clean: (3 pos. technique – power, hang at knee, touch floor or low block): 4x3 light
- b. Squat or Front Squat (6 sec eccentric): 5x3, -5 lbs. day 1
- c. Step Up to hip Flex (DB): 3x8
- d. Circuit:
  - a. Reverse Hyper: 3x15
  - b. Inverted Row (progress: bent knee to straight, straight to low box): 3x8
  - c. Landmine Twist: 3x8
**Friday**

<table>
<thead>
<tr>
<th>Warm-up B:</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)&lt;br&gt;b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x10-12&lt;br&gt;c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)</td>
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<th>Speed-Strength:</th>
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<tbody>
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<td>a. Ankling: 3x10 yards, Hurdle Jumps (low, may do double jump): 3x5</td>
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**Throwing Session***

<table>
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<th>Strength:</th>
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<tbody>
<tr>
<td>a. BB or DB Press: 4x6 (last 3 sets +5-10 lbs. wk. 5)&lt;br&gt;b. Bench Press: (6 sec eccentric): 5x3, -5 lbs. day 1&lt;br&gt;c. RDL: (6 sec eccentric): 5x3, -5 lbs. day 1&lt;br&gt;d. Circuit:&lt;br&gt;   a. Chin-up (try to use lighter band): 3x8&lt;br&gt;   b. Standing Cable Push Pull: 3x8&lt;br&gt;   c. DB Bent Row: 3x8</td>
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**Saturday (If indoor meet try to do MB post)**

<table>
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<th>Extended Warm-Up:</th>
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**Throwing Session***

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<th>Work Capacity:</th>
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<tbody>
<tr>
<td>a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 2 sets)</td>
</tr>
</tbody>
</table>
## Cycle 2, Week 7

### Monday

**Warm-up A:**
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Stability: Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)
- c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard

**Speed-Strength:**
- a. Box Jump-up w/hold: Forwards, Backwards, Lateral, 180 degree (2x5 ea.)

**Speed:**
- a. Scramble-ups 2x5x10 yards

**Throwing Session***

**Strength:**
- a. Power Clean: (hang at knee): 5x3 (last 3 sets +5 lbs. wk. 6)
- b. Squat or Front Squat (Goblet Squat Progress to FSQ): 4x6 (last 3 sets +5-10 lbs. wk. 6)
- c. Split Squat (rear foot low box) 3x8 (+5 lbs. if possible)
- d. Circuit:
  - a. 3 Pos. Back Extension: 3x10 (3,3,4)
  - b. Inverted Row (progress: bent knee to straight, straight to low box): 3x8
  - c. 5 Palloff Press + 5 Cable Twist: 3x

### Tuesday

**Warm-up B:**
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x10-12
- c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)

**Speed-Strength:**
- a. Ankling: 3x10 yards, On-Off Low Box: 3x10

**Throwing Session***

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*Elitefts.com*
### Strength:

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>BB or DB Push-Press</td>
<td>5x3</td>
<td></td>
</tr>
<tr>
<td>Bench Press</td>
<td>4x6</td>
<td></td>
</tr>
<tr>
<td>RDL</td>
<td>4x6</td>
<td></td>
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</table>

**Circuit:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chin-up</td>
<td>3x8</td>
<td></td>
</tr>
<tr>
<td>Standing Cable Chops</td>
<td>3x8 ea</td>
<td></td>
</tr>
<tr>
<td>Standing Cable Lifts</td>
<td>3x8 ea</td>
<td></td>
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</table>

### Wednesday

**Extended Warm-Up:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rollout</td>
<td>1 min</td>
</tr>
<tr>
<td>Stretch</td>
<td>1/2 min</td>
</tr>
<tr>
<td>Inchworm, Walking Lunge</td>
<td></td>
</tr>
<tr>
<td>Inchworm, Walking Lunge</td>
<td></td>
</tr>
<tr>
<td>Inchworm, Walking Lunge</td>
<td></td>
</tr>
<tr>
<td>Low Skip</td>
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</tbody>
</table>

**Throwing Session***

**Work Capacity:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine Ball Circuit</td>
<td>20</td>
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### Thursday

**Warm-up A:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inchworm, Walking Lunge</td>
<td></td>
</tr>
<tr>
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<td></td>
</tr>
<tr>
<td>Inchworm, Walking Lunge</td>
<td></td>
</tr>
</tbody>
</table>

**Speed-Strength:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Explosive Step-ups</td>
<td>3x5</td>
</tr>
</tbody>
</table>
**Strength:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. P.Clean: (3 pos. technique – power, hang at knee, touch floor or low block)</td>
<td>4x3</td>
</tr>
<tr>
<td>b. Squat or Front Squat (6 sec eccentric)</td>
<td>5x3</td>
</tr>
<tr>
<td>c. Step Up to hip Flex (DB)</td>
<td>3x8</td>
</tr>
<tr>
<td>d. Circuit:</td>
<td></td>
</tr>
<tr>
<td>a. Reverse Hyper:</td>
<td>3x15</td>
</tr>
<tr>
<td>b. Inverted Row (progress: bent knee to straight, straight to low box)</td>
<td>3x8</td>
</tr>
<tr>
<td>c. Landmine Twist:</td>
<td>3x8</td>
</tr>
</tbody>
</table>

**Friday**

**Warm-up B:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Inchworm, Walking Lunge w/ twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)</td>
<td></td>
</tr>
<tr>
<td>b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x10-12</td>
<td></td>
</tr>
<tr>
<td>c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)</td>
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</table>

**Speed-Strength:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Ankling: 3x10 yards, Hurdle Jumps (low, may do double jump)</td>
<td>3x5</td>
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</table>

**Throwing Session**

**Strength:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. BB or DB Press: 4x6 (last 3 sets +5-10 lbs. wk. 6)</td>
<td></td>
</tr>
<tr>
<td>b. Bench Press: (6 sec eccentric): 5x3, -5 lbs. day 1</td>
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</tr>
<tr>
<td>c. RDL: (6 sec eccentric): 5x3, -5 lbs. day 1</td>
<td></td>
</tr>
<tr>
<td>d. Circuit:</td>
<td></td>
</tr>
<tr>
<td>a. Chin-up (try to use lighter band): 3x8</td>
<td></td>
</tr>
<tr>
<td>b. Standing Cable Push Pull: 3x8</td>
<td></td>
</tr>
<tr>
<td>c. DB Bent Row: 3x8</td>
<td></td>
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</tbody>
</table>
### Saturday (If indoor meet try to do MB post)

**Extended Warm-Up:**
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ¼ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- c. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- d. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.). A Skip 3x20 yard, Butt Kick 3x20 yard

**Throwing Session***

**Work Capacity:**
- a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 2 sets)

### Cycle 2, Week 8

#### Monday

**Warm-up A:**
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Stability: Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)
- c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.). A Skip 3x20 yard, Butt Kick 3x20 yard

**Speed-Strength:**
- a. Box Jump-up w/hold: Forwards, Backwards, Lateral, 180 degree (2x5 ea.)

**Speed :**
- a. Scramble-ups 2x5x10 yards

**Throwing Session***

**Strength:**
- a. Power Clean: (hang at knee): 3x3 (find best for 3 with solid technique)
- b. Squat or Front Squat: 3x6 (find best for 6 with solid technique)
- c. Split Squat (rear foot low box): 3x8 (+5 lbs. if possible)
- d. Circuit:
  - a. 3 Pos. Back Extension: 3x10 (3,3,4)
  - b. Inverted Row (progress: bent knee to straight, straight to low box): 3x8
  - c. 5 Palloff Press + 5 Cable Twist: 3x
### Tuesday

**Warm-up B:**
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (2x10 reps, 5-10 sec hold), Push Up+ 2x10-12
- c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)

**Speed-Strength:**
- a. Ankling: 3x10 yards, On-Off Low Box: 3x10

**Throwing Session**

**Strength:**
- a. BB or DB Push-Press: 3x3 (find best for 3 with solid technique)
- b. Bench Press: 3x6 (find best for 6 with solid technique)
- c. RDL: 3x6 (find best for 6 with solid technique)
- d. Circuit:
  - a. Chin-up (try to use lighter band): 3x8
  - b. Standing Cable Chops: 3x8 ea.
  - c. Standing Cable Lifts: 3x8 ea.

### Wednesday

**Extended Warm-Up:**
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- c. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- d. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard

**Throwing Session**

**Work Capacity:**
- a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 2 sets)
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<tbody>
<tr>
<td>a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)</td>
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<td>b. Stability: Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)</td>
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<td>c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. &amp; lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard</td>
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<table>
<thead>
<tr>
<th>Speed-Strength:</th>
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</tr>
</thead>
<tbody>
<tr>
<td>a. Explosive Step-ups: 3x5</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Speed:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Med ball Starts 2x5x10 yards</td>
<td></td>
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### Throwing Session*

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<td>a. PClean: (3 pos. technique – power, hang at knee, touch floor or low block): 4x3 light</td>
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<td>b. Squat or Front Squat (6 sec eccentric): 3x3, -5 lbs. day 1</td>
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<td>d. Circuit:</td>
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<td>c. Landmine Twist: 3x8</td>
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### Friday

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<tr>
<th>Warm-up B:</th>
<th></th>
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<tbody>
<tr>
<td>a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)</td>
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<td></td>
</tr>
</tbody>
</table>

### Throwing Session*


**Strength:**

- a. BB or DB Press: 3x6 (find best for 6 with solid technique)
- b. Bench Press: (6 sec eccentric): 3x3, -5 lbs. day 1
- c. RDL: (6 sec eccentric): 3x3, -5 lbs. day 1
- d. Circuit:
  - a. Chin-up (try to use lighter band): 3x8
  - b. Standing Cable Push Pull: 3x8
  - c. DB Bent Row: 3x8

**Saturday (If indoor meet try to do MB post)**

**Extended Warm-Up:**

- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- c. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- d. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard

**Throwing Session***

**Work Capacity:**

- a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. – 2 sets)

**Cycle 3 – Power, Weeks 9-12**

Goals of this phase:

- Achieve a physiologic “peak” allowing the athletes to express the greatest strength and power during this final competitive period.
- Continue to progress loading in the same strength and power development exercises, while continuing with exercise progressions allowing for greater loading or explosiveness where applicable.
- Continue providing “regressions” to major exercises for athletes that need them.
- Decrease the volume of strength and power sessions along with work capacity sessions allowing for maximum technical preparation.
- Continue to progress volume and intensity of speed-strength/jumping movements.
- Progress volume and intensity or speed work.

(Note that the weekly sessions are not presented in chronological order for this phase, as the schedule may vary according to the competitive calendar. 6 weekly sessions are presented here, with recommendations of how the coach may arrange them according to their schedule.)
# Cycle 2, Week 9

## Day 1 – heaviest strength day (earliest in the week, furthest from competition)

| Warm-up A: | a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
|           | b. Stability: Cook Hip Lift (1x20 reps, 3 sec hold), ½ Kneeling SB Rollout to plank (2x10 reps, 5-10 sec hold), Dyn. Blackburn (1x10 reps)  
|           | c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard  
| Speed-Strength: | a. Box to Box Jump: 4x5  
| Speed: | a. Med-Ball Starts 2x5x10 yards  

### Throwing Session*

| Strength: | a. Power Clean: (floor or low box): 4x3 (Use best for 3 from wk. 8 on 3rd set, 4th set is down set for speed)  
|           | b. Squat or Front Squat: 4x3 (Use best for 6 from wk. 8 on sets 3&4)  
|           | c. Bench Press: 4x3 (Use best for 6 from wk. 8 on sets 3&4)  
|           | d. Circuit:  
|           | a. 3 Pos. Back Extension: 3x8 + wt.  
|           | b. Inverted Row (progress: straight leg or low box): 3x10-12  
|           | c. 5 Palloff Press + 5 Cable Twist: 3x  

## Day 2 (following heaviest strength day)

| Warm-up B: | a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
|           | b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (1x10 reps, 5-10 sec hold), Push Up+ 2x12-15  
|           | c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)  

### Throwing Session*

|           | b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  

---

*Note: Throwing Session* refers to specific throwing exercises designed to improve throwing technique and power. These exercises are typically performed as part of the warm-up or as a standalone session to enhance throwing performance.
### Day 3 Medium Lifting

<table>
<thead>
<tr>
<th>Warm-up A:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)</td>
<td></td>
</tr>
<tr>
<td>b. Stability: Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)</td>
<td></td>
</tr>
<tr>
<td>c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. &amp; lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard</td>
<td></td>
</tr>
<tr>
<td>Speed-Strength:</td>
<td></td>
</tr>
<tr>
<td>a. Hurdle Bounces: forward, lateral, 90 degrees 2x5 ea.</td>
<td></td>
</tr>
</tbody>
</table>

### Throwing Session*

<table>
<thead>
<tr>
<th>Strength:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. BB or DB Jerks (technical day) 4x3 (use weight around best Push Press for 3)</td>
<td></td>
</tr>
<tr>
<td>b. RDL to Shrug: 4x3 (Use best for 6 from wk. 8 on sets 3&amp;4)</td>
<td></td>
</tr>
<tr>
<td>c. Split Squat (rear foot low box): 4x3 (Use best for 6 from wk. 8 on sets 3&amp;4)</td>
<td></td>
</tr>
<tr>
<td>d. Circuit:</td>
<td></td>
</tr>
<tr>
<td>a. Inverted Row (progress: straight leg or low box): 3x10-12</td>
<td></td>
</tr>
<tr>
<td>b. MB Side-Side Throw, Side-On Throw, Crunch throw, Russian Twist 3x10 ea.</td>
<td></td>
</tr>
</tbody>
</table>

### Day 4 – Same as Day 2

### Day 5 (Can be day or 2 before meet)

<table>
<thead>
<tr>
<th>Warm-Up B:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)</td>
<td></td>
</tr>
<tr>
<td>b. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)</td>
<td></td>
</tr>
</tbody>
</table>

### Throwing Session*

<table>
<thead>
<tr>
<th>Strength:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Power Clean (power position) 3x2, (-5-10 lbs. day 1)</td>
<td></td>
</tr>
<tr>
<td>b. Squat or Front Squat: 3x3 (-15-20 lbs. day 1) (perform 5 box jumps between sets)</td>
<td></td>
</tr>
<tr>
<td>c. Bench: 3x3 (-15-20 lbs. day 1) (perform 5 ball slams sets)</td>
<td></td>
</tr>
</tbody>
</table>
### Day 6 – Competition or following Practice

**Extended Warm-Up:**
- a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)
- b. Stretch: ¼ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)
- c. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- d. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard

**Throwing Session***

**Work Capacity:**
- a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. 1– 2 sets)

### Cycle 3, Week 10 & 11

**Day 1 – heaviest strength day (earliest in the week , furthest from competition)**

**Warm-up A:**
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Stability: Cook Hip Lift (1x20 reps, 3 sec hold), ½ Kneeling SB Rollout to plank (2x10 reps, 5-10 sec hold), Dyn. Blackburn (1x10 reps)
- c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard

**Speed-Strength:**
- a. Box to Box Jump: 3x5

**Speed :**
- a. Med-Ball Starts 2x5x10 yards

**Throwing Session***

**Strength:**
- a. Power Clean: (floor or low box): 4x2 (best for 3 +5 if possible, set 4 down set for speed)
- b. Squat or Front Squat: 3x3 (last set +5-10 lbs.)
- c. Bench Press: 3x3 (last set +5-10 lbs.)
- d. Circuit:
  - a. 3 Pos. Back Extension: 2x8 + wt.
  - b. Inverted Row (progress: straight leg or low box): 2x10-12
  - c. 5 Palloff Press + 5 Cable Twist: 2x
### Day 2 (following heaviest strength day)

<table>
<thead>
<tr>
<th>Warm-up B:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)</td>
<td></td>
</tr>
<tr>
<td>b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (1x10 reps, 5-10 sec hold), Push Up+ 2x12-15</td>
<td></td>
</tr>
<tr>
<td>c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)</td>
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</table>

**Throwing Session**

<table>
<thead>
<tr>
<th>Recovery:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Rollout: Calves, Anterior Hip &amp; Quad, Glutes, T-Spine, Pecs, (1 minute each)</td>
<td></td>
</tr>
<tr>
<td>b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, &amp; Hamstring. 2 Position Pec Stretch against wall (30 sec ea.)</td>
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</tbody>
</table>

### Day 3 Medium Lifting

<table>
<thead>
<tr>
<th>Warm-up A:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)</td>
<td></td>
</tr>
<tr>
<td>b. Stability: Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)</td>
<td></td>
</tr>
<tr>
<td>c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. &amp; lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard</td>
<td></td>
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</table>

**Speed-Strength:**

<p>| | |</p>
<table>
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<tr>
<td>a. Hurdle Bounces: forward, lateral, 90 degrees 2x5 ea.</td>
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**Throwing Session**

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<th>Strength:</th>
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<td>a. BB or DB Jerks (technical day) 4x2 (best for 3 +5 if possible, set 4 down set for speed)</td>
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<td>b. RDL to Shrug: 3x3 (last set +5-10 lbs.)</td>
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<td>c. Split Squat (rear foot low box): 3x3 (last set +5-10 lbs.)</td>
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</tr>
<tr>
<td>d. Circuit:</td>
<td></td>
</tr>
<tr>
<td>a. Inverted Row (progress: straight leg or low box): 2x10-12</td>
<td></td>
</tr>
<tr>
<td>b. MB Side-Side Throw, Side-On Throw, Crunch throw, Russian Twist 2x10 ea.</td>
<td></td>
</tr>
</tbody>
</table>
### Day 4 – Same as Day 2

### Day 5 (Can be day or 2 before meet)

| Warm-Up B: | a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
|           | b. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.) |

#### Throwing Session*

| Strength: | a. Power Clean (power position) 3x2, (-5-10 lbs. day 1)  
|           | b. Squat or Front Squat: 3x3 (-15-20 lbs. day 1) (perform 5 box jumps between sets)  
|           | c. Bench: 3x3 (-15-20 lbs. day 1) (perform 5 ball slams sets) |

### Day 6 – Competition or following Practice

|                   | b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  
|                   | c. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
|                   | d. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard |

#### Throwing Session*

# Cycle 3, Week 12

## Day 1 – heaviest strength day (earliest in the week, furthest from competition)

| Warm-up A: | a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
| b. Stability: Cook Hip Lift (1x20 reps, 3 sec hold), ½ Kneeling SB Rollout to plank (2x10 reps, 5-10 sec hold), Dyn. Blackburn (1x10 reps)  
| c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard  |

| Speed-Strength: | a. Box to Box Jump: 2x5  |

| Speed: | a. Med-Ball Starts 1x5x10 yards  |

### Throwing Session*

| Strength: | a. Power Clean: (floor or low box): Work up to new best for 2 reps  
| b. Squat or Front Squat: Work up to new best for 3 reps  
| c. Bench Press: Work up to new best for 3 reps  
| d. Circuit:  
| a. 3 Pos. Back Extension: 2x8 + wt  
| b. Inverted Row (progress: straight leg or low box): 2x10-12  
| c. 5 Palloff Press + 5 Cable Twist: 2x  |

## Day 2 (following heaviest strength day)

| Warm-up B: | a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
| b. Lateral Band Walk (10 yards, 3 sec hold), Quadruped (1x10 reps, 5-10 sec hold), Push Up+ 2x12-15  
| c. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)  |

### Throwing Session*

| b. Stretch: ½ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  |
### Day 3 Medium Lifting

**Warm-up A:**
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Stability: Cook Hip Lift (2x15 reps, 3 sec hold), ½ Kneeling SB Rollout (2x10 reps, 5-10 sec hold), Dyn. Blackburn (2x10 reps)
- c. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.), A Skip 3x20 yard, Butt Kick 3x20 yard

**Speed-Strength:**
- a. Hurdle Bounces: forward, lateral, 90 degrees 2x5 ea.

**Throwing Session***

**Strength:**
- a. BB or DB Jerks (technical day) Work up to best for 2 reps
- b. RDL to Shrug: Work up to heavy set of 3 (not RM)
- c. Split Squat (rear foot low box): Work up to heavy set of 3 (not RM)
- d. Circuit:
  - a. MB Side-Side Throw, Side-On Throw, Crunch throw, Russian Twist 2x10 ea.

### Day 4 – Same as Day 2

### Day 5 (Can be day or 2 before meet)

**Warm-Up B:**
- a. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)
- b. Low Hurdle Marches – Forward, Backward, Lateral, Rotations (2x5 hurdles ea.)

**Throwing Session***

**Strength:**
- a. Power Clean (power position) 3x2, (@70% of best)
- b. Squat or Front Squat: 3x3 (@60% of best, 5 box jumps between sets)
- c. Bench: 3x3 (@60% of best) (perform 5 ball slams between sets)
### Day 6 – Competition or following Practice

| Extended Warm-Up | a. Rollout: Calves, Anterior Hip & Quad, Glutes, T-Spine, Pecs, (1 minute each)  
|                  | b. Stretch: ¼ Kneeling position – Calves, Hip Flexors, Quads, & Hamstring. 2 Position Pec Stretch against wall (30 sec. ea.)  
|                  | c. Inchworm, Walking Lunge w/twist, Spiderman, Lateral Lunge, Tactical Frog, Archer, T-Spine Mob, Seated Scap Slides (10 reps ea.)  
|                  | d. Low Skip – Forward, Backward, High Slide w/arm Swing, Carioca, Forward Jog w/Circles rt. & lt. (2x20 yards ea.). A Skip 3x20 yard, Butt Kick 3x20 yard  
| Throwing Session* |  
| Work Capacity | a. Medicine Ball Circuit: Big Circles, 3 Pos. Woodchop, Chest Pass, Overhead, Side-Side, Hammer, Side-On, Russian Twist, Crunch Throw, Diagonal Crunch (4-6 lb. ball x 20 reps ea. 1– 2 sets)  

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The program I have chosen to share for this ebook is a variation of Korte's 3 x 3 program. For those that aren’t familiar with the original, it is basically focusing on the big three movements with no accessory work. In Korte’s original program, only the competition lifts were used three times a week and volumes and intensities were manipulated.

The difference between this program and Korte’s is I have combined some of the elements of sequencing from general and preparatory exercises but kept the sequencing of focusing on a three day split that trains the big three in some form. This program is split into three blocks, starting with lower intensities along with higher volumes of movements that are general and preparatory then transitioning to movements that are specialized and developmental with higher intensities and lower volumes. The last two weeks are a tapering. Following the final two weeks, either a meet would be planned or a test week. If an additional deload week is needed following the taper, it can be taken as some prefer a full week off or of just light work.

Some notes about this program are that it probably works best for a lifter that falls somewhere in the intermediate range. This is because it requires a level of technique that is above what the novice is capable of, and the loading may exceed what is needed. Additionally, I left some of the movements open to interpretation. This is because certain movements such as board press or deficit deadlift will depend on weak points, leverages, etc. For the half squat, this exercise is a squat to 90 degree knee flexion (NOT parallel at the hip). Some may choose to set up chains to gauge this. The other movements such as lat and ab work...
are general and numerous variations can suffice. This program is demanding, so adequate rest, recovery, and nutrition should be in place.

Block 1 follows a sequence of competitive exercise, specialized preparatory exercises, general exercises.

Block 2 follows a sequence of competitive exercise, specialized developmental and preparatory exercises, and a lower volume of general work.

Block 3 is the taper, and has only the competitive exercises with some very low volumes of general work.

The days can be switched, so if the Day 1 listed is more feasible to be performed on day 3, 2, or so on it can be switched with the other days. However, the competitive exercise should be the first movement of the day.

For any inquiries about this program or inquiries about consultations/online coaching contact me by email at physical-preparationGN@gmail.com.

<table>
<thead>
<tr>
<th></th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strength Development</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) Comp. Stance DL</td>
<td>24 total @ 60% (&lt; or = 6 per set)</td>
<td>20 total @ 65% (&lt; or = 5 per set)</td>
<td>16 total @ 70% (&lt; or = 4 per set)</td>
<td>60% 4 x 4</td>
</tr>
<tr>
<td>2) Low Box Squat</td>
<td>4 x 6 @ RPE 7</td>
<td>5 x 5 @ RPE 7</td>
<td>6 x 4 @ RPE 7</td>
<td>3 x 3 @ week 1 weight</td>
</tr>
<tr>
<td>3) DB Incline</td>
<td>3 x 10</td>
<td>3 x 8</td>
<td>4 x 6</td>
<td>2 x 10 light</td>
</tr>
<tr>
<td>4A) Lats</td>
<td>40 total</td>
<td>50 total</td>
<td>60 total</td>
<td>30 total</td>
</tr>
<tr>
<td>4B) Reverse Hyper</td>
<td>40 total</td>
<td>50 total</td>
<td>60 total</td>
<td>30 total</td>
</tr>
<tr>
<td>4C) Abs</td>
<td>Pick any movement</td>
<td>Pick any movement</td>
<td>Pick any movement</td>
<td>Pick any movement</td>
</tr>
<tr>
<td>DAY 2</td>
<td>Week 1</td>
<td>Week 2</td>
<td>Week 3</td>
<td>Week 4</td>
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<td>-------</td>
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</tr>
<tr>
<td><strong>Strength Development</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1) Bench (competition grip)</td>
<td>24 total @ 60% (&lt; or = 6 per set)</td>
<td>20 total @ 65% (&lt; or = 5 per set)</td>
<td>16 total @ 70% (&lt; or = 4 per set)</td>
<td>60% 4 x 4</td>
</tr>
<tr>
<td>2) Snatch Grip DL</td>
<td>4 x 6 @ RPE 7</td>
<td>5 x 5 @ RPE 7</td>
<td>6 x 4 @ RPE 7</td>
<td>3 x 3 @ week 1 weight</td>
</tr>
<tr>
<td>3) DB Split Squat</td>
<td>3 x 10/side</td>
<td>3 x 8/side</td>
<td>4 x 6/side</td>
<td>2 x 10 light</td>
</tr>
<tr>
<td>4A) Lats</td>
<td>40 total</td>
<td>50 total</td>
<td>60 total</td>
<td>30 total</td>
</tr>
<tr>
<td>4B) Triceps</td>
<td>40 total</td>
<td>50 total</td>
<td>60 total</td>
<td>30 total</td>
</tr>
<tr>
<td>4C) Abs</td>
<td>Pick any movement</td>
<td>Pick any movement</td>
<td>Pick any movement</td>
<td>Pick any movement</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 3</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strength Development</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) Squat</td>
<td>24 total @ 60% (&lt; or = 6 per set)</td>
<td>20 total @ 65% (&lt; or = 5 per set)</td>
<td>16 total @ 70% (&lt; or = 4 per set)</td>
<td>60% 4 x 4</td>
</tr>
<tr>
<td>2) Close Grip Floor Press</td>
<td>4 x 6 @ RPE 7</td>
<td>5 x 5 @ RPE 7</td>
<td>6 x 4 @ RPE 7</td>
<td>3 x 3 @ week 1 weight</td>
</tr>
<tr>
<td>3) Goodmorning</td>
<td>30 total (6 - 10/set)</td>
<td>24 total (6 - 8/set)</td>
<td>20 total (5 - 6/set)</td>
<td>2 x 10 light</td>
</tr>
<tr>
<td>4A) Lats</td>
<td>40 total</td>
<td>50 total</td>
<td>60 total</td>
<td>30 total</td>
</tr>
<tr>
<td>4B) GHR (weighted if possible)</td>
<td>40 total</td>
<td>50 total</td>
<td>60 total</td>
<td>30 total</td>
</tr>
<tr>
<td>4C) Abs</td>
<td>Pick any movement</td>
<td>Pick any movement</td>
<td>Pick any movement</td>
<td>Pick any movement</td>
</tr>
</tbody>
</table>
Gabriel Naspinski is currently employed by the School District of Hillsborough County at Hillsborough High School in Tampa, Florida. In addition to his duties as testing coordinator, he is responsible for the physical preparation of the Hillsborough High School football team. Prior to this, he was a collegiate strength and conditioning coach at both George Mason University and American University and interned at the University of Pittsburgh and Robert Morris University. He also worked in the private sector at Parisi Speed School in New Jersey. Naspinski has reached elite status in the sport of powerlifting in the 242 lb weight class.
I will jump straight to the case – with soccer players it is far more important to make them go regularly to the gym and to perform basic compound lifts than it is about some fancy exercises and set & rep schemes. It is about building habit, team culture and trust in the strength program.

Making these guys going once a week in the gym during the competition phase (which is usually VERY long and about 3-4:1 compared to preparatory period) is a great achievement, and doing it twice is a pipe dream. Please note that these guys play one to three games a week for up to 30 weeks or more depending on the competition schedule and league.

Also, most clubs don’t have gyms anywhere close to the collegiate gyms in the States. You are lucky to find one squat rack in certain clubs. Luckily I had three and plenty of barbells. Unfortunately, the room size is around 60m2 and the ceiling was low. Real life.

Taking all of these into account, one soon realizes that it is the constraints and not biology and perfect program design that ultimately influences what is being done. Sometimes there is huge discrepancy on what should be done and what could be done. This is unfortunate even in the bigger clubs – my tip would be to try to minimize this gap and control what you can and stop worrying on things you can’t. Sometimes this is easier said than done.
In the following table is the summary of context factors influencing/constraining training design:

| **Athletes** | Usually not familiar with serious strength training. They also might be unwilling to do it because it makes their legs “heavy and slow”. Changing mindset, culture and habits of great importance |
| **Facilities** | Usually designed for rehab or circuit style workouts. Usually small and can fit up to 10 players at the time. Good luck finding squat racks and barbells. |
| **Competitions** | Frequent and long competition calendar. Preparatory period in some leagues is around 6-9 weeks and competition period is around 3-4 months. This is repeated twice. In Sweden preparatory period is January to April (3.5 months), and competition is from April to November (7 months). There is one or two games (even three in best clubs) every week and travel. |
| **Groups within squad** | Average soccer squad is around 25-30 players. On a game day 18 guys travel (11 play plus 7 on the bench, of which one is second GK). So we end up having 3 to 4, as I call them, functional groups of players: (1) starters [11 guys, or those who played >45-60min), (2) bench guys [the guys who traveled with the squat, and acquired <45-60min of game time], (3) reserves [guys who didn’t travel], (4) injured. One needs to take those into consideration when designing the training program. The problems is that athletes tend to change groups from week to week. |
| **Head coaches** | Sometimes it takes time to build rapport with head coach. That’s why a lot of S&C coaches goes together with head coach. Most head coaches are not educated enough on physical preparation. Thus S&C coaches need not only to carry out physical preparation aspect of program, but to make others believe in it, including head coach |
**Week Schedule**

On the following table you can find weekly schedule with one game taking into account four functional groups. For this approach to work, head coach have to declare traveling group (starters plus bench) couple of days before a match. Some coaches declare the traveling group 5 minutes before the bus leaves, relying to ‘psychological’ effects, but loosing smart workload planning along that way.

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tue.</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starters</td>
<td>GAME &gt;45-60min</td>
<td>Regen/Rehab</td>
<td>AM Soccer: Long Warm-up Speed/Power PM Strength</td>
<td>Soccer: Tactics Conditioning (SSGs, HIT)</td>
<td>Soccer: Tactics</td>
<td>Soccer: Priming workout Speed/Power Finishing/ Set pieces Short SSGs</td>
<td>GAME</td>
<td></td>
</tr>
<tr>
<td>Bench</td>
<td>GAME &lt;45-60min</td>
<td>Soccer: Conditioning (SSGs, HIT) Strength</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Reserves</td>
<td>[Depends] Speed/Power Strength Conditioning Individual</td>
<td>Same as Bench guys [Together]</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>[Depends] Speed/Power Strength Conditioning Individual</td>
<td></td>
</tr>
<tr>
<td>Injured</td>
<td>Rehab</td>
<td>Rehab</td>
<td>Rehab</td>
<td>Rehab</td>
<td>Rehab [Join team]</td>
<td>Rehab</td>
<td>Rehab</td>
<td></td>
</tr>
<tr>
<td>Injured</td>
<td>Rehab</td>
<td>Rehab</td>
<td>Rehab</td>
<td>Rehab</td>
<td>Rehab</td>
<td>Rehab</td>
<td>Rehab</td>
<td></td>
</tr>
</tbody>
</table>

Using functional groups can help tremendously in organization of training week. Couple of thing one might consider are the following:

**Individualized recovery:** Based on the game time and game load (unfortunately FIFA/UEFA doesn’t allow any tracking devices on a games, except friendlies) and travel one might devise different recovery protocols for certain player, even give them extra day of recovery or cross-training.
**Individual load:** Since there will be some transfer between these group over the long term, one is advised to keep track of individual workloads and adaptations.

**Individual needs:** During certain days of the week one might implement more individualized approach in training, especially if there are younger developmental players in the squad and coach use some form of team rotation. The starters need to follow certain game preparation patterns, but Bench and Reserves can afford more individualized approach to cover individual needs.

**Injury is a chance.** Being injured is a chance for higher workload in certain areas you neglected while you were ready to train. This might also be one of the reasons for injury (for non-contact). One might work around the injury while doing rehab for the injury part.

As you can see from the table there is not much time/energy for strength training. Having one heavy session a week plus one power session might be everything that is do-able and needed for the starter squad.

**Enter Wave Loading**

As mentioned earlier a lot of factors constraint what could be done during the strength training. One of the biggest limiter is facility and equipment. You need to adapt to these taking into account what you have. Hence, read the following program taking into account my limited context.

My overall strength training approach is highly influenced by Joe Kenn, Mike Boyle and Dan Baker. My in-season planning is highly influenced by Dan Baker’s Wave Loading which is pretty similar to Jim Wendler 5/3/1 approach. It is basically rotating reps over 3-4 weeks and restarting the cycle.

One thing to keep in mind are players 1RMs. I tend to favor and use Jim Wendler approach. One could test 1RMs directly in formal testing, or one could use open sets at the end of cycles and use reps-to-technical-failure to estimate 1RM. Sometimes this is not feasible due fatigue created, so one might stick to the same 1RM over couple of cycles during in-season, or when we see (or measure) velocity of the lifts improving one might ramp 1RM for 2,5kg for upper body and 5kg for lower body. Please note that this is in-season period and slow increase in strength or maintenance is priority. Besides no one expect strength to jump with doing one serious strength session a week.

Another thing to keep in mind is the ratio between variability and stability. If we don’t vary the exercises and rep&set schemes (which are luckily varies in wave approach) everybody gets bored sooner or later. On the flip side, if we vary thing very often we might cause some DOMS and heavy legs and avoid any increase in certain lifts/movements. Using wave-loading approach one gets nice variability in set and reps. Core exercises might be kept the same over couple of cycle (i.e. back squat, bench press), while assistance might rotate for the sake of avoiding boredom and covering different movement pattern variations (i.e. forward lunges, backward lunges, lateral lunges).

One approach I use to avoid causing DOMS is introducing a given exercise on a smaller scale, before it is used for full loading. For example, if I plan using RDLs in the next cycle to change single leg RDLs, I might do a set or two of the exercise with very light weight. This might help with prevention DOMS when the exercise hit the program on the big scale.

Before I present with a simple program I need to cover certain constraints I had while making it. We had three squat rack, three adjustable benches, two pairs of dumbell sets (10-17kg) and three Red Cord devices (one of which is gymnastic rings). The gym could fit around 10 guys at the moment. In our case we had the strength workout in groups in the morn-
ing. This meant that we were pressed for time (50min workouts) and we had to perform a good warm-up (usually ground based mobility & prehab, plus BW circuit). To put icing on the cake we had Squat Jump power assessment as a monitoring which we also had to do (luckily with GymAware system everything goes so quick). This left us with not so much time to cover full body movement patterns.

The weights are prescribed on a Group Sheet where every player can see his weight on a given exercise along with exercise order. This is done in Excel and it saves a lot of time. I changed from individual sheet to group sheet because it is a lot more productive for this group of athletes. I also prescribe rep zones to provide certain wiggle room for day to day readiness since I prescribe exact weight that need to be used.

Here is the example 3 week cycle:

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>% 1RM</td>
<td>Reps</td>
<td>% 1RM</td>
</tr>
<tr>
<td>Lower body Push</td>
<td>Back Squat</td>
<td>Lower body Pull Single leg</td>
</tr>
<tr>
<td>43%</td>
<td>8</td>
<td>51%</td>
</tr>
<tr>
<td>53%</td>
<td>6</td>
<td>61%</td>
</tr>
<tr>
<td>63%</td>
<td>5</td>
<td>71%</td>
</tr>
<tr>
<td>73%</td>
<td>4-6</td>
<td>81%</td>
</tr>
<tr>
<td>43%</td>
<td>6</td>
<td>51%</td>
</tr>
<tr>
<td>53%</td>
<td>6</td>
<td>61%</td>
</tr>
<tr>
<td>63%</td>
<td>5</td>
<td>71%</td>
</tr>
<tr>
<td>73%</td>
<td>4-6</td>
<td>81%</td>
</tr>
<tr>
<td>64%</td>
<td>12</td>
<td>67%</td>
</tr>
<tr>
<td>64%</td>
<td>12</td>
<td>67%</td>
</tr>
<tr>
<td>64%</td>
<td>12</td>
<td>67%</td>
</tr>
<tr>
<td>64%</td>
<td>12</td>
<td>67%</td>
</tr>
<tr>
<td>10kg</td>
<td>3x15sec</td>
<td>10kg</td>
</tr>
</tbody>
</table>

As you can see from the table the percentages are pretty low for a given number of reps. There are couple of reasons for this. First one is that this is in-season and working close to a failure point will increase fatigue. Second, we are performing exercises in two circuits (4 exercises in each circuit) that have time allotment (20min first one and 15min second one). And third is that these guys are soccer players.

One could prescribe different exercises for second workout done with reserves and bench guys or perform more volume and/or intensify loading. This depends on their individual needs and goals as well.

**Conclusion**

Planning and programing in real life needs to take into account a lot of constraints. Sometimes there is a huge discrepancy on what should be done and what could be done. Learn to embrace Stoic principle of controlling what you can and what is important. Manage stability and variability. Individualize training using functional groups.
<table>
<thead>
<tr>
<th></th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lower body</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Push</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Back Squat</td>
<td>43%</td>
<td>48%</td>
<td>51%</td>
</tr>
<tr>
<td></td>
<td>53%</td>
<td>58%</td>
<td>61%</td>
</tr>
<tr>
<td></td>
<td>63%</td>
<td>68%</td>
<td>71%</td>
</tr>
<tr>
<td></td>
<td>73%</td>
<td>78%</td>
<td>81%</td>
</tr>
<tr>
<td><strong>Upped body</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pull</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pull-ups on the rings w/ external weight</td>
<td>53%</td>
<td>58%</td>
<td>61%</td>
</tr>
<tr>
<td></td>
<td>63%</td>
<td>68%</td>
<td>71%</td>
</tr>
<tr>
<td></td>
<td>73%</td>
<td>78%</td>
<td>81%</td>
</tr>
<tr>
<td><strong>Lower Body Pull Single leg</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single leg RDL</td>
<td>64%</td>
<td>67%</td>
<td>71%</td>
</tr>
<tr>
<td></td>
<td>64%</td>
<td>67%</td>
<td>71%</td>
</tr>
<tr>
<td></td>
<td>64%</td>
<td>67%</td>
<td>71%</td>
</tr>
<tr>
<td><strong>Core</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Side Bridge (groin/adductor version)</td>
<td>10kg</td>
<td>10kg</td>
<td>10kg</td>
</tr>
<tr>
<td></td>
<td>3x15 sec</td>
<td>3x20 sec</td>
<td>3x25 sec</td>
</tr>
</tbody>
</table>
Circuit # 2

<table>
<thead>
<tr>
<th>Upper body Push</th>
<th>Bench Press</th>
<th>43%</th>
<th>8</th>
<th>48%</th>
<th>7</th>
<th>51%</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>53%</td>
<td>6</td>
<td>58%</td>
<td>5</td>
<td>61%</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>63%</td>
<td>5</td>
<td>68%</td>
<td>5</td>
<td>71%</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>73%</td>
<td>4-6</td>
<td>78%</td>
<td>2-4</td>
<td>81%</td>
<td>1-3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Upper body Pull</th>
<th>Inverted Row (on the rings)</th>
<th>BW</th>
<th>80%</th>
<th>MR</th>
<th>BW</th>
<th>85%</th>
<th>MR</th>
<th>BW</th>
<th>90%</th>
<th>MR</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>BW</td>
<td>70%</td>
<td>MR</td>
<td>BW</td>
<td>75%</td>
<td>MR</td>
<td>BW</td>
<td>80%</td>
<td>MR</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BW</td>
<td>60%</td>
<td>MR</td>
<td>BW</td>
<td>65%</td>
<td>MR</td>
<td>BW</td>
<td>70%</td>
<td>MR</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lower body Push Single leg</th>
<th>DB Lunges</th>
<th>64%</th>
<th>8-12</th>
<th>67%</th>
<th>6-10</th>
<th>71%</th>
<th>4-8</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>64%</td>
<td>8-12</td>
<td>67%</td>
<td>6-10</td>
<td>71%</td>
<td>4-8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>64%</td>
<td>8-12</td>
<td>67%</td>
<td>6-10</td>
<td>71%</td>
<td>4-8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lower body Pull</th>
<th>Nordic Curl (eccentrics)</th>
<th>BW</th>
<th>3x4 reps</th>
<th>BW</th>
<th>3x5 reps</th>
<th>BW</th>
<th>3x6 reps</th>
</tr>
</thead>
</table>

Mladen Jovanović is a strength and conditioning coach at a renowned soccer club in Belgrade, Serbia.

1If you are interest more about this approach I highly recommend checking article by Ashley Jones on how to apply this approach to Rugby: http://articles.elitefts.com/training-articles/in-season-vs-off-season-considerations-and-programming-for-rugby/

This is a routine I designed for a friend of mine. Medium level experience but had stepped away from the powerlifting game for some time. Comeback routine if you will, so a lot of introductory movements with some stabilization for quick adaptation. It is sequenced with some progressive overload to help acclimate him to intensity. True block periodization with all the phases and a minor twist on some micro cycles within the mesocycles.

This would actually be a damn good routine for anybody with a 2-3 year experience. With that said, the volume is fairly aggressive so the personality and work ethic needs to be there.
### Day 1

<table>
<thead>
<tr>
<th></th>
<th>Exercise</th>
<th>Week 15</th>
<th>Week 14</th>
<th>Week 13</th>
<th>Week 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bench Press</td>
<td>50%</td>
<td>4x8</td>
<td>60%</td>
<td>4x6</td>
</tr>
<tr>
<td>2</td>
<td>Bench Press w/chains (80lbs)</td>
<td>40%</td>
<td>4x8</td>
<td>50%</td>
<td>4x6</td>
</tr>
<tr>
<td>3</td>
<td>Incline DB Press</td>
<td>3x12</td>
<td></td>
<td>4x12</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Triceps</td>
<td>3x12</td>
<td></td>
<td>4x12</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>DB Lateral Raises</td>
<td>3x12</td>
<td></td>
<td>4x12</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Flys</td>
<td>3x12</td>
<td></td>
<td>4x12</td>
<td></td>
</tr>
</tbody>
</table>

### Day 2

<table>
<thead>
<tr>
<th></th>
<th>Exercise</th>
<th>Week 15</th>
<th>Week 14</th>
<th>Week 13</th>
<th>Week 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Deadlifts</td>
<td>60%</td>
<td>4x6</td>
<td>75%</td>
<td>4x4</td>
</tr>
<tr>
<td>2</td>
<td>Front Squats</td>
<td>75%</td>
<td>4x4</td>
<td>60%</td>
<td>4x6</td>
</tr>
<tr>
<td>3</td>
<td>Good Mornings</td>
<td>3x8</td>
<td></td>
<td>4x8</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Bent Rows</td>
<td>3x8</td>
<td></td>
<td>4x8</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Abs</td>
<td>3x12</td>
<td></td>
<td>4x12</td>
<td></td>
</tr>
</tbody>
</table>

### Day 4

<table>
<thead>
<tr>
<th></th>
<th>Exercise</th>
<th>Week 15</th>
<th>Week 14</th>
<th>Week 13</th>
<th>Week 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Floor Press</td>
<td>70%</td>
<td>4x5</td>
<td>75%</td>
<td>4x4</td>
</tr>
<tr>
<td></td>
<td>Exercise</td>
<td>Sets</td>
<td>1st</td>
<td>2nd</td>
<td>3rd</td>
</tr>
<tr>
<td>---</td>
<td>--------------------------</td>
<td>------</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td>2</td>
<td>Overhead Press</td>
<td>4x10</td>
<td>4x8</td>
<td>5x6</td>
<td>3x6</td>
</tr>
<tr>
<td>3</td>
<td>Rear delt raises</td>
<td>3x12</td>
<td>4x12</td>
<td>5x12</td>
<td>3x12</td>
</tr>
<tr>
<td>4</td>
<td>Triceps</td>
<td>3x12</td>
<td>4x12</td>
<td>5x12</td>
<td>3x12</td>
</tr>
<tr>
<td>5</td>
<td>Front plate raises</td>
<td>3x12</td>
<td>4x12</td>
<td>5x12</td>
<td>3x12</td>
</tr>
</tbody>
</table>

**Day 5**

<table>
<thead>
<tr>
<th></th>
<th>Exercise</th>
<th>Sets</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
<th>5th</th>
<th>6th</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Squats</td>
<td>75%</td>
<td>4x4</td>
<td>60%</td>
<td>4x6</td>
<td>75%</td>
<td>3x4</td>
<td>80%</td>
</tr>
<tr>
<td>2</td>
<td>DB Goblet Squats</td>
<td>3x8</td>
<td>4x8</td>
<td>5x8</td>
<td>3x8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Deficit Deadlifts</td>
<td>60%</td>
<td>3x4</td>
<td>75%</td>
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**Day 6**

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<tr>
<td><strong>Rack Pulls (high shin)</strong></td>
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<td><strong>Lats</strong></td>
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### Day 6

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<td>4x8</td>
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<td>Biceps 2x8</td>
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<td>10x3</td>
<td>8x3</td>
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<td>52.50%</td>
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<td>add chain</td>
<td>3x1</td>
<td>2x1</td>
<td>lxl</td>
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<tr>
<td>Competitive Dead-lifts</td>
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<td>95.0%</td>
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<tr>
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<td>Squats</td>
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### Day 2

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<td>Recovery Modalities</td>
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### Day 4

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<td>92.5%</td>
<td>2x1</td>
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<tr>
<td>Competitive Deadlifts</td>
<td>90.00%</td>
<td>2x1</td>
<td>92.5%</td>
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Ali is currently ranked #1 in the world in the 165 pound class. He holds the highest squat of all time in the 165 pound class (886 pounds), and also holds the second highest total of all time at 165 pounds with 2100. His first powerlifting competition took place in April 2006. He plans to continue competing in heavier weight classes, as well as in different federations with different gear restrictions. He shares his gym, Society Of Strength, with 11 other individuals, and also trains in Omaha with Big Iron Gym. He resides in a suburb of Kansas City with his wife Katie and daughter Sofia.
This program is appropriate for any high school athlete with zero to some strength training experience. The three - four week phases are designed in a manner to progress the athlete safely through our regimen of strength, power and core exercises. The goal of this program is to build strength, size and power, which in my experience is what most of the high school players I see lack. Since this is designed as an Off – Season program for high school lacrosse, I would suggest starting the first phase in late September so the program is finished by winter break. However, there is no problem with starting this program in January and finishing it in early March. You would just need to add a conditioning component to it. Most of my clients play indoor lacrosse in the fall and winter and do some running with their teams so we do not focus on conditioning until mid – January through February.
Before beginning this program, it is important that the athlete is cleared by a physician to begin strength training. Any current or previous injuries should be taken into consideration as some of the exercises may not be appropriate for certain athletes. As in any other physical activity, there is risk of injury when entering into a strength and conditioning program. All equipment should be inspected, proper spotting should be available and common sense should be applied when adding weights to the bar to reduce the risk of any injury occurring.

I have taken all the guesswork out for you in regards to what exercises to do and how many sets and reps to perform. But, it is on you to make sure that they are being done correctly. Keep in mind that quality reps build quality athletes and bad reps will do nothing other than add strength to dysfunctional movement. If you do not have a knowledgeable coach to watch your technique, I suggest videoing yourself doing the lifts. If it looks bad on video, it is more than likely bad. The video library that I have given you access to will give you lots of technique pointers that should help you along.

The workouts should be done on non-consecutive days such as Mon – Wed – Fri or Tues – Thurs – Sat. If you have to go back to back days such as Mon – Tues – Thurs, it will work, but it is not ideal.

**Workout Notes**

1. **Video Library**

   You can access the video library by going to www.soarofcolumbus.com. Click on the “Soar Team Strength” icon on the left side of the home page. From there, scroll down until you see the “Video Library” icon. Once you click it, you will be asked to enter a password. The password is "soarstrength".

   Every exercise in the 12 week program is broken down into categories within the library. Pay special attention to the progressions that are shown for plyometrics and some other exercises. If you have athletes of varying abilities, you will need to use the progressions on a daily basis.

2. **The STS Warm Up**

   The STS Warm-Up is the first video in the library for a reason. EVERY workout should begin with the warm up. The warm up will elevate you body temperature and heart rate, prepare your joints and muscles for rigorous exercise and improve the quality of your overall movement. If you skip the warm up, then you should throw this entire E-book into the trash because you wasted your money.

3. **Hip/Shoulder Prehab**

   You will see that there is either a hip or shoulder prehab regimen on each day of the program. These exercises can be performed during rest periods of plyometrics to save time. These exercises may seem mundane, but they will go a long way towards keeping you healthy.
4. **Pairing Exercises**

All exercises are programmed in pairs to ensure that workouts are finished in a timely manner. Less intense exercises such as bridges are paired with Olympic Lifts and upper body exercises are paired with lower body.

5. **Sets, Reps and Abbreviations**

3x8 - perform 3 sets of 8 reps

3x 8 6 4 - first set is 8 reps, second set is 6 reps, third set is 4 reps. If reps go down, weight should go up.

2x10e - perform 2 sets of 10 reps on each side, on each arm or on each leg. So one full set of Half Kneeling Chops would be 10 reps performed each way.

2xmr - mr means “max reps”. Perform as many good reps as you can but leave a few reps in the tank. Once you can’t do quality reps, the set is over. This will come into play with bodyweight exercises such as chin ups.

Up to 3x3 - This means work up to 3 heavy sets of 3 reps. You should take at least 2 warm up sets of 5 – 8 reps. Stronger athletes may need more warm up sets.

H. Kn. - this means Half Kneeling. One knee is up, the other is down. The video library will discuss when this is necessary.

Yds - yards. Sled pushes and drags are performed for distance.

6. **Rest Periods**

Rest periods for plyometrics and Olympic Lifts should be around 90 seconds to ensure they are done explosively. Like I said earlier, pair plyometrics with the shoulder and hip prehab exercises.

In the early weeks of training, all sets are in the 6 – 10 rep range. I would suggest resting 30 – 45 seconds between exercises and 60 seconds between pairs.

Example: Perform 8 DB chest presses - rest 30 – 45 seconds

Perform 8 single leg squats on each leg - rest 60 seconds. Repeat

For heavy sets of less than 5 reps on bench, squat and deadlift, rest periods should be at least 2 minutes.
7. **Adding Speed/Agility Training**

Speed and Agility training can be added to the workout after the Warm up and plyometrics, but before the strength training. At Soar, we perform linear sprints on Day 1 and agility drills on Day 3. Remember, this is an off-season program so running volume should be kept moderate to ensure that you get the most out of the strength training. The worst thing you could do is run multiple 400s and then try to perform the strength work. If you are in the preseason and need to add conditioning, I suggest running shuttles or some kind of interval AFTER the lifting on Day 2 or putting it on a separate day.

8. **Sled Work**

Day 2 of each phase involves some kind of sled push or drag. I highly encourage this form of training as I have seen it pay major dividends for all of my clients for the last 8 years. Sleds allow you to apply force into the ground at an angle that traditional strength exercises such as squats and lunges cannot do. They also eliminate the eccentric component of the exercise so soreness should not occur. That is why they are a perfect mid-week exercise in my model. If you do not have a sled, I suggest you search online and get creative. In the infant stages of Soar, my business partner and I took old tires and glued carpet to them. This allowed us to push them across gym floors.

If sled training is not possible for you then I suggest adding some extra posterior chain work or some squat technique work.

9. **Stretching**

At Soar, we begin our program with foam rolling, then static stretching then the warm up. If you are training a team at school, you may not have time or space to do all of that. I would encourage all athletes to do some static stretching after the workout to cool down. However, real increases in flexibility are not going to occur after rigorous workouts. The ideal situation is that the athletes stretch at home on their own for 10 minutes a day.

10. **Equipment Constraints**

If you are training kids in a school weight room, you may not have access to all of the equipment that I used in the video library. Just like with the sleds, you will have to adapt. If you don’t have a cable column machine for pulls and chops, you might want to use bands. If you don’t have a Trap Bar for dead lifts, stick to Front Squats or go with Rack Pulls. If you don’t have Medicine Balls or a place to throw them, stick with squat jumps and snatches.

Email me for suggestions at mikekozak03@gmail.com.
### Off–Season Lax Phase 1

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
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<tr>
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<tr>
<td>Hip program</td>
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<td>Half Kneeling Cable chop</td>
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<td>Line hops 2x</td>
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### Off-Season Lax Phase 1

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<td>2x25sec e</td>
<td>2x30sec e</td>
<td>2x35sec e</td>
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<tr>
<td>H. Kn. Military</td>
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<td>3x8e</td>
<td>3x10e</td>
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<td>4x15yds</td>
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<td>3x12sec e</td>
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<td>Heel raise/dorsiflexion</td>
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<tr>
<td>DB hammer curl</td>
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<td>3x5</td>
<td>3x5 w approach</td>
<td>3x5 w approach</td>
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<tr>
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<td>2x5yds e/10</td>
<td>2x5yds e/10</td>
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<td>DB squat jump</td>
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<td>Front Squat</td>
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<td>Push up variation</td>
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### Off –Season Lax Phase 1

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<tr>
<td>Seated row</td>
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<tr>
<td>Band pull apart</td>
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<td>2x12</td>
<td>2x12</td>
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<tr>
<td>KB or DB half get up</td>
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### Off –Season Lax Phase 2

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<td>1 leg Box jump</td>
<td>3x4e</td>
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<td>3x5e w bounce</td>
<td>3x5e w bounce</td>
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<td>2x25sec e</td>
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<td>4x6</td>
<td>3x10 8 6</td>
<td>4x6 6 4 4</td>
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<td>3x8</td>
<td>3x10 8 6</td>
<td>3x10 8 6</td>
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<tr>
<td>1 leg RDL</td>
<td>3x8e</td>
<td>3x8e</td>
<td>3x6e</td>
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<td>HN Rev. Cable chop</td>
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<td>Off –Season Lax Phase 2</td>
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<td>Lateral Box blast/ Skater bound</td>
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<td>2x6e</td>
<td>2x8e</td>
<td>3x5e w bounce</td>
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<td>Shoulder prehab – band pull to face and wall slide</td>
<td>2x10e</td>
<td>2x10e</td>
<td>2x12e</td>
<td>2x12e</td>
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<td>Side bridge variation</td>
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<td>2x25sec e</td>
<td>2x30sec e</td>
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<td>3x8</td>
<td>3x8 6 6</td>
<td>3x 8 6 6</td>
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<td>Fwd sled march – push</td>
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<td>Chin ups - add weight as nec.</td>
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<td>3x8</td>
<td>3x8 6 4</td>
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<tr>
<td>- 1 hurdle</td>
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<td>Broad jump</td>
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<td>Lateral X band/MB groin</td>
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<td>2x5yds/10</td>
<td>2x5yds/10</td>
<td>2x5yds/10</td>
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<td>MB power rear throw</td>
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<td>Rotational throw with step</td>
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<td>4x8 6 4 4</td>
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<td>Up to 3x3</td>
<td>4x6 cg</td>
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<tr>
<td>1 leg RDL</td>
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<td>Standing chop</td>
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<td>Lateral 1 leg hurdle hops</td>
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<td>Shoulder Prehab Black-burns</td>
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<td>3x8</td>
<td>4x5</td>
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### Off –Season Lax Phase 3

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<tr>
<td>Chin ups</td>
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<td>4x8 6 4 4</td>
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<td>Crossover sled drag</td>
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<td>3x15yds</td>
<td>3x15yds</td>
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<td>BOB weighted glute bridge ~ 1 leg</td>
<td>3x15sec</td>
<td>3x15sec</td>
<td>3x20sec</td>
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<td>DB hammer curl</td>
<td>3x8</td>
<td>3x8</td>
<td>3x10</td>
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<tr>
<td>Heel raise/dorsiflexion</td>
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<tr>
<td>Warm up</td>
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<tr>
<td>Multiple Hurdle Jumps Fwd and Lateral</td>
<td>6x6 2 each way</td>
<td>6x6 2 each way</td>
<td>6x6 2 each way</td>
<td>6x6 2 each way</td>
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<td>Lateral X band walk/MB groin</td>
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<tr>
<td>TB dead lift</td>
<td>4x5</td>
<td>Up to 3x3</td>
<td>5x5</td>
<td>Up to 3x2</td>
</tr>
<tr>
<td>Feet on box push up</td>
<td>3x10</td>
<td>3x10</td>
<td>3x12</td>
<td>3x12</td>
</tr>
<tr>
<td>Glute Ham Raise</td>
<td>3x8</td>
<td>3x8</td>
<td>3x10</td>
<td>3x10</td>
</tr>
<tr>
<td>Rope pull to face</td>
<td>3x8</td>
<td>3x8</td>
<td>3x10</td>
<td>3x10</td>
</tr>
<tr>
<td>Farmers walk</td>
<td>2x</td>
<td>2x</td>
<td>2x</td>
<td>2x</td>
</tr>
<tr>
<td>MB around the world slam</td>
<td>2x10e</td>
<td>2x10e</td>
<td>2x12e</td>
<td>2x12e</td>
</tr>
<tr>
<td>Cross ankle grab</td>
<td>2x12e</td>
<td>2x12e</td>
<td>2x15e</td>
<td>2x15e</td>
</tr>
</tbody>
</table>

Mike Kozak is the co-owner of SOAR Fitness Systems on the north side of Columbus, Ohio.
For novice and intermediate lifters, linear periodization is generally the most effective way to get stronger and ensure long term progress towards a more advanced level of strength.

The following program is a very simple numbers scheme I have devised to address this missing aspect of linear programs. I will advise everyone that this program is fairly high in regards to volume, and is more appropriate for someone approaching a more intermediate strength level that is out of the initial novice/newbie phase of training.

This method I have dubbed the Iron Lion method for strength, because the name sounds cool and that’s the thing to do towards becoming a guru, name all your programs after your brand (I hope my sarcasm is obvious but just in case, IM BEING SARCASTIC) I just wanted the excuse use Iron Lion to name something.

Truth be told, this is heavily influenced by Jim Wendler, Dave Tate, Steve Pulcinella, Paul Carter, and a bunch of other guys who have been training longer than I’ve been alive. This is just a simple system I’ve liked to use, but its certainly not one I magically made up.

The program is based around training 4 days a week, with 3 of the training days devoted to one of the main movements, and a 4th day as either an optional bodybuilding day or the inclusion of something like overhead press or hip thrust even.
For the sake of simplicity, I have designed everything around simple numbers progressions. This makes it very easy to remember and very hard to fuck up. The intensity and volume are both accounted for in simply following the numbers. The programming is built into following the number schemes. This does not require any understanding of periodization beyond FOLLOWING THE PROGRAM. So follow it please.

Each individual training session goes in the following order. If you are training only the big 3, your 4th day would NOT have a main movement, and would simply be a bodybuilding style day. If you are training all 4 lifts, then the format does not change.

1-Do the main movement, which should be squat deadlift bench press/overhead press
2-Do TWO other Accessory movements that help the first movement, these will probably be with the barbell as well. These movements should go up with your main movement. I refer to accessory movements as indicator movements. While they are not the primary focus, your strength in them SHOULD indicate where your main lift is at.
3-Do THREE supplemental movements for wherever you are lacking size. Don't get overly technical with these. These supplemental movements should be based over your accessory movements and provide muscular balance to your training. If your accessory for bench press is floor press and incline press, doing some full range dips or neutral grip presses. If your accessories are Incline DB presses and Close grip bench, doing some dips and blast straps pushups would be beneficial. This will require some experimenting, but again don't over think it. If your bench is your worst lift and you have a chest like a wet blanket, get a bigger chest. If your bench is a strong lift, then do whatever keeps your elbows and shoulders feeling good. The supplemental should do two things 1) keep your joints healthy and 2) add some muscle. If you start getting upset that your single arm DB press isn't going up, your priorities are out of whack.

The programming of the Iron Lion method goes in (2) 5-week waves. The first wave is relatively light in intensity (Intensity being % of 1RM), while the second wave begins at a higher intensity (% of 1RM).

**Option 1** - Start the program in Phase 1 and then go into Phase 2. This works well for preparing for a meet.

**Option 2** - Start the program in phase 2 and repeat month over month until progress stalls. At that point restart back in Phase 1

The percentages should be based off of your WORKING ONE REP MAX. This is a lift you know you are good for THAT DAY, not your best competition. If you hit a 500 grinder of a deadlift in a meet or in the gym that left you staggered, your working max is not going to be 500. Its going to be 455. Use your best judgement on this. Your working max can be anywhere from 85 to 95% of your working 1RM. Just pick one. A general rule of thumb (ala Wendler) I recommend is take your best greyzone I saw the devil lift and multiply by 90% for your working max. A 500 deadlift gives you a 1RM of 455 then, good place to start.

**NOTE-ROUND ALL NUMBERS TO NEAREST 5.** If the percentage says 418, make it 425. If it says 311, make it 315. If the weight seems easy, round up. If it seems heavy, round down. Again, be sensible about this. If a percentage says 281 and the weight has been moving fast, go with 275, not 285. Go with the weight that you will feel STRONGEST with, not just the weight that is the heaviest. Don't lift with your ego is what I'm saying.
**Phase 1**

Week 1-5x5x65%

Week 2-4x5x70%

Week 3-3x5x75%

Week 4-2x5x80%

Week 5-1x5x85%, you should have missed NO lifts in this first cycle and the 85% should fly up easy as hell.

This takes us into the second 5 week phase. For this second phase, take your 5 rep set from week 5 to calculate a new 1Rep max. Take that number and use it for your second 5 week phase.

Using the above example of the deadlift, we would start our Week 1 phase 1 at 295. We would finish week 5 pulling 385 for five. Plugging that into a 1RM calculator, that puts our DL at 465. We would then use that number to calculate for our next phase of training.

**Phase 2**

**NOTE-ALL WORKING SETS FOR DEADLIFT IN PHASE 2 WEEKS 1-3 CAN BE DONE WITH SETS OF 3 INSTEAD OF 5.**

week 1-5x5x75%

week 2-4x5x80%

week 3-3x5x85%

week 2-2x3x90%

week 5-Option ONE-5+ (AMAP) x 90% (let us assume 5x415)-Option TWO-1xPR (465+ pound pull)

Assuming we started with a working max of 455, we would finish the 10 week cycle with a solid, WORKING Max pull of 465 if weve been rounding down, or 480+ if weve been rounding up.

**THAT NUMBER IS THEN PLUGGED INTO THE NEXT TRAINING CYCLE**

For faster strength gains-Repeat Phase 2 for as many cycles as possible before stalling, then restart with Phase 1

For slow but more fixed gains-Always restart with Phase 1 at the end of the full cycle. You are unlikely to stall doing this, but the weights will move slower
UPON COMPLETION OF A 1 YEAR CYCLE

Using the hypothetical 500 lb competition DL as an example, our working max would elevate anywhere from 50--100 lbs over the course of the year.

ACCESSORY MOVEMENTS

Moving on to your ACCESSORY Movements. These are TWO movements which should aid in your helping your MAIN movement go up

Your Accessories will be changed at the end of every 5 week cycle, regardless of whether its Phase 1 or Phase 2

Examples of ACCESSORY MOVEMENTS


Squatting-Front Squats, Hack Squats, High Bar Squats (if you squat low bar), Goblet Squats, Step-Ups, Jefferson Deadlifts, Zercher Squats

Deadlifts-Whatever setup is opposite of your competition setup, so either conventional or sumo, Snatch or wide grip deadlifts, Stiff Leg Deadlifts, Romanian Deadlifts, American Deadlifts, Reeves Deadlifts, Rack Pulls, High Pulls, Zercher Good Mornings, Zercher variation Deadlifts, Heavy Rack Shrugs, Heavy KB or T Handle Swings, DB Deadlifts. Bent Over Rows

TWO rules for the Accessory movement

1. At least one of the movements must be a barbell movement
2. If BOTH are barbell movements, then the rest of the assistance is all DBs and whatever cable pulley stuff your gym has, or bodyweight

WHY? Because novices tend to get beat up easily when they are using the barbell over and over again for every movement. For a more experienced trainee you can program as you want. For a novice we just need to get your numbers up and keep you from overcomplicating shit. I don’t need someone doing 6 different barbell movements and then insisting on tracking every one of them and then asking if power cleans can be used as dynamic effort work etc etc and then complaining the program didn’t work because their shoulders got thrashed from doing 6 different versions of bench pressing in the same workout

So AGAIN, I state the following rules

1. At least one of the movements must be a barbell movement
2. If BOTH are barbell movements, then the rest of the assistance is all DBs and whatever cable pulley stuff your gym has, or bodyweight.

The sets and reps for these Accessory movements are as follows, according to a simple 3-3-5-4-5 schedule

**Accessory Lift 1**
Week 1-3x6
Week 2-3x8
Week 3-5x6
Week 4-4x8
Week 5-3x10

**Accessory Lift 2**
Week 1-3x10
Week 2-4x8
Week 3-5x6
Week 4-3x8
Week 5-4x10
Numbers scheme 3-4-5-3-4

Week 1-total of 6 working sets
Week 2-Total of 7 working sets
Week 3-Total of 9 working sets
Week 4-Total of 7 working sets
Week 5-Total of 7 working sets

When do you add weight for these movements? At the END of training cycle. Add 5-10 pounds. Thats it. They are accessories for a reason

**The REPS ARE TOO HIGH!!** - These movements are all being trained in the 70-80% range. We are not chasing PRs, we are getting lots or reps and volume to build some muscle and help our big movement. No one cares about your One rep Max on Incline DB benching

**SUPPLEMENTAL WORK**

Moving on now to the Supplemental exercises. There are 3. These movements all be DB or can be machine/cable/band. They are done for lots of reps and are meant to add mass to weak points/areas where your body needs muscle. They can also be purely mirror muscle exercises if you so choose. Supplemental you can change at your leisure, although I would recommend keeping the same movements for at least two 5 week cycles before changing

The sets and reps for these exercises are all follows.

Week 1-3x10-15
Week 2-3x15-20
Week 3-3x15-20
Week 4-4x10-15  
Week 5-4x15-20  

**WHAT SHOULD I DO FOR SUPPLEMENTAL WORK?** The easiest way I can answer this is too look at yourself in the mirror, note any and all muscles that you think look small, and then do exercises for those muscle. Arms are pitiful? Do some curls and pushdowns. Chicken legs? I forsee a leg press in your future. Back bowed over? Prepare to live on chins and seated rows.

Supplemental work should consist of small exercises, machines, cables, bodyweight, and whatever else you want to throw in.

The Author: Alexander is a new addition to the EliteFTS team, and is fiercely proud of it. A former ballet dancer who became an iron disciple after using traditional barbell lifting to recover from injury, Alexander lives and works by the mantra of being strong(er). In 2008 after injuries he needed a cane just to walk, but after reading Dave Tate's Under the Bar, he made a choice that he would never be weak again. Coming from a non-traditional athletic background, with a degree in Dance Choreography, Alexander is an intense study of the psychology and science of how and why we train. Currently dually studying for his CSCS and masters in exercise science, he has trained hundreds of clients as a personal trainer since 2009, and will be lifting in his first powerlifting meet in 2013. He currently is a fitness coach at UFC Gym in Corona, CA, and he has begun writing on strength and life on his blog, Godsofstrength.com
Wrestling is extremely competitive with demands unlike any other collegiate sport. It taxes all three of the energy systems and requires tremendous strength and explosiveness, often in an extremely fatigued state. It is commonly thought (and often practiced) that the only way to prepare for wrestling is to come up with the hardest circuits imaginable and get through them as fast as possible. Through my experience, this is not the best way to approach the training of wrestlers, especially those at smaller schools. I feel that it is my job as their strength & conditioning coach to provide them with what they DON’T get on the mat. Their sport is already going to push them to their limits every day, so I feel I should spend the majority of time achieving and maintain general qualities, such as maximal strength, joint stability, healthy movement, and pure explosiveness. If we can help them regain their posture, increase general strength qualities, and help build bullet-proof joints, we have done our job in preparing them for the rigors of their sport.

That is what the first part of the pre-season is dedicated to. We pay close attention to form & technique, as well as the speed of the bar. The first month of the school year is a great time for the strength coach because the wrestlers aren’t overly concerned about weight management. They might be starting to watch their weight or even shed
some pounds, but they aren’t in weight-cut mode where all of their strength is disappearing. We take advantage of this and work hard to establish some serious strength. We begin each day with an Olympic variation to develop power, and then work in the strength zone with squat and bench to build maximal strength. Our reps will stay relatively low and the intensities will be in the strength building range. We also put a great focus on posterior chain development and core strength. Strong hamstrings and a stable core are invaluable for someone who will be getting pulled and twisted from every direction while on the mat.

<table>
<thead>
<tr>
<th>Phase I</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start</td>
<td>T1a Hang</td>
<td>T1a Hang Snatch</td>
<td>T1a Floor Clean</td>
</tr>
<tr>
<td>End</td>
<td>Clean</td>
<td></td>
<td>Clean</td>
</tr>
<tr>
<td>3-Sep</td>
<td>28-Sep</td>
<td>T1b Goblet Squat (light)</td>
<td>T1b Band Good Morning</td>
</tr>
<tr>
<td></td>
<td>T1b</td>
<td>T1b Platform Pushup + Stab</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**

*Re-establish the “3 T’s”*

<table>
<thead>
<tr>
<th>Tempo</th>
<th>T2a Back Squat (VAT)</th>
<th>T2a Bench Press</th>
<th>T2a DB/BB Walking Lunge</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>T2b Front Plank</td>
<td>T2b Ab Rollout</td>
<td>T2b Paloff Press</td>
</tr>
<tr>
<td>Technique</td>
<td>T2c Wall/Ankle Mobs</td>
<td>T2c Plate Ext. Rotation</td>
<td>T2c Grip Choice</td>
</tr>
<tr>
<td>Teamwork</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Focus: Strength & Power - we need a chance to train the qualities that they DON'T get on the mat*

<table>
<thead>
<tr>
<th>T3a</th>
<th>Glute Ham</th>
<th>T3a SL Bench Hip Lift</th>
<th>T3a Partner Leg Curl</th>
</tr>
</thead>
<tbody>
<tr>
<td>T3b</td>
<td>OH Grip Pullup</td>
<td>T3b BB Inverted Row</td>
<td>T3b Timed Pullups</td>
</tr>
<tr>
<td>T3c</td>
<td>Timed Pushups</td>
<td>T3c RoonDogs</td>
<td>T3c Manual Triceps</td>
</tr>
<tr>
<td>T3d</td>
<td>Stick Crunch</td>
<td>T3d Toe 2 Bar</td>
<td>T3d MB High Arc</td>
</tr>
</tbody>
</table>

*Last chance until POST-SEASON to get large strength gains & not worry about weight gain*
Although our goal is to always give the athletes what they don’t get on the mat, as we move into the second month of the school year and get closer to competition time, we will start to train in a way that will be more specific and apply directly to the mat. The athletes will start to focus more on achieving their competition weight, which means I will have make adjustments in order to help them accomplish their goal. I don’t want them to be doing high volume back squat & bench press when the starting 125 pounder is trying to cut 15 pounds. I will accommodate them in any way I can, while still trying to hold on to any strength we have attained over the first month of training. We accomplish this by doing medium to heavy singles on the back squat at 80-95% of their estimated 1RM and keep their bench reps to 3 and below. We will also start to integrate some conditioning into the weight room. It is important to understand that these wrestlers are going to see some pretty tough challenges in coming months, so exposing them to some sport-specific metabolic conditioning in the weight room will serve them well. This is done through CrossFit style “WODs,” Static Dynamic squats and Lactic Explosive pushups (both are courtesy of Joel Jamieson of www.8weeksout.com). Training on a tempo and closely monitoring their rest periods can give them a type of conditioning they are unlikely to see on the mat. The circuit style “WODs” and Lactic Explosive pushups are designed to increase lactic power and capacity, while the Static Dynamic squats are designed to increase tolerance of lactic fatigue. Meanwhile, we will still have a strong focus on postural correction, core, grip & neck strength, as well as power development.

<table>
<thead>
<tr>
<th>Phase II</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>T1a</td>
<td>T1a</td>
<td>T1a</td>
</tr>
<tr>
<td>Start</td>
<td>Hang Snatch</td>
<td>KB Power Station</td>
<td>Floor Clean</td>
</tr>
<tr>
<td>End</td>
<td>T1b</td>
<td>T1b</td>
<td>T1b</td>
</tr>
<tr>
<td>30-Sep</td>
<td>Hurdle Hop</td>
<td>Plyo Station</td>
<td>KB Squat Jump</td>
</tr>
<tr>
<td>26-Oct</td>
<td>T1c</td>
<td>T1c</td>
<td>T1c</td>
</tr>
<tr>
<td></td>
<td>Snow Devils</td>
<td>MB Squat Throws</td>
<td>Tuck Jumps</td>
</tr>
<tr>
<td>Objectives</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>T2a</td>
<td>T2a</td>
<td>T2a</td>
</tr>
<tr>
<td></td>
<td>Back Squat (singles)</td>
<td>Bench Press</td>
<td>OH Reverse Lunge + Step Up</td>
</tr>
<tr>
<td></td>
<td>T2b</td>
<td>T2b</td>
<td>T2b</td>
</tr>
<tr>
<td></td>
<td>Front Plank</td>
<td>One Arm DB Row</td>
<td>Weighted Pullups</td>
</tr>
<tr>
<td></td>
<td>T2c</td>
<td>T2c</td>
<td>T2c</td>
</tr>
<tr>
<td></td>
<td>Ankle Mobs</td>
<td>SnowDevils</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Move towards a CrossFit method of training (power, strength, fitness model)  
*Continue to train strength, but with focus on staying AWAY from mass gains (low volume)  
*Fitness/Conditioning based strength circuits  
*Improve Lactate Threshold  

www.8weeksout.com
Our Non-Traditional training methods are carefully designed and intensely coached. I am completely against anyone who has their athletes perform high speed, intense circuits with complicated movements that the athlete can’t perform well. All of the movements we will use have been taught and refined over the course of the pre-season as well as in previous years. An example can be seen here:

<table>
<thead>
<tr>
<th>Strength Circuit</th>
<th>WOD Daily Challenge</th>
<th>T3a</th>
<th>Static Dynamic Squat</th>
<th>T3a</th>
<th>Lactic Explosive Pushups</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>T3b</td>
<td>BB Shrug</td>
<td>T3b</td>
<td>Glute Ham</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T3c</td>
<td>Grip</td>
<td>T3c</td>
<td>Grip</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T3d</td>
<td>BB Inverted Row</td>
<td>T3d</td>
<td>DB SL RDL</td>
</tr>
</tbody>
</table>

*Programs That Work 3 · 2013*

**WOD**

**Week 1**
#AintReady
EMTOM - 15 min
5 Pullups
10 Pushups
15 BW Squats

**Week 2**
#PushThePace
5 Rounds

**Week 3**
#JumpAround
EMOTM - 10 min
2 Power Clean
4 Pullups
6 Hurdle Hops

**Week 4**
#GoodLuck
21-15-9
Thruster + Pullup
The combination of power, strength, and fitness, progressed over the course of 8 weeks gives us many of the adaptions we are looking to develop for a competitive wrestler. Remembering that our primary job is to give them what they DON'T get on the mat, this combination puts us in position to be strong, fit, and bulletproof; all things that are needed to become an All American or compete for a conference championship.

Jim Kiritsy enters his third year with The Citadel strength & conditioning staff. As assistant director, Kiritsy coordinates all aspects of the Bulldogs’ basketball training program while assisting in the overall facilitation of the strength & conditioning department.

Kiritsy joined The Citadel in June 2011 after spending three seasons at Vermont as the assistant strength & conditioning coach. While with the Catamounts, he worked directly with the men’s basketball, men’s and women’s ice hockey, men’s and women’s lacrosse and the men’s and women’s soccer programs.

Among standout performers who worked one-on-one with Kiritsy was Marqus Blakely, formerly a member of the Houston Rockets. Blakely was the two-time America East Conference player of the year and winner of the 2010 State Farm Division I College Basketball Slam Dunk Contest.

A 2009 graduate of Norwich University, Kiritsy received a bachelor of science degree in physical education with a concentration in coaching. While there he served as a part-time student assistant strength & conditioning coach.

He was a graduate of the Corp of Cadets from Norwich, serving as a member of the Corps Honor Committee in 2008-09. He holds certifications in CPR and AED (automated external defibrillator) from the American Red Cross.
So you want to ditch the gear for a change and go raw for a bit. Guess what! You are going to need to get ready. Don’t jump right into a meet cycle. You aren’t ready yet and will most likely injure yourself. Do an 8 week off season cycle to get ready to amp up for the meet cycle.

A couple things you will need to do:

Re-learn your groove in all lifts. You will need reps. Lots of reps! You will need to re-teach yourself how to do the big 3. It doesn’t take long but it does need to happen natural. You have trained yourself to sit back behind your heels and touch low on the gut. These don’t equal big raw lifts.

You will need to learn to use your pecks and quads again. Change your groove slowly to avoid injury.

Bring your core up. The gear won’t be there to cover up any weaknesses. For me this was the hardest part. My core was pathetic at first but I made it stronger after months of hard work.
Get your shoulders ready for the beating to come. All the full range work is going to beat you up at first. You will need a separate delt day. This will get bench moving fast. Think prehab and lots of it as well. Lacrosse ball work, traction, and mobility work is key.

Get you hips ready for the beating to come. You won’t have the briefs and those small hip muscles will be mad at you. Prehab and lots of band work will help.

Bring up the following muscles that have been sleeping under the gear: Your quads, glutes, pecks, and delts will need extra attention. You will need to hit these hard like you are pumping up for your first FLEX cover shot.

Conditioning work. Your recovery will not be as well as it was with gear. Get in shape to combat this. A little goes a long way.

Recovery work. You will need to do this 3 times per week. Lots of stretching, mobility and soft tissue work. ELITEFTS has a bunch of articles on this. Check out Mike Robertson stuff. He helped me out a lot.

Below is a sample weekly template including all of these things.

<table>
<thead>
<tr>
<th>Sample Pre raw meet cycle training split template</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MON</strong></td>
</tr>
<tr>
<td>Delt and Core work</td>
</tr>
<tr>
<td>DB Military 3 sets of 8</td>
</tr>
<tr>
<td>DB Front raise 3 sets of 8</td>
</tr>
<tr>
<td>DB Side Raise 3 sets of 8</td>
</tr>
</tbody>
</table>
As you can see the priority here is building the supporting muscles that have most likely been neglected over the years. I sure know I neglected a lot of them. Do what you like exercise wise but be sure to put the work in. The key thing to notice is how much core, recovery, delt, hip, quad, and conditioning work is included. You don’t need to do this exact workout, but you do need to do these types of things at this level of activity or you will fall apart during your first raw meet cycle. The big 3 lifts aren’t the priority which is why I haven’t shared the big 3 work yet. Below is a smart and easy progression to re-groove the big three. Start light and slowly amp up towards the heavy stuff. Again the goal for this cycle is to condition your body and muscles for the real meet cycle to come. The big 3 work is secondary to that but still needs to be worked with purpose.

### Sample Pre raw meet cycle training split template

<table>
<thead>
<tr>
<th></th>
<th>Good Mornings</th>
<th>BB Triceps Ext</th>
<th>Biceps</th>
<th>Recovery work:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abs 3 exercises for 4 sets of 15</td>
<td>3 sets of 8</td>
<td>3 sets of 8</td>
<td>6 sets</td>
<td></td>
</tr>
<tr>
<td>Lying leg raise to side and front for 2 sets of 10 each</td>
<td>DB Triceps EXT 3 sets of 8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banded leg outs for 3 sets of 8</td>
<td>Recovery work: pecks and delts 10 mins</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recovery work: hips and legs 10 mins</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

elitefts.com
Sample Pre raw meet cycle template to re-groove the big 3

<table>
<thead>
<tr>
<th>Week</th>
<th>Squat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>60% for 4 sets of 8</td>
</tr>
<tr>
<td>2</td>
<td>65% for 4 sets of 7</td>
</tr>
<tr>
<td>3</td>
<td>70% for 4 sets of 6</td>
</tr>
<tr>
<td>4</td>
<td>Deload 3 sets of 5 with 50%</td>
</tr>
<tr>
<td>5</td>
<td>75% for 3 sets of 5</td>
</tr>
<tr>
<td>6</td>
<td>80% for 3 sets of 4</td>
</tr>
<tr>
<td>7</td>
<td>85% for 3 sets of 3</td>
</tr>
<tr>
<td>8</td>
<td>Deload</td>
</tr>
</tbody>
</table>

Remember: The little things matter and have the biggest impact on meet day.

Last words: Good luck!

Scott Yard is a 2004 graduate of Western Maryland College. He is a 12 year veteran to the sport of power lifting who has lifted on many stages. As an equipped lifter in 2006 Scott broke the all-time world record total for the 275-lb class. This was done at the age of 23. His 2605-lb total consists of a 1050 squat, 840 bench, and a 715 deadlift. Scott’s 840 bench at one time was the heaviest recorded bench to date in a full meet across all weight classes. In early 2007 Scott placed third overall in the 242 plus division at the WPO ARNOLD bench bash. Later that year Scott placed third in the 242 plus division at the inaugural IPA PRO-AM. Scott currently competes raw. In November of 2010 he fulfilled a long term goal of totaling 2000 lbs raw in the 275 weight class. Scotts best competition raw lifts include 765 in the squat, 505 in the bench, and 755 in the deadlift. Scott currently competes raw in the USAPL and won 2011 USAPL Raw nationals in the 242 class. In March of 2012 Scott competed at the Arnold Raw Challenge at the 231 weight class and came in second place. Scott trains out of Club Natural Gym in Hanover, Pennsylvania, and hopes to compete for many years to come. By day Scott is the Community Living Manager for a nonprofit agency that supports Adults with developmental disabilities

View Scott’s Training Log [here](http://www.elitefts.com)
Mark Watts

8-WEEK OFF-SEASON TRAINING

for Football
### Monday AM

<table>
<thead>
<tr>
<th>Week</th>
<th>Warm-Up/ Foot Speed</th>
<th>In-place/ Linear Plyometrics*</th>
<th>Agility (COD)</th>
<th>Speed (Acceleration)</th>
<th>Conditioning (Target times)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td>Base</td>
<td>High Knees - Forward - Lateral - Backwards Butt-Kicks</td>
<td>Pogo Jumps Vertical Jumps Squat Jumps x 10 each</td>
<td>4 Cone Drills# I, N, X (4) each</td>
<td>(6) 10s w/ 30s RI (6) 20s w/ 60s RI</td>
</tr>
<tr>
<td><strong>2</strong></td>
<td>Load</td>
<td>Tapioca Walking Lunge - elbow to instep - opposite reach - straighten - dorsi-flex</td>
<td>Pogo Jumps Vertical Jumps Squat Jumps Tuck Jumps x 10 each</td>
<td>40yd Shuttle 5 back, 10 back + 10</td>
<td>(2) 10s w/ 30s RI (2) 20s w/ 60s RI (4) 30s w/ 90s RI</td>
</tr>
<tr>
<td><strong>3</strong></td>
<td>Load</td>
<td>Straight Leg Kicks Low Shuffle Karioca Build-ups</td>
<td>Stair Hops Stair Jumps Stair Depth Jumps x 8 each</td>
<td>3 Cone Drill x 4 per side</td>
<td>(2) 10s w/ 30s RI (2) 20s w/ 60s RI (3) 30s w/ 90s RI (3) 40s w/ 2m RI</td>
</tr>
<tr>
<td><strong>4</strong></td>
<td>Deload</td>
<td>Skater Jumps Band Resisted Skater Jumps x 6 each</td>
<td>Pro Agility 5-10-5 Testing x 5 each side</td>
<td>(6) 10s w/ 30s RI (8) 20s w/ 60s RI</td>
<td></td>
</tr>
<tr>
<td><strong>5</strong></td>
<td>Base</td>
<td>Stair Hops SL Stair Hops Stair Bounds x 4 each</td>
<td>4 Cone Drills# I, N, X (4) each</td>
<td>(2) 10s w/ 30s RI (2) 20s w/ 60s RI (6) 30s w/ 90s RI</td>
<td></td>
</tr>
<tr>
<td><strong>6</strong></td>
<td>Load</td>
<td>Single Leg Sprints 10(10)10yds x 8</td>
<td>40yd Shuttle 5 back, 10 back + 10</td>
<td>(2) 10s w/ 30s RI (2) 20s w/ 60s RI (2) 30s w/ 90s RI (4) 40s w/ 2m RI</td>
<td></td>
</tr>
<tr>
<td><strong>7</strong></td>
<td>Deload</td>
<td>Power Skips 25yds x 8</td>
<td>3 Cone Drill x 5 per side</td>
<td>(6) 10s w/ 30s RI (6) 20s w/ 60s RI</td>
<td></td>
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<tr>
<td><strong>8</strong></td>
<td>Test</td>
<td>NO JUMPS</td>
<td>Pro Agility 5-10-5 Testing</td>
<td>40yd Sprint Testing</td>
<td>300yd Shuttle Test (another day)</td>
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*Progress from sticking the landing to repetitive jumps
# Cones set up 5x5
### MONDAY PM
#### Lower Body ME

<table>
<thead>
<tr>
<th>Week</th>
<th>PRE/ POST Session</th>
<th>3XT</th>
<th>Double Leg Pull</th>
<th>Posterior Chain</th>
<th>Single Leg Push-Pull Circuit</th>
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<tbody>
<tr>
<td>1</td>
<td>Base</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td><strong>Movement Prep</strong></td>
<td>Pause Hang Clean 80%x5x3</td>
<td>Batwing Plate RDL x 50 reps</td>
<td>Glute-Ham Raise 50 reps</td>
<td>SL Plate RDL 25, 35, 45, 55 x10</td>
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<tr>
<td></td>
<td></td>
<td>Haulting Clean 85%x10x1</td>
<td>Barbell RDL 80%x8 6, -10% x10</td>
<td>Glute-Ham Raise Weighted 40 reps</td>
<td>SL RDL (1DB) 3 x 8-12</td>
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<tr>
<td></td>
<td><strong>Pre-Hab</strong></td>
<td>Hang Clean 85%x4x4</td>
<td>Trap Bar DL 88% x 5,3,2</td>
<td>Glute-Ham Raise Eccentric Loaded 30 reps</td>
<td>SL Band RDL 50 reps</td>
</tr>
<tr>
<td>2</td>
<td>Load</td>
<td>Clean from Rack 80%x8x2</td>
<td>Barbell RDL 83%x7,5,-10%x9</td>
<td>Glute-Ham Raise 40 reps</td>
<td>SL Plate RDL 25, 35, 45, 55 x10</td>
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<tr>
<td></td>
<td></td>
<td>Hang Clean 90%x6x3</td>
<td>Trap Bar DL 90% x 4,3,2,1</td>
<td>Glute-Ham Raise 75 reps</td>
<td>SL RDL (1DB) 3 x 8-12</td>
</tr>
<tr>
<td>3</td>
<td>Load</td>
<td>Clean from Floor 90%x10x1</td>
<td>Barbell RDL 85%x6,4,-10%x8</td>
<td>Glute-Ham Raise Weighted 60 reps</td>
<td>SL RDL (2 DBs) 3 x 8-12</td>
</tr>
<tr>
<td>4</td>
<td>Deload</td>
<td>Clean from Rack 85%x8x2</td>
<td>Trap Bar DL 93% x 3,2,1</td>
<td>Glute-Ham Raise Eccentric Loaded 50 reps</td>
<td>SL Band RDL 50 reps</td>
</tr>
<tr>
<td>5</td>
<td>Base</td>
<td>Clean from Floor 95%x1-4RM</td>
<td></td>
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<td></td>
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<tr>
<td>6</td>
<td>Load</td>
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<td></td>
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<tr>
<td>7</td>
<td>Deload</td>
<td></td>
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<tr>
<td>8</td>
<td>Test</td>
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</table>
# TUESDAY AM

## Upper Body ME

<table>
<thead>
<tr>
<th>Week</th>
<th>PRE/ POST Session</th>
<th>3XT</th>
<th>Horizontal Press</th>
<th>Vertical Pull</th>
<th>Push-Pull Circuit</th>
<th>BodyWt Push-Pull</th>
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</thead>
<tbody>
<tr>
<td>2 Load</td>
<td>5-Way Neck Prep</td>
<td>Barbell Snatch from Blocks 88%x8x2</td>
<td>Bench Press 85% x6,4,2, (-10%x8)</td>
<td>OH Grip Pull-Up Ladder -10 sets</td>
<td>Inc DB Alt Press HS DB Row</td>
<td></td>
</tr>
<tr>
<td>3 Pre-Hab</td>
<td>Ext Rotation</td>
<td>Barbell Snatch from Floor 90%x10x1</td>
<td>Bench Press 90% x4,3,2,1 (-10%x6)</td>
<td>NG Pull-Up Ladder -10 sets</td>
<td>Inc DB Duo Press CS DB Row</td>
<td></td>
</tr>
<tr>
<td>4 De-Load</td>
<td>Core Stability</td>
<td>1 Arm DB Snatch 88%x4x4</td>
<td>Fat Bar Bench Press 85% x 5,3,2 -10% Board Press x max reps</td>
<td>Fat Grip Pull-Up Ladder -10 sets</td>
<td>Inc DB Press CS DB Row</td>
<td></td>
</tr>
<tr>
<td>5 Base</td>
<td>Upper Arm Grip</td>
<td>BB Hang Snatch 88%x4x3</td>
<td>Bench Press 88% x5,3,2 (-10%x7)</td>
<td>MG Pull-Up - 50 total reps</td>
<td>Inc DB Alt Press HS DB Row</td>
<td></td>
</tr>
<tr>
<td>6 Load</td>
<td>PNF Stretch</td>
<td>Barbell Snatch from Blocks 90%x6x2</td>
<td>Bench Press 93% x3,2,1,1 (-10%x5)</td>
<td>NG Grip Pull-Up 4RM then 20 total reps</td>
<td>Inc DB Duo Press CS DB Row</td>
<td></td>
</tr>
<tr>
<td>7 De-Load</td>
<td></td>
<td>1 Arm DB Snatch 90%x3x3</td>
<td>Fat Bar Bench Press w/ Chains 70%x 5,3,2 -10% Board Press x max reps</td>
<td>OH Grip Pull-Up 3RM then 20 total reps</td>
<td>1 Arm Inc DB Press Inc DB Row</td>
<td></td>
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<tr>
<td>8 Test</td>
<td></td>
<td>Barbell Snatch from Floor 95%x1-5RM</td>
<td>Bench Press 95% x2-4RM</td>
<td>Cadence Chin-Up Rep Test</td>
<td>1 Arm Inc DB Press Inc DB Row</td>
<td></td>
</tr>
<tr>
<td>Week</td>
<td>PRE/POST Session</td>
<td>Jumps</td>
<td>Sprints (Starts)</td>
<td>Double Leg Push</td>
<td>Posterior Chain</td>
<td>Single Leg Push-Pull Circuit</td>
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<tr>
<td>------</td>
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<td>-----------------</td>
<td>-----------------</td>
<td>----------------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>1</td>
<td>Base</td>
<td>Box Jump (10-15 jumps)</td>
<td>Prone Starts (10) 10s w/ 30s RI</td>
<td>Back Squat 80% x8,6,4, (-10%x10)</td>
<td>Glute-Ham Raise 50 reps</td>
<td>SL Plate RDL 25, 35, 45, 55 x10</td>
</tr>
<tr>
<td>2</td>
<td>Load</td>
<td>Box Jump (15-20 jumps)</td>
<td>Supine Starts (6) 10s w/ 30s RI (4) 15s w/ 45s RI</td>
<td>Back Squat 85% x6,4,2, (-10%x8)</td>
<td>Glute-Ham Raise Weighted 40 reps</td>
<td>SL RDL (1DB) 3 x 8-12</td>
</tr>
<tr>
<td>3</td>
<td>Pre-Hab</td>
<td>Box Jump (10 jumps) Depth Jump (12-15 jumps)</td>
<td>Kneeling Starts (6) 10s w/ 30s RI (4) 15s w/ 45s RI</td>
<td>Back Squat 90% x4,3,2,1 (-10%x6)</td>
<td>Glute-Ham Raise Eccentric Loaded 30 reps</td>
<td>SL RDL (2 DBs) 3 x 8-12</td>
</tr>
<tr>
<td>4</td>
<td>De-load</td>
<td>Seated Box Jump (20 jumps)</td>
<td>Parallel Starts (4) 10s w/ 30s RI (4) 15s w/ 45s RI (2) 20s w/ 60s RI</td>
<td>Box Squat w/ Bands 8x2 w/ 60%</td>
<td>Glute-Ham Raise 40 reps</td>
<td>SL Band RDL 50 reps</td>
</tr>
<tr>
<td>5</td>
<td>Base</td>
<td>Box Jump (10 jumps) Depth Jump (10-15 jumps)</td>
<td>Staggered Starts (4) 10s w/ 30s RI (4) 15s w/ 45s RI (2) 20s w/ 60s RI</td>
<td>Back Squat 88% x5,3,2 (-10%x8)</td>
<td>Glute-Ham Raise 75 reps</td>
<td>SL Plate RDL 25, 35, 45, 55 x10</td>
</tr>
<tr>
<td>6</td>
<td>Load</td>
<td>Box Jump (10 jumps) SL Box Jump (10 jumps)</td>
<td>Testing Starts (4) 10s w/ 30s RI (4) 15s w/ 45s RI (2) 20s w/ 60s RI</td>
<td>Back Squat 93% x3,2,1,1 (-10%x5)</td>
<td>Glute-Ham Raise Weighted 60 reps</td>
<td>SL RDL (1DB) 3 x 8-12</td>
</tr>
<tr>
<td>7</td>
<td>De-load</td>
<td>Box Jump (10 jumps) SL Depth Jump (10 jumps)</td>
<td>Testing Starts (10) 10s w/ 30s RI</td>
<td>Box Squat w/ Chains 8x2 w/ 60% Hex Bar DL 88% x 5,3,1</td>
<td>Glute-Ham Raise Eccentric Loaded 50 reps</td>
<td>SL RDL (2 DBs) 3 x 8-12</td>
</tr>
<tr>
<td>8</td>
<td>Test</td>
<td>Vertical Jump Test(Vertec)</td>
<td>Back Squat 95% x2,1,1 (-10%x4)</td>
<td>Glute-Ham Raise Eccentric Loaded 50 reps</td>
<td>Glute-Ham Raise Weighted 60 reps</td>
<td>SL RDL (1DB) 3 x 8-12</td>
</tr>
</tbody>
</table>
**FRIDAY PM**

**Strongman & RE Upper Body**

<table>
<thead>
<tr>
<th>Week</th>
<th>Throws 50 throws</th>
<th>Strongman Event*</th>
<th>Vertical/ Horizontal Press</th>
<th>Horizontal Pull</th>
<th>Horizontal Push</th>
<th>Metabolic Conditioning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Base</td>
<td><strong>Rotation:</strong>  - Standing Push  - Standing Scoop  - Kneeling Scoop  - Crow-hop Push</td>
<td>Fat Gripz DB Clean &amp; Press: max reps for time</td>
<td>BB OH Press 80% x8,6,4, (-10%x10)</td>
<td>1 Arm DB Row</td>
<td>1 Arm KB Row from Floor</td>
<td>1-2-3-4 Board Press</td>
</tr>
<tr>
<td>2 Load</td>
<td>- COD Push Scoop = Rapid Push = Short</td>
<td>Atlas Stone over Bar: max reps for time</td>
<td>BB OH Press 85% x5,3,2, (-10%x8)</td>
<td>Renegade Row</td>
<td>Arm-over-Arm</td>
<td>Swiss Bar Grip Bench Press</td>
</tr>
<tr>
<td>4 De-load</td>
<td>- Extension:  - Standing Fwd  - Fwd for Dist.  - Bkwd for Dist.</td>
<td>Farmers/ Prowler Medley set dist. For time</td>
<td>DB Push Press 90% x4,3,2,1 (-10%x6)</td>
<td>1 Arm KB Row from Floor</td>
<td>Arm-over-Arm</td>
<td>Stability Ball DB Press</td>
</tr>
<tr>
<td>5 Base</td>
<td>- Log Clean &amp; Press: max reps for time</td>
<td>185/205/225 Bench Rep Test</td>
<td>1 Arm DB Row</td>
<td>1 Arm KB Row from Floor</td>
<td>1-2-3-4 Board Press</td>
<td>Swiss Bar Grip Bench Press</td>
</tr>
<tr>
<td>6 Load</td>
<td>- Tire Flip Medley 350x2, 450x2, 550x2, 650x2 for time</td>
<td>BB Push Press 93% x3,2,1 (-10%x5)</td>
<td>BB Push Press 105% x3,2,1 (-10%x5)</td>
<td>Renegade Row</td>
<td>Arm-over-Arm</td>
<td>Mini-Band Stability Press</td>
</tr>
<tr>
<td>7 De-load</td>
<td>STRONGMAN GRAND PRIX AWARDS</td>
<td>Dynamic Bench Press 60% x8x3 w/ Mini-Bands</td>
<td>1 Arm DB Row</td>
<td>1 Arm KB Row from Floor</td>
<td>1 Arm KB Row from Floor</td>
<td>Stability Ball DB Press</td>
</tr>
</tbody>
</table>

* Athletes are divided into 5 different weight classes and scored are totaled each week.

Weights of implements are determined by weight class.
About the Author: Mark Watts is the Director of Education at elitefts™. He has a master’s degree in exercise science and health promotion from California University of Pennsylvania and a master’s degree in elementary education from Clarion University of Pennsylvania. Mark has been working with college athletes in over 20 different sports at the Division I, II, and III levels for over 15 years as a strength and conditioning coach. Prior to elitefts™, he coached athletes at Denison University, the United States Military Academy at West Point, Allegheny College, and Clarion University. He has also completed strength and conditioning internships at the University of Tulsa and Ohio State University. Mark is certified by the National Strength & Conditioning Association, USA Weightlifting, the National Academy of Sports Medicine, and the Collegiate Strength & Conditioning Coaches Association. He started competing in powerlifting in 1997 and is an amateur Strongman competitor in the master’s division. Mark is originally from Pittsburgh, Pennsylvania, and is a USMC veteran.
Anyone can use this program but it is made for people who may be in the following situations.

- You have moved to a new state and don't know anyone yet.
- You have no training partners so therefore, you are training raw.
- You are looking for something simple and different in between meets.

Just remember the key is to keep it as simple as possible and don't over think it as you are getting used to your new enviroment.

***********Warning***************

If it has been a while since you have trained raw then this may be as much mental as it is physical for you. Remember if you train what is weak you will get strong(er). This is a 3-4 day a week program and is run in 3 week cycles. You can pick whatever days you like but I do deadlifts on Monday, bench press on Wednesday and squat on Friday and some extra assistance work on the weekends. Don't try to hit PR's for the first 2-3 cycles unless you really feel amazing as this is about getting your body used to training raw. One last thing, you can always make changes to your assistance work to deal with a weakness if necessary. The base of the program is 531 but what makes it unique is dealing with the secondary stuff for bringing up your weaknesses.
All of your 3 main lifts the are the same percentages over the 3 week cycle. All are based on 90% of your 1 reps raw max.

**week 1** for 5’s 65%, 75%, 85%- 2 back off sets for 5’s at 75%

**week 2** for 3’s 70%, 80%, 90%- 2 back off sets for 3’s at 80%

**week 3** for 1’s 75%, 85%, 95%- 2 more singles at 95%

This is the base for your work but, what I do after is what fits my needs to bring up a weakness and build muscle. With the exception of my second movement all of my assistance movements are a progression as well. Week 1 is 4 sets, week 2 is 5 sets and week 3 is 6 sets and reps are anywhere from 10-15.

**Squat**
- 3 sets of 8-1
- 0 reps either high bar squats, ssb or front squats.
- reverse hypers or back raises
- hamstring curls
- ab wheel

**Bench press**
- overhead press (531) but I don’t go by percentages I go by feel of weight
- mid pin press
- heavy rows/ rear delt

**Deadlift**
- High pin pull (just above the knees) for triples
- heavy shrugs
- hamstring curls
- adductor/ abductor work
- Abs

**Assistance Day**
- On this day I don’t do a progression and I just go by how I feel
- Heavy bent over row 5x5
- Lat pull down 6x6
- triceps 8x10
- abs 6x1

---

Mike Stuchiner (aka Paper) is a 38-year-old native New Yorker and an elite-level powerlifter of 21 years. His current best total is 1950 pounds in the 275-pound weight class. He has squatted 800 pounds, benched 565 pounds, and deadlifted 635 pounds. Mike has a master’s degree in herbal medicine, a license in massage therapy, and is certified in ART work. Mike has written two booklets on herbal medicine, has done over 75 lectures, and is always available for consultations and lectures. Mike can be reached at: powerherb@yahoo.com. You can also visit his new website at Eliteherbalist.com
PRE-SEASON BASKETBALL

Matt Rhodes
## WORKOUT 1 (HVY)
### Week 1

<table>
<thead>
<tr>
<th>DYNAMIC WARMUP</th>
<th>Reps</th>
<th>Weight</th>
<th>Reps</th>
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<tbody>
<tr>
<td>Box Jumps</td>
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<td>Squat</td>
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<td>Double-over Deadlift</td>
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<td>BB Reverse Lunge</td>
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<tr>
<td>Single-leg Hip Extension</td>
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<tr>
<td>Lateral Squat</td>
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<tr>
<td>Body Saw</td>
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</table>

### ABS/STRETCH

## WORKOUT 2 (HVY)
### Week 1

<table>
<thead>
<tr>
<th>DYNAMIC WARMUP</th>
<th>Reps</th>
<th>Weight</th>
<th>Reps</th>
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<th>Weight</th>
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</thead>
<tbody>
<tr>
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### Workouts

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#### ABS/STRETCH

Matt is a tremendous resource for our readers. He brings that hard to find mix of real-world playing and coaching experience. Matt started his collegiate career as a lacrosse player at The University of Massachusetts Amherst from 1994-1996. He later transferred to the University of Arizona where he played football from 1996-1998. After college he played arena football for the Richmond Speed before suffering a career-ending neck injury.

After his playing career, Matt coached football at the University of Richmond. He later interned for Buddy Morris at the University of Pittsburgh. After 8 years as a personal trainer, Matt returned to the collegiate ranks as a strength and conditioning coach at the University at Albany before moving to the University of Rhode Island.

Matt has competed in Powerlifting since 2001. His geared numbers include a 930 squat and a 605 bench. His raw numbers include a 650 squat, 485 bench and a 760 deadlift, all done in the 308lbs class.
This is a cycle that we’ve used with some of our intermediate/advanced lifters with success. It’s basic and relies on a good amount of volume on the main lift. Every third week is a deload, which is also a chance to get in some form/speed work. If you’re a geared lifter, this is a great time to get your suit on and make sure everything is clicking. I always offer the alternative of doing this week as stiff leg DL’s with 50% of your DL max for 3x3 instead of the sumo pulls. This is done for lifters whose hips may need a break from all the sumo work. Some do much better than others when pulling sumo every week. I personally need to do conventional/stiff leg work on the off weeks as to not beat myself up.

This cycle is designed for the off season, not going into a meet. Although, it could very easily be changed to work for a meet with minor changes. If you need clarification on this, shoot me a question on www.elitefts.com and I can give you some ideas.
**Week #1**

Sumo DL- 50%x5, 60%x5, 70%x4x2 sets
6” conventional block pull- work up to a triple that makes you strain, but not lose form
Hamstrings
Upper back
Abs

**Week #2**

Sumo DL- 50%x5, 60%x5, 70%x4, 80%x3x2 sets
4” conventional block pull- work up to a triple that makes you strain, but not lose form
DB stiffs- 3x10
Hamstrings
Upper back
Abs

**Week #3**

Sumo form/speed singles from the floor- 60%x1x6 sets
Dimel DL- 2x20
Hamstrings
Upper back
Abs

**Week #4**

Sumo deadlift- 55%x5, 65%x5, 75%x4x3 sets
6” conventional block pull- work up 10-20 lbs heavier than last time, for a triple
Hamstrings
Upper back
Abs

**Week #5**

Sumo deadlift- 55%x5, 65%x5, 75%x4, 85%x3x3 sets
4” conventional block pull- work up 10-20 lbs heavier than last time, for a triple
Hamstrings

**Week #6**

Sumo form/speed singles from the floor- 60%x1x6 sets
Dimel DL- 2x20
Hamstrings
Upper back
Abs

**Week #7**

Sumo deadlift- 50%x5, 60%x5, 70%x4, 80%x4x3 sets
6” conventional block pull- work up to a near max double, this should beat the number from last time
Hamstrings
Upper back
Abs

**Week #8**

Sumo deadlift- 50%x5, 60%x5, 70%x4, 80%x3, 90%x2
4” conventional block pull- work up to a near max double, again, this should be a PR
Hamstrings
Upper Back
Abs

**Week #9**

Sumo form/speed pulls from the floor- 60%x1x6 sets
Dimels- 2x20
Hamstrings
Upper back
Abs

**Week #10**

Test week. This is where you can evaluate by pulling a PR in the 1-3 rep range.
Follow with 2-3 light accessory movements.

I left the assistance work up to you, but did give you the guidelines of what muscle groups are typically important for sumo deadlifters. One of the biggest parts of any program will be being honest with yourself and doing assistance exercises that suit your needs. A chain is only as strong as its weakest link. When one thing breaks down, a lift will be missed. So take an objective look at what you need, and do your accessory movements accordingly.

So, give her a run and see if you don’t like the results. Everyone we’ve used this on has been pleased. As a matter of fact, I’m glad I pulled this back up. I may give it another run myself.

Zane Geeting is a car salesman from Bay City, Michigan. He began powerlifting after high school and made his way to a top 15 raw total, before switching to multi-ply in 2009. Since then Zane has achieved best lifts of a 935 lb squat @234 BW, 625 lb bench press @220, 755 lb deadlift @234 BW, and a 2175 lb total @220. He has been ranked in the top 10 in his respective weight classes for the last 3 years running. Zane suffered a severe pectoral rupture in 2011 and has been slowly making his way back to heavy benching while focusing on increasing his squat and pull. He trains at a small private facility in Midland, Michigan with fellow Team EFS lifter, Josh McMillan and several other pro and elite powerlifters. View Zane’s training log here.
It has been said that football teams are made in the summer. If any team is going to be successful in the fall, full attention and sacrifice must be addressed in the summer. The summer is a time where one can make a lot of gains in the weight room if they have the right environment and effort. I firmly believe that if you believe in your program, make your athletes believe in your program, you will have outstanding results.

This program is broken up into two phases. Phase 1 is a 5 week 4 day strength phase that combines traditional power movements two days a week, set up in a 5/3/1 rep scheme with Olympic movements, set up in a dynamic scheme two days a week. Phase 2 is a 4 week 4 day high volume hypertrophy workout focusing on muscle endurance and size.

Upon first glance this type of set up might seem a bit unorthodox or backwards. The reason that I have set this up this way is because of the type of athletes that I have. My athletes are usually a bit smaller and underdeveloped compared to the other Division 1 universities. I am trying to give them the best opportunity to be strong, fast, and injury free not only during camp but throughout the season. The main goal is to get them strong as possible in the first 5 weeks and continue to get stronger.
the last 4 while gaining the muscle size and endurance that will carry them through the 4 weeks of camp and into our season.

Both of these phases bring equal challenges. Phase 1 will push your strength levels while Phase 2 will push your will and your integrity. If the athlete is willing to push both body and mind, success will come. My athletes have grown physically and mentally during the 9 week summer session and continue to set the bar high for me to push and challenge them as a coach.

**PHASE 1:**

It is a 4 day 5 week program that follows a lower, upper, lower, upper template using the 5/3/1 rep scheme that Jim Wendler has created. I have had great success using this style of rep scheme due to its simplicity and layout. There will be two max effort days and two dynamic effort days.

**Day 1** - This day is our Max Effort Lower Body Day. Prior to the main movement of the day the athlete will perform a series of plyometrics and med ball throws relative to what we are doing that day. I use this as our speed day as well, incorporating a variety of speed work prior to the workout. I vary the main exercise each week, trying to incorporate a new stimulus each time they come into the weight room. After their main squat movement they will then perform some type of an Olympic pull followed by a one leg movement and hamstring/low back movement. The rest of the workout is a series of auxiliary exercises to target back and core strength. Every workout is finished with some type of abdominal movements such as med ball throws, weighted abs, planks, etc.

**Day 2** - This is our Upper Body Dynamic Day incorporating the Snatch as the main movement. The focus with this day is speed on the bar and the rest between sets is low. I have our athletes perform this exercise with the same weight for every set, resting 60 seconds between sets. After they are done with the main movements they have upper body auxiliary movements with an emphasis on the shoulders and back.

**Day 3** - This is our Max Effort Upper Body Day. Prior to the weight training session the athletes will perform speed work, plyometrics and med ball throws. Our main movement is rotated much like day 1 and is followed by an Olympic pull and heavy tricep work. The rest of the workout is upper body auxiliary exercises that focus on the shoulders and back.

**Day 4** - Our final day of the week is a Dynamic Effort Lower Body Day incorporating the Clean as the main movement. The focus is the same as day 2, speed on the bar and low rest between sets. Lower body auxiliary exercises are performed after the main movement.

**PHASE 2:**

It is a 4 day 4 week program that follows a total body, Olympic, total, Olympic template. It is an extremely challenging high volume program. During this period, I increased our conditioning and all of the exercises were supersetted.

**Day 1** - The main movement was performed for 5 sets of 10 using 60% of their max. I added lower body accessories with upper body dumbbell work.

**Day 2** - It is a heavy Olympic day with complexes to increase volume and intensity. It is a day where I allow the athlete to push a little weight with the selected Olympic exercise. The main exercise is followed by a series of high volume, heavy back and shrug movements.
Day 3 - The main movement is an upper body exercise and prescribed the same as day 1. Upper body accessories follow the main movement. Dumbbell lower body exercises and accessories complete the workout.

Day 4 - The last day of the week is the same as day 2 in that it is another heavy Olympic day with complexes and lots of volume.

Chad Scott enters his first season as the strength and conditioning coach at Charleston Southern. Scott arrives at CSU from Eastern Kentucky University, where he spent five years as the Assistant Strength and Conditioning Coach following his time as a graduate assistant at EKU.

Scott helped fine-tune athletes that combined to win 20 Ohio Valley Conference Championships, including three in football (2007, 2008, and 2011), two in men’s basketball (2005 and 2007), and one in women’s basketball (2005). A 2001 graduate of Eastern Kentucky, Scott played fullback and long snapper on the football team for four years. He received his Bachelor of Science in Political Science from EKU, before earning his Masters of Physical Education in 2005.

Scott is certified through the Collegiate Strength and Conditioning Coaches Association, and is also USA Weightlifting Level I Sports Performance Strength Coach certified. Other highlights of Scott’s time at EKU include the baseball team leading the NCAA Division I in home runs in 2012, and the fact that he has worked with several all-conference, All-American, and professional athletes in the NFL, Major League Baseball, and numerous pro basketball leagues.
NEVER DROP A DEADLIFT

Grip Program

This program helped Mick Manley solve his grip issues for the deadlift and will help you do the same. The first and most important advice I can give you about grip is to simply train your grip. It is something that you know will hold you back so you must be training it. If your glutes were weak you would train them so don’t neglect your grip either. For deadlifting you are looking at increasing your "closed hand supporting strength". Think of grip strength like any other strength, in order to make it stronger, you have to train it heavier. Adding 10s holds or deadlift negatives just builds grip endurance and doesn’t actually make you any stronger. Just like doing high reps with a weight you can already bench will not make you any stronger. Actually, you want to avoid doing timed holds or high rep work as this will thicken your hand and make it even harder to hold onto deadlifts. A big thing I learned from Steve Goggins, a long time ago, is train what you are training. If you are training pin pulls then put straps on and train pin pulls. Don’t listen to the bullshit about “I never use straps”, those people are just so fucking weak that they can’t pick anything up that outpaces their grip. So they use the “I don’t use straps” as a crutch to make excuses for their pathetic deadlift. I use straps all the time. Pullups, pulldowns, shrugs, most of my back work is done with straps, why? because I’m training...
my back, not my grip. So don’t listen to those a-holes about the straps, they can’t deadlift w/straps more than they can without not because they have great grip, but because they have a weak deadlift. I double overhand DL 950 from a high pin and when I went to 1050, I couldn’t do it, but I could with straps. Do I have a weak grip? No, I have one of the best grips in the world, I just have a really strong back. For this program you will work your grip on 2 days/week until a meet starts getting close, 8 weeks out, then knock it down to 1x/wk to save your nervous system. Just continue to do Day 1 over again for the 8 weeks going into the meet. Only on the week of the meet you do no grip work as that will come at the meet. Remember that grip training is extremely hard on your nervous system, even though you don’t have to do a lot of weight for certain types of lifts. The two days should be separated by at least 2 days, if not 3. It isn’t as important to decide what days you do it on, just that you do it. I do mine during rest periods for lower max effort work as it doesn’t take any more time or really waste my energy. If I’m going to do really heavy grip work(high rack pull), then I do it on my upper days so that I’m not wearing out my back like I would be if it were on a lower day. For these fat bar picks you need to dig the webbing of your thumb into the bar really hard and feel your whole hand, and especially your thumb, squeezing the bar. The below program is set up so that anyone can do it. You don’t need a lot of special equipment but my recommendation is to get the EliteFTS grip kit so that you can vary your grip training more and work different elements. With the below program you will never have to worry about dropping a deadlift again.

8 Week Never drop a deadlift grip program

Day 1- Do on upper days(support grip, thumb strength)

**Wk 1.-(Max Single)** Double overhand deadlift from upper thigh level. Place the pins at about 3-4” below your deadlift lockout. Work your way up to a max. You must lock your hips out with the weight and control it back to the pins for it to count(no dropping it after you lock it out).

**Wk 2 -(Max 3)** I assume you have El Gordo or another thick axle bar. If not, then get fat grips and put them on a normal bar and use that. Set up the same as last week but drop the pin height 1 hole for the thicker bar. Go to a max triple w/ same scheme as before (double over - lockout/quick pause/down).

**Wk 3 -(Max Single - hold)** Same set up as wk 1, but this time lock a your hips then hold the bar for a 5s count

**Wk 4 -(Max Single)** El gordo (axle) to a max single.

**Wk 5 -(Max 3)** Wk 1 set up but for a max triple

**Wk 6 -(Max Single - hold)** El gordo max for 5s hold

**Wk 7 - OFF**

**Wk 8 - Retest max from week one**
Day 2 - Do on lower days (finger strength, pinch dominate, wrist work)

**Wk 1 - (Max Single)** Two hand pinch deadlift. Take two 45’s (must be metal, if your gym doesn’t have metal plates then you are officially not a man), put them together with smooth sides out and put a prowler pole through them. Clip (velcro ones work best) both sides of poles right next to the 45’s. This will create a loadable 2 hand pinch deadlift set up. Make sure to add weight equally on both sides as you go up. Anything over 150lbs is respectable, over 200 and you got grip, so judge your weights accordingly. Make sure to chalk the plates as that makes a big difference, work up to a max single. If you don’t have prowler pole then you can put the plates on the end of a bar and use that to deadlift. It isn’t as good but will make do if it’s all you have.

**Wk 2 - 8lb sledge lever work** - hold a sledge (start half way down) put your forearm on a platform that is chest level or so. Holding sledge head up, slowly lower sledge thru full range of wrist movement, like you are casting a fishing pole. Do this for 5 reps both sides, move your hand down sledge slowly each set till you can’t perform all 5 reps under control. Do 5 sets total. If you can do it from the very end of the sledge then move to a 10lb sledge and send me a video cause that’s pretty good.

**Wk 3 - (Max 3)** Two hand pinch - max triple without resetting your hands

**Wk 4 - 8lb sledge work** - Internal/External rotation. Hold arm at 90deg. at side, lock elbow to your side, hold sledge half way down from the head. Rotate sledge from vertical to horizontal, internally and externally. One internal/external turn is one rep. Do 5 reps for 5 sets. Each set try to move further down the sledge. If you can do it at the very bottom of the 8lb sledge, then you shouldn’t have any problems holding onto a deadlift.

**Wk 5 - (Max Single Hold)** Two hand pinch - 5s hold

**Wk 6 - 8lb sledge** - Internal/External rot 3x5, levering 3x5

**Wk 7 - OFF**

**Wk 8 - Retest 2 hand pinch deadlift.**

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With a BA in Exercise Science from Wayne State, Masters work at University of Kentucky in Coaching, a USAW Level-1 coaching certificate and well over 20,000 hours of practical experience, JL Holdsworth is one of the most respected strength coaches in the industry.

As a competitive powerlifter, JL has posted a 905 pound squat, 775 pound bench press, and 804 pound deadlift. He has also competed in mixed martial arts and grip competition. He is the owner The Spot Athletics, where he works with athletes of all ages and sports disciplines.
Mike Robertson

RTS

SAMPLE

WARM-UP
### Release

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<td>Problem Area #2</td>
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### Reset

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### Readiness

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<tr>
<td>Side-Lying Rotation Reach</td>
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<td>Glute Bridge</td>
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<td>Half-Kneeling Rotation</td>
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<tr>
<td>Reverse Lunge with Twist</td>
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<td>Push-up to Downward Dog</td>
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<td>Pull-Back Butt Kicks</td>
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<td>Forearm Wall Slides</td>
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<td>Wall Ankle Mobilizations</td>
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<td>Goblet Squats</td>
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Mike Robertson is the President of Robertson Training Systems and the co-owner of Indianapolis Fitness and Sports Training (I-FAST) in Indianapolis, Indiana. Mike has made a name for himself as one of the premier performance coaches in the world, helping clients and athletes from all walks of life achieve their physique and sports performance goals.
Knee issues have been plaguing me for quite some time, but the last few years it has left me scratching my head as to how to fix it or train around it. In the midst of grapefruit-sized swelling and finding the answers I knew needed to stop squatting for a while. Instead of completely giving up lower body work, I decided to try to push my deadlift as that didn’t seem to aggravate my knee so much. The plan that follows is what I used to break my sumo deadlift record without squatting. I followed this plan for nine weeks and three weeks after I concluded it I pulled 715 (after squatting for the first time in months). My squat did go down over this time but that was to be expected as I did no squatting at all to see how my knee would respond.

I normally followed a conjugate style training template so I kept with that model but without squatting.
Max effort day

For max effort lower I picked exercises that kept me mostly straight legged. Secondly, I chose two exercises that had been stagnant or regressed. The third exercise I chose I had not used much. These allowed me to hit my back and hamstrings heavy with minimal strain on my knee.

The three exercises I used for max effort day are as follows

- Conventional deadlift with the plates raised 3 inches
- Rackable cambered bar goodmornings with a close/medium stance
- Sumo stiff leg deadlifts

The last three weeks are most important. For the triples and doubles I made sure to push those numbers but tried not to miss. If I did miss and it did happen a few times I did not stress. Each cycle I tried to improve on the weight I hit in the cycle before.

Weeks 1-3 Work up in triples to a very hard three reps without missing. *good morning sets are six reps

Weeks 4-6 Work up in doubles to a very hard two reps without missing. *good morning sets are five reps

Weeks 7-9 Work up to a heavy or max effort single. This is the week to break your old record. *good morning sets are three reps.

I did not deload during this nine week block. If you feel you need a deload you can add one in after weeks three or six. There will be a deload after this nine week block before re-testing your deadlift.

Dynamic effort or assistance day

If my knee felt good I would start with speed deadlifts. 10-12 singles with 30-45 seconds rest.

If my knee was swollen or painful I would skip the deadlifts and do a builder like an RDL for higher reps and more assistance work.

Assistance work.

For both days I would follow my main work with exercises to bring up my hamstrings, low back, abs and calves. Typically on max effort day I would push my low back work and my hamstring work would but lower in volume. On my dynamic day I would push my hamstring work hard and take it easier on my low back.
**Week 1**

**Max effort**

Deadlift with the plates raised 3 inches work up in sets of 3 until you do not get 3 reps or the set is the best you think you can get for 3 reps.

**Assistance work**
- Low back (emphasis) 5-8 sets of 8-12 reps
- Hamstring (minimal) 2-3 sets of 12-15 reps
- quad/calf work - as needed
- abs - must be pushed hard and heavy

**Dynamic effort/Assistance day**

Speed deadlifts conventional stance 60-65% 10 singles with 30 seconds rest (if knee is swollen skip these and just hit assistance)

- Hamstring work (emphasis) 5-8 sets of 8-12 reps
- Low back (minimal) 2-3 sets of 12-15 reps
- quad/calf work - as needed
- abs - must be pushed hard

**Week 2**

**Max effort**

Good mornings with the rackable cambered bar

Work up to a hard set of SIX. I never missed on this exercise. Be smart as it can put you in a bad position.

**Assistance work**
- Low back emphasis 5-8 sets of 8-12 reps
- Hamstring work (minimal) 2-3 sets of 12-15 reps
- quad/calf work - as needed
- abs - must be pushed hard

**Dynamic effort/Assistance day**

Speed deadlifts conventional stance 63-68% 10 singles with 30 seconds rest (if knee is swollen skip these and just hit assistance)
• Hamstring work (emphasis) 5-8 sets of 8-12 reps
• Low back (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard

Week 3

Max effort

Sumo stiff leg deadlift work up in sets of 3 until you do not get 3 reps or the last set is the best you think you can get for 3 reps.

Assistance work
• Low back emphasis 5-8 sets of 8-12 reps
• Hamstring work (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard

Dynamic effort/Assistance day

Speed deadlifts conventional stance 66-70% 10 singles with 30 seconds rest (if knee is swollen skip these and just hit assistance)

• Hamstring work (emphasis) 5-8 sets of 8-12 reps
• Low back (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard

Week 4

Max effort

Deadlift with the plates raised 3 inches work up in sets of 2 until you do not get 2 reps or the set is the best you think you can get for 3 reps.

Assistance work
• Low back (emphasis) 5-8 sets of 8-12 reps
• Hamstring (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard and heavy
Dynamic effort/Assistance day

RDL’s 3-5 sets of 6-8 reps (if knee is swollen skip these and just hit assistance)

• Hamstring work (emphasis) 5-8 sets of 8-12 reps
• Low back (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard

Week 5

Max effort
Good mornings with the rackable cambered bar
Work up to a hard set of FIVE. I never missed on this exercise. Be smart as it can put you in a bad position.

Assistance work

• Low back emphasis 5-8 sets of 8-12 reps
• Hamstring work (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard

Dynamic effort/Assistance day

RDL’s 3-5 sets of 6-8 reps (if knee is swollen skip these and just hit assistance)

• Hamstring work (emphasis) 5-8 sets of 8-12 reps
• Low back (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard

Week 6

Max effort

Sumo stiff leg deadlift warm up in sets of 2 until you do not get 2 reps or the last set is the best you think you can get for 3 reps.

Assistance work

• Low back emphasis 5-8 sets of 8-12 reps
• Hamstring work (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard

**Dynamic effort/Assistance day**

RDL’s 3-5 sets of 6-8 reps (if knee is swollen skip these and just hit assistance)

• Hamstring work (emphasis) 5-8 sets of 8-12 reps
• Low back (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard

**Week 7**

**Max effort**
Deadlift with the plates raised 3 inches warm up and then work up to a max effort single.

Assistance work
• Low back (emphasis) 5-8 sets of 8-12 reps
• Hamstring (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard and heavy

**Dynamic effort/Assistance day**

Speed deadlifts conventional stance 64-67% 8-10 singles with 30 seconds rest (if knee is swollen skip these and just hit assistance)

• Hamstring work (emphasis) 5-8 sets of 8-12 reps
• Low back (minimal) 2-3 sets of 12-15 reps
• quad/calf work - as needed
• abs - must be pushed hard

**Week 8**

**Max effort**
Good mornings with the rackable cambered bar
Work up to a hard set of three. Do not miss on this exercise. Be smart as it can put you in a bad position.
Assistance work
- Low back emphasis 5-8 sets of 8-12 reps
- Hamstring work (minimal) 2-3 sets of 12-15 reps
- quad/calf work - as needed
- abs - must be pushed hard

**Dynamic effort/Assistance day**

Speed deadlifts conventional stance 66-69% 8-10 singles with 30 seconds rest (if knee is swollen skip these and just hit assistance)

- Hamstring work (emphasis) 5-8 sets of 8-12 reps
- Low back (minimal) 2-3 sets of 12-15 reps
- quad/calf work - as needed
- abs - must be pushed hard

**Week 9**

**Max effort**

Sumo stiff leg deadlift warm up and then work up to a max effort single.

Assistance work
- Low back emphasis 5-8 sets of 8-12 reps
- Hamstring work (minimal) 2-3 sets of 12-15 reps
- quad/calf work - as needed
- abs - must be pushed hard

**Dynamic effort/Assistance day**

Speed deadlifts conventional stance 68-72% 8-10 singles with 30 seconds rest (if knee is swollen skip these and just hit assistance)

- Hamstring work (emphasis) 5-8 sets of 8-12 reps
- Low back (minimal) 2-3 sets of 12-15 reps
- quad/calf work - as needed
- abs - must be pushed hard
**Week 10**

Deload this week. Just assistance work this week

**Max effort**

Assistance work

- Low back emphasis 5-8 sets of 8-12 reps
- Hamstring work (minimal) 2-3 sets of 12-15 reps
- quad/calf work - as needed
- abs - must be pushed hard

**Dynamic effort/Assistance day**

- Hamstring work (emphasis) 5-8 sets of 8-12 reps
- Low back (minimal) 2-3 sets of 12-15 reps
- quad/calf work - as needed
- abs - must be pushed hard

**Week 11**

Test your deadlift

My best meet deadlift up to this point was 705. After this cycle I hit a 715 pound deadlift at relatively the same body weight. If you can’t squat or need to take time off a cycle like this may work in your favor. Your exercises may be different and that is for you to determine.

Matt is an elite level powerlifter with best lifts of 835, 500 and 705 in the 242 pound class. He works as a social media specialist and is one of the faces behind the elitefts twitter and facebook accounts.
I was away from active training from mid February to July 29, 2013. This was due to open heart surgery with five bypasses on Feb 21, 2013 and prostate surgery on July 10, 2013. During those months I completed a 12 week course in cardiac rehab and tried to stay as active as possible. When I finally got permission to train, I was instructed to begin moderately, with light weights. To begin lifting again I began by training three days a week. On each of the three days, I did each of the three powerlifting lifts. I started with a reasonably light weight for each and added weight to each lift each session. By the end of three weeks, I had completed nine sessions and added weight to each lift at every session. I did five sets of five reps on each exercise. After three weeks I began a program that concentrated on one of the three lifts each day together with accessory exercises. There is no reason to stop at three weeks. This rehab program can continue until the weight gets too challenging. You can then decide where to go from there.

Jeff Guller

Jeff Guller is a graduate of UNC, Chapel Hill, undergraduate in 1963 and law school in 1966. He practiced law in Gastonia, NC for about 40 years. He presently is an adjunct professor of criminal law at Wingate University where he assists the football team in its strength program. He has been involved in weight training since 1957 and is a lifetime participant in a number of sports. He began power lifting in October of 2011 and was taught by all-time great Donnie Thompson. Since his first meet in March of 2012, he has set four world records in the IPA and established or broken five national records in the IBP. He is married and has two grown children.
There are a lot of programs out there that work, however, not many of them tell you what to do in the final weeks leading up to a contest. I have tried many methods of peaking during those last two weeks before a meet, and I have found keeping busy works best for me. This two week plan led me to 600 lb raw benches in two weight classes.

Keep in mind, these weights should be light. I cannot tell you what light is, as it is a relative term. A safe bet would be to choose weights you could at least double for the suggested sets and reps.

Also, I don’t like to get on the bench at all for these two weeks. Just getting into my arch is really tough on my body. Don’t worry, if you have put in a great training cycle, you are not going to forget your form or lose any strength while coasting into a meet. I have found most lifters do more harm than good to themselves in the last two weeks. It is often said that you can’t get any stronger in the last two weeks, but you can certainly get weaker.

This routine is for a Sunday meet. Just move everything back one day for a Saturday meet. Good luck and good lifting.
3 Weeks Out:

This will be your last heavy bench.

2 Weeks Out:

Monday:
- Dumbbell floor press 3x20
- Dumbbell triceps extension 3x10
- Barbell pushups 3x10

Tuesday:
- Sled drag 10 trips 30 yards each

Wednesday and Thursday:
- 20 minutes low impact steady state cardio

Friday:
- Barbell floor press (work up to 2x5 with 50% of floor press max)
- Blast Strap Superset — pushups/curls/triceps extensions 3x10

Saturday:
- Bodyweight squats 10x10
- McGill situps 5x10

Sunday:
- 20 minutes low impact steady state cardio

1 Week Out:

Monday:
- Barbell floor press (bar only) 4x25
- Barbell bent over rows (bar only) 4x25
- Band pushdowns 3x20
- Dumbbell curls 3x20

Tuesday:
- Sled drag 10 trips 30 yards each

Wednesday:
- 20 minutes low impact steady state cardio

Thursday:
- Barbell floor press (bar only) 4x25
- Barbell bent over rows (bar only) 4x25
- Barbell triceps extension (bar only) 4x15
- Barbell reverse curl (bar only) 4x10
- Bodyweight squat 4x10

Friday:
- Rest (I am usually cutting weight this day through diet and water manipulation, not through exercise)

Saturday:
- Rest and visualization (I am usually rehydrating and refeeding on this day)

Sunday, Meet Day:
- SFW!

Programs that work... Hit my 780 bench with this.

Vincent Dizenzo began competing as an amateur full-meet lifter in the 220 pound class. Two ruptured discs caused him to focus on the bench press. Since then, he has become a top 10 ranked bencher for over a decade now. His best equipped bench is 850 pounds in the 308 class along with an 830 at 275. He has also benched 605 raw as a SHW and 600 at 308. Vincent won Bench America and has competed in the Arnold Classic. He has also competed in strongman competitions.
This is a push/pull/legs split (a 3-way split) mainly geared towards hypertrophy but will work well for strength gains for newer to intermediate trainers as well. I’d like you to train 4 days per week, something like Monday, Wednesday, Friday, Saturday (only have two back-to-back days). The days will rotate around a bit because of it’s a 3-way split over 4 training days per week (i.e. one week you’ll train chest on Monday, then train it again on Saturday, the next week you’d train it on Friday and the following week on Wednesday).

Always make sure you’re thoroughly warmed up, and use good form on all exercises. I cannot emphasize this enough. It is VERY important that you remain injury free; even a minor tear or rupture can set your training (and progress) back for quite some time. In bodybuilding, as with most things in life, longevity is much more important than quick gains. The trainer who plugs along at 90% for 10 years will always beat the trainer who pushes things 110% for 3 years, gets injured and/or burned out, and quits.
**Day 1**

**Chest**

Pec-dec (to pre-exhaust):
3 sets of 12 reps – arch your sternum high, and on every rep, hold the contraction for 1 second.

Incline DB Press-
4 sets; 15 reps, 12 reps, 10 reps, 8 reps (all to failure – pyramid up in weight) – use whatever grip is most comfortable and that you feel most in the chest. I personally prefer my elbows pointing down at about a 45 degree angle from my body, and I hold the dumbbells about midway between a pronated (palms down) and a neutral (hammer) grip.

Dips –
2 sets to failure (add weight if you can) lean in on these, get a good stretch in your chest on all reps

**Shoulders**

Seated Db laterals -
3 sets of 12 reps go up to shoulder level and return under control. I personally like using wrist straps for these. Relax your traps (think of "sinking" them) to minimize their recruitment during the movement.

Bent Db lateral -
3 sets of 25 reps – again, reps under control. Use wrist straps if you like. Rest 30 seconds between sets. High reps are great on rear delts.

Barbell Overhead Press –
3 sets of 8 reps Use controlled form and flex hard at the top for 1 second on all reps

**Triceps**

Rope Pushdowns:
3 sets: 15, 12, 10 reps (pyramid up in weight) flex hard on every rep. Rest about 45 seconds between sets.

Upright Dips (or dip machine) –
3 sets of 8 to 10 reps (add weight if needed to get target rep range) – use a shoulder width grip and go down until your upper arms are parallel with the ground.

Ez-Bar Skullcrushers
(touch weight to bench behind your head on each rep)- 3 sets of 15 reps – extend ez-barbell up and back away from your head (not directly above your head) and at the bottom, let the weight really stretch you out, every rep.
Day 2

Back

WideGrip Pulldown –
4 sets of 15 reps use a wide, overhand grip. Squeeze at contraction for 1 second on every rep.

Db row deadstops –
4 sets of 10 reps. Regular db rows, but rest the db on the floor for a second on every rep. Work hard on these! Crank some weight.

Dumbbell Shrugs –
3 sets of 12 reps. Squeeze every rep at the top for 3 seconds.

Floor Deadlifts:
work up to a heavy set of 5, then add a little weight and do 4 reps, then a little more weight for a final set of 3 reps.

Biceps

EZ-bar curls – 4 sets: 15 reps, 12 reps, 10 reps, 8 reps (all to failure — pyramid up in weight use a fairly close grip and don’t swing the weight. Bring it up to your chin and squeeze for a second on every rep. Rest 60 seconds between sets.

DB curls with 3-second negatives:
3 sets of 8 reps — keep palms up the entire time. Rest 60 seconds between sets.

Machine Curl –
1 set of 20 reps (use a machine preacher curl if you have one that you like, or if not, then use standing cable curls).

Day 3

Legs

Lying Leg Curls –
4 sets: 15 reps, 12 rep, 10 reps, 8 reps. Keep your feet close together, with your toes pointed (like a ballerina on tippy-toes). Get a good 1 second contraction at the top of all reps. On the last set, after the 8 reps, drop the weight in half and knock out 20 reps (this is a dropset, do the 20 right after the 8).

Leg Press –
3 sets — first set a HARD 20 reps, then keep same weight and do 2 more sets to failure (you’ll probably get 15 reps on the second set, and 10 on the third). Use a shoulder width stance. Each rep should be fluid, don’t stop at the top. Go deep, but not so far that your butt and lower back lifts off the pad.
Squats –
1 set of 20 reps. Use a shoulder-width stance. Always squat BELOW parallel. This is when the crease of your hips breaks parallel with the top of your knees. Basically, ass to grass. This set should be a ball-breaker. Use a weight you could normally do maybe 12 or 13 reps with, but get to 20. no matter how many breaks you need to take at the top. Go balls out… train like a champion.

Smith Machine Lunges –
do 4 sets of 10 on each leg. Do all reps on one leg, then immediately do the other leg, then rest 45 seconds, then repeat 2 more times for 3 x 10 total.

Stiff Leg Dumbbell Deadlifts:
4 sets of 10 reps – get a good stretch on all reps

Standing Calf Raises (or Calves on Leg Press) –
4 sets of 12 reps don’t bounce reps – hold stretched position for a count of one before starting next rep. Take 1 minute rest between sets.

Seated Calf Raises –
4 sets of 15 to 20 reps -hold stretched position for a count of one before starting next rep. 1 minute rest between sets.

Some notes:

• DO NOT move up in weight if you’re training sloppy – that will only result in injury. I cannot stress enough how important it is that you train safely and remain injury-free.
• With all the exercises, go to complete positive failure (assuming proper form). This means you cannot complete another full rep with good form. Training past this point (by doing incomplete reps, forced reps, etc.) will only over-stress your central nervous system, which is not a good thing.
• For every movement on every exercise, always EXPLODE on the concentric, and control/resist on the eccentric.
• It is imperative that you keep a logbook and **always try to beat your previous weights or reps, while remembering to always use impeccable form.** On smaller bodyparts like biceps it will be hard to add weight all the time, so try to add reps there first. When you can get the upper rep range with a certain weight, then try adding a small amount of weight (if you can get magnetic “Plate-mates” that come in 1.25lb or smaller increments, those would be best).

Shelby Starnes is an IFBB Professional Bodybuilder and top nutritionist and trainer. He has helped hundreds of athletes dial in their training, nutrition, and supplementation. Shelby has been involved in powerlifting and bodybuilding for over twelve years, competing and placing very respectfully in both. He also holds a bachelor’s degree in psychology from Wayne State University and has written numerous articles on physique development for many magazines and websites.

To find out more about him and his consultation services, visit his website at www.ShelbyStarnes.com

View Shelby’s Training Log [here](#)
Joshua McMillan

BENCH PROGRAM

for Geared Benchers
Week 1:

Shirt bench-
85% x 2 sets of 2 reps (3 board)
90% x 2 sets of 2 reps (3 board)
80% x 1 set of 2 reps (1 board)

Tricep Rope Ext-
3 sets of 10 reps

Wide grip lat pulldowns-
3 sets of 8-10 reps

Side lateral raises-
2 sets of 15 reps

Week 2:

Shirt Work (Overload)-
85% x 1 (3 board)
90% x 1 (2 board)
95%x1 (1 board)
- overload sets-
100% x1 (3 board)
100%+ x 1 (3 board)
100%+ x 1 (2 board)
**Last two sets go by how you feel that day.

Banded Tricep Ext-
3 sets of 12 reps

Barbell Rows-
3 sets of 8-10 reps

Rear delts-
2 sets of 15 reps

Week 3: (Deload)

Raw Work- Floor Press-
Work up to heavy triple
*One these you can also add chain weight if wanted.

Close grip bench with football bar-
Work up to heavy triple

Wide grip lat pull-ups-
3 sets of 10-12 reps

Dbell shoulder presses-
3 sets of 12 reps

Week 4:

Shirt Work-
80% x 1 set of 2 reps (3 board)
85% x 1 set of 2 reps (2 board)
90% x 1 set of 2 reps (1 board)
95% x 1 set of 2 reps (1/2 board)

Pin presses-
3 sets of 5 reps

Barbell rows-
3 sets of 8-10 reps

Ft. delt barbell raises-
3 sets of 12 reps

Week 5:

Shirt Work (Overload)-
80% x 1 (3 board)
90% x 1 (2 board)
100% x 1 (1 board)
100%+ x 1 (2 board) **Heavier than prior overload
100%+ x 1 (2 board)** New 2 board PR

Opener x 1 rep touching

Week 6:

Raw Work (Board Work)-
-Work up to heavy triple off 4 board (may take 3-4 sets)
-Work up to heavy triple off 5 board (may take 2-3 sets)

Week 7: (At least 7 days out)

Shirt Work-
*Work up to opener off 1 board then shut it down.

Tricep Overhead Ext-
3 sets of 12 reps

Wide Grip Pulldowns-
3 sets of 12 reps

Rear Delt swings-
3 sets of 15 reps

Week 8:

MEET DAY – NEW PR

Josh is from Michigan with a professional powerlifting total in the 275 pound weight class. In his most recent meets he benched a personal record 780 pounds, Squated 865 lbs, and deadlifted a personal best of 804 pounds. Josh has been competing for over a decade and currently trains in Michigan at his home gym. View Josh’s Training Log HERE
This program is a beginners program. It's the program I use for guys who come to my gym fresh to everything. No boards, chains, or bands here, just a lot of basic movements with the idea being: slow steady gains and developing a habit of training.
Four day training week:

Day 1: Chest
Day 2: Back
Day 3: Arms
Day 4: Legs

Preferred Split:

Monday: Chest
Tuesday: Rest
Wednesday: Back
Thursday: Arm
Friday: Rest
Saturday: Legs
Sunday: Rest

I know what you thinking; I'm a powerlifter! We don't do chest, back, and legs. We bench, pull, and squat. Remember, this is for beginners. Most guys who walk in the gym have heard names like Coleman and Cutler before they hear Goggins and Coan. I like to break them in slowly.

Remember my goal. Slow and steady increases that create a habit of training. If it works correctly that habit of training becomes a lifestyle of training.

Everyday we will use simple movements beginning with the most basic (Bench Press, Deadlift, and Squat) and use a rep schedule of 3 to 5. I encourage the lifter to pick a weight he believes he can do for a solid 5 reps. We will be using 3 sets to begin with. If the lifter completes all 3 sets with 5 reps, he/she chose a weight to light. That will be corrected next week. Ideally the lifter will get the first set or two of 5 reps and fall within 3-4 on the last set. When that happens he repeats that weight each week until he successfully completes all 3 sets of 5. The next week he increases that weight by 10 lbs.

Sample:

Chest:

Bench Press:

200 x 5
200 x 5 (difficult)
200 x 4 (Failed on the fifth set)

Week 2:

200 x 5
200 x 5
200 x 5 (difficult)
Week 3:

210 x 5  
210 x 4 (Failed on the fifth set)  
210 x 3  

The lifter would stay at 210 until he completes 3 full sets of 5 reps.

The previous idea is continued in the next movement but with a rep schedule of 6-8. Then into the next two movements with a rep scheme of 8-10.

A typical “chest” day will look like this:

Flat Bench: 3 sets of 3-5  
Incline Bench: 3 sets of 6-8  
Flat DB: 3 sets of 8-10  
Incline DB: 3 sets of 8-10

Back:

Deadlift: 3 sets of 3-5  
Rows: 3 sets of 6-8  
Shrugs: 3 sets of 8-10  
Close Grip Pull Downs: 8-10

Legs:

Squat: 3 sets of 3-5  
Leg Press: 3 sets of 6-8  
Leg Curls: 3 sets of 8-10  
Leg Extensions: 3 sets of 8-10

The exercises I’ve used beyond the three basics are just examples. I would want to address personal weakness with everything beyond the basic movement. I didn’t address a specific arm day, but arm are so basic that I usually leave lifters alone on that day. I have had lifters use this program for as little as 3 months, and as long as 6 months, before pushing them into more powerlifting specific training. It really depends on how well they are progressing. By that I mean if they are progressing really well and still gaining strength at 3 months we will continue to use it. Don’t fix it if it isn’t broken. However, if the lifter has stalled then we will make adjustments and usually that means moving them into program that look more like my own.

The Author: Adam Driggers is 38 years old and has been lifting for 14 years and competing for 10. He’s currently training to squat 1000 pounds at 198, and wants to press 700 at 198 and pull 700 at 198. At his last meet, Tampa Barbell Invitational, he totaled 2210, for a five-pound meet PR total. Adam trains at his home, Team Samson Powerlifting.
There is no denying that the bench press is the king of upper body exercises. It is a matter of pride in the gym and out as well as the most common measure of your weight lifting acumen. We all want to bench big and most of us probably enjoy performing this exercise more than any other. And of course if performed correctly the bench press will give us results that match our enthusiasm for it by adding slabs of beef to our pecs, shoulders and triceps.

So if this is all true why do so many people still possess tiny bird chests and a bench max that looks like an IQ score? Simply lying down on the bench and heaving the weight around isn’t enough, it is performing the bench press correctly that makes all the difference. I’m not only referring to using the correct form, but also proper weight selection, intelligent programming, appropriate assistance exercises and understanding how changes in technique affect both the primary muscles used and the amount of weight that can be moved.
**Form/Technique**

First, let’s talk about the proper set up for benching since this is both literally and figuratively where we begin. Depending on your primary goals your set up and technique will be drastically different. I will cover both how to set up optimally for moving the most weight possible and what changes to make when your goal is to build the biggest chest possible. The primary difference between the two is the use of the arch and the degree to which you employ it. Powerlifters will want to maximize their arch as this will not only decrease the range of motion but also effectively increase leverage allowing you to move more weight. Bodybuilders will want less of an arch so that the muscle is worked through a greater range of motion.

**Setup and Foot Placement**

I will first cover the powerlifting type setup since this is the more complex of the two. First lie down on the bench and grab the bar with an underhand grip. Slide backwards along the bench and under the bar until your upper ab area is directly under the bar. Now while staying in this position tuck your feet back under the bench directly underneath your hips with the balls of your feet in contact with the floor and heels raised. While keeping your feet in the same place slide your body back towards the bottom of the bench until your torso is in the proper position to bench. At this point your lower back should be arched quite high. Ensure your hips are in contact with the bench and then dig your traps and upper shoulder blades (which should be pulled back together as much as possible) into the bench. Pinching your shoulder blades back and together not only provides stability under heavy weights it also helps to decrease the range of motion as it pushes your chest up and pulls your shoulders back. Maintain this position while you adjust your grip, unrack the bar and perform your bench press.

For bodybuilders you will still want to set your feet first but they can either be placed underneath your hips as in the description above or flat on the floor in front of you. If you have difficulty keeping your hips on the bench while pressing I would suggest trying the style with your feet underneath you as this form still allows you to use a good degree of leg drive but is more conducive to keeping your hips on the bench while doing so. Then simply lie back and dig your traps into the bench for stability as there is no need for a big arch as you do not want to decrease the range of motion.

**Leg Drive**

A lot of lifters are confused about exactly what leg drive is and even more so with how to effectively utilize it, fortunately it is really quite simple. With either foot placement keep your feet planted firmly against the floor and maintain a moderate amount of tension in your legs as you bring the bar to your chest. As the bar touches your chest and you begin to reverse direction push hard with your legs as you drive the bar off your chest. This will help to pop the bar off your chest and the added momentum will assist you in getting the bar through your sticking point and all the way to lockout.

**Bar Path**

The correct bar path is another facet of the bench press many lifters do not understand. The most mechanically efficient bar path is a gradual arc from just below your nipple line at the bottom of the movement to roughly above the base of your neck at lockout. The exact points will vary slightly depending on your individual leverages. This groove will allow you to bench the greatest weight possible. To perform this properly tuck your elbows in towards your sides as you lower the bar aiming for a point just below your nipple line when the bar is touching your chest. The lowering of the bar must be performed in the correct groove as your body will naturally want to follow that same path as you press upward. The concentric and eccentric portions of the bench press should appear as mirror images of each other. As you begin to drive
the bar from your chest continue to keep your elbows tucked but as the bar approaches the midpoint of the movement gradually begin rotating your elbows out until they are fully flared at lock out. This should always be performed carefully as flaring too fast or too much too soon will send the bar back over your head and into the racks and can put a lot of stress on the shoulder joint if done excessively. This technique can also be effectively employed when you hit your sticking point on a difficult lift since the flaring allows you to straighten your arms to a small degree without the bar actually having to move upward.

Elbow Position

Tucking your elbows in at the bottom of the movement not only decreases shoulder rotation taking stress off of the shoulder joint, but it also takes pressure off of the pec tendon decreasing the chance of a pec tear and allows you to lift more weight by improving your leverage. When the bar is at your chest, your elbows, wrists and the bar should all be in a perfectly straight vertical line when viewed from the side. Do not allow the wrists to bend backward with the bar being held back behind the arm. Not only does this place a lot of stress on your wrist, it can negatively affect your leverage. In several cases big benchers have actually broken their arms by using this technique.

Grip

Generally speaking there are three different ways to grip the bar; with a full grip (thumb wrapped all the way around the bar), a false or thumb-less grip with the thumb behind the bar and with the thumb held straight out along the bar. Regardless of which grip you use you should always attempt to squeeze the bar as hard as possible and push out to the sides as if trying to pull the bar apart. This will increase your ability to engage your triceps and allow you to bench more weight.

While most lifters realize that using a wider grip will focus more on the chest and that a close grip hits the triceps hard few people realize that not only where but also how you grip the bar affects muscle recruitment. Selecting the appropriate grip is critical to ensure you are working with and not against your own strengths and leverages. Changing the position of your thumb affects the position of your elbows. The full grip rotates your hand outward to a greater degree thus rotating your elbows out and as such utilizes the chest to the greatest degree of the three grips. With the thumb-less grip the hands are turned in more towards the body making it easier to tuck the elbows on the decent and recruiting the triceps to a greater degree. Gripping the bar with the thumb along the bar is a compromise of the two. So a lifter with a comparatively stronger chest (or one looking to work the chest to the highest degree possible) would benefit most by employing a wide full grip whereas a lifter with extremely strong triceps would be able to lift the most weight with a relatively narrow thumb-less grip.

Assistance Exercises

The proper selection of assistance exercises is determined by the lifter’s strengths and weaknesses. Maintaining balance among your muscle groups is not only vital to preventing injury but it allows you to lift the most weight. Identifying your weaknesses in the bench is relatively easy assuming the problem is not technique related. Difficulty locking out the weight at the top of the movement is nearly always due to a relative weakness in the triceps, whereas having difficulty getting the weight moving at the bottom of the movement is typically related to a weak chest. However, if the bar is barely leaving the chest or isn’t moving from it at all that can sometimes be attributed to a lat weakness again assuming the problem is not form or ego related. However, if you’re unracking the bar and it’s stapling you to the bench, odds are that you just aren’t being realistic as far as your true strength levels are concerned.
Strengthening Your Lockout

Reverse Band Presses

The exercise I prefer most for fixing a lockout weakness is reverse band presses. The reasons for this are several fold. Even though the exercise focuses on your lockout it still allows you to work through a full range of motion and to press the bar in your normal groove. It also teaches you to push the bar from your chest explosively because if you fail to do this the momentum from the bands will be lost and locking the weight out will be extremely difficult. To set this exercise up simply loop a pair of the strong bands around the top of a power cage (one on either side) and then hook them around the ends of the bar where you would normally place the collars. Place a dumbbell bench inside the rack and you’re all set to bench. This set up will typically take approximately 150lbs off of the bar when it is at your chest and next to nothing at lockout depending on the height of the cage, the bench height and your arm length.

Board presses

Board presses are another very effective tool for fixing your lockout. Depending on your arm length and where specifically the bar stalls when you’re pressing you will use between 2-5 boards (this refers to the thickness) when performing this exercise. Typically the “boards” are constructed from 2” x 6” pine boards and usually nailed, screwed or glued together to achieve the desired thickness. I have found that making the pressing area about 18” long and having a 6” handle works quite well. To perform this exercise you simply have a partner hold the boards on your chest while you’re benching. If you don’t have someone available to do that I have found that the boards can be easily held in place by securing them to your chest with a single knee wrap tied around you.

Strengthening the Bottom Portion of the Press

Technique issues aside, the ability to drive the bar off of your chest largely comes from your pectoral muscles and lats. Since I covered back training thoroughly in my last article we will focus on strengthening the pecs here. Any exercise that allows you to work through a greater range of motion will typically help improve the “pop” off of your chest. Dumbbell benching and the use of a cambered bar are the methods I prefer most when addressing a relatively weak chest. Dumbbell benching prevents the lifter from bouncing the bar off of his/her chest and also allows us to work through a greater range of motion by allowing the lifter to get a deeper stretch at the bottom of the movement.

The cambered bar is also sometimes referred to as the “MacDonald Bar” in honor of legendary bencher Mike MacDonald who often used this bar in his training. MacDonald once held every bench press world record from the 181lb class all the way up to 242lbs. The bar has a 2” camber to it allowing the lifter to lower the bar 2” further than with a standard bar. One very important thing to note here is that you must be very careful when first using the MacDonald Bar or injury can easily result due to the increased range of motion. Also expect the amount of weight you can use with the MacDonald Bar to initially be significantly less than your normal bench, especially if your primary weakness in the bench is the bottom of the lift.

Programming

Effective programming for the bench press involves a well planned progression in the amount of weight used, sufficiently addresses and prevents over training, stimulates hypertrophy and reinforces proper technique. The following program is one that I frequently use with clients that are looking to add not only pounds to their bench press but some pec mass as well. With this program, it is not uncommon for me to see a 20-50lb increase in a lifter’s bench press over a sixteen
week training period.

The key to using this program effectively is starting with an accurate max. All too often lifters overestimate their max or use a number they were previously capable of. It is essential to use your current true max that is obtained using proper form. Failure to do so will only result in over training and difficulty in progressing from week to week negating the effectiveness of the program. In plain English check your ego to make the most of this program.

**16 Week Weekly Weight Progression**

Week One 5x10x60% (5 sets of 10 reps @ 60%)

Week Two 5x8x65%

Week Three 5x5x70%

Week Four 5x3x75%

Week Five 5x10x60%

Week Six 5x8x70%

Week Seven 5x5x75%

Week Eight 5x3x80%

Week Nine 5x10x60%

Week Ten 4x8x75%

Week Eleven 4x5x80%

Week Twelve 4x3x85%

Week Thirteen 5x10x60%

Week Fourteen 3x8x80%

Week Fifteen 3x5x85%

Week Sixteen 3x3x90%

Matt made quite a statement at the 2006 Arnold Classic. Lifting in the 220 lb class, he squatted 926 lbs, bench pressed 617 lbs, and deadlifted 733 lbs and came away with the win. A cancer survivor, Matt has overcome many obstacles on his way to becoming one of the most dominant forces in powerlifting today. He currently trains in Michigan and has competed in the USAPL, WPO, and the APF. View Matt's Training Log [HERE](http://elitefts.com).
I have had the opportunity to compete in Powerlifting, Strongman, and Olympic Weightlifting over the last 16 years. The next chapter in my competitive athletic career has shifted to Just Dance for the Wii. This program is intended to enhance the physical development to further succeed at Just Dance for the Wii.

After dominating JD1, JD2, and JD3 with a plethora of high scores in multiple genres, this training plan is designed to further entrench my position as one of the most prolific point scorers and dynamic entertainers of our time. Enjoy.
High Scores (My “Go-To” Songs)

Just Dance 1
- Jin Go Lo Ba – Fatboy Slim
- Dare – Gorillaz
- That’s the Way (I like it) – KC & The Sunshine Band

Just Dance 2
- Move Your Feet – Junior Senior
- Body Movin’ – Beasie Boys
- A-Punk - Vampire Weekend (Duet)

Just Dance 3
- Apache (Jump on It) – Sugarhill Gang
- Boogie Wonderland – Earth Wind & Fire via Grove Century (foursome)
- What you Waiting For – Gwen Stefani
- Promiscuous – Nelly Furtado featuring Timbaland

Exercise Pool

<table>
<thead>
<tr>
<th>4 Week Wave</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linear Progression = Same Variation</td>
</tr>
<tr>
<td>Week 1</td>
</tr>
<tr>
<td>Week 2</td>
</tr>
<tr>
<td>Week 3</td>
</tr>
<tr>
<td>Week 4</td>
</tr>
</tbody>
</table>
### Set & Reps Schemes

#### 3-Set Linear Progression

<table>
<thead>
<tr>
<th></th>
<th>Sub-Max</th>
<th>Sub-Max</th>
<th>Sub-Max</th>
<th>Circa-Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set 1</td>
<td>6RM x 6</td>
<td>5RM x 5</td>
<td>4RM x 4</td>
<td>3RM x 3</td>
</tr>
<tr>
<td>Set 2</td>
<td>6RM x 4</td>
<td>5RM x 3</td>
<td>4RM x 2</td>
<td>3RM x 1</td>
</tr>
<tr>
<td>Set 3</td>
<td>6RM x 2</td>
<td>5RM x 2</td>
<td>-10% x6</td>
<td>-10% x5</td>
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</tbody>
</table>

#### 4-Set Non-Linear Progression

<table>
<thead>
<tr>
<th></th>
<th>Sub-Max</th>
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</thead>
<tbody>
<tr>
<td>Set 1</td>
<td>4RM x 4</td>
<td>3RM x 3</td>
<td>2RM x 2</td>
<td>1RM x 1</td>
</tr>
<tr>
<td>Set 2</td>
<td>4RM x 3</td>
<td>3RM x 2</td>
<td>2RM x 1</td>
<td>-5% x 2</td>
</tr>
<tr>
<td>Set 3</td>
<td>4RM x 2</td>
<td>3RM x 1</td>
<td>-10% x 4</td>
<td>-10% x 3</td>
</tr>
<tr>
<td>Set 4</td>
<td>4RM x 1</td>
<td>-10% x 4</td>
<td>-10% x 3</td>
<td>-15% x 4</td>
</tr>
</tbody>
</table>

### SUNDAY or MONDAY

Squat Variation
Squat Day Circuit

### TUESDAY

2 Hand Kettlebell Swing or 1 Arm Kettlebell Snatch
Bench Press Variation
Neutral Grip Pull-Up Ladder (4 Different Grips)
Bench Press Day Circuit

### THURSDAY

Conventional Deadlift Variation
Deadlift Day Circuit
SATURDAY
Barbell High Pull or Snatch
Overhead Press Variation
OHP Day Circuit

<table>
<thead>
<tr>
<th>Circuits</th>
<th>BP Day Circuit</th>
<th>DL Day Circuit</th>
<th>OHP Day Circuit</th>
</tr>
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<tbody>
<tr>
<td>Squat Day Circuit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jungle Gym Straps</td>
<td>Prowler Pushes</td>
<td>Jungle Gym Straps</td>
<td>Blast Strap</td>
</tr>
<tr>
<td>1. GH Bridge &amp; Curl</td>
<td>- HH/Poles x 40yds</td>
<td>1. Split Squat RFE</td>
<td>1. Tricep/ Bicep</td>
</tr>
<tr>
<td>Blast Strap</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. SL RDL</td>
<td>Battling Ropes</td>
<td>Bdt Wt Circuit</td>
<td>Barbell</td>
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<tr>
<td></td>
<td></td>
<td>2. SB Roll-outs</td>
<td>2. Rack BW Ext</td>
</tr>
</tbody>
</table>

About the Author: Mark Watts is the Director of Education at elitefts™. He has a master's degree in exercise science and health promotion from California University of Pennsylvania and a master’s degree in elementary education from Clarion University of Pennsylvania. Mark has been working with college athletes in over 20 different sports at the Division I, II, and III levels for over 15 years as a strength and conditioning coach. Prior to elitefts™, he coached athletes at Denison University, the United States Military Academy at West Point, Allegheny College, and Clarion University. He has also completed strength and conditioning internships at the University of Tulsa and Ohio State University. Mark is certified by the National Strength & Conditioning Association, USA Weightlifting, the National Academy of Sports Medicine, and the Collegiate Strength & Conditioning Coaches Association. He started competing in powerlifting in 1997 and is an amateur Strongman competitor in the master’s division. Mark is originally from Pittsburgh, Pennsylvania, and is a USMC veteran.
10 WEEK BENCH PROGRAM
Week 1:
DE – Speed Bench Press – with EFS pro mini bands
ME – Max Effort Bench – floor press with 3 chains on each side

Week 2:
DE – Speed Bench Press – with EFS pro mini bands
ME – Max Effort Bench – floor press with 2 chains on each side

Week 3:
DE - Speed Bench Press – with EFS pro monster mini bands
ME - Max Effort Bench – Reverse Blue Band or “hanging blues” (out of a power rack)

Week 4:
DE – Speed Bench Press – with EFS pro mini bands
ME – Max Effort Bench Press – SHIRT WORK

Week 5:
DE – Speed bench Press – with 2 chains on each side
ME – Max Effort Bench Press – raw 3 board press

Week 6:
DE – Speed Bench Press – with 3 chains on each side
ME - Max Effort bench – floor press STRAIGHT WEIGHT

Week 7:
DE – Speed bench press – with EFS pro mini bands
ME – Max Effort Bench Press – SHIRT WORK

Week 8:
DE – Speed Bench Press – with 2 chains on each side
ME – Max Effort Bench Press – SHIRT WORK – take opener

Week 9:
DE - Speed Bench Press – with EFS pro mini bands
ME - Max Effort Bench Press – floor press STRAIGHT WEIGHT

Week 10:
DE – Speed Bench Press – STRAIGHT WEIGHT
ME – would be meet day

On my speed day I alternate grips of close, medium and wide. On my ME days when I’m not in my shirt, everything is close grip. This is a straight Westside template for bench. I trained like this for a long time and had really good success with it. That’s why I’m going back to it – to see how it works for me again. I enjoy the DE days and the circa max training
with this programming. As you can see, I go bands for DE for 3 weeks, chains for 2 weeks, and then I alternate back and forth between bands and chains. Everyone has their own brand of what they like or what they’re used to doing. What works for some may not work for all. I’ve done this training before and I like it. I’ve also done straight Block Periodization which has worked for me during my raw full power and geared bench only.

Joey Smith is currently one of the top 275-pound and 308-pound class bench pressers in the world. Joey has a best shirted bench press of 730 pounds at a body weight of 261 pounds, as well as a best shirted bench press of 800 pounds at a body weight of 286 pounds. In turn, Joey also has made a 500 pound raw bench press in competition. He has competed in raw full power, totaling elite status in the 308-pound weight class with best lifts being a 750 pound raw squat, a 500 pound raw bench, a 615 pound raw deadlift, and an 1840 pound raw full power total. His geared three-lifts total is 2050 at 288 pounds.

When it comes to enthusiasm and excitement, as well as a desire to help others, Joey is among the most ambitious lifters today. With 19 first place and five second place competition finishes under his belt, Joey’s 12 years of training have paid off. Over the years, he has worked with some of the greatest lifters in his home state of North Carolina. In business, Joey is the Circulation Manager for two North Carolina newspapers and has served as a fitness trainer for his local YMCA. He has also coached 15 seasons for his YMCA soccer league, owns his own gym, NeboBarbell, and is a proud father to his daughter, Kate-lyn. At present, Joey is currently ranked tenth in the world in the 308-pound weight class with an 800 pound shirted bench press (Powerlifting Watch rankings). His raw squat of 750 pounds is ranked the sixth best squat for the 308-pound weight class in the past five years, and according to Powerlifting Watch rankings, Joey’s raw total is ranked the 15th best raw total for the 308-weight class in the past five years.

View Joey’s Training Log here
Harry Selkow

PROWLER TRAINING
Based on the condition level and the body weight of the athlete determines starting weight to be added to the Prowler.

For our purpose, the “Frame” weighs nothing. We don’t count it!

Generally (and I am being VERY liberal)

Body Weight under 150 lbs. will use 50 lbs. over that will use 90 lbs.

Also, we will refer to the number of times you push the Prowler as “sets” X the distance.

Beginners should push ONE to TWO times per week

Session 1 and 2:
6 x 40 yards

Session 3 and 4:
8x40 yds.

Session 5 and 6:
10 x 40 yds.

Session 7 and 8:
6x40x +10 lbs.

Session 9 and 10:
8x40x+10 lbs.

Session 11 and 12:
6x40x+10

Session 13 and 14:
8x40x+20

Session 15 and 16:
10x40x+20

Etcetera, Etcetera...

TEST by doing 10 x 40 yards x recommended weight in 10 minutes or less.
Novice: (just past beginner but not yet able to pass the above test)

Repeat the above program, but EXTEND the distance to 60 yards.

Test by doing 10 x 40 yards in 10 minutes or less.

When you pass that test move on to the Junior Varsity level, which is next.

Push the prowler as many times as you can in 12 minutes.

If you push it under 12 FIFTY yarders then do:

Prowler Suicide 1:

Set a course of three different distances.

Push the prowler Down 20 yards and back. Turn it around and push it Down and BACK 30 yards. Then do it a third sprint of Down and Back 40 yards.

REST and REPEAT it for a total of 5 TIMES!

If you push it 13-15 times then repeat the suicides for 7 reps or times

16 and above will need a total of TEN reps.

Test for Varsity Level:

Do 5 x100 yards without walking any of them. Total time is not to exceed 20 minutes.

If you CAN’T run them ALL:

Session 1 and 2: 5x100
Session 3 and 4: 6x100
Session 5 and 6: 7x100
Session 7 and 8: 8 x 100
Session 9 and 10: 9x100
Session 11 and 12: 10 x 100
At the 13th session add 10 lbs in total to the Prowler and start over.

**When you CAN run them All:**

Do ALL of the above sessions on the lower handles.

Please take note, the above is designed for people that are CLEARED to engage in HARD physical activities.

The "Prowler Flu" is an experience that is NOT pleasant. Although every participant has had it in some sort of another, this should NOT be the gauge by which you measure your fitness level.

Look for future Prowler Sessions in the NEXT "Make a Wish" book.

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Harry Selkow was formally the strength and conditioning coach of the Arizona Sundogs (NHL/Central Hockey League) as well as for the Bradshaw Mountain High School football program. Harry has worked with hundreds of athletes in a multitude of sports over the course of the last 35 years. He is currently working with many teams in the Bay Area of northern California. View Harry's training log [here](http://elitefts.com).
THE WORLD’S STRONGEST MAN EXPERIENCE

As a Pro Strongman with more than his share of grey hairs and scars, I’ve lived and learned about building strength and technique in the Strongman Events despite pride and pain. At any given time I will have 5-8 Competitive Strongmen that I am working with, ranging from the person looking to do their first strongman show ever to guys at the finals of The World’s Strongest Man.

As sure as the sun will rise, after a couple of months of work with an Intermediate Level Strongman (Moderate Level Amateur) they will get fed up with all of the technical work that I have them doing, they will get tired of all of the gym work that I still have them doing, and they will hear about someone “successful” that ONLY does Strongman Event work and they are “100% SURE That This Is The Way” for them!

So what do I normally do with a client that has decided that they are ready to go Strongman Full-Time and/or want a big testing period? What about the Strongman that
complain that I don't push them hard enough?

What about the Strongman that is always planning to compete but keeps backing out at the last minute? Then there is the strongman that has trained for a contest and the contest gets cancelled.

What do I do then?

I always have crazy ideas!

Some clients have nearly died from this. Some wished that they were dead. Others thought it was the easiest 7-30 days of their lives while there was another group that simply felt that it was the best test that they had ever "survived".

As of October 1, 2013: In 2013 I have had:

- 7 Clients make all 7 days straight
- 2 Clients have done all 7 days, TWICE, in less than 15 days
- 8 Clients have done all 7 days, TWICE, in less than 25 days
- 2 Clients have done all 7 days, THREE TIMES, in less than 30 days
- MANY Clients have finished Day 3 and QUIT.
- 1 Client “almost finished” the 7th day and then never emailed me again!

Ideally it was done with 2-3 days of rest after Day 3 was complete. If you can make all 7 days straight...GO FOR IT!!!

Be creative and remember that every event should test something.

- Brute Strength, Cardio, Foot Speed, Technical efficiency of the event, etc...
- If you don’t have the implement...do the best that you can.
- If you don’t have the implement THAT DAY then move something around...AND HAVE FUN!!!

I cannot express how important it is to approach each and every single event as if it is the defining moment of your life. You are AT The World’s Strongest Man competition and you are going head to head with the toughest Strongmen of All Time. Whatever mental motivation that you have to go through to get you in the right spot, go through it! Tell yourself that you are going into the next event being only ONE POINT away from first place and what you do RIGHT NOW will determine if you go home a loser or if you will go home in Victory! You decide!

No events should be “easy”! Even your 2nd run of any event should serve a purpose. Maybe they set up the event at WSM and you ran through it and the camera man made a mistake and didn’t get your winning time on video (it has happened) and you have to do it again! Maybe the event was set up incorrectly and they had to make adjustments and everyone had to go through it again. Or maybe you just need to push yourself to your complete mental and physical limits.
Day 1:

**Loading Race:** Load any 5 objects, time limit 3 minutes (use the full time, have lots of objects ready to load)

**Loading Race:** Repeat, time limit 45 seconds (move FAST)

**Truck Pull with Harness:** Should take you 1 minute to complete your trip.

**Truck Pull with Harness:** Repeat

**Truck Push:** Similar distance, push down and then immediately push back. Not HEAVY, go for speed and foot work.

**Truck Push:** Repeat

Day 2:

**Giant Dbell:** Max Reps in 2 minutes

**Giant Dbell:** Max Reps in 1 minute

**Viking Press or Axle Clean and Press:** up to a max triple (single or double will be OK)

**Viking Press or Axle Clean and Press:** Take away 10% and get max reps in 2 minutes (drops allowed)

**Super Yoke:** Heavy Yoke, 50-75 feet

**Super Yoke:** Repeat, half distance

Day 3:

**Squat:** 6 sets of 10 reps, 60 seconds rest between (think light, 100-150 kg is more than enough)

**Deadlift:** Max from 12-16 inches (bottom of bar from floor)

Day 4: Rest

This is not a day of complete rest. I do suggest getting a good 8-9 hours of sleep followed by a nap at some point during the day but it is very important that you continue with every recovery method possible! Get out, do some walking at the very least! Remember, Day 5 is just right around the corner!

I also made it optional to take 2-3 Days of Rest here before going into Day 5, so don’t start Day 5 unless you know that you can finish Day 7! Be prepared! Listen and LEARN from your body!

Day 5:

**Keg Toss:** Just throw something really high, anything. Kegs, car tires, random people that get in your way at the super market...anything. Set up something cool and do it. 2 Minutes Straight or Max Height with 8 Attempts.

**Keg Toss:** Repeat but easier

**Atlas Stones:** 5 Stones From a Distance (should be a “iffy” if you will get the 5th Stone)

**Atlas Stones:** 3-5 easier loads
Day 6:

Super Yoke: Repeat of Day 2, decrease weight and add distance
Log Press: work up to a 1RM
Log Press: 75% x max clean and press for reps
Truck Pull with Harness: 1 run from Day 1
Truck Push: 1 run from Day 1

Day 7:

Deadlift (from blocks, 12-16 inches, floor, your choice) 60% x 1, immediately add 50 lbs (20 kg) x 1, add another x 1, add another x 1, till Max and/or Miss
OHP of Choice (rock, log, axle, dbell): 1 good hard set, any way that you want it, even a medley.
Event of Choice: Anything that you want, any way that you want it...just finish with a Warrior Yell at the end!!!!

I can’t express how important it is to take every measure possible during this time for recovery. You must ALWAYS be eating, drinking fluids, hydrating with electrolytes, consuming salt and vitamins, foam rolling, using your TheraCane, Back Knobber, Trigger Wheel, Arctic Sports Balm, ice, heat, massage, sleeping 8 or more hours per night, etc. You must be 100% committed to this or you risk more than just failure...you risk injury!

This is a time to REALLY learn about how your body acts under extreme pressure. How to properly recover. How far you can push yourself. It even gives you a very good idea of what it feels like to compete at World’s Strongest Man.

On that last event on Day 7, remember, this IS the final event and the ONLY thing seperating you from that World’s Strongest Man Title is that very last event. It all depends on how hard you are willing to push because Zadrunas Savickas, Brian Shaw, Magnus Ver Magnusson, and Bill Kazmaier are all breathing down your neck WANTING that same title. It all comes down that event. EVERY event to be exact. Maybe it is yours to TAKE or maybe it is yours to LOSE! You decide!

Please let me know if you are one of the few that ACHIEVES this! I want full details ON VIDEO!

The Author: Clint Darden earned his Pro Card in Strongman in 2003 in the USA and moved to Cyprus in 2004. He competed in the USA, as well as throughout Europe representing both the USA, as well as Cyprus on the International Level. He owns Elite Power Nutrition supplements in Cyprus, a full-time dad and the Director of Autism Assessment Support Practice. He has struggled with Ulcerative Colitis for 4 years now and has come a very long way, but still suffers from it daily.
The following (4) schedules are intended to provide one approach of physically training a child or an adult with special needs. This set-up serves as a way of making physical movement fun and less intrusive for the child or adult that otherwise would prefer to remain physically and socially inactive. These schedules incorporate play, strength exercises, conditioning, coordination, body awareness, balance, grip work, social and sport-specific skills, and challenges.
**Base of the Program**

Do keep in mind, when creating and implementing the following plans, make adjustments for the child or adult depending upon their individual needs. These areas that may need fine-tuning include and are not limited to:

- Goal(s) of parents and support team
- Developmental stage
- Diagnosis
- Allergies
- Medications
- Physical and mental limitations
- Social skills
- Setting
- Communication system
- Interest(s)
- Safety
- Positive Reinforcement
- Strength(s)
- Weakness(es)

**Getting Started:**

1. Have a measurable plan. Based on the needs of the child and the goals of the parents and/or support team, create a measurable plan that will collect, monitor, and assess data. A few areas to measure:
   a. If there are meltdowns, track duration and intensity. What precedes the meltdown and how does the session proceed afterwards?
   b. Videotape a skill or exercise/movement and assess development over a set period of time.
   c. Measure body composition.
   d. Is the child happy and having fun? How do you know this?

2. Choose the trainer. Does the child/adult work best with you? Is there someone other than you that motivates the child/adult and is patient? As a child my mother could play piano, but did I want her to teach me how to play piano? No! I took lessons from a piano teacher. Don’t take offense if the child/adult would rather work with someone else or works better with someone other than you. Embrace the strengths of others and use them to benefit the child/adult.

3. Locate a setting that has enough space, is safe, and free from unnecessary disturbances. If appropriate, this could be at home or at your local gym, park, recreation center, etc.

4. Schedule a reoccurring day and time within the week where the trainer and child/adult can consistently work together. For example, designate to work together every Tuesday at 7 PM. Do not negate from this set time unless there is an emergency, sickness, time conflict, etc.

5. Gather your tools. Before beginning the session, be prepared by checking your surroundings and make sure you have all the necessary equipment ready to be used.
6. Be flexible. Assume that changes will be made to the schedule. Make tweaks within the schedule as needed. For example, here are some questions to keep in mind that may eventually come up while training:
   a. What if it rains? How does this change the schedule, the equipment being used, and the location?
   b. What if the particular exercise is causing too much frustration? Do you push it? Do you back down? Do you modify the intensity?
   c. What if the child wants to extend a game? Does the whole session extend because of this? Do you instead remove a planned component of the schedule and extend the game then and there? Can you incorporate this choice for the next session?

7. Be creative. If you are working on the skill of skipping, how can this skill be broken down into smaller movements? What games can be utilized to work on elevating the foot, rather than just having the child elevate his or her foot for the sake of elevating their foot?

8. Play! Regardless if you are working with children or adults make this weekly experience fun.

**A Few Considerations:**

1. Each schedule is 60 minutes long in duration. In the beginning stages, you may want to work 20 minutes and then gradually increase in time. In this case, choose two of the categories and slowly add more.
2. Depending upon the child, I recommend writing the schedule on a dry-erase board (or something similar) for the child to see during the session. This will allow the child to see a beginning, middle, and end. Also, allow the child to cross off each area as completed. In some cases it would be beneficial for the child to see the schedule days in advance and gone over as if it is a social story.
3. The exercises included are for example sake. You may have to modify each exercise to meet the needs of the child/adult.
4. The schedules are progressive in nature, but you may feel that it is best to keep things the same until the child or adult becomes comfortable and is ready for change. Therefore you could use Week 1 for multiple weeks.
5. You may feel that it is beneficial to set a timer so that the schedule moves forward. So regardless if the warm-up becomes 100% complete, once 10 minutes elapses, ring a bell or use a verbal/visual cue to move forward to the next category.
## Week 1

<table>
<thead>
<tr>
<th>Warm-up:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Single-hand Ball squeezes x 10</td>
<td></td>
</tr>
<tr>
<td>• Lying down Hip Lift x 8</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Strength:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Box Squats (BW) x 8 (use 12 inch plyobox riser)</td>
<td></td>
</tr>
<tr>
<td>• Kettlebell deadlift on elevated surface x 8 (kettlebell elevated on 12-inch box)</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Conditioning:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Walk outside</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Break: Drink Water/Eat Snack</th>
<th>5 minutes</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Stations:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Large Stability Ball Seated Bounces x 15</td>
<td></td>
</tr>
<tr>
<td>• Large Stability Ball Seated Rolls x 30</td>
<td></td>
</tr>
<tr>
<td>• Stability Ball Kicks x 30</td>
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</table>

<table>
<thead>
<tr>
<th>Game:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Choice:</td>
<td></td>
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<tr>
<td>• Water Balloon Toss</td>
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<table>
<thead>
<tr>
<th>Cool-down:</th>
<th>5 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Trigger Release</td>
<td></td>
</tr>
</tbody>
</table>

### Further Explanation:

- Model exercise form to child before child executes movement. Praise effort and gently tweak form if needed.
- For ball squeezes, use a small, plush ball that will fit in the child or adult's palm. Have them squeeze at least ten times per hand.
- For the squats, emphasize finding something to look at during the entire movement to prevent the child or adult's chest and back to cave in. Also cue their knees out while performing the entire movement. Use these same cues while deadlifting.
- For the large stability ball bounces, have the child or adult sit on top. You may need to hold his or her hands to maintain balance and control.
- The rolls require you both to sit on the floor. Choose a length that you both will successfully make it to each other. Continue to lengthen the space after successful passes. Back on your feet, use this same idea while kicking the ball back and forth.
- Make sure the child or adult is not allergic to latex if incorporating the water balloon toss.
- If the child feels comfortable in having choice, allow him or her to choose a game with the balloons.
- For trigger release, apply light pressure. Have the child or adult lay on a bench, table, or on the floor. Before rolling over a body part, verbally say the muscle in which you will roll next. This will aid in body awareness. Use this time to relax the child or adult and remind them of the work they accomplished throughout the session.

### Week 2

<table>
<thead>
<tr>
<th>Warm-up:</th>
<th>10 minutes</th>
</tr>
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<tbody>
<tr>
<td>- Sand bin finds x until all objects are found</td>
<td></td>
</tr>
<tr>
<td>- Lying down Hip Lift x 10</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Strength:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Box Squats (BW) x 10 (use 12 inch plyobox riser)</td>
<td></td>
</tr>
<tr>
<td>- Kettlebell deadlift x 10 (kettlebell elevated on 12-inch box)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Conditioning:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Walk with weighted vest on</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Break: Drink Water/ Eat Snack</th>
<th>5 minutes</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Stations:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Medium Stability Ball Seated Bounces x 15</td>
<td></td>
</tr>
<tr>
<td>- Medium Stability Ball Seated Rolls x 30</td>
<td></td>
</tr>
<tr>
<td>- Stability Ball Kicks x 30</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Game:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Choice:</td>
<td></td>
</tr>
<tr>
<td>- Water Balloon Color Find</td>
<td></td>
</tr>
<tr>
<td>__________ Choice:</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Cool-down:</th>
<th>5 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Inversion Table</td>
<td></td>
</tr>
</tbody>
</table>

### Further Explanation:

- Place a variety objects into a bin full of sand. Use quarters, silly bands, small toys, etc., for objects. Keep in mind if the child or adult may prefer to put these objects in their mouth. Choose wisely.
- For the water balloon find, place colored water balloons on the floor in a large circle. In the center of the circle place a bucket or bin. Explain that you will name a color aloud and the child or adult must find the colored balloon with their eyes, move to the colored balloon, pick it up, and return it to the bucket in the center of the circle. Continue this game...
until all balloons are picked up. As the child gets used to this game change the pace of the game by calling colors quickly or very slowly, cueing them to move slow or fast.

• Set the inversion table based on his or her height. Set the table at a slight angle. Based on comfort, plan on inverting for at least five minutes. Gradually increase the angle each session if acceptable.

**Week 3**

<table>
<thead>
<tr>
<th>Warm-up:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Magazine rips x 20 rips</td>
<td></td>
</tr>
<tr>
<td>• Lying down Hip Lift x 12</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Strength:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Box Squats x 8 (use 12 inch plyobox riser)</td>
<td></td>
</tr>
<tr>
<td>• Kettlebell deadlift on elevated surface x 8 (kettlebell elevated on 6-inch box)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Conditioning:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Forward sled drags x 80 yards, rest 2 minutes</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Break: Drink Water/ Eat Snack</th>
<th>5 minutes</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Stations:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Medicine ball Slams x 8</td>
<td></td>
</tr>
<tr>
<td>• Basketball target practice x 8</td>
<td></td>
</tr>
<tr>
<td>• Stability Ball Runs x 8</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Game: My Choice:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Foam Roller Bowling with Med ball</td>
<td></td>
</tr>
<tr>
<td>__________ Choice:</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Cool-down:</th>
<th>5 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Trigger Release</td>
<td></td>
</tr>
</tbody>
</table>

**Further Explanation:**

• Just as folks find joy in ripping phone books to build their grip strength, find joy in ripping old newspapers and/or magazines. Start off with single sheets and then increase the width. Perhaps you’ll someday have the child or adult tearing phone books apart!

• Use a sled attachment that will allow the child or adult be in comfort. For example if you know the child will be successful using a harness at first, use a harness. If you feel he or she will do best by holding onto individual ropes
by hand, use these. If you feel he or she will do best by having a rope around his or her waist, use this type of attachment.

- Slam medballs into the ground. For the basketball target practice station, you may use a target on the wall, a bin, or a tire. For the stability ball runs, simply roll the ball down a field or parking lot, and have the child chase the ball, finally returning the ball back to you in the same manner.
- Use ten foam rollers as pins. Use one medium-weighted med ball for the bowling ball. Set up an alley in a large open space. Play as you would if at a bowling alley. Keep score. Take turns between frames.
- For their choice, encourage the child or adult to use the same equipment. Keeping safety in mind, allow him or her to choose. If they would like to play another round of bowling, great! If he or she decides to use the foam rollers for a sword fight, great! Value his or her choice.

### Week 4

<table>
<thead>
<tr>
<th>Warm-up:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single-hand Hex Dumbbell holds</td>
<td></td>
</tr>
<tr>
<td>Lying down Hip Lift x 15</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Strength:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box Squats x 8 (use 12 inch plyobox riser)</td>
<td></td>
</tr>
<tr>
<td>Kettlebell deadlift on elevated surface x 10 (kettlebell elevated on 6-inch box)</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Conditioning:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prowler pushes x 40 yards, rest 1:30</td>
<td></td>
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</tbody>
</table>

#### Break: Drink Water/ Eat Snack

5 minutes

<table>
<thead>
<tr>
<th>Stations:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine ball Slams x 10</td>
<td></td>
</tr>
<tr>
<td>Basketball target practice x 10</td>
<td></td>
</tr>
<tr>
<td>Stability Ball Runs x 10</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Game: My Choice:</th>
<th>10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foam Roller Stacking</td>
<td></td>
</tr>
</tbody>
</table>

__Choice: ____________

<table>
<thead>
<tr>
<th>Cool-down:</th>
<th>5 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inversion Table</td>
<td></td>
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</tbody>
</table>
Further Explanation:

- Mark 40 yards with cones or something visual to see the starting point and end point. Begin each push with a, “Ready, Set, Go!”
- The foam roller stacking is using the foam rollers to build forts, castles, buildings, etc. The point of this game is to build something without the structure falling over. This game takes patience and awareness of touch and hand control. Use as many foam rollers as possible.

Sheena Leedham is the newest addition to the elitefts™ staff. A graduate of Edinboro University of Pennsylvania, Sheena holds a BS in Recreation Administration and a Master’s of Education. She most recently held a position where her main responsibilities included supervising and implementing individualized and group fitness programs for youth and adults with autism spectrum disorders. In addition to her professional endeavors, Sheena competes as a figure athlete and trains as a powerbuilder. As the Content Coordinator of elitefts™, Sheena helps organize, edit, format, and schedule the content that appears on elitefts.com. She commits in sharing her voice and shedding light on a wide array of topics with the intent for all elitefts™ readers to continue to stir their passions, never slacking in the extraordinary resolve to be strong(er).
We have all heard the saying you can’t serve two masters. The truth is if you want to get really good at something it is a smart idea to just focus on that one thing. Many people though have multiple goals they would like to chase at the same time. While this isn’t always optimal with proper planning and progression it can be done. You may not make as good of gains if you focus on one goal at a time, but you still can make great progress if you plan ahead.

In strength sports it is getting more and more people to cross over and not just focus on one discipline. It is getting more common for strongmen to compete in a powerlifting and powerlifters to do some strongman training. Many lifters also desire to stay athletic and have the ability to move well while getting stronger and gaining size. Adding strongman event training would certainly accomplish this for a powerlifter. There are also many amateur strongman competitors that are technicians, but aren’t that strong in...
the gym. Adding some powerlifting movements in their programs would certainly help them make huge improvements in their sport. Improving your powerlifting total will give you a solid base to grow from.

That being said if you are training for a competition it is important to focus on the exercises and events you are actually going to compete in. This plan is designed to be an “off season” program to improve your bench, squat, and deadlift at the same time bringing up your strongman events. It is a 4 day split that lasts 8 weeks. I would recommend go to technical failure as the volume is fairly high and you need to be able to recover. You could certainly train two or 3 days a week and extend the program out longer if you are having trouble recovering. Don’t miss lifts. If you aren’t that advanced feel free to cut down on the small assistance lifts in order to enhance your recovery. For the assistance work try to get the target reps with a moderate weight in as few sets as possible. Work hard, be consistent, and be sure to always work on improving your technique on all lifts. This program will test your body and your spirit and will be a lot of fun in the process! Give it a go and make sure how you liked the program after you try it!

**Week 1**

**Day 1**

A1) Parallel Anderson Squat Work up to Heavy Triple then 5 singles at that weight

B1) Dynamic Sumo Deadlifts vs 3 Chains in middle 10x3 70% of 1RM

C1) Yoke Work up to Max Weight to 50 feet with No Drops then 80% 3 down sets for speed

D1) Band Side Steps 100 Total Reps
D2) Hanging Leg Raises 60 Total Reps
D3) Band Good Morning 80 Total Reps

**Day 2**

A1) Dynamic Paused Floor Press w/ 2 Chains per side 9x3 at 60% 1RM then 2x2 at 80%

B1) Strict Press Z-Press work up to heavy 5 then 3 sets at 80% of heavy 5

C1) Standing Hand Over Hand Pull 5 sets for Speed 50 feet with thick rope. Time each set

D1) Pull Ups 50 Total Reps
D2) Band Triceps Extensions 100 Total Reps
D3) DB Hammer Curls 60 Total Reps

**Day 3**

A1) 18 inch Block Pull moderate triple then 3 downs sets of 85% use straps
B1) Stone Series to Platform 5 stones of increasing weight. No tacky. 3 sets timed for speed

C1) Bulgarian Split Squat 50 Total Reps per leg
C2) GHR 50 Total Reps
C3) Straight Leg Sit Ups 60 Total Reps

**Day 4**

A1) Max Effort Overhead Axle Clean and Press work up to 3RM then 5 singles at 3RM

B1) Keg Walks for Speed 5 sets of 20 seconds for as far as possible.

C1) Rear Delt Raises 100 Total Reps
C2) 1 Arm DB Rows 100 Total Reps
C3) Push Ups 50 Total Reps

**Week 2**

**Day 1**

A1) Max Effort Conventional Deadlift Dead stop Triples 50 pound weight jumps only No Straps

B1) Front Squat 5x5 Pyramid Up and Back Down No Belt Cross arm or Clean Grip Ok

C1) Moving Event Tire Flip 3 Sets Max Flips in Thirty Second with Moderate Weight

D1) Reverse Lunge 50 Total Reps
D2) Band Hamstring Curls 80 Total Reps
D3) Side Bends 80 Total Reps per side

**Day 2**

A1) Overhead Medley DB, Axle, Log 3 sets for speed. Use between 70-80% of IRM

B1) Dover hand Axle hold 3 sets of 30 seconds to a minute

C1) Lateral Raises 100 Total Reps
C2) DB Chest Supported Rows 100 Total Reps
C3) DB Floor Press 50 Reps

**Day 3**

A1) Dynamic 3 count Pause Squat vs 2 Chains 10 sets of 2 around 50% of IRM No belt

B1) Dead lift medley trap bar, axle, st. bar . 3 Sets for Speed Use between 70-80% of IRM
C1) Stone Carry and Load. Set up Stones 20 feet from Platform. 3x3 timed for speed

D1) Low Box Band External Rotation/Abduction (force knees out) 100 Reps
D2) Reverse Crunches 60 Reps
D3) Band Good Morning 100 reps

**Day 4**

A1) Long Pause Bench 3 sets of 3 Reps with 3 second pause

B1) DB Clean & Press 3 sets of 30 seconds for Max Reps alternate arms moderate weight

C1) Weighted Carries Frame Carry work up to as heavy as possible for 50 feet no drops

D1) Pull Downs 150 Total Reps
D2) DB Floor Triceps Extensions 100 Total Reps
D3) Zottman Curls 50 reps

**Week 3**

**Day 1**

A1) Anderson Squat Set pins slightly above parallel. Work up to Max Single

B1) Dynamic Sumo Deadlift Chains with 5 Chains about 80% hit 8 Singles

C1) Yoke 5 timed Sets with 80% of Week 1 Max Weight for 75 Feet

D1) Band Side Steps 100 Total Reps
D2) Hanging Leg Raises 60 Total Reps
D3) Band Good Morning 80 Total Reps

**Day 2**

A1) Dynamic Effort Bench Paused Floor Press 3 Chains per side 12x2 at 60% 1RM

B1) Z Press Use Log in Rack if Possible 5 sets of 10 reps

C1) Hand Over Hand Pulls 1 set max weight for 50 feet

D1) Pull Ups 50 Total Reps
D2) Band Triceps Extensions 100 Total Reps
D3) DB Hammer Curls 60 Total Reps
Day 3

A1) Mid Shin Block Pull 5 sets of 5 reps Dead stop Reps with Straps
B1) Stone Over Bar 48 or 52 inch height 3 sets of Thirty Seconds Moderate weight

C1) Bulgarian Split Squat 50 Total Reps per leg
C2) GHR 50 Total Reps
C3) Straight Leg Sit Ups 60 Total Reps

Day 4

A1) Max Effort Overhead Axle Clean and Press Rising Bar 20 Pounds Jumps to a Max Single
B1) Husafelt Stone 3 Sets of 50 feet with heavy weight

C1) Rear Delt Raises 100 Total Reps
C2) 1 Arm DB Rows 100 Total Reps
C3) Push Ups 50 Total Reps

Week 4

Day 1

A1) Conventional Deadlift 5 sets of 3 reps with straps
B1) Front Squat 3 sets of 8 reps no belt

C1) Tire Flip 3 heavy sets of 3-5 reps
D1) Reverse Lunge 50 Total Reps
D2) Band Hamstring Curls 80 Total Reps
D3) Side Bends 80 Total Reps per side

Day 2

A1) Overhead Medley DB, Axle, Log 3 sets of 80% of 1RM of each timed for speed
B1) Static grip Double Overhand Axle hold 2 sets of 1 minute holds

C1) Lateral Raises 100 Total Reps
C2) DB Chest Supported Rows 100 Total Reps
C3) DB Floor Press 50 Reps
Day 3

A1) Dynamic Pause Squat vs Chains 4 chains per side 40% 12x3 with one second pause no belt

B1) Dead Medley trap bar, axle, St. bar 3 sets of 80% of 1RM of each timed for speed

C1) Stone Carry & Load Platform 5 sets of 1 heavy stone to platform 10 feet away tacky ok

D1) Low Box Band External Rotation/Abduction (force knees out) 100 Reps
D2) Reverse Crunches 60 Reps
D3) Band Good Morning 100 reps

Day 4

A1) Floor press 3 sets of 3 reps

B1) DB Clean & Press 3 sets of 8-10 reps one clean and press away each arm

C1) Fat Gripz Trap Bar Carry 3 sets of 100 feet for time

D1) Pull Downs 150 Total Reps
D2) DB Floor Triceps Extensions 100 Total Reps
D3) Zottman Curls 50 reps

Week 5

Day 1

A1) Squat work up to heavy triple in belt and wraps. Loose briefs ok.

B1) Dynamic Deficit Dead 40% of IRM with light band under 45 pound plate 10x1

C1) Backwards Sled Drag One Set as heavy as possible for 100 feet for time

D1) Ab Wheel 50 Total Reps Slow Tempo
D2) Back Extensions 100 Total Reps

Day 2

A1) Dynamic Pause Bench with Doubled Mini Bands 60% of IRM 9x3

B1) Strict Press 5x8-10
C1) Seated in tire Hand Over Hand Pull 1 set Max Weight 50 feet
D1) Axle Curls 50 Reps
D2) Band Pull Aparts 100 Reps

**Day 3**

A1) Trap Bar Deadlift work up to moderate triple then 80% for reps with straps
B1) Keg Carry and Load 3 sets for speed with moderate weight
C1) Band Abs 100 Reps
C2) Single Leg Hip Thrust 50 Reps per side

**Day 4**

A1) Log Clean and Press Clean once and work up to max triple
B1) Farmer Walks Max Weight for 50 feet one Set
C1) Chest Supported Row 80 Total Reps
C2) DB Bench Press 50 Total Reps

**Week 6**

**Day 1**

A1) Axle Deadlift Work up to Max Single double overhead then Max Single Over Under
B1) Repetition Effort Pause Squat 5x5 Pyramid Up and then Down 1 Second Pause with No belt
C1) Yoke 3 Long Light Trips 100 Feet for Time
D1) KB Swings 100 Reps
D2) Suit Case Carry 5 Trips 100 Feet per side Use same KB as swings

**Day 2**

A1) Overhead Medley 3 DB & Keg & Stone Use Odd Objects with moderate weight 5 sets
B1) Farmers Pick and Hold 3 sets of 20 to 30 seconds Increase weight each set
C1) Band or Cable Rows 100 Total Reps
C2) Barbell or E-Z Bar Extensions with Chain Weight Only 100 Total Reps

**Day 3**

A1) Dynamic Box Squat vs Bands 10x2 with Parallel Box Use 55% of 1RM with Average Band
B1) Deadlift Medley Axle, Straight Bar, Trap Bar 5 rounds of 85% of 1RM
C1) Stone Shouldering 3 sets of thirty Seconds alternating shoulders use moderate weight
D1) Side Plank 5x20 seconds per side
D2) GHR 50 total reps

**Day 4**

A1) Incline Log Press Work up to Max Triple with Pause
B1) Repetition Axle Push Press from Rack no jerks. 5 sets of 10 reps
C1) Sandbag Carry 3 sets of 45 seconds for distance
D1) DB Chest Supported Rear Delts 100 Reps
D2) Seated DB Curls 60 Rep

**Week 7**

**Day 1**

A1) Parallel Box Squat 5 Singles at 90% of 1RM
B1) Deficit Deadlifts versus Bands on 100 Pound Plate 40% of 1RM 8x2 with Mini Band
C1) 3 Trips Heavy Backwards Sled Drag 100 feet for speed
D1) Ab Wheel 50 Total Reps Slow Tempo
D2) Back Extensions 100 Total Reps

**Day 2**

A1) Dynamic Bench with Doubled Minis 5x2 at 50% then 2x3 at 80%
B1) Work up to Heavy 5 then 80% for a down set as many as possible
C1) Seated Hand Over Hand Pull 3 Sets light and long for 50 feet
Day 3

A1) Trap Bar Deadlift 5 sets of 10 Reps
B1) Keg to Platform or Keg over Bar 3 sets of 5-10 reps Moderate weight for speed
C1) Band Abs 100 Reps
C2) Single Leg Hip Thrust 50 Reps per side

Day 4

A1) Log Clean and Press Work up to max Single 30 pound jumps only
B1) Farmer Walks with Turn 3 trips of 50 feet there and back moderate weight for time
C1) Chest Supported Row 80 Total Reps
C2) DB Bench Press 50 Total Reps

Week 8

Day 1

A1) Axle Deadlift 5x3
B1) 3 sets of 8 Pause Squats one second pause no belt
C1) Yoke Moderate weight 50 feet down and back for 3 sets
D1) KB Swings 100 Reps
D2) Suit Case Carry 5 Trips 100 Feet per side Use same KB as swings

Day 2

A1) Overhead Medley 4 Dumbbells Increasing Weight 3 sets of heavy weight
B1) Farmer Pick and Hold Pick a Heavy weight and hold as long as possible 1 set
C1) Band or Cable Rows 100 Total Reps
C2) Barbell or E-Z Bar Extensions with Chain Weight Only 100 Total Reps
Day 3

A1) Dynamic Squat vs Bands Low Box versus Light band 8x2 at 60% then 2x2 heavy

B1) Medley Double Overhand axle, Double Overhand bar, Fat Gripz Trap Bar 5 sets
C1) Stone Shouldering 3 heavy sets of 5 reps

D1) Side Plank 5x20 seconds per side
D2) GHR 50 total reps

Day 4

A1) Close Grip Three Board Press 5 sets of 3 reps

B1) Axle Push Press Max 5 then 80% for max reps

C1) Zercher Walk with yoke, bar or sandbag 3 sets of 50 feet heavy

D1) DB Chest Supported Rear Delts 100 Reps
D2) Seated DB Curls 60 Reps

Here is the general template for those who want to use the template for more than 8 weeks. You can switch lifts around to focus on preparing for a particular contest or weak points.

Cycle 1 All Odd Weeks

Day 1 Max Effort Squat,
Dynamic Effort Deads
Moving Event
Lower Body Assistance

Day 2 Dynamic Effort Bench
Repetition Effort Strict Press
Upper Body Emphasis moving event
Upper Body Assistance

Day 3 Repetition Effort Deadlift
Loading Event
Lower Body Assistance

Day 4 Max Effort Overhead
Weighted Carries
Upper Body Assistance
**Cycle 2 All Even Weeks**

**Day 1** Max Effort Deadlift  
Repetition Effort Squat  
Moving Event  
Lower Body Assistance

**Day 2** Dynamic Overhead Medley  
Static grip  
Upper Body Assistance

**Day 3** Dynamic Effort Squat  
Dead Medley  
Loading Event  
Lower Body Assistance

**Day 4** Max Effort Bench  
Repetition Overhead Pressing  
Weighted Carries  
Upper Body Assistance

John Gaglione is a strength coach out of Long Island, New York. John trains a wide variety of athletes at his facility located in Farmingdale New York. He specializes in spitting out champion wrestlers and improving maximal strength for all athletes and "average joes". John has also written many strength and conditioning articles for major online publications such as Men’s Health, Elite Fitness Systems, Testosterone Nation, One Result, and is the featured strength & conditioning author for Long Island Wrestling Association. An avid strength athlete John also has a lot of "under the bar experience" and has competed in the sport of powerlifting for several years. If you would find out more about his programs or his gym you can reach him at gaglionestrength@gmail.com.
Too often today we see parents and coaches that try to force their kids to specialize in one sport before having a basic foundation of athletic skills. There is so much emphasis on sport specific skills that fundamentals are lost in the shuffle. The coaches either lack the knowledge of where to begin training youth athletes, or they just don’t have the time.

This program is designed to provide basic fundamental movement skills for youth athletes. As long as you remember that strength, speed, conditioning, flexibility, mobility, spatial awareness, body control and other foundational skills are the base your athletic pyramid should be built on, you can train your athletes to be successful at a variety of sports.

This is a sample one week program that would touch on various aspects that a young athlete should master over the course of the next few years.
**Day 1- Linear Speed Focus**

**Warm-up**
Body weight squats 3x10  
Jumping Jacks 3x10  
Cross Jacks 3x10  
Skip 2x20 yards  
Shuffle 2x20 yards  
Backwards Run 2x20 yards  
Bear Crawl and other various animal crawls, 6 movements for 10-15 yards each  

**Technical Work**
Arm action 3-4 sets  
Knee drives against the wall 4-5 sets  

**Drills**
Knee drives/ high knees with band around waist  
Starts from a two-point stance, running over 4-5 mini hurdles 3-4 sets  

**Games**
Tennis ball drop and sprint  
Relay race  
Red light, Green light  

**Day 2- Strength and Conditioning Focus**

**Warm-up**
Jump Rope 3-4 sets of 30 seconds  
Body weight squats 3x10  
Dynamic Stretches  
  • Hamstring  
  • Quad  
  • Hip flexor  
  • Glute  
  • Lunge walks  
  • Calf/achilles  

**Strength**
Medicine ball drills  
  • Chest Pass  
  • Overhead Pass  
  • Underhand toss for height  
  • Backwards toss  
  • Overhead slams  
  • Situps  
  • Pushups  
  • Squats  

**Sleds**
  • Forward drag  
  • Backwards drag  
  • Double arm row  
  • Hand over hand pull  

**Conditioning**
Battling Ropes  
Sled Push  
Ball Slams  
High knees through ladder  
Sand bag carry  

**Day 3- Changing Direction/ Agility Focus**

**Warm-up**
Body weight squats 3x10  
Jumping Jacks 3x10  
Cross Jacks 3x10  
Skip 2x20 yards  
Shuffle 2x20 yards  
Backwards Run 2x20 yards  
Bear Crawl and other various animal crawls, 6 movements for 10-15 yards each  

**Technical Work**
Ladders*  
  • Single leg hops  
  • Two feet hops  
  • Hopscotch  
  • Icky shuffle  
  • In, in, out, out  
  • Speed skaters  

**Hockey Stops**

**Drills**
Patterned change of direction drills (non-reactive)  
Shuffle with hockey stop (5 yards)  
Forward run with hockey stop (5 yards)  
Shuffle back and forth (10 seconds), then sprint
Games
Reactive changing direction (voice commands and hand gestures)
Mirror Drill

**Day 4- Strength and Conditioning Focus**

Body weight squats 3x10
Dynamic Stretches
- Hamstring
- Quad
- Hip flexor
- Glute
- Lunge walks
- Calf/Achilles
Various animal crawls 4-6 exercises for 10-15 yards each

**Strongman Course**
- Atlas Stones (lift med ball on high plyo box)
- Farmers Walk (with kettlebells)
- Tractor Pull (hand over hand pull with sled)
- Chain Drag (drag a chain walking backwards)
- Sprint 40 yards

**Cool Down**
- Glute Bridges
- Fire Hydrants
- Planks

**Day 5- Variety/ Fun Day**

**Warm-up**
- Jump Rope 3-4 sets of 30 seconds
- Dynamic Stretches
- Recap Linear and Changing Direction day
- Create a variety of games and activities that build on the skills learned throughout the week.
- Finish with a game of:
  - Soccer
  - Kickball
  - Dodgeball
  - Cone Dodgeball (knock down opponents cones)
  - Shark in the Water
  - Spud

Notes: Technical drills like arm action and wall drives are debated as to whether or not they are very effective in improving an athlete's speed. In my opinion, with what I've seen over the years with young athletes ages 7 to 12, is that these simple drills help to give them visual and spatial cues as to what their body should be doing. While the arm may not stay at a specific angle during sprinting, it will get them out of the bad habit they are currently doing of having the arms cross the body or not using their arms at all. The same holds true for the wall drives. While the skill may not be 100% transferrable, it allows us to get the athletes into a good knee drive/ dorsiflexed position repeatedly. We are also strengthening the midsection by having them hold that position. As the athlete gets older, stronger and more specific, then you can begin to utilize different drills.

Julia is an elite-level powerlifter, turned mom of two, who is back on the platform. Her best lifts to date are a 463 squat, 275 bench, 424 deadlift and a 1102 total. She has totaled Elite in the 123, 132, and 148 weight classes. Because she enjoys the challenge of pushing her personal limits, Julia has also competed in figure and physique competition. Julia spent 8 years as a Division 1 Strength & Conditioning Coach at the University at Buffalo and now she is currently the Program Director of a Parisi Speed School. She trains youth through college athletes, as well as adults. You can find more of her on her blog www.julialadewski.com and Facebook and Twitter.
6 WEEK TRAINING PROGRAM

for 2013 NAS Master’s Strongman Nationals

The following program was written up for a guy who contacted me about helping him prepare for 2013 North American Strongman Master’s Nationals Championship. When he contacted me he had only been training for and competing in strongman for about 6 months. He’s 49 years old and will competing in the LW over 40 division. He has just begun training for and competing in strongman earlier this year.

After sitting down with him and talking about his strengths, weaknesses and his current training program along with what he’s been doing for the past 6 months. I wrote him up this 6 week training program to take him into Nationals.
Competition Events

Day 1:
Last Man Standing Axle Clean & Press - Starting at 200 pounds with 20 pound jumps.
Car Deadlift – max reps in 1 minute
Keg Toss – 6 quarter kegs empty over 15 ft. bar

Day 2:
Circus DB Clean & Press for reps – 120#
Yoke/Frame Medley – 50 ft. each – 600 Yoke/525 Frame
Last Man Standing Atlas Stones – Starting at 200 pounds over 50 ft. bar.

The Program

Saturday –
A. Circus DB Clean & Press – 5/3/1
B. Yoke/Frame Medley – 5/3/1
C. Atlas Stones – Working up starting around 220 doing singles to at least 50 inches. Once you hit your top weight drop to about 75-80% for a triple.
D1. Glute Ham Raises – 4 sets of 10-15
D2. Bent Knee Sit Ups – 4 sets of 10

Sunday – Walk 45 minutes keeping HR between 120-130 BPM.

Monday –
A. Axle – 5/3/1 + 5% jump on last set for a single. Drop down to second work set for max reps.
   -Rest 5-10 minutes-
   B1. Incline – 3x5
   B2. Chins/1-Arm DB Rows – Alternate Weekly – 4 sets AMAP-1 Chins, 4 sets of 10-15 on 1-Arm Rows
   C1. Face Pulls – 3 sets of 30
   C2. Barbell Curls – 4 sets of 25 – Use Grey EliteFTS Band
   D. Hanging Leg Raises – 4 sets of 10

Wednesday –
A. *1-Arm DB Snatch – 3 sets of 6 each side
   *Or keg toss instead if possible. Need an empty pony keg.
B. Deadlift/Squat – Alternate Weekly – (Deadlift – 5/3/1 + 5-10% jump on last set for 1-5 reps) – (Squat – 5/3/1 + First work set of the day for max reps – around 20 reps)
   -Rest 5-10 minutes-
C. Car Deadlift – 3-5 sets of 5-8 reps. *Increase weight each week while dropping sets and reps.
D. Rollouts – 4 sets of 10-15
*Car Deadlift Example*

Week 1: 5 sets of 8
Week 2: 5 sets of 6
Week 3: 4 sets of 8
Week 4: 4 sets of 6
Week 5: 3 sets of 6
Week 6: 3 sets of 5

The following are the notes I included with the program.

DO NOT MISS WEIGHTS. This is key to success on any program. Leave a rep in the tank, even on the as many reps as possible sets.

AMAP-1 = As Many Reps As Possible with 1 rep "in the tank".

On the Circus DB use the same weights for both hands. Alternate sides. Your right will probably always get more reps. And you may have to stop before the heaviest set on your left side at times. This is fine and perfectly acceptable during this phase.

Always think – Strong and Fast.

Remember – The one who trains the hardest and smartest, wins the easiest.

Chin ups and Rows alternate weeks. So does Deadlifts and Squats.

Remember – We are building for something bigger than today. This 6 week phase is building the strength that you will display at Nationals. No one cares what you hit in the gym – what you hit in competition is what matters.

Have 100% faith in this program. Even the best program doesn’t work optimally if the user has any doubts. Always let me know if you have any questions or concerns.

Your warm up sets ARENT listed. These are all working sets. Warm up first accordingly.

Chase Karnes is a national-level competitive strongman through North American Strongman competing in the lightweight, 200 and 231-pound weight classes (with a second-place at the North America's Strongest Man National Championship in the 200-pound weight class). He has competed successfully in NPC bodybuilding, powerlifting and strongman. Some of his best lifts include a 650-pound deadlift and a 330-pound log press. Chase has been working as a strength coach/personal trainer for over eight years through Argonauts Fitness and holds a Bachelors of Science Degree from Murray State University. He also holds the National Strength and Conditioning Associations Certified Strength and Conditioning Specialist (CSCS) and Certified Personal Trainer (NSCA-CPT) credentials. While he thinks these credentials are important, he takes more pride in his fourteen years of under-the-bar experience combined with his eight years of coaching experience. [http://www.ChaseKarnes.com](http://www.ChaseKarnes.com).
Joe Kenn

MAXIMUM EFFORT TRAINING

for the Front Seven

I have compiled our data (I am a numbers junkie when it comes to training information) from our Winter and Spring Programs for our Gold Front Seven Group. Before you start scratching your head, I will define what the Gold Front Seven Group is for you. Better yet, I will give you a brief synopsis of our 3 Step Training Plan. This plan is based on the athlete's abilities in the strength-training program. We look at previous training experience before entering our program. This will help us determine a training age. Athletes are also placed into a specific program based on their overall strength levels and the progress they have made in our program. This will determine how he progresses during his career. Obviously, their abilities on the football field are also taken into consideration. Our program continues to be an evolutionary process. We are always striving to give our athletes a program that can improve general physical fitness attributes and work capacity.
3 STEP TRAINING PLAN

Step 1 – Intensification Program

All of our incoming freshmen start in our Intensification Program that consists primarily of General Physical Preparedness (GPP) circuits and technical work on the foundation movements of the program.

This program is generally 15 - 24 weeks in duration. Those incoming freshman who begin there training on campus during the summer program will begin a 6-9 week GPP program to improve overall conditioning levels for their first college training camp. A 15-week program that lasts the duration of the fall academic term follows this.

**General Goals for Developmental Program**
1 – increase work capacity
2 – designate improvement areas
3 – teach the strength training movements under our direction
4 – educate the athlete on our methodology and terminology

Step 2 – The Maroon Program

The Maroon Program is a program geared around the modified maximum effort method (1-6 repetitions) and the modified repeated effort method of training. The dynamic effort method of training is introduced at this time. Regardless of the method being utilized we are also introducing maximum concentric acceleration to all movements.

During this program the foundation movements have little variation. We are trying to continue to perfect each athlete's individual techniques. Our training plan is a hybrid of traditional and concurrent/conjugated sequencing. This program is geared towards all players regardless of position (exception QB's and Specialists). 1st, 2nd and 3rd year players depending on their overall ability generally do this program. Junior College players begin their strength training careers at ASU on the Maroon Program.

**General Goals for the Maroon Program**
1 – GET STRONG!
2 – Decrease Body Fat/Increase Lean Body Mass

Step 3 – The Gold Program

The Gold Program is the last step of an athlete's strength training career at ASU. At this time we separate the athletes into two groups, Outside the Box and Front Seven. The Outside the Box positions are; Quarterbacks, Specialists, Wide Outs, Running Backs, Corner Backs, and Safeties. Front Seven Positions are; Offensive Linemen, Tight Ends, Fullbacks, H-Backs, Defensive Tackles, Defensive Ends, and Linebackers.

This Program is designed for those athletes who are entering the 4th and 5th year of our program. Depending on the physical maturity of an athlete we will have 3rd year and on occasion 2nd year players progress quickly to the gold program.
This separation occurs because in our opinion the athlete is now prepared for the more specialized development of strength needed at this time in his career. This will allow him to continue to improve his overall performance. These grouping are based on the level of contact (physical ness) of the position and the amount overall running that occurs at a position.

We utilize the concurrent/conjugate sequencing system for these athletes and focus on one or two of the major strength-training traits (explosive strength, maximum strength, strength endurance) and retain the other(s) during a specific training program. The Dynamic Effort method is more pronounced in this program especially with the Outside the Box group.

Goals of the Gold Program
1 – Enhance the Dynamic Effort method and encourage the intent to move explosively
2 – Increase Variety of Training/Movements – Keep the upper classmen challenged
3 – Continue to improve maximal strength levels and increase lean body mass

By using a 3-step approach we have a built in motivation for our athletes to continue to improve to reach each level. This is especially true for those seeking advancement to the gold group when they are entering their 3rd or 4th year in the program and still are considered at the maroon level.

MAXIMAL EFFORT ROTATIONS

It is during the Gold Front 7 program that the athlete will be exposed to many foundation movements for maximal strength for total body, lower body, or upper body development. The premise for the article was to give coaches another example of how to rotate maximal effort movements for college aged football players. We have had very good success with this method during the developmental stage and competitive stage of the annual plan.

Our goal for maximal effort rotations besides having the athlete strive for the greatest amount of resistance to be lifted during the session is to keep the athlete challenged each time he steps into the strength complex.

The cycles for both the Lower Body and Upper Body rotations were the same during the winter and spring programs. The cycle was based on a 5 work set progression in an ascending fashion. The repetition scheme for the 3-week cycle was a linear 5/3/1 repetition wave.
The bonus set was for those individuals who performed set 5 easily and it was determined by the athlete and coach to exceed the projected goal of the work out. These percentages are guidelines and some athletes are taken off the script when necessary. Regardless of how we determine the load all athletes must progress through the five sets so that the basic data has validly from one athlete to another.

**LOWER BODY ROTATION**

To determine the structure of the 15 week plan it was determined that we would have 5 – 3 week stages for our Winter/Spring strength programs. The Barbell Back Squat is our true foundation movement for the lower body so this is where we were going to end the rotation. We then went backwards as to what exercises in order would prepare the athlete to exceed his best back squat. Our rotation went as follows:

- Stage 1  weeks 1-3  Front Squat
- Stage 2  weeks 4-6  Safety Bar Box Squat
- Stage 3  weeks 7-9  Cambered Bar Box Squat
- Stage 4  weeks 10-12  Buffalo Bar Box Squat
- Stage 5  weeks 13-15  Barbell Back Squat
Data Collection of Lower Body Rotation

- Stage 1 – Front Squat
  - Percentage of Back Squat Max: 76.7%
  - Range: 60.2% - 91.1%
- Stage 2 – Safety Bar Box Squat to Parallel Box
  - Percentage of Back Squat Max: 83.4%
  - Range: 71.4% - 97.3%
- Stage 3 – Cambered Bar Box Squat to Parallel Box
  - Percentage of Back Squat Max: 76%
  - Range: 65.1% - 90.1%
- Stage 4 – Buffalo Bar Box Squat to Parallel Box
  - Percentage of Back Squat Max: 94.3%
  - Range: 85.8% - 104.9%

Additional Data
Average 5 rep max compared to 1 rep max per movement = 79.83%
Average 3 rep max compared to 1 rep max per movement = 89.94%
Safety Squat Bar Deadlift – Double Overhand Grip = 103.3% of Back Squat

Lower Body Notes
Front Squat – hand placement 2 choices, clean grip position or the athlete can utilize straps
Safety Squat Bar – hand placement – hands were placed on the yolks
Regardless of Bar Variation we count the weight of the bar as 45 pounds
This cycle helped our team reach the second highest team average on the back squat in our tenure here and the second highest output in my 12 years of directing a college program.

Upper Body Rotation

The traditional Bench Press (grip 1 or 2) is our true foundation movement for the upper body. As with the Back Squat this is where we were going to end the rotation and worked backwards as to what exercises in order would prepare the athlete to exceed his best bench press. Our rotation went as follows:

- Stage 1 weeks 1-3 Grip 2 – 3 Board Press
- Stage 2 weeks 4-6 Grip 2 – 2 Board Press
- Stage 3 weeks 7-9 Grip 2 – Floor Press
- Stage 4 weeks 10-12 Grip 3 – Bench Press
- Stage 5 weeks 13-15 Grip 1 or 2 – Bench Press
Data Collection of Upper Body Rotation

- Stage 1 – Grip 2 – 3 Board Press
  - Percentage of Grip 1 or 2 Bench Press Max: 107.1%
  - Range: 96.1% - 120.3%
- Stage 2 – Grip 2 – 2 Board Press
  - Percentage of Grip 1 or 2 Bench Press Max: 105.6%
  - Range: 91.2% - 116.9%
- Stage 3 – Grip 2 – Floor Press
  - Percentage of Grip 1 or 2 Bench Press Max: 97.1%
  - Range: 85.4% - 110%
- Stage 4 – Grip 3 – Bench Press
  - Percentage of Grip 1 or 2 Bench Press Max: 98.5%
  - Range: 91.8% - 108.5%

Additional Data
Average 5 rep max compared to 1 rep max per movement = 84.5%
Average 3 rep max compared to 1 rep max per movement = 89.38%

Upper Body Notes
Grip 3 – half a thumb length from the inside smooth
Grip 2 – full thumb length from the inside smooth
Grip 1 – pinky on the knurl line

The majority of our athletes test the bench press at grip 2. Those who do not are those individuals with particularly long arms. They are allowed to test grip 1 if they choose to.

This cycle helped our team reach the highest team average on the bench press in our tenure here and the highest output in my 12 years of directing a college program.

2005 CHALLENGE

We incorporated a point system for each week and for each stage to determine weekly and stage champions based on their maximal efforts through the program. Each athlete had his best repetition maximum for the week recorded onto a master roster. The athlete was assigned a specific point value based on his placing for the week. For example, if the athlete had the 3rd best max he was awarded 3 points. If he had the 43rd best max he received 43 points. At the end of the stage the weekly points were totaled and the individual with the lowest number was the stage champion.

The challenge was extremely helpful when the athlete had completed the 5th set and wanted to know what he needed to move up in the standings. The 6th bonus set allowed them to move up the standings if they completed the designated repetition max for the week. If they did not reach the rep goal this set allowed them one more opportunity to strain under
big weights. Not only did the individuals who were vying for the championship utilize the bonus set, but also for those who were fighting for places 15-20. This made a huge difference in our training, as the athletes were highly motivated to secure personal bests each week.

<table>
<thead>
<tr>
<th>Example of a Challenge Template – these are true results</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2 Board</strong></td>
</tr>
<tr>
<td>Athlete A</td>
</tr>
<tr>
<td>Athlete B</td>
</tr>
<tr>
<td>Athlete C</td>
</tr>
<tr>
<td>Athlete D</td>
</tr>
<tr>
<td>Athlete E</td>
</tr>
</tbody>
</table>

**REVISIONS**

It should be noted that week 9 was spring break so stage 3 was a 2 week program where the athlete completed the 5 repetition max week 1 and week 2 the athlete’s cycle was 3x3, 3x1. Also, weeks 10-13 were completed during spring football practice. The only volume change during spring ball occurs in our mobility section of the training session.

After evaluating this training plan the following revisions will be made for next year’s program. Before beginning the Winter Program our athletes can have between 2-5 weeks of unsupervised training based on the success of the previous team. Because of this, we will begin stage one as the 2-week cycle and only perform the 5 rm and 3 rm weeks. We will not go to a 1rm.

For the Upper Body we will utilize the 3 Board Press but will switch the Front Squat with the Cambered Bar Box Squat (CBBS). After reviewing the program and ranking the lower body movements the CBBS finished a distant fifth to the other four movements. This will also allow us to structure the next 4 stages of the lower body rotation with similar movements in a box stage, freestanding stage rotation.
2006 Winter/Spring Program Lower Body Rotation

<table>
<thead>
<tr>
<th>Stage</th>
<th>Weeks</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage 1</td>
<td>Weeks 1-2</td>
<td>Cambered Bar Box Squat</td>
</tr>
<tr>
<td>Stage 2</td>
<td>Weeks 3-5</td>
<td>Safety Bar Box Squat</td>
</tr>
<tr>
<td>Stage 3</td>
<td>Weeks 5-8</td>
<td>Front Squat</td>
</tr>
<tr>
<td></td>
<td>Week 9</td>
<td>Spring Break</td>
</tr>
<tr>
<td>Stage 4</td>
<td>Weeks 10-12</td>
<td>Buffalo Bar Box Squat</td>
</tr>
<tr>
<td>Stage 5</td>
<td>Weeks 13-15</td>
<td>Barbell Back Squat</td>
</tr>
</tbody>
</table>

We feel this will enhance the maximums of both the traditional front and back squats.

In closing, Max Effort rotations are not only important for improving limit strength but also for motivating and challenging individuals to continue the quest of becoming strong! Good Luck to all of you in your quest for improving your athletes physical abilities.
7 WEEK SQUAT PHASE
### 4 days per week / Russian squat cycle

**NOTES:**

1) FL = from floor; Bkn = from below knees; HB = high blocks or power position;
2) pulls = use % of best snatch or c&j plus __5___ kg.
3) power snatch and power clean = use % of best power snatch or power clean
4) RDL = use % of best c&j or best front squat (depending on experience or ability)
5) combinations = use % of WEAKEST of the two or three segments
6) **REPS x SETS** (example: 2x4 means 4 sets of 2 reps)
7) *** whenever possible, take a 20-30 minute break between exercises
8) before every workout: 10 minutes flexibility work
    after every workout: 5 minutes flexibility work and 50-75 reps abdominal work

*** 3 stage pulls – From 3 different positions (Fl, BKn, HB). If the reps say "6", that means 2 from each of those positions for a total of 6 reps for that set (NOT 6 reps at each position!). Obviously, if the reps say "3", that means 1 from each of the positions for a total of 3 reps.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Exercise</th>
<th>Percentages / Reps</th>
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<tr>
<td></td>
<td></td>
<td>50_ 65_ 80_ 3 3 2x4 sets</td>
</tr>
<tr>
<td>1</td>
<td>snatch</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 stage snatch pulls</td>
<td>70_ 80_ 90_ 6 6 3x2 sets</td>
</tr>
<tr>
<td></td>
<td>back squats</td>
<td>50_ 65_ 80_ 5 4 2x6 sets</td>
</tr>
<tr>
<td></td>
<td>military press</td>
<td>4 sets of 6</td>
</tr>
<tr>
<td>2</td>
<td>clean</td>
<td>50_ 65_ 80_ 3 3 2x4 sets</td>
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<tr>
<td></td>
<td>3 stage clean pulls</td>
<td>70_ 80_ 90_ 6 6 3x2 sets</td>
</tr>
<tr>
<td></td>
<td>back squats</td>
<td>50_ 65_ 80_ 5 4 3x6 sets</td>
</tr>
</tbody>
</table>
### Week 1

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>press behind neck (split)</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>power snatch</td>
<td>3</td>
<td>65. 80</td>
</tr>
<tr>
<td>split jerks from blocks</td>
<td>3</td>
<td>60. 70. 80</td>
</tr>
<tr>
<td>back squats</td>
<td>4</td>
<td>65. 80. 80</td>
</tr>
<tr>
<td>DB press in split</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>push jerk</td>
<td>5</td>
<td>70. 80. 80</td>
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<tr>
<td>snatch pulls (Bkn)</td>
<td>5</td>
<td>80. 80. 70</td>
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### Week 2

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<th>Percentages / Reps</th>
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<tr>
<td>1</td>
<td>snatch (Fl)</td>
<td>50. 60. 70. 3. 3. 2x4 sets</td>
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<tr>
<td></td>
<td>snatch pulls (HB)</td>
<td>90. 100. 6. 5x4</td>
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<td></td>
<td>squats (BACK)</td>
<td>50. 65. 80. 5. 4. 4x6 sets</td>
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<tr>
<td></td>
<td>Military press</td>
<td>4 sets of 6</td>
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<tr>
<td>2</td>
<td>clean (HB)</td>
<td>60. 70. 80. 85. 3. 3. 2. 2x3 sets</td>
</tr>
<tr>
<td></td>
<td>split jerks from blocks</td>
<td>50. 60. 70. 80. 85. 90. 3. 3. 2. 1. 1x3 sets</td>
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### Week 2

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Percentages / Sets</th>
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</thead>
<tbody>
<tr>
<td>squats (FRONT)</td>
<td>50_ 65_ 80_ 5x4 2x3 sets</td>
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<tr>
<td>press behind neck</td>
<td>4 sets of 6</td>
</tr>
<tr>
<td>3 snatch balances</td>
<td>4_ 3_ 3_ 2_ 2x2 sets</td>
</tr>
<tr>
<td>push press (% of sn)</td>
<td>60_ 70_ 6 5x5 sets</td>
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<tr>
<td>DB press in split</td>
<td>4 sets of 6</td>
</tr>
<tr>
<td>4 push jerk</td>
<td>60_ 70_ 80_ 5x4 3x3 sets</td>
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<tr>
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<td>70_ 80_ 90_ 80_ 70_ 5x4 3x3 sets</td>
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<td>squats (BACK)</td>
<td>50_ 65_ 80_ 5x6 sets</td>
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### Week 3

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<th>Exercise</th>
<th>Percentages / Reps</th>
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<td>1</td>
<td>power cleans (Fl)</td>
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<td>clean pulls (HB)</td>
<td>90_ 100_ 110_ 100_ 90_ 6x5 4 4 5</td>
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<td></td>
<td>squats (BACK)</td>
<td>50_ 65_ 80_ 5x4 2x6 sets</td>
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<tr>
<td></td>
<td>snatch grip push press</td>
<td>4 sets of 5</td>
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<tr>
<td>2</td>
<td>split jerk (from blocks)</td>
<td>60_ 70_ 80_ 85_ 80_ 85_ 4x3 2 1 2 1</td>
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### Week 3

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<th>Percentages / Sets</th>
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<tr>
<td>snatch (FL)</td>
<td>50_ 60_ 70_ 75_ 80_</td>
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<tr>
<td></td>
<td>3_ 3_ 2_ 2_ 1x4 sets</td>
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<td>squats (BACK)</td>
<td>50_ 65_ 80_</td>
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<tr>
<td></td>
<td>5_ 4_ 6x6 sets</td>
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<tr>
<td>DB press in split</td>
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<td>4 sets of 6</td>
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<td>3 snatch balances</td>
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<td>3_ 3_ 3_ 2_ 2</td>
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<tr>
<td>snatch pulls (HB)</td>
<td>70_ 80_ 90_ 100_</td>
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<td>5_ 4_ 3_ 2</td>
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<tr>
<td>Military press</td>
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<tr>
<td></td>
<td>3 sets of 8</td>
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<tr>
<td>4 cleans (HB)</td>
<td>60_ 70_ 80_ 85_ 90_</td>
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<tr>
<td></td>
<td>4_ 3_ 2_ 2_ 1x3 sets</td>
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<tr>
<td>push jerks</td>
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<td>5_ 4_ 2x6 sets</td>
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<tr>
<td>press behind neck (split)</td>
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<td></td>
<td>3 sets of 8</td>
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### Week 4

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<tr>
<th>Session</th>
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<td>press behind neck (split)</td>
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Leo is the President at Werksanusa USA and a retired Physical Education Teacher and Athletic Director for 33 years. Leo is the USAW Senior U.S. International Coach and was the Olympic Games Team Leader for Weightlifting 1996 and 2004.
Fast, explosive, and quickness are all words that will simulate the focus of this concurrent program. This three-day training program was in conjunction with an additional one-day agility program and a two-day conditioning/position specific drill program. Day one's layout was lower push/pull, upper push/pull, lower lateral push, and knee stability/strengthening. Day two's layout was full-body explosive, upper push/pull, lower push/pull, upper push, and ankle mobility/strengthening. The last day was hip explosive, lower push, upper pull, lower pull, and an ESD (Tabata) finisher. Each workout starts with myofascial release (PVC roller) followed by a dynamic warm-up (moving), and finishes with three core exercises changing each day. Hope this program sparks some interest in your training, best of luck. If you have any questions, feel free to contact me via email esmith5207@gmail.com.
Day 1 Week 1-5

1. Movement Preparation
   a. Myofascial Release
   b. Dynamic Warm-Up
   c. Hip Mobility (Varies each Session)

2. Speed Box Squat Compound with Split Squat Jumps (SSJ): Tempo - Explosive
   a. Week 1: 10 x 2 at 50% - SSJ = 5 reps
   b. Week 2: 8 x 2 at 55% - SSJ = 5 reps
   c. Week 3: 6 x 2 at 60% - SSJ = 5 reps
   d. Week 4: 4 x 2 at 65% - SSJ = 5 reps
   e. Week 5: Squat Jumps = 2 x 5 at Body Weight

3. RDL: Tempo – 1:0:1
   a. Week 1: 3 x 6
   b. Week 2: 3 x 6
   c. Week 3: 3 x 5
   d. Week 4: 3 x 5
   e. Week 5: 3 x 4

4. Tri-Set: Pull-Ups, Alternating DB Incline Bench Press, Lateral Lunge: Tempo 1:0:1
   a. Week 1: 3 x 6 Negatives; 3 x 3, 3 x 8
   b. Week 2: 3 x 6 Negatives; 3 x 3, 3 x 8
   c. Week 3: 3 x 8 Negatives; 3,3,2; 3 x 6
   d. Week 4: 3 x 8 Negatives; 3 x 2; 3 x 6
   e. Week 5: 3 x Max; 3 x 2, 3 x 5

5. Band TKE: Tempo – Controlled
   a. Week 1 – 5: 4 x 15 each leg

6. Core Training:
   a. RKC Plank
      i. 2 x 15 seconds progressing to 3 x 20 seconds
   b. Lateral Flexion – Single DB
      i. 3 x 12
   c. Med Ball Windshield Wipers
      i. 2 x 10 progressing to 3 x 15

Day 2 Week 1 – 5

1. Movement Preparation
   a. Myofascial Release
   b. Dynamic Warm-Up
   c. Shoulder & T-Spine Mobility (Varies each Session)
2. 1 Arm DB Snatch  
   a. Week 1-4: 3 x 5  
   b. Week 5: 3 x 3

   a. Week 1: 10 x 2 at 50%  
   b. Week 2: 8 x 2 at 55%  
   c. Week 3: 6 x 2 at 60%  
   d. Week 4: 4 x 2 at 65%  
   e. Week 5: 2 x 5 Plyo Push-Ups

4. Inverted Row  
   a. Week 1: 3 x 8  
   b. Week 2: 3 x 8  
   c. Week 3: 8, 8, 6  
   d. Week 4: 3 x 6  
   e. Week 5: 3 x 6

5. Tri-Set: Step-Ups, DB Shoulder Press, Single Leg Phys Ball Curl  
   a. Week 1: 3 x 6ea., 3 x 6, 3 x 8  
   b. Week 2: 3 x 6ea., 3 x 6, 3 x 8  
   c. Week 3: 3 x 6ea., 3 x 5, 3 x 10  
   d. Week 4: 3 x 6ea., 3 x 5, 3 x 10  
   e. Week 5: 3 x 6ea., 3 x 3, 3 x 10

6. Banded Ankle (Dorsiflexion, Plantarflexion, Inversion, Eversion)  
   a. Week 1–5: 3 x 10 ea.

7. Core Training  
   a. Rotational Pallof Holds  
      i. 2 x 20 sec. ea. Progression to 2 x 30 sec. ea  
      1. Add variable tension with band vibration  
   b. Overhead Pallof Holds  
      i. 2 x 20 sec. ea. Progression to 2 x 30 sec. ea  
      1. Add variable tension with band vibration  
   c. Phys Ball Reverse Hypers  
      i. 2 x 15 progressing to 3 x 20

**Day 3 Week 1 – 5**

1. Movement Preparation  
   a. Myofascial Release  
   b. Dynamic Warm-Up  
   c. Ankle & Specific Needs Mobility (Varies each Session)
2. Hang Pull: Tempo = Explosive  
   a. Week 1: 4 x 5  
   b. Week 2: 4 x 5  
   c. Week 3: 4 x 4  
   d. Week 4: 4 x 3  
   e. Week 5: 2 x 3

3. Banded Front Squat: Tempo = Explosive  
   a. Week 1 – 5: 3 x 3

4. Banded 3 Way Shoulder: Tempo = Explosive  
   a. Week 1 – 5: 3 x 5

5. Compound Set: Single Leg RDL with KB Swing  
   a. Week 1 – 5: 3 x 6ea., 3 x 5

6. Tabata Finisher: 20 seconds on, 10 seconds off for 4 cycles at 2 sets  
   a. Skater Jumps  
   b. Squat Jumps  
   c. Jumping Jacks  
   d. Burpees

7. Core Training  
   a. Bus Drivers  
      i. 2 x 10 progressing to 3 x 15  
   b. Med Ball Slams  
      i. 2 x 10 progressing to 3 x 15  
   c. Med Ball Slam Up & Over  
      i. 2 x 10 progressing to 3 x 15

Ed Smith Jr., CSCS is a GA Strength and Conditioning Coach at Salisbury University. He can be contacted at esmith5207@gmail.com.
Matthew Nein

6 WEEK PRE-COMPETITIVE PHASE

Basketball Speed, Agility, & Conditioning Program

Speed-Endurance is instrumental to the game of basketball. The program that has been designed is a 6 week phase that was preceded by a developmental conditioning, movement mechanics, and speed development phases that occur during the 16 summer weeks. With a focus of speed endurance the movement patterns were designed with a linear, lateral, and multidirectional focus. Training occurred 3 days per week while 2 other days were designated for court play. Each workout begins with a Dynamic Technique Warm-Up to continue development of movement mechanics. Note that during the warm-up a coach controls the forward progression of the line enabling corrective cues to movements. If the coach stops the line continues the movement but stops the forward progression. If you have any questions, feel free to contact me via email manein@salisbury.edu
Dynamic Technique Warm-Up: Baseline to 3pt Arc, Jog or Specific Movement to Half Court

1. Heel Walks
2. Toe Walks
3. High Knee Pull
4. Hurdle Walk
5. Ankling
6. Ankle Pops
7. Straight Leg Run
8. Straight Leg Run to Straight Leg Stride
9. A Skip: Normal & Double Time
10. Single Leg A Skip
11. B March
12. B Skip
13. Single Leg B Skip
14. High Knee Run
15. Single Leg High Knee Run
16. Ankle Pop with High Knee
17. Heel Flicks
18. Single Leg Heel Flicks
19. Ankle Pop with Heel Flick
20. Bounds
21. Lateral Ankling
22. Lateral Shuffle
23. Lateral Skip
24. Lateral High Knees
25. Karaoka
26. Karaoka High Knee
27. Karaoka High Knee Front Only
28. Tapioca
29. Tapioca High Knee

Day 1 Week 1-2: Linear Focus

7. Tempo Run – Track
   a. 4 x 100 – 25 sec rest
   b. 2 x 200 – 30 sec rest
   c. 1 x 250 – 40 sec rest
   d. 1 x 150 – 30 sec rest
   e. 1 x 300 – 45 sec rest
   f. 1 x 100 – 25 sec rest
   g. 2 x 350 – full rest

or
Tempo Run – Full Courts
a. 2 x 8
b. 3 x 6
c. 4 x 4
d. 6 x 2

Day 2 Weeks 1 & 2: Lateral Focus

1. Interval Runs
   a. Linear
      i. Free Throw to Free Throw
      ii. 6 in 60 sec. x 3 sets
      iii. Int = 1.2
   b. Lateral
      i. Lateral Close
      ii. Int = 1.2
      iii. 4 x 6
   c. Multi-Directional
      i. Court Run & Chase
         1. Int = 1.2
         2. 2 x 5

Day 3 Weeks 1 & 2: Multi-Directional Focus

1. Linear with 180 Directional Change
   a. 10:10 – 10 sec sprint, 10 sec walk or jog
      i. Whistle or Endline = Change Direction
      ii. 4 x 5
2. Lateral
   a. 5-10-5 with Chaos
      i. Reactive Lateral Development
      ii. 3 x 5
      iii. Int = 1:1
3. Multi-Directional
   a. Lane Star
      i. Create different patterns & movements
      ii. Int = 1.2
      iii. 4 x 4
Day 1 Week 3 - 4: Linear Focus

1. Tempo Run (1:1 to 1:2) - Track
   a. 5 x 20 m
   b. 4 x 30 m
   c. 3 x 40 m
   d. 3 x 30 m or
   e. 3 x 40 m
   f. 2 x 50 m
   g. 1 x 60 m
   h. 5 x 30 m

Day 2 Week 3 - 4: Lateral Focus

1. Interval Run
   a. Linear
      i. Lateral Court Sprints (Over & Back =1, HR = 175 to 185, Rest between Set = <120bpm)
         1. Int = 1:1, 1:2
         2. 8, 6, 5, 4, 3
   b. Lateral
      i. Lane Shuffles
         1. Int = 1:1
         2. 2 sets of 15sec on 15 sec off for 8 reps
            a. Create Competition (Partner, Total Touches in 10sec, etc)
   c. Multi-Directional
      i. Flag Belts: 25 sec on 25 off
         1. Int = 1:1 Changing Partners during rest
         2. Side Pull
         3. Rear Pull
         4. 2 v 2
         5. 4 v 4
         6. All for 1

Day 3 Week 3, 4, 5: Multidirectional Focus

1. Linear
   a. Tunnel Hills
      i. Int = 1:1 to 1:2
      ii. 10, 8, 6

2. Lateral
   a. Lane Shuffles
      i. Int = 1:1
      ii. 2 sets of 10sec on 10 sec off for 8 reps
         1. Create Competition (Partner, Total Touches in 10sec, etc)
3. Multidirectional
   a. Chaos Cone Court Drill (Duke)
      i. Int = 1:2 to 1:3
      ii. 2 Point Close Out and Transition to Offense

**Day 1 Week 5-6: Linear Focus**

1. Tempo Run - Track
   a. 2 x 400 in 90 sec with 90 sec rest
   b. 4 x 200 in 45 sec with 60 sec rest
   c. 6 x 100 in 22 sec with 45 sec rest
   or

2. Tempo Run - Court
   a. Ram Shuttle
      i. 300 yd Shuttle = Baseline to Foul line x 6 reps
         1. Guards < 60 sec
         2. Bigs < 65 sec

**Day 2 Week 5-6: Lateral Focus**

1. Interval Run
   d. Linear
      i. Lateral Court Sprints (Over & Back =1, HR = 175 to 185, Rest between Set = <120bpm)
         1. Int = 1:1, 1:2
         2. 8, 6, 5, 4, 3

   e. Lateral
      i. Chaos Lane Shuffles (Leader can change direction at any point)
         1. Int = 1:1
         2. 2 sets of 10 sec on 10 sec off for 8 reps
            a. Create Competition (Partner, Total Touches in 10 sec, etc)

   f. Multi-Directional
      i. 30 yd Shuttle Run
         1. Int = 1:2
         2. 2 x 5
Day 3 Week 6: Pool Workout

1. Deep End Runs – Float Belt Needed
   a. 20 sec. on
   b. 15 sec. off
   c. 25 sec. on
   d. 15 sec. off
   e. 30 sec. on
   f. 15 sec off
   g. 35 sec. on
   h. 20 sec. off
   i. 40 sec. on
   j. 40 sec off
   k. 35 sec. on
   l. 20 sec. off
   m. 30 sec. on
   n. 20 sec. off
   o. 25 sec. on
   p. 15 sec. off
   q. 20 sec. on
   r. 40 sec. off
   s. 60 sec. on
   t. 40 sec off

2. Length Kicks – Kickboard Needed
   a. 6 Lengths
   i. Up – Back = 1
   ii. 10 sec. Rest Between Lengths

3. Length Pulls – Leg Float Needed
   a. 4 Lengths
   i. Up – Back = 1
   ii. 30 sec. Rest Between Lengths

Matthew Nein, MS, CSCS has been the Strength and Conditioning Coordinator of Salisbury University for ten year. He received his Masters Degree in Applied Health Physiology from Salisbury University and his Bachelors Degree in Physical Education from Towson University. He can be reached at manein@salisbury.edu.
BONUS PROGRAM
70 WEEK
S4
TRAINING
PROGRAM
Phase 1 week 1

Saturday

1. Speed Squats off Box with Briefs
   50% for 10 sets of 2 reps

2. GHR
   4 sets to failure (2 minutes rest)

3. Reverse Hypers
   4 sets of 8 HEAVY - use some swing

4. Hanging Leg Raise
   I don’t care how many your fat ass can do. Do 4 sets to failure hahah

5. Free Time
   You can do whatever you want but it has to be done in 15-20 minutes

Sunday

1. Floor Press (legs straight using floor press pad)
   work up to 50% of your best floor press (or guess) then start adding one chain per side. Do 3 reps until you feel you have to drop to singles.
   work up to max single

2. Fat Ziz Zag Bar Extensions
   3 warm up sets
   4 work sets of 8 (these should be one rep shy of failure)

3. One Arm Seated Dumbell Press
   3 warm up sets
   3 work sets of ? reps (don’t use over 100 pounds). A good rep range would be 10-15

4. Face Pulls
   4 sets 15

5. Free time - same protocol

Tuesday

1. Suspended Good Morning
   Work up to a heavy set of three - rest 5 minutes and repeat
2. **GHR**
4 sets of 8 but change the style in how they were done last session

3. **Pull Down Abs**
4 sets of 8-10 reps - HEAVY

4. **Back Raises**
2 sets of 50 reps

5. **Free time - same protocol**

**Thursday**

1. **Speed Bench - use 4 different grips (don't care how you change them)**
50% of your raw max (or guess) for 8 sets of 5 reps

2. **Chest Supported Rows**
4 sets 8-10 reps

3. **Pushdowns - any style**
4 sets 12-15 (go for a GIANT pump) --- this is to get blood into the tissue

4. **Band or Machine Flies**
3 sets 12-15 (go for giant pump) --- this is to get blood into the tissue

5. **Side Raises**
2 sets 30 - light weight, big pump - lots of blood

6. **No Free Time**
* While this is speed day it is also a BIG recovery day - thus all the blood work

**Phase 1 week 2**

**Saturday**

1. **Speed Squats off Box with Briefs**
50% for 12 sets of 2 reps (45-60 sec rest)

2. **GHR**
3 warm up sets of 5 reps
3 work sets of 6 reps
* Hold a med ball on the way down, drop and come up without it. Have someone had it back to you and repeat. Keep a normal tempo for all reps

3. Reverse Hypers
4 sets of 8 HEAVY - use some swing
* Use more weight than last week

4. Hanging Leg Raise
5 sets to failure. If you can do over 20 reps attach weight to your ankles.

5. Free Time
You can do whatever you want but it has to be done in 15 minutes

**Sunday**

1. **Floor Press (legs straight using floor press pad)**
work up to 50% of your best floor press (or guess) then start adding one chain per side. Do 3 reps until you feel you have to drop to singles. work up to max single
* beat your record from last week by 5 pounds. If this feels good go for broke on one more set.

2. **Fat Ziz Zag Bar Extensions**
3 warm up sets
4 work sets of 8 (these should be one rep shy of failure)
* This week you will cut the rest period between sets to 45 seconds.

3. **One Arm Seated Dumbbell Press**
3 warm up sets
2 work sets of ? reps (don’t use over 100 pounds). A good rep range would be 10-15
* Beat the # of reps you did last week

4. **Face Pulls**
4 sets 15
* While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

5. **Free time - same protocol**

**Tuesday**

1. **Suspended Good Morning**
* This week you will work up with small jumps and end with one max set of 5 reps.
2. GHR
* 2 warm up sets of 5-8 reps
* 1 max rep set - as many as you can do.

3. Pull Down Abs
4 sets of 10-12 reps - HEAVY
* use same weight as last week

4. Back Raises
1 set of 30 reps
1 set of 40 reps
1 set of 50 reps

5. Free time - same protocol

Thursday

1. Speed Bench - use 4 different grips (don't care how you change them)
   50% of your raw max (or guess) for 8 sets of 5 reps

2. Chest Supported Rows
   * 2 warm up sets
   * 3 sets of 6-8 reps (these should be hard work sets)

3. Pushdowns - any style
   3 sets of 15-20 (go for a GIANT pump) <---- this is to get blood into the tissue

4. Band or Machine Flies
   2 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue

5. Side Raises
   * do these as swings. Only move the weight 4-5 inches. Keep your head up. Use a weight that is hard to do for 30 reps.
   * 3 sets of 30 reps

6. No Free Time
While this is speed day it is also a BIG recovery day - thus all the blood work
Phase 1 week 3

Saturday

1. Speed Squats off Box with Briefs
   55% for 8 sets of 2 reps (45-60 sec rest)

2. GHR
   3 warm up sets of 5 reps
   2 work sets to failure

3. Reverse Hypers
   3 sets of 8 HEAVY - use some swing
   * Use more weight than last week

4. Hanging Leg Raise
   5 sets to failure. If you can do over 20 reps attach weight to your ankles.

5. Free Time
   You can do whatever you want but it has to be done in 15 minutes

Sunday

1. Floor Press (legs straight using floor press pad)
   work up to 50% of your best floor press (or guess) then start adding one chain per side. Do 3 reps until you feel you have to drop to singles. work up to max single
   * beat your record. If this feels good go for broke on one more set. (we will be the last week of floor presses so get a small PR than go for another one)

2. Fat Ziz Zag Bar Extensions
   3 warm up sets
   4 work sets of 8 (these should be one rep shy of failure)
   * This week you will cut the rest period between sets to 45 seconds.

3. One Arm Seated Dumbell Press
   3 warm up sets
   2 work sets of ? reps (don’t use over 100 pounds). A good rep range would be 10-15
   * Beat the # of reps you did last week

4. Face Pulls
   4 sets 15
   * While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.
PROGRAMS THAT WORK 3 VOL. 1

5. Free time - same protocol

**Tuesday**

1. **Suspended Good Morning**
   * This week you will work up with small jumps and end with one max set of ONE rep. (*this will be the last week of these so go for broke)*

2. **GHR**
   * 2 warm up sets of 5-8 reps
   * 2 sets 10

3. **Pull Down Abs**
   4 sets of 10-12 reps - HEAVY
   * use same weight as last week

4. **Back Raises**
   2 sets 50 reps

5. Free time - same protocol

**Thursday**

1. **Speed Bench - use 4 different grips (don't care how you change them)**
   55% of your raw max (or guess) for 9 sets of 3 reps

2. **Chest Supported Rows**
   * 2 warm up sets
   * 3 sets of 6-8 reps (these should be hard work sets)

3. **Pushdowns - any style**
   3 sets of 15-20 (go for a GIANT pump) <---- this is to get blood into the tissue

4. **Band or Machine Flies**
   2 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue

5. **Side Raises**
   * do these as swings. Only move the weight 4-5 inches. Keep your head up. Use a weight that is hard to do for 30 reps.
   * 3 sets of 30 reps

6. **No Free Time**
   * While this is speed day it is also a BIG recovery day - thus all the blood work
Phase 1 week 4

Saturday

1. Speed Squats off Box with Briefs
   58% for 8 sets of 2 reps (45-60 sec rest)

2. GHR
   3 warm up sets of 5 reps
   1 work sets to failure - max # of reps

3. Reverse Hypers
   3 sets of 15 LIGHT - very strict sets
   * Cut weight from last week in half

4. Lying Leg Raise - use flat bench and hold onto rack to make sure you keep lower back flat and pressed into pad
   3 sets to failure. If you can do over 12 reps - add one chain around ankles

5. Free Time
   You can do whatever you want but it has to be done in 15 minutes

Sunday

1. Three Board Press Press (legs straight using floor press pad)
   Work up until the weight feels heavy for five reps. Add 10 pounds and do 2 more sets of 5 with that weight.

2. JM Press
   3 warm up sets
   4 work sets of 5 (these should be one rep shy of failure)

   3 warm up sets
   2 heavy work sets of 10 reps

4. Band Pull Aparts
   4 sets failure
   * While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

5. Free time - same protocol
Tuesday

1. Close Stance Low Box (10-12 inch) yoke bar squats with close stance (shoulder width or closer)
   * Work up to a weight that feels heavy for three reps. Rest, then repeat this weight for 5 reps

2. GHR
   * 3 warm up sets of 5-8 reps
   * 2 weighted sets (hold med ball) of 5 reps

3. Kneeling Pull Down Abs (kneel on floor facing the machine)
   4 sets of 10-12 reps - HEAVY
   * use same weight as last week

4. Back Raises
   1 set 100 reps

5. Free time - same protocol

Thursday

1. Speed Bench - use 4 different grips (don’t care how you change them)
   58% of your raw max (or guess) for 8 sets of 3 reps

2. One Arm Dumbbell Rows - Pause each rep on the floor for 1 second
   * 2 warm up sets
   * 3 sets of 6-8 reps (these should be hard work sets)

3. Pushdowns - any style - use an attachment you haven’t used before.
   3 sets of 15-20 (go for a GIANT pump) <--- this is to get blood into the tissue

4. Band or Machine Flies
   3 sets 15-20 (go for giant pump) <--- this is to get blood into the tissue

5. Side Raises
   * Do 3 sets 12 reps - seated using a full range of motion.

6. No Free Time
   * 15 minutes of whatever you want
Phase 1 week 5

Saturday

1. Speed Squats off Box with Briefs
60% for 8 sets of 2 reps (60-90 sec rest)

2. GHR
3 warm up sets of 6 reps
1 set of 10 with light weight
1 set of 8 with more weight
1 set of 6 with more weight
* in other words you will do 3 work sets but add weight and lower reps each set. The last set should be hard to do 6 reps. If it is easy keep adding weight and doing 6 reps until it is hard to finish.

3. Reverse Hypers
3 sets of 15 LIGHT - very strict sets
* Same weight as last week

4. Lying Leg Raise - use flat bench and hold onto rack to make sure you keep lower back flat and pressed into pad
3 sets to failure. If you can do over 12 reps - add one chain around ankles

5. Free Time
You can do whatever you want but it has to be done in 15 minutes

Sunday

1. Three Board Press Press (legs straight using floor press pad)
Work up until the weight feels heavy for 3 reps. Add 10 pounds and do 2 more sets of 3 with that weight.

2. Rolling Dumbbell Extension (look up in exercise index)
3 warm up sets
3 work sets of 8 (these should be one rep shy of failure)

3. Machine Overhead Press - alternating with the rest arm held at top.
3 warm up sets
2 heavy work sets of 10 reps

4. Band Pull Aprts
4 sets failure
* While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

5. Free time - same protocol
Tuesday

1. **Close Stance Low Box (10-12 inch) yoke bar squats with close stance (shoulder width or closer)**
   * Work up to a weight that feels heavy for three reps. This week will be a max set of 3 reps

2. **GHR**
   * 3 warm up sets of 5-8 reps
   * 1 set 15-20 reps

3. **Kneeling Pull Down Abs (kneel on floor facing the machine)**
   4 sets of 10-12 reps - HEAVY
   * use MORE weight than last week

4. **Back Raises**
   2 sets 50 with band around traps.

5. **Free time** - same protocol

Thursday

1. **Speed Bench** - use 4 different grips (don't care how you change them)
   60% of your raw max (or guess) for 8 sets of 3 reps

2. **One Arm Dumbbell Rows** - Pause each rep on the floor for 1 second
   * 2 warm up sets
   * 3 sets of 10-12 reps (these should be hard work sets)

3. **Pushdowns** - any style - use an attachment you haven't used before.
   3 sets of 15-20 (go for a GIANT pump) <---- this is to get blood into the tissue

4. **Band or Machine Flies**
   3 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue

5. **Side Raises**
   * Do 3 sets 12 reps - seated using a full range of motion.

6. **No Free Time**
   * 15 minutes of whatever you want
**Phase 1 week 6**

**Saturday**

1. **Speed Squats off Box with Briefs**
   50% for 8 sets of 2 reps  (60-90 sec rest)

2. **GHR**
   3 warm up sets of 6 reps
   100 total reps - doesn’t matter how many sets.

3. **Reverse Hypers**
   3 sets of 15 HEAVY

4. **Lying Leg Raise** - use flat bench and hold onto rack to make sure you keep lower back flat and pressed into pad
   3 sets to failure. If you can do over 12 reps - add one chain around ankles

5. **Free Time**
   You can do whatever you want but it has to be done in 15 minutes

**Sunday**

1. **Pin Press** - close grip (one finger away from smooth) - Bar set so you have to push 4-6 inches
   Work up until the weight feels heavy for 3 reps. Add 10 pounds and do 2 more sets of 3 with that weight.

2. **Rolling Dumbbell Extension (look up in exercise index)**
   3 warm up sets
   3 work sets of 8 (these should be one rep shy of failure)
   * use more weight than last week.

3. **Machine Overhead Press** - alternating with the rest arm held at top.
   3 warm up sets
   2 heavy work sets of 10 reps
   * use more weight than last week

4. **Band Pull Aparts**
   4 sets failure
   * While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

5. **Free time** - same protocol
**Tuesday**

1. **Close Stance Low Box (10-12 inch) yoke bar squats with close stance (shoulder width or closer)**
   * Work up to a weight that feels heavy for three reps. Than work up to a one rep max

2. **GHR**
   * 3 warm up sets of 5-8 reps

3. **Kneeling Pull Down Abs (kneel on floor facing the machine)**
   4 sets of 10-12 reps - HEAVY
   * use MORE weight than last week

4. **Back Raises**
   3 sets 50 with band around traps.

5. **Free time** - same protocol

**Thursday**

1. **Speed Bench** - use 4 different grips (don’t care how you change them)
   50% of your raw max (or guess) for 8 sets of 3 reps

2. **One Arm Barbell Rows**
   * 2 warm up sets
   * 3 sets of 8 reps (these should be hard work sets)

3. **Pushdowns** - any style - use an attachment you haven’t used before.
   3 sets of 15-20 (go for a GIANT pump) ---- this is to get blood into the tissue

4. **Machine Flies**
   3 sets 15-20 (go for giant pump) ---- this is to get blood into the tissue

5. **Side Raises**
   * Do 3 sets 30 reps - standing and only do the first 1/3 range of motion. Keeping your head up.

6. **No Free Time**
   * 15 minutes of whatever you want
Phase 1 week 7

Saturday

1. Speed Squats off Box with Briefs  
52% for 8 sets of 2 reps  (60-90 sec rest)

2. GHR  
2 warm up sets of 10  
3 heavy set of 6 - use med ball

3. Reverse Hypers  
5 sets of 10 moderate weight

4. Lying Leg Raise - use flat bench and hold onto rack to make sure you keep lower back flat and pressed into pad  
3 sets to failure. If you can do over 12 reps - add one chain around ankles

5. Free Time  
You can do whatever you want but it has to be done in 15 minutes

Sunday

1. Pin Press - close grip (one finger away from smooth) - Bar set so you have to push 4-6 inches  
Work up to a max set of 1 rep. Drop 15% and do 3 sets of 3

2. Rolling Dumbbell Extension (look up in exercise index)  
3 warm up sets  
3 work sets of 8 (these should be one rep shy of failure)  
* use more weight than last week.

3. Machine Overhead Press - alternating with the rest arm held at top.  
3 warm up sets  
3 heavy work sets of 10 reps  
* use more weight than last week

4. Band Pull Aparts  
2 sets failure  
* While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

5. Free time - same protocol
**Tuesday**

1. **Close Stance Low Box (10-12 inch) yoke bar squats with close stance (shoulder width or closer)**
   * Beat your one rep max from last week

2. **GHR**
   * 5 sets 12 reps

3. **Kneeling Pull Down Abs (kneel on floor facing the machine)**
   4 sets of 10-12 reps - HEAVY
   * use MORE weight than last week

4. **Back Raises**
   2 sets 60 with band around traps.

5. **Free time** - same protocol

**Thursday**

1. **Speed Bench** - use 4 different grips (don't care how you change them)
   52% of your raw max (or guess) for 8 sets of 3 reps

2. **One Arm Barbell Rows**
   * 2 warm up sets
   * 3 sets of 8 reps (these should be hard work sets)
   ** Use more weight than last week

3. **Pushdowns** - any style - use an attachment you haven’t used before.
   3 sets of 15-20 (go for a GIANT pump) ------- this is to get blood into the tissue

4. **Machine Flies**
   3 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue

5. **Side Raises**
   * Do 3 sets 30 reps - standing and only do the first 1/3 rang of motion. Keeping your head up.

6. **No Free Time**
   15 minutes of whatever you want
Phase 1 week 8

Saturday

1. Speed Squats off Box with Briefs
55% for 8 sets of 2 reps (60-90 sec rest)
* after sets work up to a heavy max set of 2 reps.

2. GHR
2 warm up sets of 10
4 heavy set of 6 - use med ball

3. Reverse Hypers
4 sets of 10 moderate weight

4. Lying Leg Raise - use flat bench and hold onto rack to make sure you keep lower back flat and pressed into pad
2 sets to failure.

5. Free Time
You can do whatever you want but it has to be done in 15 minutes

Sunday

1. Close Grip 2 Board Press - close grip (one finger away from smooth)
Work up to a max set of 3 rep. Drop 15% and do 2 sets of 5

2. One Arm Cross Body Dumbbell Extension (look up in exercise index)
3 warm up sets
5 work sets of 8 (these should be one rep shy of failure)
* rest 30 seconds between sets

3. One Arm Dumbbell Press - alternating with the rest arm held at top.
3 warm up sets
3 heavy work sets of 10 reps
* use more weight than last week

4. Band Pull Apart
2 sets failure
* While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

5. Free Time - same protocol
**Tuesday**

1. **Suspended Giant Cambered Bar Squat (not the rack able one)**
   * suspend bar with straps from rack so if you dropped your hands down like you were to pull they would be = to where the bar would be.

Work up to a max set of 5 reps.

2. **GHR**
   * 10 sets of 5 reps

3. **Standing Pull Down Abs**
   4 sets of 10-12 reps - HEAVY

4. **Back Raises on GHR (bend way over)**
   3 sets of 25 reps

5. **Free time** - same protocol

**Thursday**

1. **Speed Bench** - use 4 different grips (don't care how you change them)

   55% of your raw max (or guess) for 8 sets of 3 reps

2. **One Arm Barbell Rows**
   * 2 warm up sets
   * 3 sets of 8 reps (these should be hard work sets)
   ** Use more weigh than last week

3. **Pushdowns - any style** - use an attachment you haven't used before.
   3 sets of 15-20 (go for a GIANT pump) ---- this is to get blood into the tissue

4. **Machine Flies**
   3 sets 15-20 (go for giant pump) ---- this is to get blood into the tissue

5. **Side Raises using some type of grip (grip4orce, fat grips or fat grip extreme)**
   * Do 3 sets 30 reps - standing and only do the first 1/3 rang of motion. Keeping your head up.

6. **No Free Time**

   15 minutes of whatever you want
Phase 1 week 9

* This will end the first half of this phase (general prep) - after this we will move into strength domination.

**Saturday**

1. **Speed Squats off Box with Briefs**
   50% for 8 sets of 2 reps (60-90 sec rest)
   * after sets work up to a heavy max set of 1 reps. **DO NOT MAX OUT. MAKE IT A HEAVY SINGLE BUT LEAVE SOME IN THE TANK. SHOULD BE OVER THE WEIGHT YOU DOUBLED LAST WEEK.**

2. **GHR**
   2 warm up sets of 10
   NO WORK SETS

3. **Reverse Hypers**
   2 sets 10 reps

4. **Lying Leg Raise** - use flat bench and hold onto rack to make sure you keep lower back flat and pressed into pad
   1 sets to failure.

**Sunday**

1. **Close Grip 2 Board Press** - close grip (one finger away from smooth)
   Work up to one rep max

2. **One Arm Cross Body Dumbbell Extension (look up in exercise index)**
   3 warm up sets
   NO WORK SETS

3. **One Arm Dumbbell Press** - alternating with the rest arm held at top.
   3 warm up sets
   NO WORK SETS

4. **Band Pull Aparts**
   2 sets failure
   * While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.
Tuesday

1. **deadlifts with plates on 3 inches of mats**
   WORK UP TO SINGLE - LEAVING SOME IN THE TANK

2. **Standing Pull Down Abs**
   4 sets of 10-12 reps - HEAVY

3. **Back Raises on GHR (bend way over)**
   3 sets of 10 reps

4. **Free time** - same protocol

Thursday

1. **Speed Bench** - use 4 different grips (don't care how you change them)
   60% of your raw max (or guess) for 8 sets of 3 reps

2. **One Arm Barbell Rows**
   * 2 warm up sets
   NO WORK SETS

3. **Pushdowns** - any style - use an attachment you haven't used before.
   3 sets of 15-20 (go for a GIANT pump) <--- this is to get blood into the tissue

4. **Machine Flies**
   3 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue

Phase 1 week 10

Saturday

**Warm Up**
* 2 light sets of GHR
* 2 sets of pull down abs

1. **Speed Squats off Box with Briefs**
   54% for 8 sets of 2 reps (60 sec rest)
   \* after sets work up to a heavy max set of 1 reps.

2. **GHR**
   2 warm up sets of 10
   4 work sets with 20 pound med ball to failure
3. Reverse Hypers
2 sets 30 reps

4. Lying Leg Raise - use flat bench and hold onto rack to make sure you keep lower back flat and pressed into pad
2 sets to failure.

**Sunday**

1. Close Grip 3 Board Press - close grip (one finger away from smooth)
Work up to one rep max

2. One Arm Cross Body Dumbbell Extension using chains and 3 inch grenade (look up in exercise index)
2 warm up sets
3 work sets failing between 12-15 reps

3. Seated Leverage Machine Over head Press
3 warm up sets
Work to to a VERY heavy set of 5 reps

4. Band Pull Aparts
2 sets failure
* While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

**Tuesday**

**Warm Up**
* 2 light sets of GHR
* 2 sets of pull down abs

1. Pin Pulls - Pin 3
WORK UP TO SINGLE - LEAVING SOME IN THE TANK

2. Standing Pull Down Abs
4 sets of 10-12 reps - HEAVY

3. Back Raises on GHR (bend way over)
3 sets of 20 reps holding 20 pound med ball

4. Free time - same protocol
**Thursday**

1. **Speed Bench** - use 4 different grips (don’t care how you change them)
   60% of your raw max (or guess) for 8 sets of 3 reps

2. **One Arm Barbell Rows** - Using the core blaster and handle
   * 2 warm up sets
   * 4 work sets of 8 reps

3. **Pushdowns** - any style - use an attachment you haven’t used before.
   3 sets of 15-20 (go for a GIANT pump) <---- this is to get blood into the tissue

4. **Machine Flies**
   3 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue

**Phase 1 week 11**

**Saturday**

**Warm Up**
* 2 light sets of GHR
* 2 sets of pull down abs

1. **Pulls with plates on 4 inch blocks.**
   * work up to heavy triple, rest a few minutes and repeat for heavy single

2. **Speed Squats off Box with Briefs**
   *66% for 8 sets of 2 reps (60 sec rest)

3. **GHR**
   *2 warm up sets of 10
   *3 sets to absolute failure

3. **Reverse Hypers**
   *2 warm up sets of 8
   *4 work sets of 6-8 reps HEAVY

4. **Hanging Leg Raise**
   *2 sets to failure
**Sunday**

1. **Close Grip Floor Press** - close grip (one finger away from smooth)
   Work up to one rep max

2. **One Arm Cross Body Dumbbell Extension using chains and 3 inch grenade (look up in exercise index)**
   2 warm up sets
   3 work sets failing between 8-10 reps

3. **Seated Leverage Machine Over head Press**
   3 warm up sets
   Work to to a VERY heavy set of 5 reps BEAT LAST WEEK

4. **Band Pull Apart**
   2 sets failure
   * While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

**Tuesday**

**Warm Up**

* 2 light sets of GHR
* 2 sets of pull down abs

1. **Suspended GM with yolk bar**
   *WORK UP TO TRIPLE - LEAVING SOME IN THE TANK

2. **Standing Pull Down Abs**
   *sets of 6-8 reps - HEAVY

3. **Back Attack with bands and plates**
   * work up to 3 heavy sets of 5

4. **Free time** - same protocol - add in some type of vertical pulls (pulldowns)

**Thursday**

1. **Speed Bench** - use 4 different grips (don't care how you change them)
   60% of your raw max (or guess) for 8 sets of 3 reps

2. **One Arm Barbell Rows** - Using the core blaster and handle
   * 2 warm up sets
* 4 work sets of 8 reps  BEAT LAST WEEK

3. **Pushdowns** - any style - use an attachment you haven't used before.
   3 sets of 15-20  (go for a GIANT pump) <---- this is to get blood into the tissue

4. **Machine Flies**
   3 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue

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**Phase 1 week 12**

**Saturday**

**Warm Up**

* 2 light sets of GHR
* 2 sets of pull down abs

1. **Pulls with plates on 2 inch blocks.**
   * work up to heavy triple, rest a few minutes and repeat for heavy single

2. **Speed Squats off Box with Briefs**
   *58% for 8 sets of 2 reps  (60 sec rest)

3. **GHR**
   *2 warm up sets of 10
   *4 sets 8 with no added weight - should be easy

3. **Reverse Hypers**
   *2 warm up sets of 8
   *4 work sets of 8 easy reps

4. **Hanging Leg Raise**
   *2 sets to failure

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**Sunday**

1. **Close Grip Floor Press** - close grip (one finger away from smooth)
   Work up to one rep max - BEAT WHAT YOU DID LAST WEEK
2. One Arm Cross Body Dumbbell Extension using chains and 3 inch grenade (look up in exercise index)
2 warm up sets
3 work sets failing between 8-10 reps

3. Seated Leverage Machine Over head Press
3 warm up sets
# sets of 10 - moderately heavy (you should be able to do 15 if you pushed hard)

4. Band Pull Apart
2 sets failure
* While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

**Tuesday**

* Warm Up
  * 2 light sets of GHR
  * 2 sets of pull down abs

1. Suspended GM with yolk bar
   *WORK UP A HEAVY SINGLE*

2. Standing Pull Down Abs
   *sets of 6-8 reps - HEAVY*

3. Back Attack with bands and plates
   * work up to 3 heavy sets of 5 - BEAT WHAT YOU DID LAST WEEK*

4. **Free time** - same protocol - add in some type of vertical pulls (pulldowns)

**Thursday**

1. **Speed Bench** - use 4 different grips (don't care how you change them)
   50% of your raw max (or guess) for 10 sets of 5 reps
   * rest 30-45 seconds between sets

2. **Chest Supported Rows**
   * 2 warm up sets
   * 4 work sets of 8 reps

3. **Pushdowns** - any style - use an attachment you haven’t used before.
   3 sets of 15-20 (go for a GIANT pump) --- this is to get blood into the tissue
4. Machine Flies
3 sets 15-20 (go for giant pump) this is to get blood into the tissue

Phase 1 week 13

Saturday

Warm Up
* 2 light sets of GHR
* 2 sets of pull down abs

1. Pulls with plates off one Matt
* work up to heavy triple, rest a few minutes and repeat for heavy single

2. Speed Squats off Box with Briefs
*60% for 8 sets of 2 reps (60 sec rest)

3. GHR
*3 warm up sets of 10
*Using med balls work up to a HEAVY set of 6, rest 3-5 minutes and repeat

3. Reverse Hypers
*2 warm up sets of 8
*3 HEAVY sets of 6 (I mean REALLY heavy)

4. Hanging Leg Raise
*2 sets to failure with light med ball between feet

Sunday

1. Pin Press (pressing the bar the top 1/4 of the bench) - close grip (one finger away from smooth)
Work up to heavy triple.

NOTE: It would be WAY better if you did this using suspension straps instead of having the bar sitting on pins. This is much easier on the elbows and shoulders.

2. One Arm Cross Body Dumbbell Extension using chains and 3 inch grenade (look up in exercise index)
* Lets keep this in again this week BUT after your warm up sets hit 6 sets of 10 reps. You will partner up and do your sets and as soon as you are done the next guy goes, you will go back to back until all six sets are done. rest should be under 45 second totals.
3. One Arm Dumbbell Press - Seated
   3 warm up sets
   # sets of 10 - moderately heavy (you should be able to do 15 if you pushed hard)

4. Rear Delt Machine
   2 sets failure
   * While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

Tuesday

Warm Up
* 2 light sets of GHR
* 2 sets of pull down abs

1. Belt Squats
   * Work up to 5 sets of 5 reps using the same weight.

2. Standing Pull Down Abs
   * 2 sets of 15 reps - Try to use the same weight you were using for 8 reps last week.

3. Back Attack with bands and plates
   * work up to 3 heavy sets of 5 - BEAT WHAT YOU DID LAST WEEK

4. Free time - same protocol - add in some type of vertical pulls (pulldowns)

Thursday

1. Speed Bench - use 4 different grips (don't care how you change them)
   50% of your raw max (or guess) for 10 sets of 5 reps
   * rest 30-45 seconds between sets

2. Chest Supported Rows - attach chains (one or two chains)
   * 2 warm up sets
   * 4 work sets of 5 reps

3. Pushdowns - any style - use an attachment you haven’t used before.
   3 sets of 15-20 (go for a GIANT pump) <--- this is to get blood into the tissue

4. Machine Flies
   3 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue
Phase 1 week 14

Saturday

Warm Up
* 2 light sets of GHR
* 2 sets of pull down abs

1. Pulls with plates off floor
   * work up to heavy single.

2. Speed Squats off Box with yoke bar and Briefs. Use box that is 1-2 inches high. Focus on SPEED. Make sure to pause on box for a ONE count - then Flex and explode up as fast as you can.
   *50 for 12 sets of 2 reps  (60 sec rest)
   This is 50% of you squat

3. GHR
   *3 warm up sets of 10
   *Using med balls work up to a HEAVY set of 8. rest 3-5 minutes and repeat . Use the same ball as last week.

3. Reverse Hypers
   *2 warm up sets of 8
   *3 HEAVY sets of 8 (I mean REALLY heavy)
   * use the same weight as last week.

4. Hanging Leg Raise
   *2 sets to failure with light med ball between feet

Sunday

1. Pin Press (pressing the bar the top 1/4 of the bench) - close grip (one finger away from smooth)
   Work up to heavy SINGLE
   * drop 20% and do 3 sets of 5

   NOTE: It would be WAY better if you did this using suspension straps instead on having the bar sitting on pins. This is much easier on the elbows and shoulders.

2. One Arm Cross Body Dumbbell Extension using chains and 3 inch grenade (look up in exercise index)
   * Lets keep this in again this week BUT after your warm up sets hit 6 sets of 10 reps. You will partner up and do your sets and as soon as you are done the next guy goes, you will go back to back until all six sets are done. rest should be under 45 second totals.
   ADD ONE MORE CHAIN THAN LAST WEEK.
3. **One Arm Dumbbell Press** - Seated
   3 warm up sets
   * work to 3 max sets of 6

4. **Rear Delt Machine**
   2 sets failure
   * While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some blood in the traps and rear delta.

5. **Reverse Hypers**
   * 2 light sets of 15 reps

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**Tuesday**

**Warm Up**
* 2 light sets of GHR
* 2 sets of pull down abs

1. **Belt Squats**
   *Work up to 5 sets of 5 reps using 10% more weight than last week.

2. **Standing Pull Down Abs**
   * 4 sets of 15 reps - use the same weight as last week

3. **Reverse Hypers**
   * 4 sets of 15 - moderate weight

4. **Free time** - same protocol - add in some type of vertical pulls (pulldowns)

---

**Thursday**

1. **Speed Bench** - use 4 different grips (don't care how you change them)
   55% of your raw max (or guess) for 10 sets of 3 reps
   * rest 30-45 seconds between sets

2. **Chest Supported Rows** - attach chains (one or two chains)
   * 2 warm up sets
   * 4 work sets of 5 reps

3. **Pushdowns** - any style - use an attachment you haven’t used before.
   3 sets of 15-20 (go for a GIANT pump) <--- this is to get blood into the tissue
4. Machine Flies
3 sets 15-20 (go for giant pump) ---- this is to get blood into the tissue

**Phase 1 week 15**

**Saturday**

Warm Up
* 2 light sets of GHR
* 2 sets of pull down abs

1. **Speed Squats off Box with yoke bar and Briefs.** Use box that is 1-2 inches high. Focus on SPEED. Make sure to pause on box for a ONE count - then Flex and explode up as fast as you can.
   *54% for 12 sets of 2 reps (60 sec rest)
This is 54% of you squat

3. GHR
   *3 warm up sets of 10
   *Using med balls work up to a HEAVY set of 8. rest 3-5 minutes and repeat. Use the same ball as last week.

3. **Reverse Hypers**
   *2 warm up sets of 8
   *4 HEAVY sets of 8 (I mean REALLY heavy)
   * use the same weight as last week.

4. **Hanging Leg Raise**
   *4 sets to failure with light med ball between feet

**Sunday**

1. **Pin Press (pressing the bar the top 1/4 of the bench)** - Your regular bench grip
   Work up to heavy SINGLE
   * drop 20% and do 3 sets of 5

**NOTE:** It would be WAY better if you did this using suspension straps instead on having the bar sitting on pins. This is much easier on the elbows and shoulders.
2. One Arm Cross Body Dumbbell Extension using chains and 3 inch grenade (look up in exercise index)
   * Lets keep this in again this week BUT after your warm up sets hit 6 sets of 10 reps. You will partner up and do your sets
   and as soon as you are done the next guy goes, you will go back to back until all six sets are done. rest should be under 45
   second totals.
   ADD ONE MORE CHAIN THAN LAST WEEK.

3. One Arm Dumbbell Press - Seated
   3 warm up sets
   * work to 3 max sets of 12

4. Rear Delt Machine
   2 sets failure
   * While these need to be done there is no need to go ape shit or work that hard. Just do the movement and get some
   blood in the traps and rear delta.

5. Reverse Hypers
   * 2 light sets of 30 reps

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**Tuesday**

**Warm Up**

* 2 light sets of GHR
* 2 sets of pull down abs

1. Belt Squats
   *Work up to 5 sets of 5 reps using 10% more weight than last week.

2. Standing Pull Down Abs
   * 4 sets of 8 reps - heavy

3. Reverse Hypers
   * 4 sets of 8 - moderate weight

4. Free time - same protocol - add in some type of vertical pulls (pulldowns)

---

**Thursday**

1. Speed Bench - use 4 different grips (don’t care how you change them)
   55% of your raw max (or guess) for 10 sets of 3 reps
   * rest 30-45 seconds between sets
2. Chest Supported Rows
* 2 warm up sets
* 4 work sets of 12 reps

3. Pushdowns - any style - use an attachment you haven’t used before.
3 sets of 15-20 (go for a GIANT pump) <---- this is to get blood into the tissue

4. Machine Flies
3 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue

**Phase 1 week 16**

**Saturday**

**Warm Up**
* 3 light sets of GHR
* 3 sets of pull down abs

1. **Speed Squats off Box with yoke bar and Briefs.** Use box that is 1-2 inches high. Focus on SPEED. Make sure to pause on box for a ONE count - then Flex and explode up as fast as you can.
   *56% for 8 sets of 2 reps (60 sec rest) - then work up to one rep max.

3. **GHR**
   *3 sets to failure
   *hands behind head

3. **Reverse Hypers**
   *2 warm up sets of 8
   *4 HEAVY sets of 8 (I mean REALLY heavy)
   * use the same weight as last week.

4. **Hanging Leg Raise**
   * 10 sets of 10 reps (yes you read that right)

**Sunday**

1. **Chain Press** - work up to 50% of your max and add one chain per side for each additional set. Work up to your heaviest set of three reps.
2. **Fat Bar Extensions** - 6 sets 10 reps with 45 seconds rest.

3. **Swiss Bar Overhead Press (sliding against rack)**: This is known as a cage press or stripping the rack  
   3 warm up sets  
   * work to 3 max sets of 12

4. **Rear Delt Machine**  
   2 sets to warm up  
   2 sets of 40 reps

5. **Reverse Hypers**  
   * 2 light sets of 30 reps

---

**Tuesday**

**Warm Up**  
* 3 light sets of GHR  
* 3 sets of pull down abs

1. **Belt Squat**  
   *Work up to 5 sets of 5 reps using 10% more weight than last week. - This will be the last week of this so push it hard.

2. **Seated Abs** - use the blue bench  
   * 4 sets of 8 reps - heavy

3. **Reverse Hypers**  
   * 4 sets of 8 - moderate weight

5. **Free time** - same protocol - add in some type of vertical pulls (pulldowns)

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**Thursday**

1. **Speed Bench** - use 4 different grips (don't care how you change them)  
   55% of your raw max (or guess) for 10 sets of 3 reps  
   * rest 30-45 seconds between sets  
   * after your sets work up to a heavy triple

2. **3 Board press**  
   * work up to two very heavy sets ofd 5 reps

3. **Meadows Rows**  
   * 2 warm up sets  
   * 4 work sets of 8 reps
3. **Pushdowns** - any style - use an attachment you haven’t used before. (use a reverse grip this week)
3 sets of 15-20 (go for a GIANT pump) <---- this is to get blood into the tissue

4. **Machine Flies**
3 sets 15-20 (go for giant pump) <---- this is to get blood into the tissue

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**Phase 1 week 17**

**Saturday**

**Warm Up**
* 3 light sets of GHR
* 3 sets of pull down abs

1. **Speed Squats off Box with yoke bar and Briefs.** Use box that is 1-2 inches high. Focus on SPEED. Make sure to pause on box for a ONE count - then Flex and explode up as fast as you can.
   *45% for 15 sets of 2 reps (30 sec rest)

3. **GHR**
   *5 sets to failure
   *hands behind head

3. **Reverse Hypers**
   *2 warm up sets of 8
   *2 light sets of 25

4. **Hanging Leg Raise**
   * 5 sets of 20 reps

---

**Sunday**

1. **Chain Press** - work up to 50% of your max and add one chain per side for each additional set. Work up to your heaviest set of three reps.
   *** Add 10 pounds more than you used last week - for your base weight.

2. **Fat Bar Extensions** - 8 sets 10 reps with 30 seconds rest.

3. **Swiss Bar Overhead Press (sliding against rack).** This is known as a cage press or stripping the rack
   3 warm up sets
   * work to 4 max sets of 8
4. Rear Delt Machine
2 sets of 40 reps

5. Reverse Hypers
* 2 light sets of 30 reps

**Tuesday**

Warm Up
* 3 light sets of GHR
* 3 sets of pull down abs

1. Pin Pull (pin 3 using the coldge rack) - use the rod and pipe to pull off of.
* Work up to a heavy single

2. Seated Abs - use the blue bench
* 3 sets of 20 reps

3. Reverse Hypers
* 4 sets of 8 - moderate weight

4. Free time - same protocol - add in some type of vertical pulls (pulldowns)

**Thursday**

1. Speed Bench - use 4 different grips (don't care how you change them)
58% of your raw max (or guess) for 10 sets of 3 reps
* rest 30-45 seconds between sets

2. Two Board press
* work up to two very heavy sets of 5 reps

3. Meadows Rows
* 2 warm up sets
* 4 work sets of 8 reps
** Use more weight than last week

This will be it for the day...
Phase 1 week 18

Saturday

Warm Up
* 3 light sets of GHR
* 3 sets of pull down abs

1. Speed Squats off Box with squat bar and Briefs. Use box that is 1 inch high. Focus on SPEED. Make sure to pause on box for a ONE count - then Flex and explode up as fast as you can.
  *50% for 10 sets of 2 reps (45 sec rest)

2. GHR
  *4 sets to failure
  *hands behind head with weight

3. Reverse Hypers
  *2 warm up sets of 8
  *3 light sets of 25

4. Hanging Leg Raise
  * 5 sets of 25 reps

Sunday

1. Fat Bar Floor Press with Chain - work up to 50% of your max and add one chain per side for each additional set. Work up to your heaviest SINGLE.

2. Dumbbell Extensions - 8 sets 10 reps with 30 seconds rest.

3. Swiss Bar Overhead Press (sliding against rack). This is known as a cage press or stripping the rack
  3 warm up sets
  * work to a max set of 5 reps

4. Rear Delt Machine
  4 sets 30 reps

5. Reverse Hypers
  * 2 light sets of 30 reps
Tuesday

Warm Up
* 3 light sets of GHR
* 3 sets of pull down abs

1. Pin Pull (pin 1 using the colgde rack) - use the rod and pipe to pull off of.
   *Work up to a heavy single

2. Seated Abs - use the blue bench
   * 3 sets of 20 reps

3. Reverse Hypers
   * 4 sets of 8 - moderate weight

4. Free time - same protocol - add in some type of vertical pulls (pulldowns)

Thursday

1. Speed Bench - use 4 different grips (don't care how you change them)
   40% of your raw max (or guess) for 8 sets of 3 reps with double mini band
   * rest 60 seconds between sets

2. Three Board press
   * work up to two very heavy sets of 3 reps

3. Meadows Rows
   * 2 warm up sets
   * 4 work sets of 8 reps
   ** Use more weight than last week

4. Horizontal Rows
   * don't care how you do these just do 3 sets of 10-12 reps

5. Vertical pulls
   * also don't care how you do these but do 3 sets of 10-12 reps
Phase 1 week 19

Saturday

Warm Up
* 3 light sets of GHR
* 3 sets of pull down abs

1. **Speed Squats off Box with squat bar and Briefs** (also use suit with straps down if you have one). Use box that is 1 inch high. Focus on SPEED. Make sure to pause on box for a ONE count - then Flex and explode up as fast as you can. *50% for 10 sets of 2 reps (45 sec rest)

2. **GHR**  *4 sets to failure
* hands behind head with weight

3. **Reverse Hypers**
* 2 warm up sets of 8
* 3 light sets of 25

4. **Hanging Leg Raise**
* 5 sets of 25 reps

Sunday

1. **Fat Bar Floor Press with Chain**
* work up to 50% of your max and add one chain per side for each additional set. Work up to your heaviest SINGLE.

2. **Dumbbell Extensions**
* 8 sets 10 reps with 30 seconds rest.

3. **Swiss Bar Overhead Press** (sliding against rack). This is known as a cage press or stripping the rack
* 3 warm up sets  * work to a max set of 5 reps

4. **Rear Delt Machine**
* 4 sets 30 reps

5. **Reverse Hypers**
* 2 light sets of 30 reps
**Tuesday**

**Warm Up**
* 3 light sets of GHR
* 3 sets of pull down abs

1. **Pin Pull** (pin 1 using the coldge rack) - use the rod and pipe to pull off of.
   * Work up to a heavy single

2. **Seated Abs** - use the blue bench
   * 3 sets of 20 reps

3. **Reverse Hypers**
   * 4 sets of 8 - moderate weight

4. **Free time** - same protocol - add in some type of vertical pulls (pulldowns)

**Thursday**

1. **Speed Bench** - use 4 different grips (don't care how you change them)
   * 40% of your raw max (or guess) for 8 sets of 3 reps with double mini band
   * rest 60 seconds between sets

2. **Three Board press**
   * work up to two very heavy sets of 3 reps

3. **Meadows Rows**
   * 2 warm up sets
   * 4 work sets of 8 reps
   ** Use more weight than last week

4. **Horizontal Rows**
   * don't care how you do these just do 3 sets of 10-12 reps

5. **Vertical pulls**
   * also don't care how you do these but do 3 sets of 10-12 reps
Phase 1 Week 20

Saturday

1. Warm Up
   3 light sets of GHR
   3 sets of pull down abs

2. Reverse Band Squats
   - Double light band around top of mono lift and around bar. One band per side. Loop in bar around mono and back on bar again.
   - Full Gear
   - Free Squats
   You are going to start using a PM (perceived 1 RM). You will work up using triples until you feel like you can guess (within 40 pounds) what you could hit for a single if you kept working up. YOU WILL NOT WORK UP TO ESTABLISH THIS SINGLE. Once you figure out the PM you will use 85% of this for 2 sets of 3 reps.

3. Pulls Against Bands
   - Use the new signature rack that has the band pegs for pulling. The bands will run from the platform pegs to the first peg on the power rack.
   - Use 30% of your best deadlift with as much band tension as you can handle.
   - 8 sets of 1 with 60 seconds rest.

4. GHR
   - No extra weight needed. Do four sets to failure

5. Hanging Leg Raises
   - No extra weight needed, but make sure your hips stretch out at the bottom.
   - Four sets to failure

6. Free Time
   - 20 minutes total: Focus on single leg movements, abs and lower back work.
   - Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller
   - Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc
**Sunday:**

1. **Floor Press with Chains**
   - Raw
   - Rest as needed between set.
   Work up to a heavy single. After this set, you will rest a few minutes and do one more set with 10 percent less weight for as many reps as you can get.

2. **Flat Dumbbell Press**
   - Warm up how you like.
   - Rest two to four minutes between sets.
   - Work up to the heaviest set of 8 you can get. Take smaller jumps so the last three sets will be work sets.

3. **Magnum Shoulder Press**
   - Use palm in grip.
   - Work up to the heaviest set of 8 you can get. Take smaller jumps so the last three sets will be work sets.

4. **Rows**
   - Doesn’t matter what type, or if you use a couple movements instead of one, BUT make sure these are movements you did not do last week.
   - Leave one to two reps in the tank with every set.
   - Four sets of eight reps.

5. **Close Grip Push-up**
   - Put bar in the bottom of the power rack or smith machine at the lowest setting.
   - One set max reps with only body weight for resistance.

   **Free Time**
   - 20 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

**Tuesday:**

1. **Warm Up**
   - 3 light sets of GHR
   - 3 sets of pull down abs

2. **Box Jumps**
   - Warm up to a box height that is 70 percent of your best one rep max jump.
   - Perform four sets of one jump with 120 seconds rest

3. **Hamstrings**
   - GHR - Do 3 sets 15 reps with a moderate tempo.
   - Rest two minutes between sets
4. Standing Pull Down Abs with Cable
   • 4 sets 15 reps with <60 seconds rest

5. Free Time
   • 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Wednesday:

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Wide Grip Pulldowns
   • Use a weight you could do for 20 reps and do 5 sets 8 reps.
   • Change bar every couple sets.

2. Special Exercise #1
   • Not needed at this time.

3. Special Exercise #2
   • Not needed at this time.

4. Conditioning
   • Prowler of Sled Work – Six trips of 30 steps moderate intensity

5. Foam Roller – Massage Work
   • Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Thursday:

1. Bench Press
   • Six sets of five reps with 45 percent of your CM (competitive max) 60 seconds rest between sets
   • Explosive tempo

3. Fat Bar Extensions
   • Eight sets of eight reps with 45 seconds rest using weight you could do for 15 reps

4. Seated Dumbbell Side Raise
   • Use a weight you could do 20 reps with lax form.
   • Do three sets 12-15 reps with tight form.
• Leave a few reps at the end of each set.

5. Band Pull Aparts
• Use mini band for 2 sets to failure

6. Free Time
• 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

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**Phase 1 week 21**

**Saturday**

1. Warm Up
• 4 light sets of GHR
• 3 sets of pull down abs

2. Reverse Band Squats
• Double light band around top of mono lift and around bar. One band per side. Loop in bar around mono and back on bar again.
• Full Gear
• Free Squats
This week you will do a triple with 20 pounds more than you used last week. After this triple reduce the weight by 20% and do a set of 5 reps.

3. Pulls Against Bands
• Use the new signature rack that has the band pegs for pulling. The bands will run from the platform pegs to the first peg on the power rack.
• Use 35% of your best deadlift with as much band tension as you can handle.
• 8 sets of 1 with 60 seconds rest.

4. GHR
• No extra weight needed. Do four sets to failure

5. Hanging Leg Raises
• No extra weight needed, but make sure your hips stretch out at the bottom.
• Four sets to failure

6. Free Time
• 20 minutes total: Focus on single leg movements, abs and lower back work.
• Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller
• Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc
**Sunday:**

1. **Floor Press with Chains**
   - Raw
   - Rest as needed between set.
   Work up to a heavy single that is 5 pounds more than you did last week. After this set, you will rest a few minutes and do one more set with 10 percent less weight for as many reps as you can get.

2. **Palms In Flat Dumbbell Press**
   - Warm up how you like.
   - Rest two to four minutes between sets.
   - This week you will work up to 2 heavy sets of 15-20 reps. Make sure you fail between 15 and 20 reps

3. **Magnum Shoulder Press**
   - Use palm in grip.
   - Work up to the heaviest set of 8 you can get. Take smaller jumps so the last three sets will be work sets.

4. **Rows**
   - Doesn’t matter what type, or if you use a couple movements instead of one, BUT make sure these are movements you did not do last week.
   - Leave one to two reps in the tank with every set.
   - Four sets of eight reps.

5. **Close Grip Push-up**
   - Put bar in the bottom of the power rack or smith machine at the lowest setting.
   - One set max reps with only body weight for resistance.
   - Beat the number of reps you did last week.

**Free Time**
   - 20 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it

**Tuesday:**

1. **Warm Up**
   - 3 light sets of GHR
   - 4 sets of pull down abs

2. **Box Squats with Bands**
   - Warm up to a box height that is 40 percent of your best one rep max jump.
   - If you squat under 500 use chocked light bands - over 500 use chocked average bands
   - 8 sets of 2 reps - pausing on the box for a one second count and then exploding up as fast as you can.
   - Wear briefs or suit bottoms
3. Hamstrings
• GHR - Do 3 sets 15 reps with a moderate tempo.
• Rest two minutes between sets

4. Standing Pull Down Abs with Cable
• 4 sets 15 reps with <60 seconds rest

5. Free Time
• 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

**Wednesday:**

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Wide Grip Pulldowns
• Use a weight you could do for 20 reps and do 5 sets 8 reps.
• Change bar every couple sets.

2. Special Exercise #1
• Not needed at this time.

3. Special Exercise #2
• Not needed at this time.

4. Conditioning
• Prowler of Sled Work – Six trips of 34 steps moderate intensity

5. Foam Roller – Massage Work
• Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

**Thursday:**

1. Bench Press
• Six sets of five reps with 50 percent of your CM (competitive max) 60 seconds rest between sets
• Explosive tempo

3. Fat Bar Extensions
• Eight sets of eight reps with 45 seconds rest using weight you could do for 15 reps
4. Seated Dumbbell Side Raise
   • Use a weight you could do 20 reps with lax form.
   • Do three sets 12-15 reps with tight form.
   • Leave a few reps at the end of each set.

5. Band Pull Aparts
   • Use mini band for 3 sets to failure

6. Free Time
   • 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

**Phase 1 week 22**

**Saturday**

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs

2. Reverse Band Squats
   • Double light band around top of mono lift and around bar. One band per side. Loop in bar around mono and back on bar again.
   • Full Gear
   • Free Squats
   This week you will work up to a heavy single.

3. Pulls Against Bands
   • Use the new signature rack that has the band pegs for pulling. The bands will run from the platform pegs to the first peg on the power rack.
   • Use 40% of your best deadlift with as much band tension as you can handle.
   • 6 sets of 1 with 60 seconds rest.

4. GHR
   Do four sets to failure with med ball

5. Hanging Leg Raises
   • No extra weight needed, but make sure your hips stretch out at the bottom.
   • Four sets to failure push for 30 per set

6. Free Time
   • 20 minutes total: Focus on single leg movements, abs and lower back work.
   • Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.
7. Foam Roller
   - Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc.

Sunday:

1. Floor Press with Chains
   - Raw
   - Rest as needed between set.
   Last week on this, Work up a break your PR by 5 pounds. If this goes well take another one.

2. Palms In Flat Dumbbell Press
   - Warm up how you like.
   - Rest two to four minutes between sets.
   - This week you will work up to 2 heavy sets of 10 reps.

3. Magnum Shoulder Press
   - Use palm in grip.
   - Work up to the heaviest set of 8 you can get. Take smaller jumps so the last three sets will be work sets.

4. Rows
   - Doesn’t matter what type, or if you use a couple movements instead of one, BUT make sure these are movements you did not do last week.
   - Leave one to two reps in the tank with every set.
   - Four sets of eight reps.

5. Close Grip Push-up
   - Put bar in the bottom of the power rack or smith machine at the lowest setting.
   - One set max reps with one chain around your upper back - neck

Free Time
   - 20 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

Tuesday:

1. Warm Up
   - 4 light sets of GHR
   - 4 sets of pull down abs

2. Box Jumps
   - Warm up to a box height that is 50% percent of your best one rep max jump.
   - Use a box squat box. Sit back on the bops as you would squat, pause and then jump on the box.
• 6 sets of 2 reps

3. Hamstrings
• GHR - Do 3 sets 15 reps with a moderate tempo.
• Rest two minutes between sets

4. Standing Pull Down Abs with Cable
• 4 sets 15 reps with <60 seconds rest

5. Free Time
• 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Wednesday:

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Swiss Bar Pull Downs (2 sets with each grip)
• Use a weight you could do for 15 reps but only do 10

2. Special Exercise #1
• 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds

3. Special Exercise #2
• 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. Conditioning
• Prowler of Sled Work – Six trips of 34 steps moderate intensity

5. Foam Roller – Massage Work
• Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Thursday:

1. Bench Press
• Six sets of five reps with 55 percent of your CM (competitive max) 60 seconds rest between sets
• Explosive tempo

3. Dumbbell Extensions
• Eight sets of eight reps with 45 seconds rest using weight you could do for 15 reps
4. Seated Dumbbell Side Raise
   • Use a weight you could do 20 reps with lax form.
   • Do three sets 12-15 reps with tight form.
   • Leave a few reps at the end of each set.

5. Band Pull Apart
   • Use mini band for 3 sets to failure - shoot for over 30 reps per set

6. Free Time
   • 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

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**Phase 1 week 23**

**Saturday**

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs

2. Giant Cambered Bar Box Squats
   • Work up using triples until you reach a max single
   • Briefs - Suit with Straps Down

3. Pulls Against Bands
   • Use the new signature rack that has the band pegs for pulling. The bands will run from the platform pegs to the first peg on the power rack. DOUBLE THE BAND TENSION FROM LAST WEEK
   • Use 30% of your best deadlift with as much band tension as you can handle.
   • 6 sets of 1 with 60 seconds rest.

4. GHR
   Do four sets to failure with 20 pound med ball

5. Hanging Leg Raises
   • No extra weight needed, but make sure your hips stretch out at the bottom.
   • Four sets to failure push for 30 per set

6. Free Time
   • 20 minutes total: Focus on single leg movements, abs and lower back work.
   • Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller
   • Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc
Sunday:

1. 3 - Board Press with Fat Bar
   • Raw
   • Rest as needed between set.
   Work up to a very heavy set of 5, rest 3 minutes and do a set of 3 with the same weight

2. Palms In Flat Dumbbell Press
   • Warm up how you like.
   • Rest two to four minutes between sets.
   • This week you will work up to 2 heavy sets of 10 reps.
   • Use more than last week

3. Magnum Shoulder Press
   • Use palm in grip.
   • Work up to the heaviest set of 8 you can get. Take smaller jumps so the last three sets will be work sets.

4. Rows
   • Doesn’t matter what type, or if you use a couple movements instead of one, BUT make sure these are movements you did not do last week.
   • Leave one to two reps in the tank with every set.
   • Four sets of eight reps.

5. Close Grip Push-up
   • Put bar in the bottom of the power rack or smith machine at the lowest setting.
   • One set max reps with one chain around your upper back - neck
   • Do 100 total reps - as many sets as it takes

Free Time
• 20 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

Tuesday:

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs

2. Box Squats with Bands
   • Warm up to a box height that is 44 percent of your best one rep max jump.
   • If you squat under 500 use chocked light bands - over 500 use chocked average bands
   • 8 sets of 2 reps - pausing on the box for a one second count and then exploding up as fast as you can.
   • Wear briefs or suit bottoms
3. Hamstrings  
   • GHR - Do 3 sets 25 reps with a moderate tempo.  
   • Rest two minutes between sets  

4. Standing Pull Down Abs with Cable  
   • 4 sets 15 reps with <60 seconds rest - go heavier than you ever have  

5. Free Time  
   • 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Wednesday:  
This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Swiss Bar Reverse Band Pull Downs (2 sets with each grip)  
   • 12-15 reps each set flexing lats hard at the bottom  

2. Special Exercise #1  
   • 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds  

3. Special Exercise #2  
   • 50 rep banded good mornings - average bands - stand on back with the other end around your traps  

4. Conditioning  
   • Frowler of Sled Work – Six trips of 38 steps moderate intensity  

5. Foam Roller – Massage Work  
   • Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Thursday:  

1. Bench Press  
   • Six sets of five reps with 40 percent of your CM (competitive max) 60 seconds rest between sets  
   • 2 chains per side  
   • Explosive tempo  

2. Dumbbell Extensions  
   • Eight sets of eight reps with 45 seconds rest using weight you could do for 15 reps
3. **Seated Dumbbell Side Raise**
   - Use a weight you could do 20 reps with lax form.
   - Do three sets 12-15 reps with tight form.
   - Leave a few reps at the end of each set.

4. **Band Pull Aparts**
   - Use mini band for 3 sets to failure - shoot for over 30 reps per set

5. **Free Time**
   - 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

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**Phase 1 week 24**

**Saturday**

1. **Warm Up**
   - 4 light sets of GHR
   - 4 sets of pull down abs

2. **Reverse Band Deadlifts using Average Bands**
   - Work up using triples until you reach a max single
   - Briefs - Suit with Straps Down

3. **Belt Squats - RAW**
   - 5 sets of 5 - use a weight that would be very hard to get 10 reps with

4. **GHR**
   Do four sets to failure with 35 pound plate

5. **Hanging Leg Raises**
   - No extra weight needed, but make sure your hips stretch out at the bottom.
   - 3 sets of 10 - add chains around your ankles

6. **Free Time**
   - 20 minutes total: Focus on single leg movements, abs and lower back work.
   - Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. **Foam Roller**
   - Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc
**Sunday:**

1. **Board Press with Fat Bar**
   - Raw
   - Rest as needed between set.
   Work up to a very heavy set of 3, rest 3 minutes and do a set of 3 with the same weight

2. **Palms In Flat Dumbbell Press**
   - Warm up how you like.
   - Rest two to four minutes between sets.
   - This week you will work up to 2 heavy sets of 6 reps.
   - Use more than last week

3. **Magnum Shoulder Press**
   - Use palm in grip.
   - Work up to the heaviest set of 5 you can get. Take smaller jumps so the last three sets will be work sets.

4. **Rows**
   - Doesn’t matter what type, or if you use a couple movements instead of one, BUT make sure these are movements you did not do last week.
   - Leave one to two reps in the tank with every set.
   - Four sets of eight reps.

5. **Close Grip Push-up**
   - Put bar in the bottom of the power rack or smith machine at the lowest setting.
   - One set max reps with one chain around your upper back - neck
   - Do 100 total reps - as many sets as it takes

**Free Time**
- 20 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

**Tuesday:**

1. **Warm Up**
   - 4 light sets of GHR
   - 4 sets of pull down abs

2. **Box Squats with Bands**
   - Warm up to a box height that is 46 percent of your best one rep max jump.
   - If you squat under 500 use chocked light bands - over 500 use chocked average bands
   - 8 sets of 2 reps - pausing on the box for a one second count and then exploding up as fast as you can.
   - Wear briefs or suit bottoms
   - Regardless of the percentage this weight should be hard but still move with a POP off the box. If the weight
doesn’t allow this lower the weight.

3. Hamstrings
   • GHR - Do 3 sets 25 reps with a moderate tempo.
   • Rest two minutes between sets

4. Standing Pull Down Abs with Cable
   • 4 sets 15 reps with <60 seconds rest - go heavier than you ever have

5. Free Time
   • 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Wednesday:

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Swiss Bar Reverse Band Pull Downs (2 sets with each grip)
   • 12-15 reps each set flexing lats hard at the bottom

2. Special Exercise #1
   • 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds

3. Special Exercise #2
   • 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. Conditioning
   • Prowler of Sled Work – Six trips of 40 steps moderate intensity

5. Foam Roller – Massage Work
   • Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Thursday:

1. Bench Press
   • Six sets of five reps with 30 percent of your CM (competitive max) 60 seconds rest between sets
   • 2 chains per side
   • Explosive tempo

3. Dumbbell Extensions
   • Eight sets of eight reps with 45 seconds rest using weight you could do for 15 reps
4. Seated Dumbbell Side Raise
   • Use a weight you could do 20 reps with lax form.
   • Do three sets 12-15 reps with tight form.
   • Leave a few reps at the end of each set.

5. Band Pull Aparts
   • Use mini band for 3 sets to failure - shoot for over 30 reps per set

6. Free Time
   • 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

**Phase 1 week 25**

**Saturday**

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs

2. Full Gear Squats
   • Briefs - Suit with Straps Down
   • See if you can set the safety straps up so they will hit the bar when you are 4 inches above parallel. So a high squat but not SUPER high. You will squat down to them but NOT pause on them. They are there to be a gauge and that's it.
   • Work up to 70% of your best squat (or 70% of your PM). You will do 2 sets of 5 with this weight.

3. Speed Pulls
   • 8 sets of 2 with 50% of your best 1RM

4. GHR
   Do four sets to failure with 35 pound plate

5. Hanging Leg Raises
   • No extra weight needed, but make sure your hips stretch out at the bottom.
   • 3 sets of 10 - add chains around your ankles

6. Free Time
   • 20 minutes total: Focus on single leg movements, abs and lower back work.
   • Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller
   • Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc
Sunday:

1. **Board Press with Fat Bar**
   - Raw
   - Rest as needed between set.
   Work up to a very heavy set of 3, rest 3 minutes and do a set of 3 with the same weight

2. **Shirt Work off a 3 Board**
   - Warm up and work up to a moderately heavy set of 5 reps off a 3 board. After than drop down and do 2 heavy sets of 3 off a twop board. I WANT your arm to be shot before you do this so make sure you busted your ass on the fat bar one board. If not - go back and do a down set using 50% of your top weight and do as many reps as you can.
   This is a shit pile of work so that will be it for the day. Proceed to free time work if you think you need anything else.

**Free Time**
- 20 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

Tuesday:

1. **Warm Up**
   - 4 light sets of GHR
   - 4 sets of pull down abs

2. **Box Jumps**
   - Work up to a max jump
   - Do 8 sets of 2 reps with 50% of your max jump

3. **Hamstrings**
   - GHR - Do 3 sets 25 reps with a moderate tempo.
   - Rest two minutes between sets

4. **Standing Pull Down Abs with Cable**
   - 5 sets 15 reps with <60 seconds rest - go heavier than you ever have

5. **Free Time**
   - 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.
**Wednesday:**

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. **Swiss Bar Reverse Band Pull Downs** (2 sets with each grip) ---> add a monster mini on top of what you have been using.
   - 12-15 reps each set flexing lats hard at the bottom

2. **Special Exercise #1**
   - 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds

3. **Special Exercise #2**
   - 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. **Conditioning**
   - Prowler of Sled Work – Six trips of 50 steps moderate intensity

5. **Foam Roller** – Massage Work
   - Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

**Thursday:**

1. **Bench Press**
   - Six sets of five reps with 30 percent of your CM (competitive max) 60 seconds rest between sets
   - 3 chains per side
   - Explosive tempo

2. **Dumbbell Extensions**
   - Eight sets of eight reps with 30 seconds rest using weight you could do for 15 reps ---> use more weight than last week

4. **Standing DB Swings**
   - Use a heavy weight
   - Keep your head up
   - you will only swings about 4-5 inches - Do 3 sets of 30 reps

5. **Band Pull Apart**
   - Use mini band for 3 sets to failure - shoot for over 30 reps per set

6. **Free Time**
   - 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.
Phase 1 week 26

Saturday

1. Full Gear Squats
   * work up and get a good feel with your total gear.

Sunday:

1. Shirt Work
   * work up and get a feel for full gear

Tuesday:

1. Warm Up
   - 4 light sets of GHR
   - 4 sets of pull down abs

2. Box Squats with Bands
   - Warm up to a box height that is 48 percent of your best one rep max jump.
   - If you squat under 500 use chocked light bands - over 500 use chocked average bands
   - 8 sets of 2 reps - pausing on the box for a one second count and then exploding up as fast as you can.
   - Wear briefs and suit bottoms
   - Regardless of the percentage this weight should be hard but still move with a POP off the box. If the weight doesn’t allow this lower the weight.

3. Hamstrings
   - GHR - Do 3 sets 30 reps with a moderate tempo.
   - Rest two minutes between sets

4. Standing Pull Down Abs with Cable
   - 5 sets 20 reps with <60 seconds rest - go heavier than you ever have

5. Free Time
   - 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Wednesday:

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Swiss Bar Reverse Band Pull Downs (2 sets with each grip) ---> add a monster mini on top of what you have been using.
   - 12-15 reps each set flexing lats hard at the bottom
2. Special Exercise #1
   • 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds

3. Special Exercise #2
   • 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. Conditioning
   • Prowler of Sled Work – Six trips of 50 steps moderate intensity

5. Foam Roller – Massage Work
   • Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Thursday:

1. Flat Dumbbell Presses
   • Warm up using 7 warm up sets working up to a moderate weight (10 reps per set)
   • Work up to a heavy set of 12
   • Rest 5-7 minutes and do another set with same weight but try to do 15 to 20 reps

2. Dumbbell Extensions
   • Eight sets of eight reps with 30 seconds rest

3. Standing DB Swings
   • Use a heavy weight
   • Keep your head up
   • you will only swing about 4-5 inches - Do 3 sets of 30 reps

4. Band Pull Aparts
   • Use mini band for 3 sets to failure - shoot for over 30 reps per set

5. Free Time
   • 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

Phase 1 week 27

Saturday

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs
2. Full Gear Squats
   • Briefs - Suit with Straps Down
   • See if you can set the safety straps up so they will hit the bar when you are 2 inches above parallel. So a high squat but not SUPER high. You will squat down to them but NOT pause on them. They are there to be a gauge and that's it.
   • Work up to 75% of your best squat (or 75% of your PM). You will do 3 sets of 3 with this weight.

3. Speed Pulls
   • 8 sets of 2 with 50% of your best 1RM

4. GHR
   Do four sets to failure with 35 pound plate

5. Hanging Leg Raises
   • 3 sets of 10 - add chains around your ankles

6. Free Time
   • 20 minutes total: Focus on single leg movements, abs and lower back work.
   • Take 20 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller
   • Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc

Sunday:

1. 1 Board Press
   • Raw
   • Rest as needed between set.
   Work up to a very heavy set of 3

2. 2 Board Press
   • Raw
   • Rest as needed between set.
   Work up to a very heavy set of 3

3. 3 Board Press
   • Raw
   • Rest as needed between set.
   Work up to a very heavy set of 3

4. Shirt Work off a 2 Board
   • Warm up and work up to a moderately heavy set of 3 reps off a 2 board.
Free Time

- 20 minutes to do what you want. Don't be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don't do it.

Tuesday:

1. Warm Up
   - 4 light sets of GHR
   - 4 sets of pull down abs

2. Box Jumps
   - Work up to a max jump
   - Do 8 sets of 2 reps with 50% of your max jump

3. Hamstrings
   - GHR - Do 3 sets 25 reps with a moderate tempo.
   - Rest two minutes between sets

4. Standing Pull Down Abs with Cable
   - 5 sets 15 reps with <60 seconds rest - go heavier than you ever have

5. Free Time
   - 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Wednesday:

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Swiss Bar Reverse Band Pull Downs (2 sets with each grip) ---> add a monster mini on top of what you have been using.
   - 12-15 reps each set flexing lats hard at the bottom

2. Special Exercise #1
   - 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds

3. Special Exercise #2
   - 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. Conditioning
   - Prowler of Sled Work – Six trips of 50 steps moderate intensity
5. **Foam Roller** – Massage Work  
   - Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

**Thursday:**

1. **Close Grip Incline Press**  
   - Work up to 3 sets of 5 with a moderate / heavy weight (you should have 2-3 reps left at the end of each set)

3. **Chain Extensions**  
   - Use the grenades or a single D hand. Do 8 sets of 8 reps with 60 seconds rest

4. **Seated Side Raises**  
   - 3 sets of 15

5. **Band Pull Aparts**  
   - Use mini band for 3 sets to failure - shoot for over 30 reps per set

6. **Free Time**  
   - 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

**Phase 1 week 28**

**Saturday**

1. **Warm Up**  
   - 3 light sets of GHR  
   - 3 sets of pull down abs

2. **Full Gear Squats**  
   - Briefs - Suit with Straps UP - and knee wraps (FULL GEAR)  
   - See if you can set the safety straps up so they will hit the bar when you are at parallel.  
   - You will squat down to them but NOT pause on them. They are there to be a gauge and that’s it.  
   - Work up to 80% of your best squat (or 80% of your PM). You will do 5 sets of 1 with this weight.  
   - Do your best to NOT be emotional. Just do the work.

3. **Speed Pulls**  
   - 8 sets of 1 with 60% of your best 1RM using the mastodon bar

4. **GHR**  
   - Do 3 sets to failure with 35 pound plate
5. Hanging Leg Raises
   • 2 sets of 10 - add chains around your ankles

6. Free Time
   • 15 minutes total: Focus on single leg movements, abs and lower back work.
   • Take 15 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller
   • Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc

Sunday:

1. Shirt Work off boards to chest
   • Warm up and put your shirt. Determine what you would like to touch (if you don’t know go off 30 pounds less than what you did off the 2 boar last week or go 30-40 under your opener). Work 40 pounds back with each board. So if your touch weight will be 300 you will go to chest with 300, 1 board with 260, 2 board with 200, 3 board with 180. Basically you are going to use the boards to work the shirt down until you touch.

2. JM Press with Fat Bar
   • Work up to 3 sets of 3 with the same weight

Free Time
   • 15 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

Tuesday:

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs

2. Box Jumps
   • Work up to a max jump
   • Do 5 sets of 2 reps with 60% of your max jump

3. Hamstrings
   • GHR - Do 3 sets 25 reps with a moderate tempo.
   • Rest two minutes between sets

4. Standing Pull Down Abs with Cable
   • 5 sets 15 reps with <60 seconds rest - go heavier than you ever have
5. Free Time
   • 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

**Wednesday:**

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. **Swiss Bar Reverse Band Pull Downs** (2 sets with each grip) ---> add a monster mini on top of what you have been using.
   • 12-15 reps each set flexing lats hard at the bottom

2. **Special Exercise #1**
   • 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds

3. **Special Exercise #2**
   • 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. **Conditioning**
   • Prowler of Sled Work – Six trips of 50 steps moderate intensity

5. **Foam Roller – Massage Work**
   • Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

**Thursday:**

1. **Close Grip Incline Press**
   • Work up to 3 sets of 3 with a moderate / heavy weight (you should have 1 rep left at the end of each set)

2. **Chain Extensions**
   • Use the grenades or a single D hand. Do 8 sets of 5 reps with 60 seconds rest (more weight than last week)

4. **Seated Side Raises**
   • 3 sets of 15

5. **Band Pull Apart**
   • Use mini band for 3 sets to failure - shoot for over 30 reps per set

6. **Free Time**
   • 20 minutes total: Focus on chest, deltis, arms and keep to machines, dumbbells or cables.
Phase 1 Week 29

Saturday

1. Warm Up
   • 3 light sets of GHR
   • 3 sets of pull down abs

2. Full Gear Squats
   • Briefs - Suit with Straps UP - and knee wraps (FULL GEAR)
   • See if you can set the safety straps up so they will hit the bar when you are at parallel.
   • You will squat down to them but NOT pause on them. They are there to be a gauge and that’s it.
   • Work up to 85% of your best squat (or 85% of your PM). You will do 3 sets of 1 with this weight.

3. Speed Pulls
   • 8 sets of 1 with 65% of your best 1RM using the texas power bar

4. GHR
   Do 2 sets to failure with 35 pound plate

5. Hanging Leg Raises
   • 2 sets of 10 - add chains around your ankles

6. Free Time
   • 10 minutes total: Focus on single leg movements, abs and lower back work.
   • Take 10 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller
   • Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc

Sunday:

1. Shirt Work off boards to chest
   • Warm up and put your shirt. Determine what you would like to touch (if you don’t know go off 30 pounds less than what you did off the 2 boar last week or go 30-40 under your opener). Work 40 pounds back with each board. So if your touch weight will be 300 you will go to chest with 300, 1 board with 260, 2 board with 200, 3 board with 180. Basically you are going to use the boards to work the shirt down until you touch.

2. JM Press with Texas Power Bar
   • work up to 3 sets of 3 with the same weight
Free Time
• 10 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

Tuesday:

1. Warm Up
• 4 light sets of GHR
• 4 sets of pull down abs

2. Box Jumps
• Work up to a max jump
• Do 5 sets of 1 reps with 65% of your max jump

3. Hamstrings
• GHR - Do 2 sets 25 reps with a moderate tempo.
• Rest two minutes between sets

4. Standing Pull Down Abs with Cable
• 3 sets 15 reps with <60 seconds rest - go heavier than you ever have

5. Free Time
• 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Wednesday:

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Swiss Bar Reverse Band Pull Downs (2 sets with each grip) ---> add a monster mini on top of what you have been using.
• 12-15 reps each set flexing lats hard at the bottom

2. Special Exercise #1
• 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds

3. Special Exercise #2
• 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. Conditioning
• Prowler of Sled Work – Six trips of 50 steps moderate intensity

5. Foam Roller – Massage Work
• Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.
Thursday:

1. Close Grip Incline Press
   • Work up to a heavy set of 3

3. Chain Extensions
   • Use the grenades or a single D hand. Do 6 sets of 5 reps with 60 seconds rest (more weight then last week)

4. Seated Side Raises
   • 2 sets of 15

5. Band Pull Aparts
   • Use mini band for 3 sets to failure - shoot for over 30 reps per set

6. Free Time
   • 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

Phase 1 week 30

Saturday

1. Warm Up
   • 3 light sets of GHR
   • 3 sets of pull down abs

2. Full Gear Squats
   • Briefs - Suit with Straps UP - and knee wraps (FULL GEAR)
   • See if you can set the safety straps up so they will hit the bar when you are at parallel.
   • You will squat down to them but NOT pause on them. They are there to be a gauge and that’s it.
   • Work up to 90% of your best squat (or 90% of your PM). You will do 2 sets of 1 with this weight.

3. Speed Pulls
   • 6 sets of 1 with 70% of your best 1RM using the texas deadlift bar

4. GHR
   Do 2 sets to failure with 45 pound plate

5. Hanging Leg Raises
   • 2 sets of 10 - add chains around your ankles

6. Free Time
   • 10 minutes total: Focus on single leg movements, abs and lower back work.
   • Take 10 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.
7. Foam Roller
   • Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc

**Sunday:**

1. Shirt Work off boards to chest
   • USE THE EXACT SAME WEIGHT AS LAST WEEK AND DO THE SAME THING - Warm up and put your shirt. Determine what you would like to touch (if you don’t know go off 30 pounds less than what you did off the 2 boards last week or go 30-40 under your opener). Work 40 pounds back with each board. So if your touch weight will be 300 you will go to chest with 300, 1 board with 260, 2 board with 200, 3 board with 180. Basically you are going to use the boards to work the shirt down until you touch.

2. JM Press with FAT Bar
   • work up to 3 sets of 3 with the same weight

3. Rear Delt Machine
   • 3 sets 20 reps

Free Time
   • 10 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

**Tuesday:**

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs

2. Box Jumps
   • Work up to a max jump
   • Do 5 sets of 1 reps with 70% of your max jump
   • Rest 45 seconds between sets

3. Hamstrings
   • GHR - Do 2 sets 25 reps with a moderate tempo.
   • Rest two minutes between sets

4. Standing Pull Down Abs with Cable
   • 3 sets 15 reps with -60 seconds rest - go heavier than you ever have

5. Free Time
   • 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.
**Wednesday:**

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. **Swiss Bar Reverse Band Pull Downs** (2 sets with each grip) ---> add a monster mini on top of what you have been using.
   - 12-15 reps each set flexing lats hard at the bottom

2. **Special Exercise #1**
   - 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds

3. **Special Exercise #2**
   - 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. **Conditioning**
   - Prowler of Sled Work – Six trips of 50 steps moderate intensity

5. **Foam Roller – Massage Work**
   - Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

**Thursday:**

1. **Dumbbell Presses - Flat**
   - Work up to a heavy set of 6 reps - rest 5 minutes -- use the same weight and do a max set of reps.

2. **Barbell Close Grip Push Ups**
   - Place barbell in the bottom setting of the Power Rack. Do 100 total reps

3. **Standing Side Swings**
   - 2 sets of 30 - Remember this is a partial range of motion movement. Just swing the weights about 1/8 range of motion.

4. **Band Pull Aparts**
   - Use mini band for 3 sets to failure - shoot for over 30 reps per set

5. **Free Time**
   - 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.
**Phase 1 week 31**

**Saturday**

1. **Warm Up**
   - 3 light sets of GHR
   - 3 sets of pull down abs

2. **Full Gear Squats**
   - Briefs - Suit with Straps UP - and knee wraps (FULL GEAR)
   - See if you can set the safety straps up so they will hit the bar when you are at parallel.
   - You will squat down to them but NOT pause on them. They are there to be a gauge and that’s it.
   - Work up to 93% of your best squat (or 90% of your PM). You will do 1 sets of 1 with this weight.
   - Add 50-70 pounds and perform 1 rep with reverse bands (see how much weigh the bands take off at the bottom. Add 70% of what this is to the bar on this set - I’m guess between 50-70) -- use the same band set up as last week. The bands should be in the top shelf of the big tool box/

3. **Speed Pulls**
   - 5 sets of 1 with 75% of your best 1RM using the texas deadlift bar

4. **GHR**
   - Do 2 sets to failure with 45 pound plate

5. **Hanging Leg Raises**
   - 2 sets of 10 - add chains around your ankles

6. **Free Time**
   - 10 minutes total: Focus on single leg movements, abs and lower back work.
   - Take 10 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. **Foam Roller**
   - Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc

**Sunday:**

1. **Shirt Work off boards to chest**
   - USE THE EXACT SAME WEIGHT AS LAST WEEK AND DO THE SAME THING - Warm up and put your shirt. Determine what you would like to touch (if you don’t know go off 30 pounds less than what you did off the 2 board last week or go 30-40 under your opener). Work 40 pounds back with each board. So if your touch weight will be 300 you will go to chest with 300, 1 board with 260, 2 board with 200, 3 board with 180. Basically you are going to use the boards to work the shirt down until you touch.
   - IF --- IF --- IF you touched and presses EZ last week then go up 10-20 pounds this week.
2. JM Press with FAT Bar
   • work up to 3 sets of 3 with the same weight

3. Rear Delt Machine
   • 3 sets 20 reps

Free Time
   • 10 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

Tuesday:

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs

2. Box Jumps
   • Work up to a max jump
   • Do 5 sets of 1 reps with 80% of your max jump
   • Rest 90 seconds between sets

3. Hamstrings
   • GHR - Do 2 sets 25 reps with a moderate tempo.
   • Rest two minutes between sets

4. Standing Pull Down Abs with Cable
   • 3 sets 15 reps with <60 seconds rest - go heavier than you ever have

5. Free Time
   • 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Wednesday:

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Swiss Bar Reverse Band Pull Downs (2 sets with each grip) → add a monster mini on top of what you have been using.
   • 12-15 reps each set flexing lats hard at the bottom

2. Special Exercise #1
   • 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds
3. Special Exercise #2
   • 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. Conditioning
   • Prowler of Sled Work – Six trips of 50 steps moderate intensity

5. Foam Roller – Massage Work
   • Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.

Thursday:

1. Dumbbell Presses - Flat
   • Work up to a heavy set of 6 reps - rest 5 minutes -- use the same weight and do a max set of reps. BEAT the weight you used last week.

2. Barbell Close Grip Push Ups
   • Place barbell in the bottom setting of the Power Rack. Do 100 total reps

3. Standing Side Swings
   • 2 sets of 30 - Remember this is a partial range of motion movement. Just swing the weights about 1/8 range of motion.

4. Band Pull Aparts
   • Use mini band for 3 sets to failure - shoot for over 30 reps per set

6. Free Time
   • 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

Phase 1 week 32

Saturday

1. Warm Up
   • 3 light sets of GHR
   • 3 sets of pull down abs

2. Full Gear Squats
   • Briefs - Suit with Straps UP - and knee wraps (FULL GEAR)
   • See if you can set the safety straps up so they will hit the bar when you are at parallel.
   • You will squat down to them but NOT pause on them. They are there to be a gauge and that's it.
   • Work up to 95% of your best squat (or 90% of your PM). You will do 1 sets of 1 with this weight.
   • Add 50-70 pounds and perform 1 rep with reverse bands (see how much weigh the bands take off at the bottom).
Add 70% of what this is to the bar on this set - I’m guess between 50-70) -- use the same band set up as last week. The bands should be in the top shelf of the big tool box/

3. Speed Pulls
   • 5 sets of 1 with 80% of your best 1RM using the texas deadlift bar

4. GHR
   Do 2 sets to failure with bodyweight

5. Hanging Leg Raises
   • 2 sets of 10 - add chains around your ankles

6. Free Time
   • 10 minutes total: Focus on single leg movements, abs and lower back work.
   • Take 10 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller
   • Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc

Sunday:

1. Shirt Work off boards to chest
   • USE THE EXACT SAME WEIGHT AS LAST WEEK AND DO THE SAME THING - Warm up and put your shirt. Determine what you would like to touch (if you don’t know go off 30 pounds less than what you did off the 2 board last week or go 30-40 under your opener). Work 40 pounds back with each board. So if your touch weight will be 300 you will go to chest with 300, 1 board with 260, 2 board with 200, 3 board with 180. Basically you are going to use the boards to work the shirt down until you touch.
   • IF --- IF --- IF you touched and presses EZ last week then go up 10-20 pounds this week.

2. JM Press with FAT Bar
   • work up to 3 sets of 3 with the same weight

3. Rear Delt Machine
   • 3 sets 20 reps

Free Time
• 10 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.
Tuesday:

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs

2. Box Jumps
   • Work up to a max jump
   • Do 3 sets of 1 rep with 80% of your max jump. 1 rep at 90% and one rep at 95%
   • Rest 90 seconds between sets

3. Hamstrings
   • GHR - Do 2 sets 20 reps with a moderate tempo.
   • Rest two minutes between sets

4. Standing Pull Down Abs with Cable
   • 3 sets 10 reps with <60 seconds rest - go heavier than you ever have

5. Free Time
   • 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Wednesday:

This is a restoration and recovery day. If anything is sore pick any movement that trains that muscle and do a few very light sets of 20-30 reps for it. After that do the following.

1. Swiss Bar Reverse Band Pull Downs (2 sets with each grip) ----> add a monster mini on top of what you have been using.
   • 12-15 reps each set flexing lats hard at the bottom

2. Special Exercise #1
   • 100 rep band push downs - use light band. Do 100 reps, if you have to pause try to make it less than 20 seconds

3. Special Exercise #2
   • 50 rep banded good mornings - average bands - stand on back with the other end around your traps

4. Conditioning
   • Prowler of Sled Work – Six trips of 50 steps moderate intensity

5. Foam Roller – Massage Work
   • Very hard and deep work. Use rumble roller, baseballs, etc. Work as deep and as hard as you can.
Thursday:

1. **Dumbbell Presses - Flat**
   - Work up to a heavy set of 6 reps - rest 5 minutes -- use the same weight and do a max set of reps. BEAT the weight you used last week.

2. **Barbell Close Grip Push Ups**
   - Place barbell in the bottom setting of the Power Rack. Do 70 total reps

3. **Standing Side Swings**
   - 2 sets of 30 - Remember this is a partial range of motion movement. Just swing the weights about 1/8 range of motion.

4. **Band Pull Aparts**
   - Use mini band for 3 sets to failure - shoot for over 30 reps per set

5. **Free Time**
   - 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.

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**Phase 1 week 33**

Saturday

1. **Warm Up**
   - 3 light sets of GHR
   - 3 sets of pull down abs

2. **Full Gear Squats**
   - Briefs - Suit with Straps UP - and knee wraps (FULL GEAR)
   - See if you can set the safety straps up so they will hit the bar when you are at parallel.
   - You will squat down to them but NOT pause on them. They are there to be a gauge and that's it.
   - Work up to 95% of your best squat (or 95% of your PM). You will do 1 sets of 1 with this weight.
   - Add 50-70 pounds and perform 1 rep with reverse bands (see how much weigh the bands take off at the bottom. Add 70% of what this is to the bar on this set - I'm guess between 50-70) -- use the same band set up as last week. The bands should be in the top shelve of the big tool box/

3. **Speed Pulls**
   - 3 sets of 1 with 80% of your best 1RM using the texas deadlift bar

4. **GHR**
   - Do 2 sets to failure with 45 pound plate

5. **Hanging Leg Raises**
   - 2 sets of 10
6. Free Time
   • 10 minutes total: Focus on single leg movements, abs and lower back work.
   • Take 10 minutes to do whatever you want for your squat and deadlift. Just avoid anything that will work the upper back too much as you will bench tomorrow.

7. Foam Roller
   • Work the crap out of your lats and upper back, but also use The Stick and other tools to hit the legs, etc

Sunday:

1. Shirt Work off boards to chest
   • USE THE EXACT SAME WEIGHT AS LAST WEEK AND DO THE SAME THING - Warm up and put your shirt. Determine what you would like to touch (if you don’t know go off 30 pounds less than what you did off the 2 boar last week or go 30-40 under your opener). Work 40 pounds back with each board. So if your touch weight will be 300 you will go to chest with 300, 1 board with 260, 2 board with 200, 3 board with 180. Basically you are going to use the boards to work the shirt down until you touch.
   • IF --- IF --- IF you touched and presses EZ last week then go up 10-20 pounds this week.

2. JM Press with FAT Bar
   • work up to 2 sets of 3 with the same weight

3. Rear Delt Machine
   • 2 sets 20 reps

Free Time
   • 10 minutes to do what you want. Don’t be retarded and keep the reps high for now (10-12). If it hurts or has ever hurt to do the movement then don’t do it.

Tuesday:

1. Warm Up
   • 4 light sets of GHR
   • 4 sets of pull down abs

2. Box Jumps
   • Work up to a max jump
   • Do 5 sets of 1 reps with 60% of your max jump
   • Rest 90 seconds between sets

3. Hamstrings
   • GHR - Do 2 sets 15 reps with a moderate tempo.
   • Rest two minutes between sets
4. Standing Pull Down Abs with Cable
   • 3 sets 10 reps with <60 seconds rest

5. Free Time
   • 20 minutes total. Keep movements to machines or single legwork in the 12-15-rep range.

Thursday:

1. Dumbbell Presses - Flat
   • Work up to a heavy set of 5 reps - rest 5 minutes -- use the same weight and do a max set of reps. BEAT the
     weight you used last week.

2. Barbell Close Grip Push Ups
   • Place barbell in the bottom setting of the Power Rack. Do 50 total reps

3. Standing Side Swings
   • 2 sets of 30 - Remember this is a partial range of motion movement. Just swing the weights about 1/8 range of
     motion.

4. Band Pull Apart
   • Use mini band for 2 sets to failure - shoot for over 30 reps per set

5. Free Time
   • 20 minutes total: Focus on chest, delts, arms and keep to machines, dumbbells or cables.
**Phase 2 week 1**

**Deadlifts**
warm up as needed
do 3 sets of 8 (dead stop reps) with a weight that is hard but not too hard. Leave 4 reps in the tank on each set
no gear

**Squats** - medium stance (half way between your gear squat stance but not close like a conventional pull)
warm up as needed
do 3 sets of 10 reps with a weight that will leave 5 reps in the tank. Go to parallel and no lower.

After this do what you want.

**Sunday**

**Bench**
warm up as needed
do 3 sets of 10 reps with a weight that will leave 5 reps in the tank. Go to parallel and no lower.

After this do what you want.

The week is up to you. Just do a bunch of shit for reps in the 10-15 range that will pump the muscles up.

**Phase 2 week 2**

**Deadlifts**
warm up as needed
do 3 sets of 8 (dead stop reps) with a weight that is hard but not too hard. NO GEAR
*** USE 10 POUNDS MORE THAN LAST WEEK

**Squats** - medium stance (half way between your gear squat stance but not close like a conventional pull)
warm up as needed. NO GEAR
do 3 sets of 10 reps Go to parallel and no lower.
*** USE 10 POUNDS MORE THAN LAST WEEK

After this do what you want.
Sunday

**Bench**
- warm up as needed
- do 3 sets of 10 reps
- *** USE 10 POUNDS MORE THAN LAST WEEK

After this do what you want.

The week is up to you. Just do a bunch of shit for reps in the 10-15 range that will pump the muscles up.

**Phase 2 week 3**

**Saturday**

**Warm Ups**
- complete a couple sets of GHR, Pull down abs and hanging leg raises

**Pulls Against Pins**
- work up to 30% doing as many sets of 3 reps as you need until you feel warm up.
- after you are warmed up set the pins so you will pull the bar to just under your knee. The pins will STOP the bar
- Do TWO sets of ONE rep where you pull the bar into the pins (pull into the pins as hard as you can), then lower.

**Squats**
- Briefs (if you are doing relentless go in full gear)
- Work up to 60% for 4 sets of 5 reps (using the same weight)

**GHR**
- 3 sets of as many reps as you feel like doing. This is to get back in the swing of things.

**Hanging Leg Raise**
- 2 sets of as many reps as you feel like doing.

**Reverse Hypers**
- 1 sets of 15 reps

**Sunday**

**Warm Ups**
- complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls
Bench Press
* Work up to 55% for 4 sets of 5 reps (using the same weight)

Reverse Grip Swiss Bar or Medium Grip Swiss Bar 3 Board Press
* This is a new movement so warm up with multiple sets and work up slow. The goal is to complete 2 hard sets of 5 reps.

Chain Extensions with Handles or Grenade Balls
* Use a weight that is hard for 12 reps - Do 4 sets of 8 reps

Shoulder Cage Press
* Press from your chin up. Use whatever bar feels best (reverse, swiss, fat or regular bar)
* Warm up and complete 3 heavy sets of 6 reps

Rear Delt Work
* anything for your rear delts
* 2 sets of 30 reps

Monday
TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Single Leg Step Ups
* Use dumbbells, yoke bar or chains.
* Try to start with a 8-12 inch box.
* 4 sets of 5 reps / per leg

Stiff Leg Deadlifts
* use no more than 135 - focus on stretch of hamstrings
* 3 sets of 15-20 reps

GHR
* 3 sets of as many reps as you feel like doing. This is to get back in the swing of things.

Hanging Leg Raise
* 2 sets of as many reps as you feel like doing.

Reverse Hypers
* 1 sets of 15 reps
**Wednesday**
TOTAL REST

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Dumbbell Presses on Slight Incline (no higher than 6 inches)**
* work up to 3 MODERATE heavy sets of 12 (should be able to do 15)
* keep the reps tight and slow with very little acceleration or momentum

**Chest Supported Rows**
* 2-3 warm up sets
* 3 work sets of 6-8 reps with a weight that is hard to complete all reps

**Prone Shrugs with Chest Supported Row Machine**
* using the same set up you did for the rows, lower the weight in half and only shrug the weight trying to pull your shoulder blades together and hold for a 5 count.
* 3 sets of 5 reps using a 5 count static hold

**Pushdowns**
* Use any handle or bar you want
* 1-2 warm up sets
* 4 sets 15-20 reps - these should be hard but not heavy. The goal here is to put a ton of blood into the arms.

**Seated Side Dumbbell Raises**
* 1 -2 warm up sets
* 3 sets of 12 reps using a moderate weight

**Friday**
TOTAL REST

**Phase 2 week 4**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Pulls Against Pins (go one pin higher then last week)**
* work up to 40% doing as many sets of 3 reps as you need until you feel warm up.
* after you are warmed up set the pins so you will pull the bar to just under your knee. The pins will STOP the bar
* Do TWO sets of ONE rep where you pull the bar into the pins (pull into the pins as hard as you can for a 3 COUNT), then lower.

Squats
* Briefs (if you are doing relentless go in full gear)
* Work up to 65% for 3 sets of 5 reps (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)

GHR
* 3 sets of 6 with VERY LIGHT MED BALL. This is to get back in the swing of things.

Hanging Leg Raise
* 2 sets of as many reps as you feel like doing.

Reverse Hypers
* 3 sets of 8 reps

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to 60% (based on RAW max) for 3 sets of 5 reps (using the same weight)

Reverse Grip Swiss Bar or Medium Grip Swiss Bar 3 Board Press
* This is a new movement so warm up with multiple sets and work up slow. The goal is to complete 2 hard sets of 5 reps.
* BEAT WEIGHT USED LAST WEEK

Chain Extensions with Handles or Grenade Balls
* Use a weight that is hard for 12 reps - Do 4 sets of 8 reps

Shoulder Cage Press
* Press from your chin up. Use whatever bar feels best (reverse, swiss, fat or regular bar)
* Warm up and complete 3 heavy sets of 6 reps
* BEAT WEIGHT USED LAST WEEK

Rear Delt Work
* anything for your rear delts
* 2 sets of 30 reps

Monday
TOTAL REST
**Tuesday**

**Warm Ups**  
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Single Leg Step Ups**  
* Use dumbbells, yoke bar or chains.  
* Try to start with a 8-12 inch box.  
* 4 sets of 5 reps / per leg

**Stiff Leg Deadlifts**  
* use no more than 135 - focus on stretch of hamstrings  
* 3 sets of 15-20 reps

**GHR**  
* 3 sets of as many reps as you feel like doing. This is to get back in the swing of things.

**Hanging Leg Raise**  
* 2 sets of as many reps as you feel like doing.

**Reverse Hypers**  
* 1 sets of 15 reps

**Wednesday**  
**TOTAL REST**

**Thursday**

**Warm Ups**  
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Dumbbell Presses on Slight Incline (no higher than 6 inches)**  
* work up to 3 MODERATE heavy sets of 12 (should be able to do 15)  
* keep the reps tight and slow with very little acceleration or momentum  
* USE MORE WEIGHT THAN LAST WEEK

**Chest Supported Rows**  
* 2-3 warm up sets  
* 3 work sets of 6-8 reps with a weight that is hard to complete all reps

**Prone Shrugs with Chest Supported Row Machine**  
* using the same set up you did for the rows, lower the weight in half and only shrug the weight trying to pull your shoulder blades together and hold for a 5 count.  
* 3 sets of 5 reps using a 5 count static hold
Pushdowns
* Use any handle or bar you want
* 1-2 warm up sets
* 4 sets 15-20 reps - these should be hard but not heavy. The goal here is to put a ton of blood into the arms.

Seated Side Dumbbell Raises
* 1-2 warm up sets
* 3 sets of 12 reps using a moderate weight

Friday
TOTAL REST

Phase 2 week 5

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Pulls Against Pins (go one pin higher then last week)
* work up to 40% doing as many sets of 3 reps as you need until you feel warm up.
* after you are warmed up set the pins so you will pull the bar to just at knee level. The pins will STOP the bar
* Do TWO sets of ONE rep where you pull the bar into the pins (pull into the pins as hard as you can for a 3 COUNT), then lower.

Squats
* Briefs (if you are doing relentless go in full gear)
* Work up to 70% for 3 sets of 5 reps (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)

GHR
* 3 sets of 8 with VERY LIGHT MED BALL. This is to get back in the swing of things.

Hanging Leg Raise
* 2 sets of 10

Reverse Hypers
* 3 sets of 8 reps -- go heavier than last week
**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up to 65% (based on RAW max) for 3 sets of 5 reps (using the same weight)

**Reverse Grip Swiss Bar or Medium Grip Swiss Bar 3 Board Press**
* This is a new movement so warm up with multiple sets and work up slow. The goal is to complete 2 hard sets of 3 reps.
* BEAT WEIGHT USED LAST WEEK

**Chain Extensions with Handles or Grenade Balls**
* 4 HARD sets of 8 reps

**Shoulder Cage Press**
* Press from your chin up. Use whatever bar feels best (reverse, swiss, fat or regular bar)
* Warm up and complete 2 heavy sets of 5 reps
* BEAT WEIGHT USED LAST WEEK

**Rear Delt Work**
* anything for your rear delts
* 2 sets of 30 reps

**Monday**
TOTAL REST

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Single Leg Step Ups**
* Use dumbbells, yoke bar or chains.
* Try to start with a 8-12 inch box.
* 4 sets of 5 reps / per leg

**Stiff Leg Deadlifts**
* use no more than 135 - focus on stretch of hamstrings
* 3 sets of 15-20 reps

**GHR**
* 3 sets of as many reps as you feel like doing. This is to get back in the swing of things.
**Hanging Leg Raise**
* 2 sets of as many reps as you feel like doing.

**Reverse Hypers**
* 1 sets of 15 reps

**Wednesday**
TOTAL REST

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Dumbbell Presses on Slight Incline (no higher than 6 inches)**
* work up to 3 sets of 10 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

**Chest Supported Rows**
* 2-3 warm up sets
* 3 work sets of 6-8 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

**Pushdowns**
* Use any handle or bar you want
* 1-2 warm up sets
* 4 sets 15-20 reps - these should be hard but not heavy. The goal here is to put a ton of blood into the arms.

**Seated Front Dumbbell Raises**
* 1 -2 warm up sets
* 3 sets of 12 reps using a moderate weight

**Friday**
TOTAL REST

**Phase 2 week 6**

**Friday - Saturday or Sunday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises
Pin Pulls
* set pins once inch below knees - work unto heavy triple

Squats
* Briefs (if you are doing relentless go in full gear)
* Work up to 75% for 3 sets of 5 reps (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)

Bench Press
* Work up to 65% (based on RAW max) for 3 sets of 5 reps (using the same weight)

Shoulder Cage Press
* Press from your chin up. Use whatever bar feels best (reverse, swiss, fat or regular bar)
* Warm up and complete 2 heavy sets of 5 reps
* BEAT WEIGHT USED LAST WEEK

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**Monday**
TOTAL REST

**Tuesday**

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Single Leg Step Ups
* Use dumbbells, yoke bar or chains.
* Try to start with a 8-12 inch box.
* 4 sets of 5 reps / per leg

Stiff Leg Deadlifts
* use no more than 135 - focus on stretch of hamstrings
* 3 sets of 15-20 reps

GHR
* 3 sets of as many reps as you feel like doing. This is to get back in the swing of things.

Hanging Leg Raise
* 2 sets of as many reps as you feel like doing.

Reverse Hypers
* 1 sets of 15 reps
Wednesday
TOTAL REST

Thursday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Dumbbell Presses on Slight Incline (no higher than 6 inches)
* work up to 3 sets of 10 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

Chest Supported Rows
* 2-3 warm up sets
* 3 work sets of 6-8 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

Pushdowns
* Use any handle or bar you want
* 1-2 warm up sets
* 4 sets 15-20 reps - these should be hard but not heavy. The goal here is to put a ton of blood into the arms.

Seated Front Dumbbell Raises
* 1 -2 warm up sets
* 3 sets of 12 reps using a moderate weight

Friday
TOTAL REST

Phase 2 week 7

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Squats
* Briefs (if you are doing relentless go in full gear)
* Work up to 80% for 3 sets of 3 reps (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)
* relentless lifters use full gear with straps - everyone else just use what you need. I'm thinking briefs and suit with straps down - maybe just briefs
Speed Pulls
* work up to 50% and pull 10 sets of 1 with less than 1 minute rest between sets

GHR
* 2 light sets of 10
* 2 heavy sets of 6 (using weight held on chest)

Hanging Leg Raise
* 5 sets of 5 (use a chain over your feet or hold a light dumbbell with your feet)

Reverse Hypers
* 3 sets of 6 reps -- go balls out heavy

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to 70% (based on RAW max) for 3 sets of 3 reps (using the same weight)
  * relents guys use a shit and just do basic shirt work for triples

Reverse Band Reverse Grip Swiss Bar
* Warm up to a heavy weight of 5. When the weight gets heavy only take 10 pound jumps for each succeeding set of 5. 5 total sets of 5

Chain Extensions with Handles or Grenade Balls
* 4 HARD sets of 8 reps

One Arm Dumbbell Press
* work up to a heavy set of 10 reps. Rest a couple minutes and then do a set of 8 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do.

Rear Delt Work
* anything for your rear delts
  * 2 sets of 30 reps

Monday
TOTAL REST
Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Single Leg Step Ups
* Use dumbbells, yoke bar or chains.
* Try to start with a 8-12 inch box.
* 4 sets of 5 reps / per leg

Stiff Leg Deadlifts
* use no more than 135 - focus on stretch of hamstrings
* 3 sets of 15-20 reps

GHR
* 3 sets of as many reps as you feel like doing. This is to get back in the swing of things.

Hanging Leg Raise
* 2 sets of as many reps as you feel like doing.

Reverse Hypers
* 1 sets of 15 reps

Wednesday

TOTAL REST

Thursday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Dumbbell Presses on Slight Decline (around 4 inches)
* work up to 3 sets of 10 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

Chest Supported Rows (add two sets of chains to this)
* 2-3 warm up sets
* 3 work sets of 6-8 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.
**Pushdowns**
* Use any handle or bar you want
* 1-2 warm up sets
* 4 sets 15-20 reps - these should be hard but not heavy. The goal here is to put a ton of blood into the arms.

**Seated Front Dumbbell Raises**
* 1-2 warm up sets
* 3 sets of 12 reps using a moderate weight

**Friday**
TOTAL REST

**Phase 2 week 8**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Squats**
* Briefs (if you are doing relentless go in full gear)
* Work up to 85% for 3 sets of 3 reps (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)
* relentless lifters use full gear with straps - work up to a heavy set of 5 - make sure you get between 3-5 reps. (This will be your opener at the meet. Your second attempt will be 30-40 pounds more than this. Third attempt will be based on what you feel you can do)

**Speed Pulls**
* work up to 50% and pull 10 sets of 1 with less than 1 minute rest between sets
** relentless lifters use full gear with straps - work up to a heavy set of 5 - make sure you get between 3-5 reps. This will be your opener at the meet. Your second attempt will be 30-40 pounds more than this. Third attempt will be based on what you feel you can do)

**GHR**
* 2 light sets of 10
* 2 heavy sets of 6 (using weight held on chest)

**Hanging Leg Raise**
* 5 sets of 5 (use a chain over your feet or hold a light dumbbell with your feet)

**Reverse Hypers**
* 3 sets of 6 reps -- go balls out heavy
**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up to 70% (based on RAW max) for 3 sets of 3 reps (using the same weight)
* Relents guys use a shit and just do basic shirt work for triples - Get a feel for what you will open with and that’s it.

**Reverse Band Reverse Grip Swiss Bar**
* Warm up to a heavy weight of 5. When the weight gets heavy only take 10 pound jumps for each succeeding set of 5. 5 total sets of 5 - BEAT last week

**Chain Extensions with Handles or Grenade Balls**
* 4 HARD sets of 10 reps

**One Arm Dumbbell Press**
* Work up to a heavy set of 10 reps. Rest a couple minutes and then do a set of 8 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do.

**Rear Delt Work**
* Anything for your rear delts
* 2 sets of 30 reps

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**Monday**

**Total Rest**

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**Tuesday**

**Warm Ups**
* Complete a couple sets of GHR, pull down abs and hanging leg raises

**Single Leg Step Ups**
* Use dumbbells, yoke bar or chains.
* Try to start with a 8-12 inch box. (move box UP a few inches from last week)
* 4 sets of 5 reps / per leg

**Stiff Leg Deadlifts**
* Use no more than 135 - focus on stretch of hamstrings
* 3 sets of 15-20 reps
GHR
* 3 sets of as many reps as you feel like doing. This is to get back in the swing of things.

**Hanging Leg Raise**
* 2 sets of as many reps as you feel like doing.

**Reverse Hypers**
* 1 sets of 15 reps

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**Wednesday**

TOTAL REST

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**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Dumbbell Presses - Flat Bench**
* work up to 3 sets of 10 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

**Chest Supported Rows (add two sets of chains to this)**
* 2-3 warm up sets
* 3 work sets of 6-8 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

**Pushdowns**
* Use any handle or bar you want
* 1-2 warm up sets
* 4 sets 15-20 reps - these should be hard but not heavy. The goal here is to put a ton of blood into the arms.

**Seated Front Dumbbell Raises**
* 1 -2 warm up sets
* 3 sets of 12 reps using a moderate weight

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**Friday**

TOTAL REST
Phase 3 week 1

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Squats
* Briefs
* Work up to 70% for 5 sets of 5 reps (using the same weight) (based on gear max · 30-50 pounds · or guess what you think your best in briefs would be)

Speed Pulls
* work up to 50% and pull 10 sets of 1 with less than less than 1 minute rest between sets

GHR
* 4 light sets of 10
* 2 heavy sets of 8 (using weight held on chest)

Hanging Leg Raise
* 5 sets of 10

Reverse Hypers
* 3 sets of 15 reps

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to 55% (based on RAW max) for 5 sets of 5 reps (using the same weight)

Reverse Band Swiss Bar - Middle Grip
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 8. 3 total sets of 8

Chain Extensions with Handles or Grenade Balls
* 4 HARD sets of 15 reps

One Arm Dumbbell Press
* work up to a heavy set of 15 reps. Rest a couple minutes and then do a set of 10 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do.
**Rear Delt Work**
* anything for your rear delts  
* 2 sets of 30 reps

**Monday**
TOTAL REST

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Single Leg Step Ups**
* Use dumbbells, yoke bar or chains.  
* Try to start with a 8-12 inch box. (move box UP a few inches from last week)  
* 4 sets of 10 reps / per leg

**Stiff Leg Deadlifts**
* use no more than 135 - focus on stretch of hamstrings  
* 3 sets of 15-20 reps

**GHR**
* 3 sets of as many reps as you feel like doing. This is to get back in the swing of things.

**Hanging Leg Raise**
* 2 sets of as many reps as you feel like doing.

**Reverse Hypers**
* 1 sets of 15 reps

**Wednesday**
TOTAL REST

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Dumbbell Presses - Decline Bench**
* work up to 3 sets of 15 reps (leave 1-2 reps shy of failure)  
* keep the reps tight and slow with very little acceleration or momentum
**Chest Supported Rows** (add two sets of chains to this)
* 2-3 warm up sets
* 3 work sets of 10 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

**Pushdowns**
* Use any handle or bar you want
* 1-2 warm up sets
* 4 sets 15-20 reps - these should be hard but not heavy. The goal here is to put a ton of blood into the arms.

**Seated Front Dumbbell Raises**
* 1 -2 warm up sets
* 3 sets of 12 reps using a moderate weight

**Friday**
TOTAL REST

**Phase 3 week 2**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Squats**
* Briefs
* Work up to 75% for 5 sets of 5 reps (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)

**Speed Pulls**
* work up to 50% and pull 10 sets of 1 with less than less than 1 minute rest between sets

**GHR**
* 4 light sets of 10
* 2 heavy sets of 8 (using weight held on chest)

**Hanging Leg Raise**
* 5 sets of 10

**Reverse Hypers**
* 3 sets of 15 reps
**Sunday**

**Warm Ups**
- complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
- Work up to 60% (based on RAW max) for 5 sets of 5 reps (using the same weight)

**Reverse Band Swiss Bar - Middle Grip**
- Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 8. 3 total sets of 8

**Chain Extensions with Handles or Grenade Balls**
- 4 HARD sets of 15 reps

**One Arm Dumbbell Press**
- work up to a heavy set of 15 reps. Rest a couple minutes and then do a set of 10 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do.

**Rear Delt Work**
- anything for your rear delts
  - 2 sets of 30 reps

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**Monday**

TOTAL REST

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**Tuesday**

**Warm Ups**
- complete a couple sets of GHR, Pull down abs and hanging leg raises

**Single Leg Step Ups**
- Use dumbbells, yoke bar or chains.
  - Try to start with a 8-12 inch box. (move box UP a few inches from last week)
  - 4 sets of 10 reps / per leg

**Stiff Leg Deadlifts**
- Use no more than 135 - focus on stretch of hamstrings
  - 3 sets of 15-20 reps

**GHR**
- 3 sets of as many reps as you feel like doing. This is to get back in the swing of things.
**Hanging Leg Raise**
* 2 sets of as many reps as you feel like doing.

**Reverse Hypers**
* 1 set of 15 reps

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**Wednesday**
TOTAL REST

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**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Dumbbell Presses - Decline Bench**
* work up to 3 sets of 15 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

**Chest Supported Rows (add two sets of chains to this)**
* 2-3 warm up sets
* 3 work sets of 10 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

**Pushdowns**
* Use any handle or bar you want
* 1-2 warm up sets
* 4 sets 15-20 reps - these should be hard but not heavy. The goal here is to put a ton of blood into the arms.

**Seated Front Dumbbell Raises**
* 1-2 warm up sets
* 3 sets of 12 reps using a moderate weight

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**Friday**
TOTAL REST
Phase 3 week 3

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Squats
* Briefs
* Work up to 45% for 3 sets of 8 reps (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)

Speed Pulls
* work up to 30% and pull 4 sets of 10 with less than less than 3 minute rest between sets

GHR
* 2 light sets of 10
* 2 heavy sets of 8 (using weight held on chest)

Hanging Leg Raise
* 2 sets of 10

Reverse Hypers
* 1 sets of 15 reps

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to 40% (based on RAW max) for 4 sets of 10 reps (using the same weight)

Slight Incline Dumbbell Press
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 8. 3 total sets of 8

Pushdowns - any grip
* 4 HARD sets of 15 reps

Machine Neutral Grip Press
* work up to a heavy set of 15 reps. Rest a couple minutes and then do a set of 10 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do.
Rear Delt Work
* anything for your rear delts
* 2 sets of 30 reps

**Monday**
TOTAL REST

**Tuesday**

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Any type of machine press or squat (leg press, hack squats, power squat machine - anything that is not 3D)
* 3-4 light warm up sets
* Work up to 3 work sets of 15 reps

Any type of leg curl (seated, lying, standing)
* 3 warm up sets
* 2 work sets of 15

Weight Crunches or Sit Ups (you SHOULD NOT feel this in your back AT ALL)
* 2 sets of 10 holding the contraction for a 3 count

Reverse Hypers
* 1 sets of 15 reps

**Wednesday**
TOTAL REST

**Thursday**

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Any Type of Machine Press
* work up to 3 sets of 15 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

Chest Supported Rows (add two sets of chains to this)
* 2-3 warm up sets
* 3 work sets of 10 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3
shrugs holding the top position for a 3 count.

**Extensions** - any type you like.
* Work up to a weigh that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.

**Standing Plate Raise**
* 1-2 warm up sets
* 3 sets of 12 reps using a moderate weight

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**Friday**
TOTAL REST

**Phase 3 week 4**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Squats**
* Briefs
* Work up to 55% for 4 sets of 6 reps (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)

**Speed Pulls**
* work up to 30% and pull 6 sets of 7 with less than less than 3 minute rest between sets

**GHR**
* 3 sets of 7
* 3 heavy sets of 5(using weight held on chest)

**Hanging Leg Raise**
* 2 sets of 10

**Reverse Hypers**
* 1 sets of 15 reps
**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up to 50% (based on RAW max) for 7 sets of 7 reps (using the same weight)

**Slight Incline Dumbbell Press**
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 8. 3 total sets of 8

**Pushdowns - any grip**
* 4 HARD sets of 15 reps

**Machine Neutral Grip Press**
* work up to a heavy set of 15 reps. Rest a couple minutes and then do a set of 10 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do.

**Rear Delt Work**
* anything for your rear delts
* 2 sets of 30 reps

**Monday**
TOTAL REST

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Any type of machine press or squat** (leg press, hack squats, power squat machine - anything that is not 3D)
* use same movement as last week
* 3-4 light warm up sets
* Work up to 3 work sets of 15 reps

**Any type of leg curl** (seated, lying, standing)
* use same movement as last week
* 3 warm up sets
* 2 work sets of 15

**Weight Crunches or Sit Ups** (you SHOULD NOT feel this in your back AT ALL)
* 2 sets of 10 holding the contraction for a 3 count
Reverse Hypers
* 1 sets of 15 reps

Wednesday
TOTAL REST

Thursday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Any Type of Machine Press
* use same movement as last week
* work up to 3 sets of 15 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

Chest Supported Rows (add two sets of chains to this)
* 2-3 warm up sets
* 3 work sets of 10 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

Extensions - any type you like.
* Work up to a weigh that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.

Standing Plate Raise
* 1 -2 warm up sets
* 3 sets of 12 reps using a moderate weight

Friday
TOTAL REST

Phase 3 week 5

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Squats
* Briefs
* Work up to 60% for 5 sets of 5 reps (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)

**Speed Pulls**
* work up to 30% and pull 8 sets of 5 with less than less than 1.5 minute rest between sets

**GHR**
* 4 sets of 10 body weight
* 3 heavy sets of 5(using weight held on chest)

**Hanging Leg Raise**
* 4 sets of 5 - resisted

**Reverse Hypers**
* 2 sets of 8 reps - use heavy weight

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**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up to 50% (based on RAW max) for 10 sets of 5 reps (using the same weight) - rest under 1.5 minutes

**Slight Incline Dumbbell Press**
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 8. 3 total sets of 8

**Pushdowns** - any grip
* 3 sets of 10 - moderate weight

**Machine Neutral Grip Press**
* work up to a heavy set of 15 reps. Rest a couple minutes and then do a set of 10 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do. BEAT LAST WEEK

**Rear Delt Work**
* anything for your rear delts
* 2 sets of 30 reps

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**Monday**

TOTAL REST
Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Any type of machine press or squat (leg press, hack squats, power squat machine - anything that is not 3D)
* use same movement as last week
* 3-4 light warm up sets
* Work up to 4 work sets of 10 reps

Any type of leg curl (seated, lying, standing)
* use same movement as last week
* 3 warm up sets
* 3 work sets of 10

Weight Crunches or Sit Ups (you SHOULD NOT feel this in your back AT ALL)
* 2 sets of 10 holding the contraction for a 3 count

Reverse Hypers
* 1 sets of 15 reps

Wednesday

TOTAL REST

Thursday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Any Type of Machine Press
* use same movement as last week
* work up to 4 sets of 10 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

Chest Supported Rows (add two sets of chains to this)
* 2-3 warm up sets
* 3 work sets of 10 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count. BEAT LAST WEEK.

Extensions - any type you like.
* use same movement as last week
* Work up to a weigh that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.
**Standing Plate Raise**
* 1-2 warm up sets
* 4 sets of 10 reps using a moderate weight

**Friday**
TOTAL REST.

**Phase 3 week 6**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises  (change the order of this each session)

**Squats**
* Briefs
* Work up to 60% for 8 sets of 3 reps - explosive reps, control eccentric and blast the concentric. (using the same weight)
  (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)
  -- Rest no more than 90 seconds between sets

**Speed Pulls**
* work up to 30% and pull 6 sets of 6 with less than less than 3 minute rest between sets

**GHR**
* 2 sets of 10 body weight
* 3 heavy sets of 8 (using weight held on chest) -- These need to be taken to failure

**Hanging Leg Raise**
* 1 set of 25 reps

**Reverse Hypers**
* 4 sets of 14 with moderate weight. Do not swing, try to reverse the weight before the axis of the lever passes the front legs (located closest to your feet)

**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up to 45%  (based on RAW max)  for 10 sets of 5 reps (using the same weight)  - rest under 1.5 minutes
**Slight Incline Dumbbell Press**
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 8. 3 total sets of 8 (Beat weight from last week)

**Pushdowns - any grip**
* 2 sets of READ NOTE --> - moderate weight - Do ten reps and then hold the contraction for a 10 count, do 10 more reps and hold again for 10 count, do the same thing one more time

**Machine Neutral Grip Press**
* work up to a heavy set of 15 reps. Rest a couple minutes and then do a set of 10 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do. BEAT LAST WEEK

**Rear Delt Work**
* anything for your rear delts
* 4 sets of 15 reps
-- Train these harder this week and train each set 1-2 reps shy of failure.

**Monday**
TOTAL REST

**Tuesday (Based on how you feel you can take this day off (this week) if needed)**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Any type of machine press or squat** (leg press, hack squats, power squat machine - anything that is not 3D)
- use same movement as last week
* 3-4 light warm up sets
* Work up to 4 work sets of 10 reps

**Any type of leg curl** (seated, lying, standing)
- use same movement as last week
* 3 warm up sets
* 3 work sets of 10

**Weight Crunches or Sit Ups** (you SHOULD NOT feel this in your back AT ALL)
* 2 sets of 10 holding the contraction for a 3 count

**Reverse Hypers**
* 1 sets of 15 reps
**Wednesday**

TOTAL REST

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Any Type of Machine Press**
- use same movement as last week
* work up to 4 sets of 10 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

**Chest Supported Rows (add two sets of chains to this)**
* 2-3 warm up sets
* 3 work sets of 10 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count. BEAT LAST WEEK.

**Extensions** - any type you like.
- use same movement as last week
* Work up to a weigh that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.

**Standing Plate Raise**
* 1-2 warm up sets
* 4 sets of 10 reps using a moderate weight

**Friday**

TOTAL REST

**Phase 3 week 7**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises  - do in the same order as last week

**Squats**
* Briefs
* Work up to 65% for 7 sets of 3 reps - explosive reps, control eccentric and blast the concentric. (using the same weight)
(based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)
-- Rest no more than 90 seconds between sets
**Programs That Work 3 Vol. 1**

**Speed Pulls**
* work up to 45% and pull 12 sets of 3 with less than less than 2 minute rest between sets

**GHR**
* 3 sets of 10 body weight
* 2 heavy sets of 6 (using weight held on chest) -- These need to be taken to failure

**Hanging Leg Raise**
* 3 sets of 10 weighted (chain or med ball between feet)

**Reverse Hypers**
* 5 sets of 10 with moderate weight. Do not swing, try to reverse the weight before the axis of the lever passes the front legs (located closest to your feet)

**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up to 50% (based on RAW max) for 12 sets of 3 reps (using the same weight) - rest under 2.0 minutes

**Slight Decline Dumbbell Press**
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 6. 3 total sets of 6 (get all reps - so one or two reps shy of failure)

**Pushdowns** - any grip - use a different attachment than last week
* 2 sets of READ NOTE --> - moderate weight - Do ten reps and then hold the contraction for a 10 count, do 10 more reps and hold again for 10 count, do the same thing one more time

**Slight Smith Machine Press** (do not touch your chest or lock all the way out)
* work up to a heavy set of 15 reps. Rest a couple minutes and then do a set of 10 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do.

**Prone Delt Swings**
* thank Meadows for this one.
* Use a chest supported bench. You will just swing the weight so it will only be about 25-30% of the range of motion you are used to. Work up to a heave set of 15, cut the weight in half and do 30, cut again and do 60 reps

**Example**
* warm up sets of 10
* Work set 60x15, 30 x 30, 15x60 - all as one big drop set.
* Just one set of this
**Monday**
TOTAL REST

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Any type of machine press or squat** (leg press, hack squats, power squat machine - anything that is not 3D)
- use same movement as last week
  * 3-4 light warm up sets
  * Work up to 3 work sets of 15 reps

**Any type of leg curl** (seated, lying, standing)
- use same movement as last week
  * 3 warm up sets
  * 4 work sets of 12

**Weight Crunches or Sit Ups** (you SHOULD NOT feel this in your back AT ALL)
* 3 sets of 10 holding the contraction for a 2 count

**Reverse Hypers**
* 2 sets of 15 reps

**Wednesday**
TOTAL REST

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Any Type of Machine Press**
- use same movement as last week
  * work up to 2 sets of 12 reps (leave 1-2 reps shy of failure)
  * keep the reps tight and slow with very little acceleration or momentum

**Chest Supported Rows** (add two sets of chains to this)
* 2-3 warm up sets
* 3 work sets of 8 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.
Extensions - any type you like.
- use same movement as last week
* Work up to a weigh that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.

Standing Plate Raise
* 1-2 warm up sets
* 2 sets of 30 reps using a moderate weight

Friday
TOTAL REST

Phase 3 week 8

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Squats
* Briefs
* Work up to 50% for 8 sets of 2 reps with 3 chains per side (set up so you have a full de-load at the bottom) - explosive reps, control eccentric and blast the concentric. (using the same weight) (based on gear max - 30-50 pounds - or guess what you think your best in briefs would be)
-- Rest no more than 90 seconds between sets

Pin Pulls (bar off the floor and into Pin 4)
* Using the Iso Rack, Start with the bar on the floor and pin up and into Pin 4. For the warm up sets just pull into for a one count. When you get to 60% pull one set of 3 reps with a 3 count pull into the pin on each rep.

In other words. You will pull against pins. For the warm ups barley apply force into the pin. For the last set apply all the force you can AND reset between every rep

GHR
* 3 sets of 10 body weight
* 2 heavy sets of 6 (using weight held on chest) -- These need to be taken to failure

Hanging Leg Raise
* 3 sets of 15 weighted (chain or med ball between feet), then drop the weight and do 5 more reps

Reverse Hypers
* 2 sets of 10 with moderate weight. Do not swing, try to reverse the weight before the axis of the lever passes the front legs (located closest to your feet)
Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to 40% (based on RAW max) with 2 chains per side (1/2 on the chain on the floor when the bar is in the rack) for 12 sets of 3 reps (using the same weight) - rest under 2.0 minutes

Slight Decline Dumbbell Press
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 6. 3 total sets of 6 (get all reps - so one or two reps shy of failure) -- BEAT LAST WEEK

Pushdowns - any grip - use a different attachment than last week.
* 2 sets of READ NOTE --> - moderate weight - Do 12 reps and then hold the contraction for a 10 count, do 12 more reps and hold again for 10 count, do the same thing one more time

Slight Smith Machine Press (do not touch your chest or lock all the way out)
* work up to a heavy set of 20 reps. Rest a couple minutes and then do a set of 15 reps with the same weight. Rest another couple minutes and use the same weight for as many reps as you can do.

Prone Delt Swings
* thank Meadows for this one.
* Use a chest supported bench. You will just swing the weight so it will only be about 25-30% of the range of motion you are used to. Work up to a heave set of 15, cut the weight in half and do 30, cut again and do 60 reps

EXAMPLE
* warm up sets of 10
* Work set 60x15, 30 x 30 , 15x60 - all as one big drop set.
-- Just one set of this

Monday
TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Any type of machine press or squat (leg press, hack squats, power squat machine - anything that is not 3D)
- use same movement as last week
* 3-4 light warm up sets
* Work up to 3 work sets of 15 reps -- Push these hard this week, as in, 2-3 reps shy of failure
Any type of leg curl (seated, lying, standing)
- use same movement as last week
  * 3 warm up sets
  * 4 work sets of 12 -- Push these hard this week, as in, 2-3 reps shy of failure

Weight Crunches or Sit Ups (you SHOULD NOT feel this in your back AT ALL)
  * 3 sets of 5 holding the contraction for a 10 count

Reverse Hypers
  * 2 sets of 15 reps

Wednesday
TOTAL REST

Thursday

Warm Ups
  * complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Any Type of Machine Press
  - use a different movement as last week
  * work up to 3 sets of 10 reps (leave 1-2 reps shy of failure)
  * keep the reps tight and slow with very little acceleration or momentum

Chest Supported Rows (add THREE sets of chains to this)
  * 2-3 warm up sets
  * 3 work sets of 8 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

Extensions - any type you like.
  - use same movement as last week
  * Work up to a weight that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.

Seated Dumbbell Supported Back Front Raise - use the 0-90 incline bench with the seat straight up. Keep your shoulder blades against the pad the entire set.
  * 1-2 warm up sets
  * 3 sets of 15 reps using a moderate to light weight -- even with a light weight you should feels these

Seated Side Raise Machine
  * Use a couple sets to help determine what weight to use for your top set.
  * You will use 1/2 range of motion (the bottom half) and do 3 sets of 30 reps looking UP the entire set.
**Friday**

TOTAL REST

**Phase 3 week 9**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

**Squats**
* Raw, Briefs or Full Gear (just make sure the training percent is based off this max number)
* Work up to into the 70-80% and do a total of 10 reps. READ CLOSE - this means using as many sets as you like. If you need a specific number I would say...
  
  set 1 - 3 reps at 70%
  set 2 - 3 reps at 73%
  set 3 - 2 rep at 75%
  set 4 - 1 rep at 80%
  set 5 - 1 rep at 80%

  10 TOTAL reps in the 70-90% range

  - Full gear

**Pin Pulls** (bar off the floor and into Pin 3)
* Using the Iso Rack, Start with the bar on the floor and pin up and into Pin 4. For the warm up sets just pull into for a one count. When you get to 60% pull one set of 3 reps with a 3 count pull into the pin on each rep.

  IN other words. You will pull against pins. For the warm ups barley apply force into the pin. For the last set apply all the force you can AND reset between every rep

**GHR**
* 3 sets of 10 body weight
* 2 heavy sets of 6 (using weight held on chest) -- These need to be taken to failure

**Hanging Leg Raise**
* 3 sets of 15 weighted (chain or med ball between feet), then drop the weight and do 5 more reps

**Reverse Hypers**
* 2 sets of 10 with moderate weight. Do not swing, try to reverse the weight before the axis of the lever passes the front legs (located closest to your feet)
**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Raw or shirt (just make sure the training percent is based off this max number)
* Work up to into the 70-80% and do a total of 10 reps. READ CLOSE - this means using as many sets as you like. If you need a specific number I would say…
  - set 1 - 3 reps at 70%
  - set 2 - 3 reps at 73%
  - set 3 - 2 rep at 75%
  - set 4 - 1 rep at 80%
  - set 5 - 1 rep at 80%

**Slight Incline Dumbbell Press**
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 6. 3 total sets of 6 (get all reps - so one or two reps shy of failure)

**Pushdowns** - any grip - use a different attachment than last week.
* 2 sets of READ NOTE --> - moderate weight - Do 12 reps and then hold the contraction for a 10 count, do 12 more reps and hold again for 10 count, do the same thing one more time

**Rear Delt Machine**
* 4 sets of 30 reps

**Monday**

TOTAL REST

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Any type of machine press or squat** (leg press, hack squats, power squat machine - anything that is not 3D)
  - use same movement as last week
  - 3-4 light warm up sets
  - Work up to 3 work sets of 15 reps -- Push these hard this week, as in, 2-3 reps shy of failure - use the same machine as last week except use more weight

**Any type of leg curl** (seated, lying, standing)
  - use DIFFERENT machine than last week
  - 3 warm up sets
  - 4 work sets of 12 -- Push these hard this week, as in, 2-3 reps shy of failure
Weight Crunches or Sit Ups (you SHOULD NOT feel this in your back AT ALL)
* 3 sets of 5 holding the contraction for a 10 count

Reverse Hypers
* 2 sets of 15 reps

Wednesday
TOTAL REST

Thursday
Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Any Type of Machine Press
- use a different movement as last week
* work up to 3 sets of 10 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

Chest Supported Rows (add THREE sets of chains to this)
* 2-3 warm up sets
* 3 work sets of 8 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

Extensions - any type you like.
- use same movement as last week
* Work up to a weigh that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.

Seated Dumbbell Supported Back Front Raise - use the 0-90 incline bench with the seat straight up. Keep your shoulder blades against the pad the entire set.
* 1-2 warm up sets
* 3 sets of 15 reps using a moderate to light weight -- even with a light weigh you should feels these

Seated Side Raise Machine
* Use a couple sets to help determine what weight to use for your top set.
* You will use 1/2 range of motion (the bottom half) and do 3 sets of 30 reps looking UP the entire set.

Friday
TOTAL REST
**Phase 3 week 10**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

**Yoke Bar Box Squats**
* Briefs
* Base your percent on what your best Yoke Bar Squat is.
* Work up to 50% of your best Yoke bar max (or what you think it is). Do this for 2 sets of 5 reps

Then use the same max and determine what 25% of that is. Add this in CHAIN weight (TOTAL) to the bar. Set the chains so 3-4 links are on the floor at all times.
Do...
6 sets of 2 reps and BLAST into these as hard as you can.

After this, and for your last set. Keep the weight and chain the same as do as many reps as you can. Go until you want to die.

No more than 90 seconds between sets.

**Pin Pulls** (bar off the floor and into Pin 5)
* Using the Iso Rack, Start with the bar on the floor and pin up and into Pin 5. For the warm up sets just pull into for a one count. When you get to 65% pull one set of 3 reps with a 3 count pull into the pin on each rep.

IN other words. You will pull against pins. For the warm ups barley apply force into the pin. For the last set apply all the force you can AND reset between every rep

**GHR**
* 3 sets of 10 body weight - warm up
* 2 heavy sets of 6 (using weight held on chest) -- These need to be taken to failure

**Standing Pull Down Abs**
* 3 sets of 6-10 HEAVY

**Reverse Hypers**
* 4 sets of 10 with moderate weight. Do not swing, try to reverse the weight before the axis of the lever passes the front legs (located closest to your feet)
Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to into the 50% (raw bench) and do...
  3 sets of 3 reps

added 25% of chain weight (based on your best raw bench or best guess of a raw bench). With the weight and chain do...

6 sets of 5 reps

no more than 90 second rest between sets.

Slight Incline  Dumbbell Press
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 6. 3 total sets of 6 (get all reps - so one or two reps shy of failure). After these sets drop the weight 40% and do one set for as many reps as you can. Go until you die!

Pushdowns - any grip - use a different attachment than last week.
* 2 sets of READ NOTE --> - moderate weight - Do 12 reps and then hold the contraction for a 10 count, do 12 more reps and hold again for 10 count, do the same thing one more time

Rear Delt Machine
* 2 sets of 50 reps (non stop)

Monday

TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Any type of machine press or squat (leg press, hack squats, power squat machine - anything that is not 3D)
  - use same movement as last week
  * 3-4 light warm up sets
* Work up to 3 work sets of 20 reps -- Push these hard this week, as in, 2-3 reps shy of failure - use the same machine as last week except use more weight as well as the same weight or more.

Any type of leg curl (seated, lying, standing)
  - use DIFFERENT machine than last week
  * 3 warm up sets
  * 4 work sets of 12 -- Push these hard this week, as in, 2-3 reps shy of failure
Weight Crunches or Sit Ups (you SHOULD NOT feel this in your back AT ALL)
* 3 sets of 5 holding the contraction for a 10 count

Reverse Hypers
* 4 sets of 15 reps

**Wednesday**
TOTAL REST

**Thursday**

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Any Type of Machine Press
- use a different movement as last week
* work up to 3 sets of 10 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

Chest Supported Rows (add THREE sets of chains to this)
* 2-3 warm up sets
* 3 work sets of 8 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

Extensions - any type you like.
- use same movement as last week
* Work up to a weigh that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.

Seated Dumbbell Supported Back Front Raise - use the 0-90 incline bench with the seat straight up. Keep your shoulder blades against the pad the entire set.
* 1-2 warm up sets
* 3 sets of 15 reps using a moderate to light weight -- even with a light weigh you should feels these

Seated Side Raise Machine
* Use a couple sets to help determine what weight to use for your top set.
* You will use 1/2 range of motion (the bottom half) and do 3 sets of 30 reps looking UP the entire set.

**Friday**
TOTAL REST
Phase 3 week 11

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Yoke Bar Box Squats
* Briefs
* Base your percent on what your best Yoke Bar Squat is.
* Work up to 55% of your best Yoke bar max (or what you think it is). Do this for 2 sets of 5 reps

Then use the same max and determine what 25% of that is. Add this in CHAIN weight (TOTAL) to the bar. Set the chains so 3-4 links are on the floor at all times.
Do...
6 sets of 2 reps and BLAST into these as hard as you can.

After this, and for your last set. Keep the weight and chain the same as do as many reps as you can. Go until you want to die.

No more than 90 seconds between sets.

Pin Pulls (bar off the floor and into Pin 6)
* Using the Iso Rack, Start with the bar on the floor and pin up and into Pin 5. For the warm up sets just pull into for a one count. When you get to 65% pull one set of 3 sets of 3 reps with a 3 count pull into the pin on each rep.

IN other words. You will pull against pins. For the warm ups barley apply force into the pin. For the last set apply all the force you can AND reset between every rep

GHR
* 3 sets of 10 body weight - warm up
* 2 heavy sets of 6 (using weight held on chest) -- These need to be taken to failure

Standing Pull Down Abs
* 3 sets of 6-10 HEAVY

Reverse Hypers
* 4 sets of 10 with moderate weight. Do not swing, try to reverse the weight before the axis of the lever passes the front legs (located closest to your feet)
**Sunday**

**Warm Ups**  
- complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**  
- Work up to into the 55% (raw bench) and do...  
  3 sets of 3 reps

- added 25% of chain weight (based on your best raw bench or best guess of a raw bench). With the weight and chain do...

  6 sets of 5 reps

- no more than 90 second rest between sets.

**Slight Incline Dumbbell Press**  
- Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 6. 3 total sets of 6 (get all reps - so one or two reps shy of failure). Go for the heaviest set of 6 you can get!

**Pushdowns**  - any grip - use a different attachment than last week.  
- 2 sets of READ NOTE --> - moderate weight - Do 12 reps and then hold the contraction for a 10 count, do 12 more reps and hold again for 10 count, do the same thing one more time

**Rear Delt Machine**  
- 1 set of 100 reps

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**Monday**  

**TOTAL REST**

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**Tuesday**

**Warm Ups**  
- complete a couple sets of GHR, Pull down abs and hanging leg raises

**Any type of machine press or squat** (leg press, hack squats, power squat machine - anything that is not 3D)  
- use same movement as last week  
- 3-4 light warm up sets

- Work up to 3 work sets of 20 reps -- Push these hard this week, as in, 2-3 reps shy of failure - use the same machine as last week except use more weight as well as the same weight or more.

**Any type of leg curl** (seated, lying, standing)  
- use DIFFERENT machine than last week  
- 3 warm up sets

- 4 work sets of 12 -- Push these hard this week, as in, 2-3 reps shy of failure
**Weight Crunches or Sit Ups** (you SHOULD NOT feel this in your back AT ALL)
* 3 sets of 5 holding the contraction for a 10 count

**Reverse Hypers**
* 4 sets of 15 reps

**Wednesday**
TOTAL REST

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Any Type of Machine Press**
- use a different movement as last week
* work up to 3 sets of 10 reps (leave 1-2 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

**Chest Supported Rows (add THREE sets of chains to this)**
* 2-3 warm up sets
* 3 work sets of 8 reps with a weight that is hard to complete all reps **** AT the end of each set (without racking) do 3 shrugs holding the top position for a 3 count.

**Extensions** - any type you like.
- use same movement as last week
* Work up to a weigh that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.

**Seated Dumbbell Supported Back Front Raise** - use the 0-90 incline bench with the seat straight up. Keep your shoulder blades against the pad the entire set.
* 1-2 warm up sets
* 3 sets of 15 reps using a moderate to light weight -- even with a light weigh you should feels these

**Seated Side Raise Machine**
* Use a couple sets to help determine what weight to use for your top set.
* You will use 1/2 range of motion (the bottom half) and do 3 sets of 30 reps looking UP the entire set.

**Friday**
TOTAL REST
Phase 3 week 12

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Yoke Bar Box Squats
* Briefs
* Base your percent on what your best Yoke Bar Squat is.
* Work up to 55% of your best Yoke bar max (or what you think it is). Do this for
2 sets of 5 reps (using the same chain weight as you used the past couple weeks). After doing these 5 sets with chains go onto...

...working up to the heaviest set of TWO reps you can get.

Pulls off Floor
* Work up to 3 sets of 3 with 75%

GHR
* 3 sets of 10 body weight - warm up
* 4 sets of 15-20 using only bodyweight

Standing Pull Down Abs
* 3 sets of 6-10 HEAVY

Reverse Hypers
* 1 sets of 10 with moderate weight. Do not swing, try to reverse the weight before the axis of the lever passes the front legs (located closest to your feet)

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press with Fat Bar
* Work up into the 45% (raw bench) and do...
3 sets of 3 reps

added 25% of chain weight (based on your best raw bench or best guess of a raw bench). With the weight and chain do..
6 sets of 3 reps

no more than 90 second rest between sets.
Flat Dumbbell Press
* Warm up to a heavy weight of 8. When the weight gets heavy only take 10 pound jumps for each succeeding set of 6. 3 total sets of 6 (get all reps - so one or two reps shy of failure). Go for the heaviest set of 6 you can get!

Extensions - any grip or bar
* 2 sets of READ NOTE --> - moderate weight - Do 12 reps and then hold the contraction for a 10 count, do 12 more reps and hold again for 10 count, do the same thing one more time

Band Pull Aparts
* 3 sets 15-20 reps

Monday
TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Any type of machine press or squat (leg press, hack squats, power squat machine - anything that is not 3D)
- use same movement as last week
* 3-4 light warm up sets
* Work up to 3 work sets of 10 reps -- Push these moderate this week, as in, 4-5 reps shy of failure

Any type of leg curl (seated, lying, standing)
- use DIFFERENT machine than last week
* 3 warm up sets
* 4 work sets of 12 -- Push these moderate this week, as in, 4-5 reps shy of failure

Weight Crunches or Sit Ups (you SHOULD NOT feel this in your back AT ALL)
* 3 sets of 5 holding the contraction for a 10 count

Reverse Hypers
* 4 sets of 15 reps

Wednesday
TOTAL REST
Thursday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Any Type of Machine Press
- use a different movement as last week
* work up to 3 sets of 10 reps (leave 4-5 reps shy of failure)
* keep the reps tight and slow with very little acceleration or momentum

Chest Supported Rows (add THREE sets of chains to this)
* 2-3 warm up sets
* 3 work sets of 8 reps with a weight that is hard to complete all reps

Pushdowns - any type you like.
* Work up to a weigh that you think you could do a good hard set of 20 with. Stay with this weight for as many sets as it takes to get 100 reps.

Seated Dumbbell Supported Back Front Raise - use the 0-90 incline bench with the seat straight up. Keep your shoulder blades against the pad the entire set.
* 1-2 warm up sets
* 3 sets of 15 reps using a moderate to light weight -- even with a light weigh you should feels these

Seated Side Raise Machine
* Use a couple sets to help determine what weight to use for your top set.
* You will use 1/2 range of motion (the bottom half) and do 3 sets of 30 reps looking UP the entire set.

Friday
TOTAL REST

Phase 3 Week 13

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Squats
* Briefs
* Base your percent on what your best Yoke Bar Squat is.
* Work up to 55% of your best squat max. Do this for 3 sets of 8 reps
No Pulls this week

GHR
* 3 sets of 10 body weight - warm up

Standing Pull Down Abs
* 3 sets of 15

Reverse Hypers
* 4 sets of 10 with moderate weight. Do not swing, try to reverse the weight before the axis of the lever passes the front legs (located closest to your feet)

Sunday

Warm Ups
* complete a few sets of band pull apart, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to into the 40% (raw bench) and do...
  3 sets of 8 reps

Slight Incline Dumbbell Press
* Warm up and then do 3 sets of 10 reps with a weight you could do 15-20 reps with.

No Tricep Work

No rear delts

Monday
TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Box Squats
* 3-4 light warm up sets
* Use a light weight (raw) and do 8 sets of 3 reps. Don't worry about speed and keep these light.

No Hamstring work
No ab work
* 3 sets of 5 holding the contraction for a 10 count

Reverse Hypers
* 2 sets of 15 light

Wednesday
TOTAL REST

Thursday
Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* work up to a light weight and do 8 sets of 3 reps - LIGHT

Chest Supported Rows  (add THREE sets of chains to this)
* 2-3 warm up sets
* no work sets

No Triceps work

No Delt Work

Friday
TOTAL REST

Phase 4 week 1

Saturday
Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises  - do in the same order as last week

Box Squats
* Briefs
* Work up to 55% of your best squat max. Do this for 6 sets of 5 reps

**Deadlift** - Deficit (standing on 4 inch platform)
* Project what you think you max would be. DON'T do it or even work up to see how it "feel". Just guess and guess low
* Work up to 55% of this "projected deficit deadliest max" and do 6 sets of 5 reps

**GHR**
* 3 sets of 10 body weight - warm up

**Standing Pull Down Abs**
* 3 sets of 15

---

**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up to into the 55% (raw bench) and do...
  5 sets of 6 reps

**Slight Incline Dumbbell Press**
* Warm up and then do 3 sets of 10 reps with a weight you could do 15-20 reps with.

**Close Grip Bench Press**
* 5 warm up sets of 10 reps
* 2 work sets of 5 reps (2 reps shy of failure)

**Band Pull Aparts**
* 2 sets to failure

---

**Monday**
TOTAL REST

---

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Box Jumps**
* 6-7 light warm up sets of 1-3 reps
* Work up and establish a max box jump (remember what this is as we will work of of this in the coming weeks)

**Seated Leg Curl**
* slow tempo - half the speed you would normally use.
* 3 sets of 12 reps

**Close Stance Hack Squats**
* slow tempo - half the speed you would normally use
* 3 sets of 10 reps

**Reverse Hypers**
* 2 sets of 15 light

**Wednesday**

TOTAL REST

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Ultra Wide Bench Press**
* warm up sets - as many as needed
* do not exceed 95 pounds or 135 pounds (based on strength)
* 5 sets of 10 reps
* This should be light

**Lat Pull Downs** (three handles)
* You will do 2 sets of 10 reps with one handle (any choice), then change to another handle for another 2 sets of 10. Finally change the handle again and do 2 more sets of 10 reps.

**Elbows Out Triceps Extension**
* 2-3 warm up sets
* 4 work sets of 10 reps (2 reps shy)

**Seated Side Delt Raises**
* 4 sets 10 reps (2 reps shy)

**Friday**

TOTAL REST
**Phase 4 week 2**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

**Box Squats**
* Briefs
* Work up to 60% of your best squat max. Do this for 5 sets of 5 reps

**Deadlift - Deficit** (standing on 2 inch platform)
* Project what you think you max would be. DON'T do it or even work up to see how it 'feel'. Just guess and guess low
* Work up to 50% of this "projected deficit deadliest max" and do 5 sets of 5 reps

**GHR**
* 3 sets of 10 body weight - warm up

**Standing Pull Down Abs**
* 3 sets of 15

**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up into the 60% (raw bench) and do...
  5 sets of 5 reps

**Slight Incline Dumbbell Press**
* Warm up and then do 3 sets of 10 reps. These 3 sets should all be work sets using the same weight.

so it might look like this.

25x10
40x10
65x10
80x10
90x10
115x10 for 3 sets

**Close Grip Bench Press**
* 5 warm up sets of 10 reps
* 2 work sets of 5 reps (2 reps shy of failure)
* beat weight from last week by 5 pounds.

**Band Pull Aparts**
* 2 sets to failure

---

**Monday**
TOTAL REST

---

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Box Jumps**
* 6-7 light warm up sets of 1-3 reps
* 60% for 2 sets of 5 reps

**Seated Leg Curl**
* slow tempo - half the speed you would normally use.
* 3 sets of 15 reps

**Close Stance Hack Squats**
* slow tempo - half the speed you would normally use
* 3 sets of 10 reps
-- use more weight than last week

**Reverse Hypers**
* 2 sets of 15 light

---

**Wednesday**
TOTAL REST

---

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Ultra Wide Bench Press**
* warm up sets - as many as needed
* do not exceed 95 pounds or 135 pounds (based on strength)
* 5 sets of 10 reps
  - This should be light

**Lat Pull Downs** (three handles)
* You will do 2 sets of 10 reps with one handle (any choice), then change to another handle for another 2 sets of 10. Finally change the handle again and do 2 more sets of 10 reps.

**Elbows Out Triceps Extension**
* 2-3 warm up sets
* 4 work sets of 10 reps (2 reps shy)

**Seated Side Delt Raises**
* 4 sets 10 reps (2 reps shy)

---

**Friday**
TOTAL REST

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**Phase 4 week 3**

**Saturday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises  - do in the same order as last week

**Box Squats**
* Briefs
* Work up to 65% of your best squat max x 3
* then do 70% for 3

**Deadlift - Deficit** (standing on 2 inch platform)
* Project what you think you max would be. DON'T do it or even work up to see how it ‘feel’. Just guess and guess low
* Work up to 60% of this “projected deficit deadliest max” and do 3 sets of 3 reps

**GHR**
* 3 sets of 10 body weight - warm up
* 2 work sets of 6 reps (use weight)

**Standing Pull Down Abs**
* 2 sets of 15
**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up to into the 65% (raw bench) and do 2 sets of 5 reps, then 70% for 3 reps

**Flat Dumbbell Press**
* Warm up and then do 3 sets of 10 reps. These 3 sets should all be work sets using the same weight. MAKE THESE LIGHT THIS WEEK - use 60% of what you would normally use.

**Close Grip Floor Press with Weights on Foam Block**
* 5 warm up sets of 10 reps
* 2 work sets of 3 reps

**Band Pull Aparts**
* 2 sets to failure

**Monday**
TOTAL REST

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Box Jumps**
* 6-7 light warm up sets of 1-3 reps
* 70% for 2 sets of 3 reps

**Seated Leg Curl**
* slow tempo - half the speed you would normally use.
* 3 sets of 15 reps

**Close Stance Hack Squats**
* slow tempo - half the speed you would normally use
* 3 sets of 8 reps
-- use more weight than last week, Go HARD on these

**Reverse Hypers**
* 2 sets of 15 light
**Wednesday**
TOTAL REST

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Ultra Wide Bench Press**
* warm up sets - as many as needed
* do not exceed 95 pounds or 135 pounds (based on strength)
* 3 sets of 10 reps
  - This should be light

**Lat Pull Downs** (three handles)
* You will do 2 sets of 10 reps with one handle (any choice), then change to another handle for another 2 sets of 10. Finally change the handle again and do 2 more sets of 10 reps.

**Elbows Out Triceps Extension**
* 2-3 warm up sets
* 4 work sets of 10 reps (2 reps shy)

**Seated Side Delt Raises**
* 4 sets 10 reps (2 reps shy)

**Friday**
TOTAL REST
Phase 4 week 4

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Squats - no box
* Briefs
* Work up to 65% of your best squat max x 3
* then do 70% for 3
* last set 75% for 3

Deadlift - Pin Pulls (off pin 3)
* Work up to 1 rep max - When the weight begins to feel heavy start taking 20 pound jumps. This will build more volume in.

GHR
* 3 sets of 10 body weight - warm up
* 3 work sets of 8 using super slow negative reps. If someone has to push you up that's fine. Try to lower with a 5 or 6 count.

Hanging Leg Raises
* 50 total reps - I don't care how many sets this takes. Just do 50 reps

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up into the 70% (raw bench) and do 2 sets of 3 reps, then 75% for 3 reps

Flat Dumbbell Press
* Warm up and then do 3 sets of 8 reps. Make these progressive sets where you work up to a heavy set of 8.

Maybe like this:
45x10
45x10
65x8
75x8
90x8
115x8
125x8
The last 3 sets would be work sets.

Close Grip Floor Press with Weights on Foam Block (Todd will show you)
* 5 warm up sets of 10 reps
* 2 work sets of 3 reps

-- Let's keep this in this week and work up to a heavy set of 3 breaking your record from last week.

Band Pull Aparts
* 2 sets to failure

**Monday**
TOTAL REST

**Tuesday**

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Box Jumps
* 6-7 light warm up sets of 1-3 reps
* 80% for 2 sets of 3 reps

Seated Leg Curl
* slow tempo - half the speed you would normally use.
* 3 sets of 15 reps

Wide Stance Hack Squats
* slow tempo - half the speed you would normally use
* 3 sets of 8 reps
-- use more weight than last week, Go HARD on these

Reverse Hypers
* 2 sets of 15 light

**Wednesday**
TOTAL REST
Thursday

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Ultra Wide Bench Press**
* warm up sets - as many as needed
* do not exceed 95 pounds or 135 pounds (based on strength)
* 3 sets of 10 reps
  - This should be light

**Lat Pull Downs** (three handles)
* You will do 2 sets of 10 reps with one handle (any choice), then change to another handle for another 2 sets of 10. Finally change the handle again and do 2 more sets of 10 reps.

**Elbows Out Triceps Extension**
* 2-3 warm up sets
* 4 work sets of 10 reps (2 reps shy)

**Seated Side Delt Raises**
* 4 sets 10 reps (2 reps shy)

Friday

TOTAL REST

Phase 4 week 5

Saturday

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

**Squats** - no box
* Briefsand Suit Straps Down
* Work up to 65% of your best squat max x 1
* then do 70% for 1
* last set 80% for 1

**Deadlift** - Pin Pulls (off pin 2)
* deadlift suit straps down
* Work up to 1 rep max - When the weight begins to feel heavy start taking 20 pound jumps. This will build more volume in.
PROGRAMS THAT WORK 3 VOL. 1

GHR
* 3 sets of 10 body weight - warm up
* 3 work sets of 8 using super slow negative reps. If someone has to push you up that's fine. Try to lower with a 5 or 6 count.

Hanging Leg Raises
* 50 total reps - I don't care how many sets this takes. Just do 50 reps

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to into the 70% (raw bench) and do 2 sets of 3 reps, then 75% for 3 reps ALL sets using your shirt off of 2 boards. 
  Yes, it will be light

Flat Dumbbell Press
* Warm up and then do 3 sets of 8 reps. Make these progressive sets where you work up to a heavy set of 8.

Maybe like this:

45x10
45x10
65x8
75x8
90x8
115x8
125x8

The last 3 sets would be work sets.

BEAT LAST WEEK

Close Grip Floor Press with Weights on Foam Block
* Work up slow and do a max rep of 1. Then drop 20% and do 2 sets of 3 reps

Band Pull Aparts
* 100 total reps

Monday

TOTAL REST
**Tuesday**

**Warm Ups**  
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Box Jumps**  
* 6-7 light warm up sets of 1-3 reps  
* 80% for 2 sets of 1 reps

**Seated Leg Curl**  
* slow tempo - half the speed you would normally use.  
* 3 sets of 8 reps - use the same weight you have been using

**Wide Stance Hack Squats**  
* slow tempo - half the speed you would normally use  
* 3 sets of 6 reps  
-- Use 20% LESS weight than last week

**Reverse Hypers**  
* 2 sets of 15 light

**Wednesday**

**TOTAL REST**

**Thursday**

**Warm Ups**  
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Ultra Wide Bench Press**  
* warm up sets - as many as needed  
* do not exceed 95 pounds or 135 pounds (based on strength)  
* 3 sets of 10 reps  
-- This should be light

**Lat Pull Downs (three handles)**  
* You will do 2 sets of 10 reps with one handle (any choice), then change to another handle for another 2 sets of 10. Finally change the handle again and do 2 more sets of 10 reps.  
* Use LESS weight than last week

**Elbows Out Triceps Extension**  
* 2-3 warm up sets  
* 4 work sets of 10 easy reps
Seated Side Delt Raises
* 4 sets 10 reps (2 reps shy)

Friday
TOTAL REST

Phase 4 week 6

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Squats - no box
* Briefs and Suit Straps Down AND knee wraps
* Work up to 75x1% of your best squat max x 1
* then do 80% for 1
* last set 82-83% for 1

Deadlift - Pin Pulls (off pin 5)
* deadlift suit straps up
* Work up to 1 rep max - When the weight begins to feel heavy start taking 20 pound jumps. This will build more volume in.

GHR
* 3 sets of 10 body weight - warm up
* 3 work sets of 8 using super slow negative reps. If someone has to push you up that's fine. Try to lower with a 5 or 6 count.

Hanging Leg Raises
* 50 total reps - I don't care how many sets this takes. Just do 50 reps

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to into the 70% (raw bench) and do 2 sets of 3 reps, then 80% for 2 sets. 3 reps ALL sets using your shirt off of 3 boards.
**Flat Floor Dumbbell Press**
* Warm up and then do 3 sets of 8 reps. Make these progressive sets where you work up to a heavy set of 8.

Maybe like this:

45x10  
45x10  
65x8  
75x8  
90x8  
115x8  
125x8

The last 3 sets would be work sets.

**Close Grip Bench Off Straps set at your sticking point (3/4 up)**
* Work up slow and do a max rep of 1. Then drop 20% and do 2 sets of 3 reps

**Band Pull Aparts**
* 100 total reps

---

**Monday**
TOTAL REST

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Box Squats with briefs**
* 6-7 light warm up sets of 1-3 reps  
* 40% for 6 sets of 2 reps with 2 chain per side

**Seated Leg Curl**
* slow tempo - half the speed you would normally use.  
* 3 sets of 8 reps - use the same weight you have been using

**Wide Leg Press**
* slow tempo - half the speed you would normally use  
* 3 sets of 20 reps

**Back Raises**
* 2 sets of 25 light
Wednesday
TOTAL REST

Thursday
Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Close Grip Bench Press with Tsunami Bar
*warm up sets - as many as needed
* do not exceed 95 pounds or 135 pounds (based on strength)
* 3 sets of 10 reps
- This should be light

Lat Pull Downs (three handles)
* You will do 2 sets of 10 reps with one handle (any choice), then change to another handle for another 2 sets of 10. Finally change the handle again and do 2 more sets of 10 reps.
* Use LESS weight than last week

Barbell Extensions off Floor Using Chain
* chain should = 50% of barbell weight
* example 95 pounds with 100 pound of chain
* Work up doing sets of 6 until you do a max set of 6 reps

Seated Side Delt Raises
* 4 sets 10 reps (2 reps shy)

Friday
TOTAL REST

Phase 4 week 7

Saturday
Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises  - do in the same order as last week

Squats - no box
* Briefsand Suit Straps Down AND knee wraps
* Work up to 75x1% of your best squat max x 1
* then do 80% for 1
* last set 82-83% for 1
* 85% for 1
**Deadlift** - Pin Pulls (off pin 4)
* deadlift suit straps up
* Work up to 3 rep max - When the weight begins to feel heavy start taking 20 pound jumps. This will build more volume in.

**GHR**
* 3 sets of 10 body weight

**Hanging Leg Raises**
* 60 total reps - I don't care how many sets this takes. Just do 60 reps

---

**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press**
* Work up into the 70% (raw bench) and do 2 sets of 3 reps, then 80% for 2 sets. 3 reps ALL sets using your shirt off of 3 boards. Do the same thing as last week but use more weight (jump 5-10%). Stay with the same boards.

**Flat Floor Dumbbell Press**
* Warm up and then do 3 sets of 8 reps. Make these progressive sets where you work up to a heavy set of 8.

Maybe like this:

45x10
45x10
65x8
75x8
90x8
115x8
125x8

The last 3 sets would be work sets.

**Close Grip Bench Off Straps set at your sticking point (3/4 up)**
* Work up slow and do a max rep of 1.

**Band Pull Aparts**
* 100 total reps

---

**Monday**

TOTAL REST
**Programs That Work 3 Vol. 1**

**Tuesday**

**Warm Ups**
- Complete a couple sets of GHR, Pull down abs and hanging leg raises

**Box Squats with briefs**
- 6-7 light warm up sets of 1-3 reps
- 45% for 6 sets of 2 reps with 2 chain per side

**Seated Leg Curl**
- Slow tempo - half the speed you would normally use.
- 3 sets of 8 reps - use the same weight you have been using

**Wide Leg Press**
- Slow tempo - half the speed you would normally use.
- 3 sets of 15 reps (heavier than last week)

**Back Raises**
- 2 sets of 25 light

---

**Wednesday**

**TOTAL REST**

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**Thursday**

**Warm Ups**
- Complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Close Grip Bench Press with Tsunami Bar**
- Warm up sets - as many as needed
- Do not exceed 95 pounds or 135 pounds (based on strength)
- 3 sets of 10 reps
  - This should be light

**Lat Pull Downs** (three handles)
- You will do 2 sets of 10 reps with one handle (any choice), then change to another handle for another 2 sets of 10. Finally change the handle again and do 2 more sets of 10 reps.
- Use LESS weight than last week

**Barbell Extensions off Floor Using Chain**
- Chain should = 50% of barbell weight
- Example 95 pounds with 100 pound of chain
- Work up doing sets of 6 until you do a max set of 6 reps
Seated Side Delt Raises
* 4 sets 10 reps (2 reps shy)

Friday
TOTAL REST

Phase 4 week 8

Saturday
Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Squats - no box
* Briefs and Suit Straps Down AND knee wraps
* Work up to 75x1% of your best squat max x 1
* then do 80% for 1
* last set 82-83% for 1
* 85% for 2

Deadlift - Pin Pulls (off pin 3)
* deadlift suit straps up
* Work up to 3 rep max - When the weight begins to feel heavy start taking 20 pound jumps. This will build more volume in.

GHR
* 3 sets of 10 body weight

Hanging Leg Raises
* 60 total reps - I don’t care how many sets this takes. Just do 60 reps

Sunday
Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press
* Work up to into the 70% (raw bench) and do 2 sets of 3 reps, then 80% for 2 sets 3 reps ALL sets using your shirt off of 2 boards. Do the same thing as last week but use more weight (jump 5%). Stay with the same boards.

Light Machine Presses
* Warm up and then do 3 sets of 20 reps
**Monday**

TOTAL REST

**Tuesday**

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Box Squats with briefs
* 6-7 light warm up sets of 1-3 reps
* 50% for 7 sets of 2 reps with 2 chain per side

Seated Leg Curl
* slow tempo - half the speed you would normally use.
* 3 sets of 8 reps - use the same weight you have been using

Close Leg Press
* slow tempo - half the speed you would normally use
* 3 sets of 15 reps (heavier than last week)

Back Raises
* 2 sets of 50

**Wednesday**

TOTAL REST

**Thursday**

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Close Grip Bench Press with Tsunami Bar
* warm up sets - as many as needed
* do not exceed 95 pounds or 135 pounds (based on strength)
* 3 sets of 10 reps
  - This should be light

Lat Pull Downs (three handles)
* You will do 2 sets of 10 reps with one handle (any choice), then change to another handle for another 2 sets of 10. Finally change the handle again and do 2 more sets of 10 reps.
* Use LESS weight than last week
Barbell Extensions off Floor Using Chain
* chain should = 50% of barbell weight
* example 95 pounds with 100 pound of chain
* Work up doing sets of 6 until you do a max set of 6 reps

Seated Side Delt Raises
* 4 sets 10 reps (2 reps shy)

Friday
TOTAL REST

Phase 4 week 9

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Yoke Bar Squats with 5 chain per side
* Briefsand Suit Straps Down AND knee wraps
* Work up to one rep max

Speed Pulls
* deadlift suit straps up
* 60% for 8 sets of 2 reps

GHR
* 3 sets of 10 body weight

Hanging Leg Raises
* 65 total reps - I don't care how many sets this takes. Just do 60 reps

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press - Floor
* 55% with 2 chains per side.
* 8 sets 3 reps --- speed presses
Rolling Dumbbell Extensions
* 8 sets of 8 reps

Light Machine Presses
* Warm up and then do 3 sets of 20 reps

**Monday**
TOTAL REST

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Box Squats with briefs**
* 6-7 light warm up sets of 1-3 reps
* 50% for 7 sets of 2 reps with 3 chain per side

**Seated Leg Curl**
* slow tempo - half the speed you would normally use.
* 3 sets of 8 reps - use the same weight you have been using

**Close Leg Press**
* slow tempo - half the speed you would normally use.
* 3 sets of 15 reps (heavier than last week)

**Back Raises**
* 2 sets of 50

**Wednesday**
TOTAL REST

**Thursday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Close Grip Bench Press with Tsunami Bar**
* warm up sets - as many as needed
* do not exceed 95 pounds or 135 pounds (based on strength)
* 3 sets of 10 reps
- This should be light
Lat Pull Downs (three handles)
* You will do 2 sets of 10 reps with one handle (any choice), then change to another handle for another 2 sets of 10. Finally change the handle again and do 2 more sets of 10 reps.
* Use LESS weight than last week

Barbell Extensions off Floor Using Chain
* chain should = 50% of barbell weight
* example 95 pounds with 100 pound of chain
* Work up doing sets of 6 until you do a max set of 6 reps

Seated Side Delt Raises
* 4 sets 10 reps (2 reps shy)

**Friday**
TOTAL REST

**Phase 4 week 10**

**Saturday**

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Squats
* Briefsand Suit Straps Up Down light knee wraps
* Work up 85% for 1, then 85% for 2 and finally 85% for 3

Speed Pulls
* deadlift suit straps up
* 65% for 8 sets of 1 reps

GHR
* Do a couple warm up sets of 5 reps with body weight and then work up to the heaviest med ball you can use for 5 reps. Rest 3-5 minutes and do a second set of 5.

Hanging Leg Raises
* 70 total reps - I don’t care how many sets this takes. Just do 70 reps
**Sunday**

* **Warm Ups**
  * complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

* **Bench Press** - Floor
  * 60% with 2 chains per side.
  * 8 sets 3 reps --- speed presses
  --- Press with MORE force than last week

* **Rolling Dumbbell Extensions** (or use any tricep extension type machine)
  * 8 sets of 8 reps

* **Light Machine Presses with a Neutral Grip**
  * Warm up and then do 3 sets of 20 reps

**Monday**

TOTAL REST

**Tuesday**

* **Warm Ups**
  * complete a couple sets of GHR, Pull down abs and hanging leg raises

* **Box Squats with briefs**
  * 6-7 light warm up sets of 1-3 reps
  * 55% for 7 sets of 2 reps with 3 chain per side

* **Seated Leg Curl**
  * slow tempo - half the speed you would normally use.
  * 3 sets of 8 reps - use the same weight you have been using

* **Close Leg Press**
  * slow tempo - half the speed you would normally use.
  * 3 sets of 15 reps (heavier than last week)

* **Back Raises**
  * 2 sets of 50

**Wednesday**

TOTAL REST
Thursday

**Warm Ups**
- complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Close Grip Bench Press with Tsunami Bar**
- warm up sets - as many as needed
- do not exceed 95 pounds or 135 pounds (based on strength)
- 3 sets of 10 reps
  - This should be light
  **NOTE:** This week use 30-50 more pounds for this. It should still be light but a bit harder.

**Lat Pull Downs using three different bars (2 sets each bar)**
- You will do 2 sets of 10 reps with each bar. After the first bar you really shouldn’t need any warm up sets.

**Barbell Extensions off Floor Using Chain**
- chain should = 50% of barbell weight
- example 95 pounds with 100 pound of chain
- Work up doing sets of 5 until you do a max set of 5 reps

**Seated Side Delt Raises**
- 4 sets 10 reps (2 reps shy)

Friday

**TOTAL REST**

Phase 4 week 11

Saturday

**Warm Ups**
- complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

**Squats**
- Briefs and Suit Straps Up - light knee wraps
- Work up 83% for 1, then 85% for 1 and finally 87% for 2

**Speed Pulls**
- deadlift suit straps up
- 67% for 8 sets of 1 reps
Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press - Raw
* 50% with 2 chains per side.
* 8 sets 3 reps --- speed presses

Bench Press - Shirt
* Work up to 80% of best shirt max for 2 sets of 3 off a 3 Board.

Swiss Bar Over Head Press - Whatever grip feels good to you.
* Warm up to 2 heavy sets of 10 reps

Monday
TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Box Squats with briefs and suit bottoms
* 6-7 light warm up sets of 1-3 reps
* 60% for 7 sets of 2 reps with 3 chain per side

GHR
* 3 sets of 8 reps - use weight if needed.

Close Leg Press
* slow tempo - half the speed you would normally use
* 3 sets of 10 reps (heavier than last week)

Back Raises
* 2 sets of 50

Wednesday
TOTAL REST
Thursday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press with Tsunami Bar
* warm up sets - as many as needed
* do not exceed 95 pounds or 135 pounds (based on strength)
* 2 sets of 10 reps - work sets
  * This should be light
NOTE: Increase the weight again this week.

Lat Pull Downs using three different bars (2 sets each bar)
* You will do 2 sets of 10 reps with each bar. After the first bar you really shouldn’t need any warm up sets.

Barbell Extensions off Floor Using Chain
* chain should = 50% of barbell weight
* example 95 pounds with 100 pound of chain
* Work up doing sets of 3 until you do a max set of 3 reps

Seated Side Delt Raises
* 4 sets 10 reps (2 reps shy)

Friday

TOTAL REST

Phase 4 week 12

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises  - do in the same order as last week

Squats
* Briefs and Suit Straps Up - light knee wraps
* Work up 85% for 1, then 87% for 1 and finally 90% for 1

Speed Pulls
* deadlift suit straps up
* 70% for 8 sets of 1 reps
Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press - Raw
* 52% with 2 chains per side.
* 8 sets 3 reps --- speed presses

Bench Press - Shirt
* Work up to 85% of best shirt max for 2 sets of 3 off a 2 Board.

Swiss Bar Over Head Press - Whatever grip feels good to you.
* Warm up to 2 heavy sets of 10 reps

Monday
TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Box Squats with briefs and suit bottoms
* 6-7 light warm up sets of 1-3 reps
* 55% for 5 sets of 2 reps with 3 chain per side

GHR
* 3 sets of 8 reps - use weight if needed.

Close Leg Press
* slow tempo - half the speed you would normally use
* 3 sets of 10 reps (heavier than last week)

Hanging Leg Raise
* 60 total reps

Back Raises
* 2 sets of 50
**Wednesday**

TOTAL REST

**Thursday**

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press with Tsunami Bar
* warm up sets - as many as needed
* do not exceed 95 pounds or 135 pounds (based on strength)
* 2 sets of 10 reps - work sets
  - This should be light
NOTE: Increase the weight again this week.

Lat Pull Downs using three different bars (2 sets each bar)
* You will do 2 sets of 10 reps with each bar. After the first bar you really shouldn’t need any warm up sets.

Barbell Extensions off Floor Using Chain
* chain should = 50% of barbell weight
* example 95 pounds with 100 pound of chain
* Work up doing sets of 3 until you do a max set of 3 reps (BEAT LAST WEEK)

Seated Side Delt Raises
* 4 sets 10 reps (2 reps shy)

**Friday**

TOTAL REST

**Phase 4 week 13**

**Saturday**

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

Squats
* Briefs and Suit Straps Up - light knee wraps
* Work up 80% for 1, then 90% for 1 and finally 92% for 1
* Reverse Band Squat - 100% x 1
Speed Pulls
* deadlift suit straps up
* 73% for 8 sets of 1 reps

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press - Raw
* 54% with 2 chains per side.
* 8 sets 3 reps --- speed presses

Bench Press - Shirt
* Work up to 87% of best shirt max for 2 sets of 3 off a 1 Board.

Swiss Bar Over Head Press - Whatever grip feels good to you.
* Warm up to 2 heavy sets of 6 reps

Monday
TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Box Squats with briefs and suit bottoms
* 6-7 light warm up sets of 1-3 reps
* 50% for 5 sets of 2 reps with 3 chain per side

GHR
* 3 sets of 8 reps - use weight if needed.

Close Leg Press
* slow tempo - half the speed you would normally use
* 3 sets of 10 reps (heavier than last week)

Hanging Leg Raise
* 60 total reps

Back Raises or Band Good Mornings (standing on band)
* 2 sets of 50
Wednesday
TOTAL REST

Thursday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press with Tsunami Bar**
* warm up sets - as many as needed
* do not exceed 185 pounds (based on strength)
* 2 sets of 10 reps - work sets
- This should be light
**NOTE:** Increase the weight again this week.

**Lat Pull Downs using three different bars (2 sets each bar)**
* You will do 2 sets of 10 reps with each bar. After the first bar you really shouldn’t need any warm up sets.

**Barbell Extensions off Floor Using Chain**
* chain should = 50% of barbell weight
* example 95 pounds with 100 pound of chain
* Work up doing sets of 3 until you do a max set of 3 reps (BEAT LAST WEEK) - This is the last week of these so go hard. Also do one down set (take off 20% bar weight). Do as many reps as you can to failure and then 2 strip sets.

**Seated Side Delt Raises**
* 4 sets 10 reps (2 reps shy)

Friday
TOTAL REST

**Phase 4 week 14**

Saturday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises - do in the same order as last week

**Squats**
* Briefs and Suit Straps Up - tight knee wraps
* Work up 90% for 1, then 92% for 1 and finally 95% for 1
* Reverse Band Squat - 102% x 1
Speed Pulls
* deadlift suit straps up
* 76% for 5 sets of 1 reps

Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press - Shirt
* Work up to 90% of best shirt max for 2 sets of 1 off a 1/2 Board.

Swiss Bar Over Head Press - Whatever grip feels good to you.
* Warm up to 2 heavy sets of 6 reps

Monday

TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

Box Squats with briefs and suit bottoms
* 6-7 light warm up sets of 1-3 reps
* 40% for 5 sets of 2 reps with 2 chain per side

GHR
* 3 sets of 8 reps - use weight if needed.

Hanging Leg Raise
* 60 total reps

Back Raises or Band Good Mornings (standing on band)
* 2 sets of 50

Wednesday

TOTAL REST
Thursday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

Bench Press with Tsunami Bar
* warm up sets - as many as needed
* do not exceed 185 pounds (based on strength)
* 2 sets of 8 reps - work sets
  - This should be light
NOTE: Increase the weight again this week.

Lat Pull Downs using three different bars (2 sets each bar)
* You will do 2 sets of 10 reps with each bar. After the first bar you really shouldn’t need any warm up sets.

Pushdowns - Any Style
* 3- 4 warm up sets of 15
* 4 work sets of 8-10 (to failure)

Seated Side Delt Raises
* 4 sets 10 reps (2 reps shy)

Friday
TOTAL REST

Phase 4 Week 15

Saturday

Warm Ups
* I want you to pull the GHR and Pull Down Ab warm ups and begin light movements and light stretching as you would warm up for a meet. This may also mean doing many more lighter weight warm up sets on the Squat.

Squats
* Briefs and Suit Straps Up - tight knee wraps
* Work up 90% for 1, then 93% for 1 and finally 97% for 1
* Reverse Band Squat - 104% x 1

Speed Pulls
* deadlift suit straps up
* 78% for 5 sets of 1 rep
**Sunday**

**Warm Ups**
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press - Shirt**
* Work up to 93% of best shirt max for 2 sets of 1 off chest

**Swiss Bar Over Head Press - Whatever grip feels good to you.**
* Warm up to 2 heavy sets of 6 reps

**Monday**

TOTAL REST

**Tuesday**

**Warm Ups**
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**Box Squats with briefs and suit bottoms**
* 6-7 light warm up sets of 1-3 reps
* 45% for 5 sets of 2 reps

**GHR**
* 3 sets of 8 reps - use weight if needed.

**Hanging Leg Raise**
* 60 total reps

**Back Raises or Band Good Mornings (standing on band)**
* 2 sets of 50

**Wednesday**

TOTAL REST
Thursday

Warm Ups
* complete a few sets of band pull apart, reverse grip dumbbell presses, and hammer curls

Bench Press with Tsunami Bar
* warm up sets - as many as needed
* do not exceed 185 pounds (based on strength)
* 2 sets of 8 reps - work sets
  This should be light
NOTE: Increase the weight again this week.

Lat Pull Downs using three different bars (2 sets each bar)
* You will do 2 sets of 10 reps with each bar. After the first bar you really shouldn’t need any warm up sets.

Extensions - Any Style
* 3-4 warm up sets of 15
* 4 work sets of 8-10 (to failure)

Rear Delt Raises
* 4 sets 10 reps (2 reps shy)

Friday

TOTAL REST

Phase 4 Week 16

Saturday

Warm Ups
* I want you to pull the GHR and Pull Down Ab warm ups and begin light movements and light stretching as you would warm up for a meet. This may also mean doing many more lighter weight warm up sets on the Squat.

Squats
* Work up to your open or minus 20 - 30 pound of it.

Speed Pulls
* deadlift suit straps up
* 50 for 8 sets of 1 rep - Focus on stance, position and pulling the slack out of the bar
Sunday

Warm Ups
* complete a few sets of band pull a parts, reverse grip dumbbell presses, and hammer curls

**Bench Press** - Shirt
* Work up to 95% of best shirt max for 1 sets of 1 off chest
--- After this you should have a good idea what to open with.

**Swiss Bar Over Head Press** - Whatever grip feels good to you.
* Warm up to 2 heavy sets of 6 reps

Monday
TOTAL REST

Tuesday

Warm Ups
* complete a couple sets of GHR, Pull down abs and hanging leg raises

**GHR**
* 3 sets of 8 reps - use weight if needed.

**Hanging Leg Raise**
* 30 total reps

**Back Raises or Band Good Mornings (standing on band)**
* 2 sets of 20

Wednesday
TOTAL REST

Thursday

Rest
Friday

Blood Work with Bands if needed. This would be band presses with band around back, band good morning, and so on.

Saturday - Meet Day