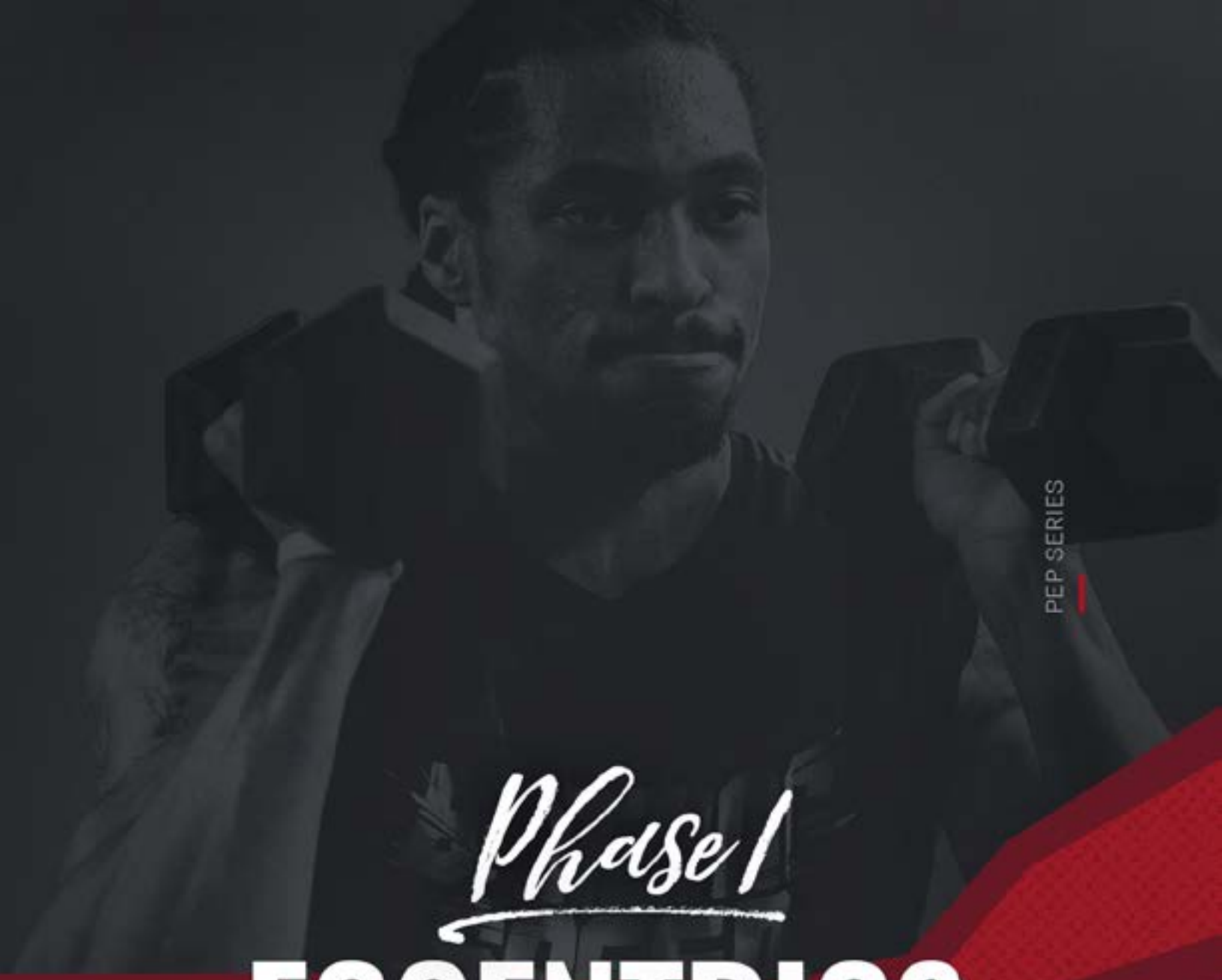

PEP SERIES

Phase 1

ECCENTRICS "BUILDING THE FOUNDATION"

Eccentrics “Building the Foundation”

PEP Sports Performance Training Program

PHASE 1T

NOTE: Phase 1 Includes Weeks 1-4

*It is advised that Elite Athletes use their 1 rep max and Novice Athletes use their 3 rep max for their workout percentages!

Phase 1 Breakdown & Overview

Importance Of Training Eccentric Strength For Athletic Development & Sports Performance:

- Sports Specific Forces (Deceleration, How to Absorb and Control Force)
- "You Can't Produce, What You Can't Absorb"
- Every Dynamic Movement Begins With An Eccentric Muscle Action
- Builds Resiliency and Full Body Control
- Potential for Rate of Force Development
- Altered Motor Unit Recruitment
- Fast Twitch Hypertrophy

The amount of force an athlete can eccentrically load into a muscle tendon is directly proportional to the amount of force he or she can apply. Training the eccentric phase of a movement has two physiological processes that contribute to force development: (1) the stretch reflex and (2) the stretch shortening cycle. The eccentric movement of a muscle causes a series of physiological events that pre-load them and store kinetic energy which is transferred to explosive and concentric dynamic movement. Eccentric training has been shown to preferentially recruit Type II, high threshold-fast twitch motor units, motor units that are imperative in the development of anaerobic power.

Traditional strength training methodology teaches athletes how to expel energy, but little time and effort is spent teaching them to absorb it. Learning how to eccentrically absorb energy before applying it can greatly increase your explosive power output and TAKE YOUR GAME TO THE NEXT LEVEL!

Weekly Training Overview And Breakdown

“Medium Intensity” Submaximal Effort

DAY 1

When training with submaximal loads at intensities of 75–85% percent, the bar velocity typically can decrease after the first working set. If this happens, lower the weight or cut the set down by 1 or 2 reps to ensure high quality reps only! When the velocity decreases, the quality of work and power decreases, causing your training to suffer. When using heavy loads, velocity is the pivotal factor for high power output. If it takes you 4 to 8 seconds to get the weight back up, it’s too heavy.

“High Intensity” Maximal Effort

DAY 2

On high intensity days we are performing our sets with high loads of 90–97% percent of your 1 or 3 Rep Max, lifted with a reactive tempo to stimulate neuromuscular recruitment. To ensure that we are efficiently stimulating the nervous system and promoting positive adaptation through explosive force development, only one rep is performed per work set. The main goal is QUALITY reps at these loads. Instead of doing sets of 2-3 repetitions, you are to perform multiple sets of singles (Cluster Sets) focusing on explosion.

“Low Intensity” High Volume

DAY 3

Day 3 is very similar to Day 1 with the exception that you replace the moderate intensity level with extra volume. High volume is placed at the end of the week to allow you time to fully recover before you walk back into the weight room for your next session. Here you will perform sets with loads of 75–80% percent. Focus on qualtity > quantity still.

Explosive Contrast Training

In this sports performance-training program we use many different types of contrast training to help develop and increase explosive power! This is know as post-activation potentiation (PAP). PAP is the enhanced contractile ability of a muscle to generate force with moderate to light loads after performing an exercise consisting of maximal or near maximal loads. The heavy loaded exercise increases the recruitment of high threshold motor units, improving intermuscular and intramuscular coordination while decreasing pre-synaptic inhibition. The combination of these three actions allows for greater force production and power output of the subsequent exercise. In layman's terms, the nervous system goes into overdrive thinking that it's going to lift a heavy load, resulting in an explosive lift of the lighter load!

This positive effect of potentiated training has been estimated to increase maximal power output by 18 percent as compared to work conducted without performing any type of priming exercise. These specialized methods are applied at the beginning of the workout (our Force Velocity Continuum Blocks) when the nervous system is fresh. After the specialized method is used, the nervous system will be slightly fatigued. In this state, supplemental and pre-habilitation exercises can be applied to finish the set/workout.

The Three Different Explosive Training Methods Used

The French Contrast Method: Developed by French sports scientist Gilles Cometti, combines two common and effective training methods, complex and contrast training.

Complexes: Complexes are proven to increase power. These involve heavy compound exercises (weight greater than 80% of your 1RM) followed by a plyometric exercise involving similar muscles and movements. An example of this is doing squats at high weight followed by a plyometric such as a box jump.

Contrasts: Contrasts are one of the greatest methods to increase maximum strength. They involve a near maximum lift (80 to 97 percent of 1RM), followed by sub-max drop sets, starting at 70 percent of the 1RM and finishing at 50 percent of the 1RM.

Complex and contrast training are both meant to take advantage of the PAP effect, which teaches muscles to produce maximum force in as little time as possible. By using both of these methods you deliver a much higher stress load to yourself, thus maximizing explosive power.

The key difference between the French contrast method and complex or contrast training is its utilization of the number of methods on the force velocity curve for explosive development. The French contrast method, uses a four-exercise protocol which pushes your physiological response and forces the utilization of alactic or anaerobic work. Simply put, the French contrast method makes you powerful for longer periods of time.

To maximize the training time and efficiency, we have built into the program to have pre-habilitation exercises executed during the rest intervals. Due to the extremely taxing nature of the French contrast method, you will need four to five minutes of rest between sets to allow the nervous system to recover and the muscles to replenish energy stores. Inserting pre-habilitation work like this works great because it doesn't physically tax the you between sets and shortens the total time required for the workout.

Eccentrics “Building the Foundation”

Schedule Breakdown & Training Outline

PHASE 1

DAY 1
Eccentric
Means Applied

CLICK
FOR DAY 1

Full Body
Athletic Develop
"Submaximal Effort"

It is advised that Elite Athletes use their 1 RM and Novice Athletes use their 3 RM for their workout percentages!

Workout Schedule:

- Workout Length: 1.5 Hours
- Warm-Up: 15-20 Minutes
- Pre-Core Activation Development: 10 Minutes
- Full Body Training: 1 Hour

Pre Core Activation Development Benefits:

Activating your core prior to training stimulates those deep intrinsic muscles that engage and stabilize. This increases your ability to control the loads/weights during exercise! This will greatly increase your speed and explosive power output, reducing your chances of injury!

Effort Percentages For Main Lift (A1) Weekly Progressions:

WEEK 1: 78.5% of 1 Rep Max or 3 Rep Max
WEEK 2: 80% of 1 Rep Max or 3 Rep Max
WEEK 3: 82.5% of 1 Rep Max or 3 Rep Max

- Never perform slow eccentric loads with loads greater then 85% of your 1RM or 3 RM
- Always use a spotter and safety bars when preforming slow eccentrics
- Always finish a slow eccentric focused lift with an explosive concentric movement
- Move the bar with aggression, intent, and total body tension

Full Body Training Guidelines:

- Complete in block order (super sets, tri-sets, complexes) with 15-30 seconds rest between exercises
- Follow the exact (sets & reps) with 1.5- 2 mins rest between sets! Complete all sets in that block before the next

DAY 2
High Intensity

CLICK
FOR DAY 2

Lower Body Development Emphasis "Maximal Effort"

It is advised that Elite Athletes use their 1 RM and Novice Athletes use their 3 RM for their workout percentages!

Workout Schedule:

- Workout Length: 1.5 Hours
- Warm-Up 15-20: Minutes
- Pre-Core Activation Development: 10 Minutes
- Full Body Training: 1 Hour

Pre Core Activation Development Benefits:

Activating your core prior to training stimulates those deep intrinsic muscles to engage and stabilize increasing your ability to control the loads/weights during exercise! This will greatly increase your speed and explosive power output reducing your chances of injury!

Effort Percentages for Main Lift (A1) Weekly Progressions:

WEEK 1: 90% of 1 Rep Max or 3 Rep Max (3-4 Reps Total Each Set)
WEEK 2: 90% of 1 Rep Max or 3 Rep Max (3-4 Reps Total Each Set)
WEEK 3: 92.5% of 1 Rep Max or 3 Rep Max (2-3 Reps Total Each Set)

- Use cluster sets to maximize performance
- Perform lift with a reactive tempo (as fast as possible) maintaining proper form and depth during each lift
- Always use a spotter and safety bars when preforming heavy lifts
- Move the bar with aggression, intent and with total body tension

Lower Body Training Guidelines:

- Complete in block order (super sets, tri-sets, complexes) with 15-30 seconds rest between exercises
- Follow the exact (sets & reps) with 1.5-2 minutes rest between sets! Complete all sets before the next

DAY 3
Low Intensity

CLICK
FOR DAY 3

Full Body Training with Lower Body Development Emphasis "High Volume"

It is advised that Elite Athletes use their 1 RM and Novice Athletes use their 3 RM for their workout percentages!

Workout Schedule:

- Workout Length: 1.5 Hours
- Warm-Up 15-20: Minutes
- Pre-Core Activation Development: 10 Minutes
- Full Body Training: 1 Hour

Pre Core Activation Development Benefits:

ctivating your core prior to training stimulates those deep intrinsic muscles to engage and stabilize increasing your ability to control the loads/weights during exercise! This will greatly increase your speed and explosive power output reducing your chances of injury!

Effort Percentages for Main Lift (A1) Weekly Progressions:

WEEK 1: 75% of 1 Rep Max or 3 Rep Max
WEEK 2: 75% of 1 Rep Max or 3 Rep Max
WEEK 3: 78.5% of 1 Rep Max or 3 Rep Max

- Never perform slow eccentric loads with loads greater then 85% of your 1RM or 3 RM
- Always use a spotter and safety bars when preforming slow eccentrics
- Always finish a slow eccentric focused lift with an explosive concentric movement
- Move the bar with aggression, intent, and total body tension

Full Body Training Guidelines:

- Complete in block order (super sets, tri-sets, complexes) with 15-30 seconds rest between exercises
- Follow the exact (sets & reps) with 1.5- 2 mins rest between sets! Complete all sets in that block before the next

OFF DAYS	REST - Full Recovery	**Performance Benefits** Exercising places a tremendous amount of strain on the body! When you exercise you tear muscle fibers which the body must repair in order to make you stronger! In order to do this, your body must have time to recover. The body does not grow stronger or build endurance while you are exercising. It's the period after your workout when your body makes all of these changes! If you want to see any performance benefits, its "VITAL" to give your body time to repair itself or your performance will not improve! In fact, your performance will likely suffer and plateau, leading to injuries!

DAY 1
Phase 1: Eccentrics
"Building the Foundation"

Back to Schedule

Order	Pre Core Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	**Wall Push Dead Bug** Click For Demo	1	3-5x Per Side	• Take Deep Breath In (By-Pass Lunges) And Fill Up Belly And Back With As Much Air As Possible (Should Take 5 Seconds) • Exhale Out As Leg Extends	• Strengthens Deep Core Transverse Abdominals • Improves Diaphragmatic Breathing, Learning To Synergistically Breath & Brace With Load
A2	**Elevated Box Band Pallof Press Rotation with Hip Stretch** Click For Demo	1	10-12x Per Side	• Stay Long And Tall Through The Spine • Don't Round Back • Rotate Towards Knee Side • Head/Eyes Should Follow The Hand/Body In Rotation	• Strengthen Side Oblique's • Improves Stabilization In The Core • Improves Mobility & Stability In The Hip
A3	**Band Resisted Pallof Lateral Glute Walk** Click For Demo	1	3-4x Per Side	• Keep Feet Under Hips And Body Square • Fully Lock Out Arms And Keep In-Line With Chest	• Develops Lateral Glute Strength • Stabilizes Hips & Torso • Strengthen Side Oblique's
A4	**Plate Off-Set Band Stabilization Jump** Click For Demo	1	8-10x Per Side	• Brace/Absorb On Impact • Don't Let The Weight Pull Up Down, Keep Opposite Side Oblique Tight	• Stabilizes Hips & Torso • Improves Deceleration • Strengthen Side Oblique's

Force Velocity Continuum (Submaximal Effort)	Maximal Strength	Strength-Speed	Speed-Strength	High Velocity
Exercise Order	**A1**	**A2**	**A3**	**A4**
Exercise Choice (Pick your variation)	**Back Squat** Click For Demo **Front Squat** Click For Demo **Trap Bar Deadlift** Click For Demo	**Tuck Jump** Click For Demo **Hurdle Jump** Click For Demo	**DB Acceleration Squat Jumps** Click For Demo	**Band Assisted Over-Speed Jumps** Click For Demo
Sets	4 Sets	4 Sets	4 Sets	4 Sets
Reps	4-5 Reps	4 Reps	4 Reps	4 Reps
Load	Medium Intensity Week 1: 78.5% 1 RM Week 2: 80% 1 RM Week 3: 82.5% 1 RM	Bodyweight “Reactive”	Use 30-40% of A1	Band Assisted “Reactive” Jumps
Tempo	5 Second Eccentric Lowering	Fast (Quick Ground Contact)	Fast (From Low Position)	Fast (Quarter Squat Position)

Range of Motion	Sports Specific or Just Below 90 Degrees	Sports Specific	(Deep Position) Low Jumps	Sports Specific
Coaching Points	• Brace Core-Control The Lowering • Blast Up	• Quick Ground Contact • Explode Off The Ground • Be Aggressive/ Push Ground Away	• Explosive From The Bottom • Get Long And Tall • Be Aggressive/ Push Ground Away	• Quick Ground Contact • Explode Off The Ground • Be Aggressive/ Push Ground Away
Performance Benefits	• Develop Lower Body Strength And Power • Increase Power Production = Jump Higher	• Increase Ground Reaction • Increase Fast Twitch Muscle Fibers • Increase Power Production	• Increase Acceleration • Increase Power And Explosive Output • Developing Greater Range Of Motion And Lower Body Strength	• Increase Ground Reaction • Increase Top End Speed • Increase Fast Twitch Muscle Fibers • Increase Power Production

NOTES:

• Take 20-30 seconds rest between each exercise (A1 through A4) & 4-5 minutes rest between each set.

• During the rest period perform upper body external rotation x 8 reps per side.

Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
BLOCK 1					
B1	**DB Incline Shoulder Stabilization Press** Click For Demo	3	6x Per Side	• 3 Second Lowering/Eccentric • Don't Bent Stabilized Arm • Full Range of Motion	• Increases Functional Strength • Increases Shoulder Stability & Stabilization
B2	**Single Arm Explosive Chess Pass** Click For Demo	3	5x Per Side	• Be Explosive • Fully Lock Out Arm • Use Hips	• Increases Force Production • Increase Reactive Ability
B3	**DB Contra-Lateral Reverse Lunge & Row** Click For Demo	3	8-10x Per Side	• 2 Second Lowering/Eccentric • Keep Slight Forward Lean In Lunge • Maintain Flat Back And Row Towards Belly Button-Rib Cage	• Increase Front Leg Power/ Frist Step Acceleration • Increase Back Strength For Arm Speed • Develop Balance, Stability & Coordination
B4	**Box Elevated Barbell Horizontal Row** Click For Demo	3	10x	• 2 Second Lowering/Eccentric • Pause At Top For 1 Second • Keep Body In Straight Alignment • Engage Core, Squeeze Glutes And Hamstrings	• Improves Posture And Spine Stability • Develops Strong Lower Back And Core • Increases Shoulder & Scapula Strength

BLOCK 2

C1	**Elevated Hip Thrust** Click For Demo	3	6-8x	• 5 Second Hold/Isometric Pause At Top • Lower With Control & Keep Core Engaged • Tuck Your Chin And Look Straight Ahead At Top- Follow Bar Back Down With Eyes & Body	• Develop Glute & Hamstring Strength To Maximize Speed & Acceleration • Improve Core And Hip Complex For Added Stabilization And Stability • Develops Lower Back Strength And Spine Stability
C2	**Suspension Explosive "Y" Snatch** Click For Demo	3	10x	• Fast Explosive Pull • Maintain Proper Posture And Ailment At Top • Engage Shoulders, Core And Glutes At Top	• Develop Explosive Overhead Arm Speed • Develops Shoulder And Core Stabilization • Develops Coordination
C3	**Pallof Twist - Swiss Ball Adductor Squeeze & Hold** Click For Demo	3	3x Squeeze 3x Twist X 5 Per Side	• Squeeze Ball 3X Followed By 3X Twist • Keep Ball Squeezed While Twisting To Maintain Engagement In Adductors	• Helps Reduce Groin Strains • Develops Stronger Core • Improves Cutting-Agility

BLOCK 3

D1	**Suspension Push-Up to Pike** Click For Demo	3	10-15x	• 2 Second Hold/Isometric Pause At Top • Maintain Proper Control And Body Positioning • Don't Sag Hip- Let Low Back Arch • Keep Core Tight, Glutes Engaged	• Develops Tremendous Functional Upper Body Strength • Helps Integrate The Core And Upper Body
D2	**Side Plank with Hip Flexion** Click For Demo	3	10x Per side	• Keep Body In A Straight Line • Don't Drop Hips • Keep Foot In Dorsiflexion • Drive Knee To Chest	• Improves Hip Flexor Strength • Stabilizes The Core And Hips • Strengths Hip Complex

NOTES:

- Take 1.5 minutes rest between sets to fully recover!
- Make sure to foam roll & stretch when finished the workout to speed up recovery!

DAY 2
Eccentrics
"Building the Foundation"

Back to Schedule

Order	Pre Core Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	**Wall Push Dead Bug** Click For Demo	1	3-5 x Per Side	• Take Deep Breath In (By-Pass Lunges) And Fill Up Belly And Back With As Much Air As Possible (Should Take 5 Seconds) • Exhale Out As Leg Extends	• Strengthens Deep Core Transverse Abdominals • Improves Diaphragmatic Breathing, Learning To Synergistically Breath & Brace With Load
A2	**Single Leg Bridge Adductor with Squeeze** Click For Demo	1	10 x Per Side	• Maintain Squeeze Between Legs • Keep Hips and Torso	• Strengthen Hip Control • Improves Stabilization • Reduces Groin Strains
A3	**Band Resisted Pallof Lateral Glute Walk** Click For Demo	1	3-4x Per Side	• Maintain Resistance Against Bands With Knees • Keep Feet Under Hips And Body Square • Fully Lock Out Arms And Keep In-Line With Chest	• Develops Lateral Glute Strength • Stabilizes Hips & Torso • Strengthen Oblique's
A4	**Band Resisted Snap Down Jump** Click For Demo	1	12x Per Side	• Maintain Resistance against Bands • Raise Up onto Toes and Snap down Fast • Keep Proper Posture • Don't Let Knees Cave	• Stabilizes Hips and Torso • Improves Deceleration • Strengthen Core

Force Velocity Continuum (Maximal Effort)	Maximal Strength	Strength-Speed	Recovery Exercise	Recovery Exercise
Exercise Order	**A1**	**A2**	**A3**	**A4**
Exercise Choice (Pick your variation)	**Back Squat** Click For Demo **Front Squat** Click For Demo **Trap Bar Deadlift** Click For Demo	**Reactive Standing Squat Drop Jump** Click For Demo	**Delt Bent Over Lateral Drops** Click For Demo	**DB Wrist Rotations** Click For Demo
Sets	4 Sets	4 Sets	4 Sets	4 Sets
Reps	Do 1 Rep & Then Rest 20-30s ... Perform Another Rep. Repeat For Desired Reps.	4 Reps	8 Reps Per Side	15-20 Reps Per Side
Load	High Intensity Week 1: 90% 1RM Week 2: 90% 1 RM Week 3: 92.5% 1RM	Bodyweight "Reactive"	Enough Weight You Can Catch & Control	Enough Weight You Can Do For Reps Outlined

Tempo	Fast Reactive As Fast As Possible with Control	Fast (Quick Ground Contact)	Quick Reaction	2-3 Seconds Between Rotation
Range of Motion	Sports Specific or Just Below 90 Degrees	Sports Specific	Start at Shoulder Level Drop and Catch As Quick as Possible	Place DB in Front of you with straight arms
Coaching Points	• Brace Core-Control the Lowering • Blast Up	• Quick Ground Contact • Explode Off the Ground • Be Aggressive/ Push Ground Away	• Maintain Upright Position with Proper Alignment • Retract Scapula/ Strong Upper Back • Start at Shoulder Level	• Keep Wrist Straight • Maintain Core Engagement • Maintain Up Right Posture
Performance Benefits	• Develop Lower Body Strength and Power • Increase Power Production = Jump Higher	• Increase Ground Reaction • Increase Fast Twitch Muscle Fibers • Increase Power Production	• Faster Reaction Time • Stronger Shoulders • Develops Shoulder Stabilization • Develops Upper Deceleration Abilities	• Stronger Grip Strength • Stronger Wrist • Shoulder Strength

NOTES:

- Take 20-30 seconds rest between each exercise (A1 to A2) & 4-5 minutes rest between each set
- During the rest period perform exercises from A3 & A4

Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
BLOCK 1					
B1	**Kettlebell Swing** Click For Demo	3	10-12x	• Hip Hinge to Pick –Up Bell! Knees Inline with Ankles, Shoulder above Hips • Maintain Neutral Back, Flat feet and Shoulders Packed • Stand Tall with Core & Glutes Engaged	• Increased Power Production • Increased Muscular Endurance • Increased Aerobic Capacity • Increased Anaerobic Capacity
B2	**Bulgarian Split Squat (Heavy)** Click For Demo	3	8x Per Side	• 2 Second Lowering/Eccentric • Make sure to keep the Front foot flat on the ground • Sit hips back slow & drop back knee to the ground • Keep Chest Up & Core Engaged	• Most Sports are played on a single leg • Develops a tremendous amount balance, stability and Power
B3	**Slow Eccentric Pull-Ups** Click For Demo	3	6-8x	• 2 Second Lowering/Eccentric • Engage Core and Squeeze Glutes (Body Hollow Position)	• Develops Stronger Upper Back And Grip Strength • Helps Create Faster Arm Action When Sprinting

BLOCK 2

C1	**Back Extension** Click For Demo	3	20+20x Sec. Hold	• 1 Second Lowering/Eccentric • Don't Over Extend At Top • Keep Core Engaged	• Improves Posture And Spine Stability • Develops Strong Lower Back And Core • Develops Glute And Hamstring Strength
C2	**Bench Glute Abduction** Click For Demo	3	30+30 Second Hold	• Sit With Erect Posture • Feet Shoulder Width Apart • Let Knees Fall In- Then Push Against Bands To Engage Glutes • Toes Pointed Straight	• Activates & Increases Glute Complex Firing • Stabilizes Pelvis And Will Reduce Stress From Low Back Due To Greater Glute Engagement • Increase Power Production = Jump Higher
C3	**Side Plank Adductor Holds** Click For Demo	3	10-20 Sec.	• Don't Let Hips Dip • Squeeze Bottom Leg To Top Leg • Keep Body In Straight Line And Maintain Core Engagement	• Increases Hip, Core strength • Increases Side Oblique & Groin Strength

BLOCK 3

D1	**Pallof Press Alphabet** Click For Demo	2	Write Aphabet Per Side	• Keep Core & Glutes Engaged • Lock Out Arms & Keep In Front Of Body	• Improves Core Stability • Strengthens Deep Core Transverse Abdominals
D2	**Single Leg Balance Pad Alphabet** Click For Demo	2	Write Aphabet Per Leg	• Place Foot In Middle Of Pad Have A Slight Bend With The Leg On The Pad And Place Hands On Hips • Make Sure The Off Leg Which Is Writing The Alphabet Is Fully Moving Through The Full Hip	• Develops Ankle, Knee, Hip Stabilization • Increases Body Control and Awareness • Creates Hip Flexor Strength

NOTES:

- Take 1.5 Minutes rest between sets to fully recover!
- When Block 1 is complete, do a body weight isometric split stance squat on both sides for as long as you can! Record the time on both sides and try to break it next week!
- After you complete the body weight isometric split stance squat then you will hold a isometric body weight locked out pull-up hold for as long as possible! Record the time and try to break it next week!
- Make sure to foam roll & stretch when finished the workout to speed up recovery!

DAY 3

Back to Schedule

Core Exercise Order	Pre Core Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	**Wall Push Dead Bug** Click For Demo	1	3-5x Per Side	• Take Deep breath In (By-Pass Lunges) and Fill Up Belly and Back with as much air as possible (should take 5 Seconds) • Exhale Out as Leg Extends Out (Should take 5 Seconds)	• Strengthens Deep Core Transverse Abdominals • Improves Diaphragmatic Breathing, Learning to Synergistically Breath & Brace with Load
A2	**Mini Band Single Leg Glute Bridge with Abduction** Click For Demo	1	10x Per Side	• Keep Core Engaged • Don't Let Hips Dip from either side • Keep Toe Up & drive through heel • Don't let hips or Low Back Sag	• Reduces hamstring pulls, strains • Increases hip control • Most Sports are played on a single leg • Develops a tremendous amount balance, stability and power
A3	**Anterior Oblique Chop Step** Click For Demo	1	10x Per Side	• Start in Staggered Stance • Chop across body starting from hip to belly button in a controlled dynamic action	• Develops Lateral Glute Strength • Stabilizes Hips and Torso • Strengthen Side Oblique's
A4	**Split Stance Plate Off-Set Stabilization Jump** Click For Demo	1	10x Per Side	• Brace/Absorb on Impact • Don't let the Weight Pull you Down, Keep Opposite Side Oblique Tight	• Stabilizes Hips and Torso • Improves Deceleration • Strengthen Side Oblique's

Force Velocity Continuum (Low Intensity, High Volume)	Maximal Strength	Strength-Speed	Recovery Exercise	Recovery Exercise
Exercise Order	**A1**	**A2**	**A3**	**A4**
Exercise Choice	**Barbell Split Squat** Click For Demo	**Split Stance Alternating Jumps** Click For Demo	**Incline Y-W-T Raises** Click For Demp	**Band Anterior Tibialis** Click For Demo
Sets	4 Sets	4 Sets	4 Sets	4 Sets
Reps	4-5 Reps	3 Reps Per Leg (6 Total Reps)	8- 10 Reps	15-20 Reps
Load	Low Intensity Week 1: 7.5/10 Effort Week 2: 7.5/10 Effort Week 3: 8.0/10 Effort	Bodyweight “Reactive”	2.5 – 5lbs Weight Plates	Mini Band
Tempo	5 Second Eccentric Lowering	Fast (Quick Ground Contact)	2-3 Second Eccentric Lowering	Full Control Through All Ranges Of Movement

Range of Motion	Sports Specific or Just Below 90 Degrees	Sports Specific	Don't Go Past Ears	Full ROM
Coaching Points	• Brace Core-Control The Lowering • Blast Up From Bottom Position	• Quick Ground Contact • Explode Off The Ground • Be Aggressive/ Push Ground Away	• Initiate Movement With Scapula Retraction • Keep Thumps Up • Control Full Range Of Movement	• Keep Foot In Neutral Position • Go Through Full Range Of Motion • Keep Tension On The Band
Performance Benefits	• Develop Lower Body Strength And Power • Increase Power Production = Jump Higher	• Increase Ground Reaction • Increase Fast Twitch Muscle Fibers • Increase Power Production	• Develop Shoulder Stabilization & Upper Back Strength	• Reduces Ankle Injuries • Builds Resilience

NOTES:

- Take 20-30 seconds rest between each exercise (A1 to A2) & 4-5 minutes rest between each set
- During the rest period perform exercises from A3 & A4

Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
BLOCK 1					
B1	**Barbell RDL** Click For Demo	3	8x	• 2-3 Second Lowering/ Eccentric • Hip Hinge To Initiate Movement • Keep Core Engaged • Keep Feet Glued To The Floor	• Develop Powerful Hips & Glutes To Maximize Jumping And Sprinting • Increase Flexibility In The Hamstrings
B2	**Single Leg Pistol Squat or Box Squat** Click For Demo	3	8x Per Side	• 2 Second Lowering/Eccentric • Maintain Great Posture • Chest Up-Flat Back • Initiate Movement By Sitting Hips Back And Getting As Low As You Can Go	• Most Sports Are Played On A Single Leg • Develops A Tremendous Amount Of Balance, Stability And Power
B3	**DB Flat Bench Press (Heavy)** Click For Demo	3	10-12x	• 2 Second Lowering/Eccentric • Control The Weight • Retract Upper Back & Drive Feet Down Into The Ground • Squeeze Glutes	• Increases Functional Strength • Increases Shoulder Stability & Stabilization

BLOCK 2

C1	**Landmine Barbell Split Stance Press** Click For Demo	3	10x Per Side	• Speed Movement, Press Fast But Control The Bar Back To Start • Shoulder And Hips Should Be Square	• Increases Functional Strength And Develops A Tremendous Amount Of Balance, Stability And Power • Increases Shoulder Stability & Stabilization
C2	**DB Single Arm Row** Click For Demo		12x Per Side	• 2 Second Lowering/Eccentric • Keep Core Engaged • Keep Slight Knee Bend • Make Sure Shoulders Stay Aligned	• Improves Posture and Hip, Core Stability • Develops Strong Lats for Sprinting
C3	**Lying Elevated Single Leg Hip Thrust** **(Each Set Change Leg Length)** Click For Demo	3	10 + 10 Sec. Hold	• 2 Second Lowering/Eccentric • Keep Core Engaged • Follow Hips Back Down When Descending • Tuck Chin And Look Straight Ahead • Toes Up, Drive Through Heels	• Activates & Increases Glute Complex Firing • Stabilizes Pelvis And Will Reduce Stress From Low Back Due To Greater Glute Engagement • Increase Power Production = Jump Higher

BLOCK 3

D1	**Calf Raises Complex** Click For Demo	1	1-10	• 2 Second Lowering/Eccentric • Raise Up As High As You Can Go • Drop Heels As Low As It Can Go	• Increases Power & Stabilization For Jumping And Sprinting • Helps Reduce Ankle Injuries

NOTES:

- Take 1.5 Minutes rest between sets to fully recover!
- Make sure to foam roll & stretch when finished the workout to speed up recovery!