

PEP SERIES

Phase 3

"PRIMED FOR TAKEOFF"

This phase is to be completed in 3 weeks followed by testing!

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

Phase Breakdown And Overview

Training Concentric Strength: Why It Is So Important For Athletic Development And Sports Performance

*The Concentric Phase consists of skills that requires quick, dynamic actions

- Concentric = requires quick, reaction, dynamic actions
- Is the measure of an athletes rate of force development (RFD)
- The goal of concentric training is to maximize intramuscular coordination, increase motor unit recruitment, and maximize force production

By definition, the concentric phase is an action in which the proximal and distal attachments of the muscle move towards one another. It refers to a muscle producing enough force to overcome a load, shorting the length of muscle! This explanation has also lead to the concentric phase being referred to as the “Overcoming Phase”.

In any dynamic movement, the Rate of Force of the concentric contraction is aided by the combined force of the stretch reflex and stretch shorting cycle. The amount of potential energy stored within the musculoskeletal structure is dependent on the preceding eccentric and isometric contractions thus now you can understand how the concentric phase works in conjunction with these phases, thus why it is imperative that we train all three phases to maximize explosive strength, RFD, and ultimately performance!

Weekly Training Overview And Breakdown

Day 1 & 2 “Medium Intensity” Submaximal Effort:
When training with submaximal loads at intensities of 75–85% percent, the bar velocity typically can decreases after the first working set (Specifically the 3rd or 4th rep of the first set). If this happens lower the weight or cut the set down by 1 or 2 reps to ensure quality! When the velocity decreases, the quality of work and power decreases, causing

the purpose of your training to suffer. When using heavy loads, velocity is the pivotal factor for high power output. With that being said, if it takes you 4 to 8 seconds to get the weight back up, the weight is to heavy!

When training for strength and power your goal is “Quality not Quantity”! Realizing that the power suffers after the third repetition, the only sensible answer is to end the set and save energy for a high quality second set. If you perform five repetitions with an 80% percent load that you cannot handle, the fourth and fifth repetitions do nothing to effectively train the nervous system. In fact, those last two repetitions push the nervous system to a mild state of fatigue that inhibits it from performing repetitions in subsequent sets with the same power outputs seen in the first three repetitions of the first set. Keeping the quality of each repetition high ensures that the nervous system is engaged which improves intramuscular coordination.

Day 3 & 4 “High Intensity” Maximal Effort:
On High Intensity day; “Do Not Apply Eccentric or Isometrics means in the Main Compound Lift (A1)”, “High Intensity” Maximal Effort is performed 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 the quality of workload remains high, 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, so instead of performing sets of two or three repetitions, you are to perform multiple sets of singles (Cluster Sets), focusing on exploding through the bar and reaching the highest velocity possible.

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”, it 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, and decreases pre-synaptic inhibition. The combination of these three actions allows for greater force production and power output of the subsequent exercise.

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 nervous system will be slightly fatigued and 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. They involve a heavy, compound exercise (more than 80 percent of your one-rep max) like the Squat or Bench Press, followed by a plyometric exercise involving similar muscles and movements, like Squat Jumps or Plyometric Push-Ups!

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 a max and finishing at 50 percent of max.

Both complex and contrast training are 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, pushes your physiological response, forcing the utilization of alactic or anaerobic work capacity to increase. Simply put, the French contrast method makes you powerful for longer periods of time, stimulating greater adaptation within the parameter.

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 you between sets and shortens the total time required for the workout.

PHASE 3

Concentric “Blast OFF”

Schedule Breakdown & Training Outline

DAY 1
Concentric
Means
Applied

Upper Body Athletic Develop "Submaximal Effort"

Click for DAY 1

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

Workout Schedule:

1. Workout Length: 1.5 Hours
2. Warm-Up: 15-20 Minutes
3. Pre-Core Activation Development: 10 Minutes
4. 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 & reduce your chance of injury!

Submaximal Effort Percentages for Main Lift (A1)
Weekly Progressions: (Concentric: Fast & Reactive)

Week 9: 80% of 1 Rep Max
Week 10: 80% of 1 Rep Max
Week 11: 82.5% of 1 Rep Max

- Always use a spotter and safety bars when training
- Move the bar very fast and explosively during a concentric movement
- Move the bar with aggression, intent and with total body tension!

Upper 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 in that block before moving on to the next block!
- Click on exercises for video demonstration and execution

DAY 2
Concentric
Means
Applied

Lower Body Athletic Develop "Submaximal Effort"

Click for DAY 2

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

Workout Schedule:

1. Workout Length: 1.5 Hours
2. Warm-Up: 15-20 Minutes
3. Pre-Core Activation Development: 10 Minutes
4. 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!

Submaximal Effort Percentages for Main Lift (A1)
Weekly Progressions: (Concentric: Fast & Reactive)

Week 9: 80% of 1 Rep Max
Week 10: 80% of 1 Rep Max
Week 11: 82.5% of 1 Rep Max

- Always use a spotter and safety bars when training
- Move the bar very fast and explosively during a concentric movement
- Move the bar with aggression, intent and with total body tension!

Upper 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 in that block before moving on to the next block!
- Click on exercises for video demonstration and execution

DAY 3 **Recovery Day** Click for DAY 3	**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 your 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 4
High Intensity
Reaction Means
Applied

Upper Body Development Emphasis "Maximal Effort"

Click for DAY 4

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

Workout Schedule:

1. Workout Length: 1.5 Hours
2. Warm-Up: 15-20 Minutes
3. Pre-Core Activation Development: 10 Minutes
4. 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 9: 90% of 1 Rep Max (3-4 Reps Total Each Set)
Week 10: 92.5% of 1 Rep Max (2 Reps Total Each Set)
Week 11: 95% of 1 Rep Max (2 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!
- Take 20-30 seconds rest between reps (clusters)

Upper 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 in that block before moving on to the next block!

DAY 5
High Intensity
Reaction
Means Applied

Lower Body Development Emphasis "Maximal Effort"

Click for DAY 5

***It is advised that all athletes use their 1 rep max for their workout percentages!**

Workout Schedule:

- Workout Length: 1.15 hours Long
- Warm-Up: 10-15 Minutes
- Full Body Training: 1 Hour

Effort Percentages for Main Lift (A1) Weekly Progressions:

Week 9: 90% of 1 Rep Max (3-4 Reps Total Each Set)
Week 10: 92.5% of 1 Rep Max (2 Reps Total Each Set)
Week 11: 92.5% of 1 Rep Max (2 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!
- Take 20-30 seconds rest between reps (clusters)

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 in that block before moving on to the next block!

SATURDAY & SUNDAY

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 your 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 3: Concentric “Blast OFF”

Back to Schedule

Order	Pre Core Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	**Band Resisted Dead Bug Plate Perturbation Press** 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) • Keep Tension On The Band	• Strengthens Deep Core Transverse Abdominals • Improves Diaphragmatic Breathing, Learning To Synergistically Breath & Brace With Load • Strengthens Upper Body Rotators
A2	**Elevated Swiss Ball Sprinter Knee Switch** Click for Demo	1	6-8x Per Leg	• Keep Shoulders & Hands Aligned Over Ball • Squeeze Glutes And Hamstrings Tight	• Increases Functional Strength • Increases Shoulder & Core Stability/ Stabilization
A3	**Side Plank With Band Hip Flexion** Click for Demo	1	8-10x Per Side	• Make Sure Shoulder And Forearm Are Stacked • Don't Let Hips Sag As You Move Your Leg	• Increases Shoulder Stabilization • Strengthens Side Oblique’s & Hip Complex
A4	**Band Resisted External Rotation to “Y” Press** Click for Demo	1	8-10x	• Initiate Movement With Scapula Retraction • Keep Elbows At 90 Degrees During Rotation • Control Full Range Of Movement	• Develop Shoulder Stabilization & Upper Back Strength • Develops Greater Shoulder Control

Force Velocity Continuum (Submaximal Effort)	Maximal Strength	Strength-Speed	Speed-Strength	High Velocity
Exercise Order	**A1**	**A2**	**A3**	**A4**
Exercise Choice	**Incline Barbell Bench Press (Use Any Bar)** Click for Demo	**Feet Elevated "Decline" Plyometric Push-Ups** Click for Demo	**Quick Switch Explosive Landmine Press** Click for Demo	**Band Assisted Feet Elevated "Decline" Plyometric Push-Ups** Click for Demo
Sets	3-4 Sets	3-4 Sets	3-4 Sets	3-4 Sets
Reps	4-5 Reps	4 Reps	4 Reps	4 Reps
Load	Medium Intensity Week 9 Week 9: 80% 1RM Week 10: 80% 1RM Week 11: 82.5% 1RM	"Reactive"	Use 20-30% Of A1 Or Lighter As This Is For Speed!	Band Assisted "Reactive"
Tempo	Explosive & Reactive (Concentric)	Fast & Reactive	Fast & Reactive	Fast & Reactive
Range of Motion	Full Range of Motion	Full Range of Motion	Full Range of Motion	Full Range of Motion

Coaching Points	• Lower Bar With Control • Squeeze Glutes And Drive Feet Down Into The Ground • Retract And Lock Upper Back	• Quick Ground Contact • Finish Through The Fingertips • Explode Off The Ground • Be Aggressive/ Push Ground Away	• Speed Movement, Press Fast But Control The Bar Back To Start • Shoulder And Hips Should Be Square	• Quick Ground Contact • Finish Through The Fingertips • Explode Off The Ground • Be Aggressive/ Push Ground Away
Performance Benefits	• Develop Upper Body Strength And Power • Increase Force & Power Production • Increases Functional Strength	• Decrease Ground Reaction Time • Increase Fast Twitch Muscle Fibers • Increase Power Production • Increases Functional Strength	• Increase Reversal Speed • Increase Power And Explosive Output • Increases Single Arm & Functional Strength • Increases Shoulder Stability & Stabilization	• Decrease Ground Reaction Time • Increase Fast Twitch Muscle Fibers • Increase Power Production • Increases Functional Strength

NOTES:

1. Take 20-30 seconds rest between each exercise (A1 through A4) & 4-5 minutes rest between each set.
2. During the rest period after A4 is complete, perform **foot arch strengthening** x 10-20 reps per side

Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
BLOCK 1					
B1	**Box Elevated DB Explosive Split Stance Clean to Switch Stance Press** Click for Demo	3	4-5x Per Side	• Think About Crushing A Coke Can On The Box • Be Aggressive And Explosive	• Develop First Step Explosiveness • Increases Functional Strength & Coordination • Increases Shoulder Stability & Stabilization
B2	**Box Elevated Explosive Single Leg Knee Drive to Row** Click for Demo	3	6-8 Per Side	• Fast Explosive Pull • Maintain Proper Posture And Ailment At Top • Drive Knee To Chest • Engage Shoulders, Core And Glutes At Top	• Develops Strong Lats For Sprinting • Strengthen Hip Control (Hip Flexor) • Improves Stabilization In The Core
BLOCK 2					
C1	**Band Chaos Push-Ups (Different Variations)** Click for Demo	3	10-12x Or (5-6x) Pre Side	• Make Sure Shoulders Are Lined Up With Palms • Control The Lowering Phase • Brace Core And	• Increase Upper Body Strength And Stabilization • Improves Hip Flexor Strength • Stabilizes The Core And Hips • Strengths Hip Complex

C2	**Quadruped (Single Arm/Leg) Bench Kettlebell Row With Drop And Catch** Click for Demo	3	8-10x Per Side	• Keep Core Engaged • Don't Let The Bell Control You, Drop And Catch With Minimal Movement	• Develops Dynamic Shoulder And Back Stabilization • Increases Core Strength • Increases Upper Body Reaction

BLOCK 3

D1	**Empty the Can-Shoulder Rotation** Click for Demo	3	6x Per Side	• Make Sure The Shoulder Is Retracted And Packed Before Lowering • Lower To Midline Of The Body (To The Belly Button) • Rotate The Db With Control	• Develop Shoulder Stabilization & Upper Back Strength • Develops Greater Shoulder Control
D2	**Band Chaos Single Arm Farmers Carries** Click for Demo	3	20 Yards Per Hand	• Stand Tall And Keep Chest Up • Don't Round Back And Keep Shoulders Packed • Keep Bell Away From Body	• Develop Stronger Forearms And Wrist Strength • Create Crazy Grip Strength • Develops Side Oblique

NOTES:

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

DAY 2 Phase: 3
Concentric "Blast OFF"

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	**Squat Protocol #1** Click for Demo	1	10-12x Per Side	• Don't Round Back • Keep Chest Up • Maintain Good Posture Throughout Movement	• Increases Mobility Which Can Significantly Improve Your Athleticism And Reduce Injuries
A3	**Single Leg Stabilization Kettlebell Side to Side Pass** Click for Demo	3	5x Per Side	• Keep Body In A Straight Like • Don't Let Knee Cave In Or Hips Sway Side To Side While Passing The Bell!	• Increases Ankle, Knee, Hip, Core Control • Increases Lower Body, Balance & Stabilization
A4	**Mini Band Snap Down Jump** Click for Demo	1	8-10x Per Side	• Keep Chest Up • Don't Let Knees Cave In (Valgus) • Keep Tension Against The Bands • Align Feet Under Hips • Start Long & Tall • Snap Arms Down Quick	• Improves Deceleration • Improves Landing & Proper Posture • Allows For Greater Reaction

Force Velocity Continuum (Submaximal Effort)	Maximal Strength	Strength-Speed & Speed-Strength & High Velocity (Speed)
Exercise Order	**A1**	**A2**
Exercise Choice (Pick Your Variation)	**Back Squat** Click for Demo **Front Squat** Click for Demo **Trap Bar Deadlift** Click For Demo	**Hurdle Jump** **To Sled Sprint** **To Sprint** Click for Demo
Sets	3-4 Sets	3-4 Sets
Reps	4-5 Reps	4x Hurdle Jumps 10 Yard Sled Sprint 10 Yard Sprint
Load	Medium Intensity Week 9: 80% 1 RM Week 10: 80% 1RM Week 11: 82.5% 1RM	Bodyweight “Reactive”
Tempo	Fast Concentric	Fast (Quick Ground Contact)

Range of Motion	Sports Specific or Just Below 90 Degrees	Sports Specific
Coaching Points	• Brace Core-Control The Lowering • Blast Up	• 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 Fibres • Increase Lateral Movement

NOTES:

1. Take 20-30 seconds rest between each exercise (A1 through A4) & 4-5 minutes rest between each set.
2. 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	**Landmine Lateral Skater Lunge** Click for Demo	3	6-8x Per Side	• Lean Against Plate And Set Up Into Sports Specific Angle • Keep Chest Up And Don't Round Back • Keep Core Tight And Explode Back Up From The Bottom Position	• Activates & Increases Glute Complex Firing • Increases Single Leg Stability & Stabilization • Increases Lateral Explosive Power And Multi-Directional Movement Skills
B2	**Lateral Skater Jumps** Click for Demo	3	5x Per Side	• Quick Ground Contact • Explode Off The Ground • Be Aggressive/ Ground Away	• Increases Force Production • Increase Reactive Ability • Increases Lateral Cutting Abilities
BLOCK 2					
C1	**45 Degree Warrior Lunge** Click for Demo	3	6x Per Side	• Turn And Open Hips On A 45 Degree Angle • Rotate Front Toe To The Ceiling To Increase Hamstring And Groin Stretch	• Increases Groin Functional Strength • Increases & Develops A Tremendous Amount Of Balance, Stability And Power
C2	**Single Leg Hamstring Curl** Click for Demo	3	8-10x Per Leg	• Lay On Your Back And Keep Arms Beside You Pressed Into The Ground For Balance • Keep Core Engaged And Hips Stabilized Throughout The Entire Movement Without Sag In The Hips Or Rotation	• Bullet Proof Hamstring & Glutes To Maximize Jumping And Sprinting • Increase Strength & Flexibility By Lengthening The Hamstrings Through Full Extension

BLOCK 3

D1	**Side Plank Adductor Hold With Row** Click for Demo	3	8-10x Per Side	• Keep Body In A Straight Line • Don't Drop Hips • Squeeze Lower Leg Against Bench • Retract And Pack Scapula Before Row	• Increases Side Oblique, Lat Development & Groin Strength • Increases Adductor (Groin) Strength For Reduction In Injuries • Increases Core Stabilization And Firing
D2	**Elevated Hip Flexor Eccentric Prone** Click for Demo	3	8-10x Per Side	• Elevate One Leg Off The Ground And Lower With Control	• Increase Hip Flexor And Psoas Strength • Develop Stronger Core And Hip Complex

NOTES:

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

DAY 3 Phase 3: Concentric “Blast OFF”

Back to Schedule

Order	Pre Core Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	**Band Resisted Dead Bug Plate Perturbation Press** 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 Out (Should Take 5 Seconds) • Keep Tension On The Band	• Strengthens Deep Core Transverse Abdominals • Improves Diaphragmatic Breathing, Learning To Synergistically Breath & Brace With Load • Strengthens Upper Body Rotators
A2	**Elevated Swiss Ball Sprinter Knee Switch** Click for Demo	1	6-8x Per Leg	• Keep Shoulders & Hands Aligned Over Ball • Squeeze Glutes And Hamstrings Tight	• Increases Functional Strength • Increases Shoulder & Core Stability/ Stabilization
A3	**Side Plank With Band Hip Flexion** Click for Demo	1	8-10x Per Side	• Make Sure Shoulder And Forearm Are Stacked • Don't Let Hips Sag When Moving Leg	• Increases Shoulder Stabilization • Strengthens Side Oblique’s & Hip Complex
A4	**Band Resisted External Rotation to “Y” Press** Click for Demo	1	8-10x	• Initiate Movement With Scapula Retraction • Keep Elbows At 90 Degrees During Rotation • Control Full Range Of Movement	• Develop Shoulder Stabilization & Upper Back Strength • Develops Greater Shoulder Control

Force Velocity Continuum (Maximal Effort)	Maximal Strength	Strength-Speed
Exercise Order	**A1**	**A2**
Exercise Choice (Pick your favourite Squat variation)	**Barbell Bench Press** **(Use Any Bar)** Click for Demo	**Single Arm Med Ball Explosive Chest Pass** Click for Demo
Sets	4 Sets	4 Sets
Reps	Cluster Reps 90 % = 3-4 Reps Per Set 92% = 2 Reps Per Set 95% = 2 Reps Per Set	5 Reps
Load	High Intensity Week 9 Week 9: 90% 1RM Week 10: 92.5% 1RM Week 11: 95% 1RM	Bodyweight “Reactive”
Tempo	Fast Reactive As Fast As Possible with Control	Fast (Quick Ground Contact)
Range of Motion	All the Way Down	Sports Specific

Coaching Points	• Be Reactive/ Fast Concentric • Try And Break the Bar • Total Body Tension • Drive Feet into the ground	• Be Explosive • Fully Lock Out Arm • Be Aggressive
Performance Benefits	• Increases Functional Strength • Increases Force Production	• Increase Fast Twitch Muscle Fibers • Increases Force Production • Increase Reactive Ability

NOTES:

1. Take 20-30 seconds rest between each exercise (A1 & A2) & 5 minutes rest between each set
2. During the rest period perform *lower body stretches or roll out*

Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
BLOCK 1					
B1 Do normal pull-ups if you can't do this one	**Explosive Band Resisted Pull-Ups** Click for Demo	3	5x	• Be Reactive-Fast On The Way Up And Control Your Body On The Decent • Engage Core And Squeeze Glutes	• Develops Stronger Upper Back And Grip Strength • Helps Create Faster Arm Action When Sprinting
B2	**Swiss Ball DB Single Arm Press** Click for Demo	3	8-10x	• 2 Second Lowering/Eccentric • Keep Core Engaged • Drive Feet Through The Ground And Don't Let Hips Sway Side To Side • Keep In Total Body Tension	• Develops Functional Upper Body Strength • Increases Functional Strength • Increases Shoulder Stability & Stabilization • Increases Glute & Hamstring Strength
BLOCK 2					
C1	**Landmine Twist With Explosive Press** Click for Demo	3	6-8x Per Side	• Lower Barbell To Side Hip Pocket With Control • Explode Up But Pulling Using The Core Muscles • Once At Chest, Explode And Press Barbell In Front Of Body With Control	• Develops Rotational Strength In The Side Oblique's • Increases Upper Body Speed And Power • Increase Functional Strength And Stabilization In The Core

C2	**Elevated Plank DB Single Arm Row** Click for Demo	3	6-8x Per Side	• Stand Tall And Keep Chest Up • Don't Round Back And Keep Shoulders Packed • Keep Bell Away From Body	• Develop Stronger Forearms And Wrist Strength • Create Crazy Grip Strength

BLOCK 3

D1	**Band Chaos Push Ups** Click for Demo	3	8-10x	• Keep Core Engaged • Widen Feet To Add More Stability	• Develops Tremendous Functional Upper Body Strength • Increases Functional & Dynamic Core Strength • Increases Shoulder & Triceps Stability
D2	**Band Kettlebell Chaos Bicep Curls** Click for Demo	3	12-15x	• 2 Second Lowering/Eccentric • Stand In Athletic Position (Knees Bent, Hips Back, Chest Up) • Don't Round Back And Keep Shoulders Packed • Squeeze Biceps At Top For Full Muscle Contraction	• Increase Dynamic Bicep Strength • Develop Stronger Forearms And Wrist Strength • Create Crazy Grip Strength • Increase Full Body And Core Stability

D3	**Swiss Ball Dead-Bug (Contra-Lateral)** Click for Demo	3	10x Per Side	• 1 Second Lowering/Eccentric • Squeeze Opposite Elbow To Opposite Knee • Make Sure That Knee Is Locked At 90 Degrees With Foot/Ankle Dorsiflexed • Keep Low Back Flat To The Floor Throughout Entire Movement, “Keep Core Tight And Engaged"	• Strengthens Deep Core Transverse Abdominals • Increases Functional Core Strength • Stabilizes Hips And Torso

NOTES:

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

DAY 4 Phase 3: Concentric "Blast OFF"

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 Out (Should Take 5 Seconds)	• Strengthens Deep Core Transverse Abdominals • Improves Diaphragmatic Breathing, Learning To Synergistically Breath & Brace With Load
A2	**Squat Protocol #1** Click for Demo	1	10-12x Per Side	• Don't Round Back • Keep Chest Up • Maintain Good Posture throughout movement	• Increases Mobility Which Can Significantly Improve Your Athleticism And Reduce Injuries
A3	**Mini Band Lateral Walks** Click for Demo	1	10 Yards	• Keep Tension On Bands • Don't Let Knees Cave In (Valgus) • Keep Feet Pointed Straight • Keep Feet Hip Distance	• Glutes Engage • Stabilizes Hips And Knees
A4	**Bosu Ball Around the World Stabilization Toe Taps** Click for Demo	1	8-10x Per Side	• Stay 100% Focused • Sit Hips Back As You Reach Food Forward • Just Tap Toe Onto Ground, Don't Rest On The Ground	• Develops Ankle, Knee, Hip Stabilization • Increases Body Control And Awareness

Force Velocity Continuum (Maximal Effort)	Maximal Strength	Strength-Speed
Exercise Order	**A1**	**A2**
Exercise Choice (Pick Your Variation)	**Back Squat** Click for Demo **Front Squat** Click for Demo **Trap Bar Deadlift** Click For Demo	**Explosive Box Drop Jump** Click for Demo
Sets	4 Sets	4 Sets
Reps	Cluster Reps 90 % = 3-4 Reps Per Set 92.5% = 2 Reps Per Set 92.5% = 2 Reps Per Set	3 Reps
Load	High Intensity Week 9: 90% 1RM Week 10: 92.5% 1RM Week 11: 92.5% 1RM	Bodyweight “Reactive”
Tempo	Fast and Reactive	Fast (Quick Ground Contact)

Range of Motion	Sports Specific Or Just Below 90 Degrees	Sports Specific
Coaching Points	• Brace Core-Control the Lowering • Blast Up	• 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

Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
BLOCK 1					
B1	**DB Heavy Bulgarian Split Squats (Contrast with) + Body Weight Bulgarian Split Squat Jumps** Click for Demo	3	5x	• Make Sure To Keep The Front Pressure On The Front Foot • Sit Hips Back, Drop The Back Knee To The Ground & Explode Up • Keep Chest Up & Core Engaged	• Most Sports Are Played On A Single Leg • Develops A Tremendous Amount Of Balance, Stability And Power • Increases Acceleration
B2	**Band Pallof Press With Plate Perturbations** Click for Demo	2	6-8x Per Side	• Keep Core & Glutes Engaged • Lock Out Arms & Keep In Front Of Body • Keep Band In Front Of Chest, Don't Let It Pull You Inside	• Strengthens Deep Core Transverse Abdominals • Strengthen Side Oblique's • Improves Stabilization In Both Core And Shoulders
BLOCK 2					
C1	**Band Over-Speed Kettlebell Swings** Click for Demo	3	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	• Increase Speed • Increased Power Production • Increased Muscular Endurance

C2	**Plank Walk-Outs** Click for Demo	3	6-8x	• Keep Core Brace & Locked Throughout Movement	• Improves Core Stability • Strengthens Deep Core Transverse Abdominals • Strengthens Shoulders

BLOCK 3

D1	**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
D2	**Band Resisted Adductor Pull-Ins** Click for Demo	1	10-15 Per Side	• Squeeze Groin Together When Pulling Towards Body • Keep Back Locked On Ground	• Decrease Groin Strength • Increases Power & Stabilization For Jumping And Sprinting

Notes:

1. Take 20-30 seconds rest between each exercise (A1 through A2) & 5 minutes rest between each set.
2. During the rest period perform *band chaos barbell wrist rolls* x 8 reps per side