# SECTION 4

## HIGH FORCE AT LOW VELOCITY
## (Above 80 Percent)

# 4.1: TRAINING ABOVE 80 PERCENT

The first question to address in this section is, "Why use loads above 80 percent of a one rep max for strength? Why not loads above 85 or 90 percent?" In the 1980s, a man by the name of Dr. Fredrick Hatfield (also known by his alias, Dr. Squat) did a study. For those of you wondering about the nickname, the man stood five feet, six inches high, weighed 260 pounds, and had a personal best squat of 1014 pounds (figure 1).[23] No, that isn't a typo. It's supposed to be a four-digit number. He clearly earned the nickname. What his study found was that an athlete's highest power output occurred when using loads equal to 78 percent of his one rep max (1RM).[24] (For those of you familiar with the hyperbolic curve and the force velocity relationship, bear with me. The physiological explanation for this will be explained in the following section where moderate loads of 55–80 percent better explain optimal power outputs in athletes.)

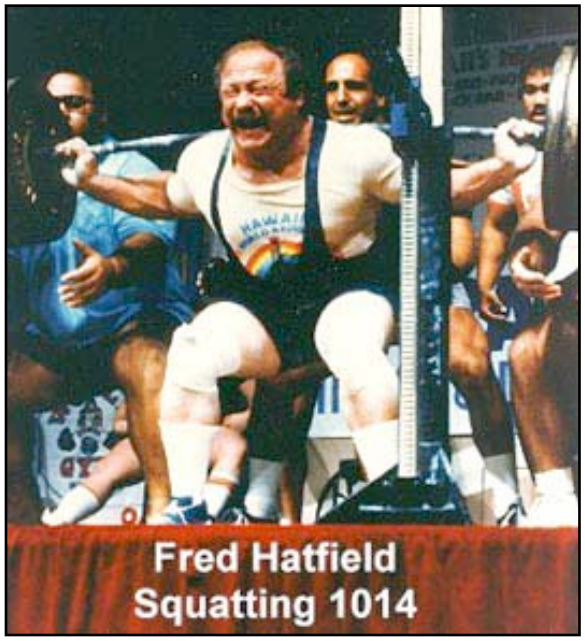


**Image 4.1-** Dr. Hatfield

This finding—that power peaks at 78 percent—seemed to hold true regardless of the exercise performed (squat, bench press, shoulder press, barbell curl, etc.). All athletes who Dr. Hatfield worked with attained their highest power levels for a given exercise at 78 percent. He concluded that when an athlete reaches this percentage (78 percent), the neurological system is stimulated at its highest level.

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[23] Image 4.1: Used with permission from Fred Hatfield (www.Drsquat.com).

[24] Hatfield F (1989) *Power: A scientific approach*. New York: McGraw-Hill Publishing.

Two things happen at this point:

1. The recruitment of the motor units is optimized as a result of high levels of tension within the muscle due to the combined high velocity of movement and heavy loading.

2. Synchronization (inter/intramuscular coordination) of the motor units becomes unified in order to produce an efficient, powerful movement while accelerating the load through its entire range of motion.

Ideally, the most adaptation/stimulation would take place at 78 percent of a 1RM where the optimal power is generated.

In reading Dr. Hatfield's study, I realized that it showed how the nervous system was organized. If the nervous system produced maximum power output at 78 percent, then loads above it would be producing forces at *lower average velocities* and loads below it would be producing forces at *higher average velocities*. Power consists of two variables—force (strength) and velocity (speed). Power is defined as the ability to produce force in a specified period of time. It can be expressed by the equation:

$$\text{POWER} = \text{FORCE} \times \text{VELOCITY}$$

While the power equation doesn't explicitly state time as a variable, it is assumed because time is a factor in both acceleration and velocity. Now, I'm not about to turn this into a physics lecture, but bear with me for the next three sentences.

1) **Force** is measured as the load (mass) of an object multiplied by how fast that load is accelerated.

2) **Acceleration** is the change in the speed of an object divided by the time it takes that change to take place ($\Delta$Velocity/$\Delta$Time, where the symbol "$\Delta$" means change).

3) **Velocity** denotes the speed of an object as it moves over a specified distance, dividing the distance an object travels by the total time it takes to cover that distance (ΔDistance/ ΔTime).

When you combine these concepts, you come up with a series of equations that quantify **power** (the amount of force generated in a specified time frame). The equations are written as follows:

$$\text{FORCE} = \text{MASS} \times \text{ACCELERATION}$$

$$\text{VELOCITY} = \Delta\text{DISTANCE} / \Delta\text{TIME}$$

$$\text{POWER} = \text{FORCE} \times \text{VELOCITY}$$

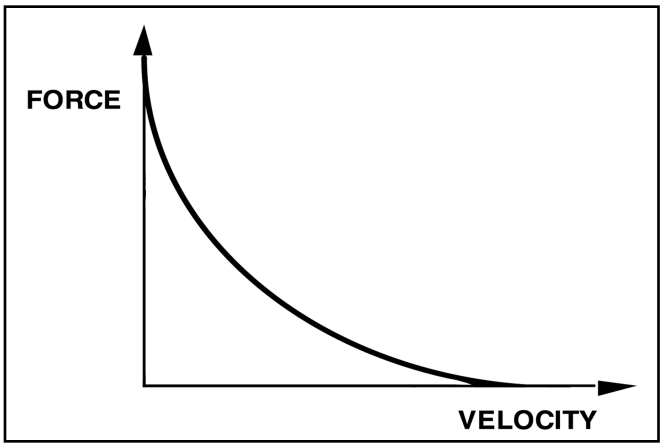
$$\text{POWER} = (\text{MASS} \times \text{ACCELERATION}) \times (\Delta\text{DISTANCE} / \Delta\text{TIME})$$

Please understand that this is a very simple explanation of a very complicated set of variables. If athletes worked out in outer space, it would be much simpler to calculate these measures. Here on earth where you have to account for things like gravity, it gets a little tricky. The only goal of this little physics lesson is to show that the most important component of **p**ower, in relation to sports performance, is **t**ime. This "limitation" on performance must be understood by a trainer or coach in order to produce training programs that garner results. As you have hopefully learned by now, the athlete who wins in sport is the one who can produce more power in less time. The basic principle of power is this—to increase power, one must either increase the load of the object to be moved (force) or increase the velocity (decrease the time) at which that object is moved.

Now that I have rambled about power development for the last two pages, I have to throw you a curve ball and tell you that the goal of this phase of training is *not* power but strength. There is an old saying that goes, "Never put the carriage before the horse." That is, don't get ahead of yourself or you will go nowhere. The same thing applies to power development. Yes, you want the car (athlete) to go fast, but first you have to build the V-10 turbo engine to drop under the hood.

Strength consists of only one variable—force, which is the ability to generate maximum force against an object or load independent of time or velocity. Increasing strength lays a foundation that will eventually lead to increased power in subsequent training phases.

To understand how increased maximal strength leads to increased power development, we must take a closer look at the hyperbolic curve. A hyperbola is a curved line that is open, continuing to infinity without closing in on itself. A hyperbolic curve describes a *parametric relationship*. A parametric relationship is defined as two dependent variables (in this case, force and velocity) that share an inverse relationship. That is as one variable increases, the other decreases. As you can see in this graph (figure 4.1), as force increases, velocity decreases. For example, one throws a shot put more slowly than a baseball.




**- Figure 4.1**

The hyperbolic curve shows four separate values that are important for performance. Through the work of Vladimir Zatsiorsky and William Kramer, these values have come to be known as maximum maximorum force (F*mm*), maximal force (F*m*), maximum maximorum velocity (V*mm*), and maximum velocity (V*m*).[25] F*m* and V*m* are points anywhere along the hyperbolic curve. For example, an athlete who performs a back squat with a load of 60, 70, or 80 percent (F*m*) will have a corresponding velocity value (V*m*) along the hyperbolic line (figure 4.2). I should point out that all F*m* and V*m* values assume that the movement is performed with maximal intent. Performing a bench press with less than maximal effort in any of the three phases of movement (eccentric, isometric, and concentric) will not correspond to the curve. This

[25] Zatsiorsky VM, Kraemer WJ (2006) *Science and Practice of Strength Training*. Human Kinetics.

relationship is always parametric. An athlete will not be able to move a load of 85 percent (F*m*) with a greater velocity (faster) than a load of 65 percent (F*m*).

The other two points, *maximum maximorum* force (F*mm)* and *maximum maximorum* velocity (V*mm)*, are considered peaks that correspond to the highest possible force and velocity outputs, respectively, attainable by an athlete. They are represented by the points on the curve that intersect the y-axis (F*mm*) and x-axis (V*mm*) (figure 4.2). These values act as anchor points that define the maximal power outputs associated with any force (F*m*) and velocity (V*m*) value along the hyperbolic line. They are normally viewed as hypothetical, only attainable under specific conditions such as measuring force during a maximal isometric contraction (F*mm*) or the leg speed during a downhill sprint (V*mm*). However, F*mm* is usually associated with an athlete's 1RM, so it is accurate to say that lifting a load of 70 percent of a 1RM is the same as saying the athlete lifted 70 percent of his F*mm*.

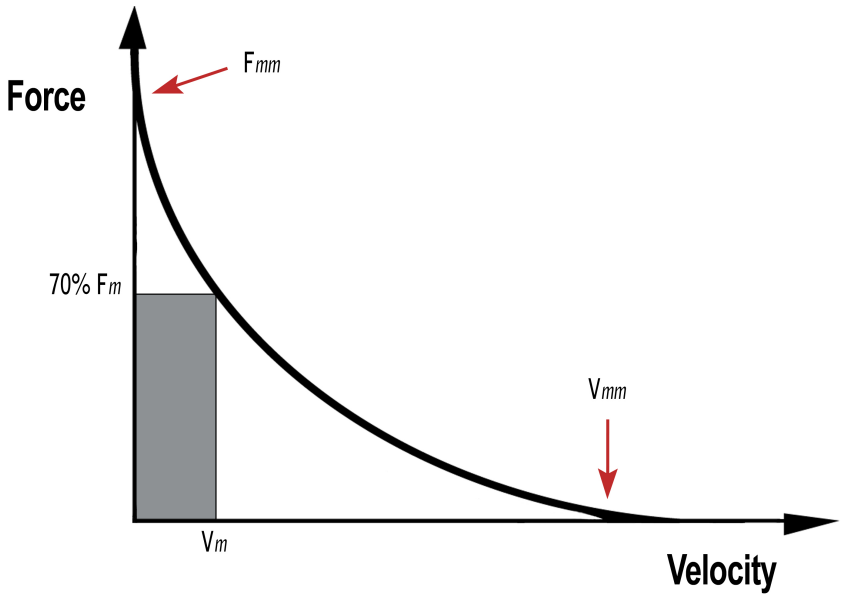



**Figure 4.2:** (a) The dashed line underneath the hyperbolic curve shows a force (F*m*) of 70 percent of a 1RM and its associated velocity (V*m*). The shaded area in the box represents the total power developed at that F*m* value. (b) The red arrows point to the maximum maximorum values for both force (F*mm*) and velocity (V*mm*).

The most important thing about these two points, F*mm* and V*mm*, is that scientists have found them to have a *nonparametric* relationship when compared to F*m* and V*m*. A nonparametric

relationship is the exact opposite of parametric one. As one variable increases, so does the other; their relationship is positive. Unlike F*m* and V*m* whose values are defined by the hyperbolic line, F*mm* and V*mm* can shift, changing the x- and y-intercept and altering the power values attainable at different loads and velocities.

Research has shown time and again that athletes with greater F*mm* have a higher associated V*m,* meaning they can produce more power across the entire hyperbolic curve. Increased strength (F*mm*) causes the hyperbolic curve to shift up and to the right, improving the athletes' ability to handle high forces at increased velocities (figure 4.3). Because the line shows the point of intersection of force and velocity, the area under the line represents the product of the two—total power. Athletes with a higher F*mm* (1RM) back squat have higher vertical jumps than other athletes with the same body mass.[26] One of the best correlates of knowing the throwing distance of a shot putter is to know how much he can bench press.[27] The higher the bench max, the further the throw. Stronger athletes run faster, jump higher, and cut quicker.

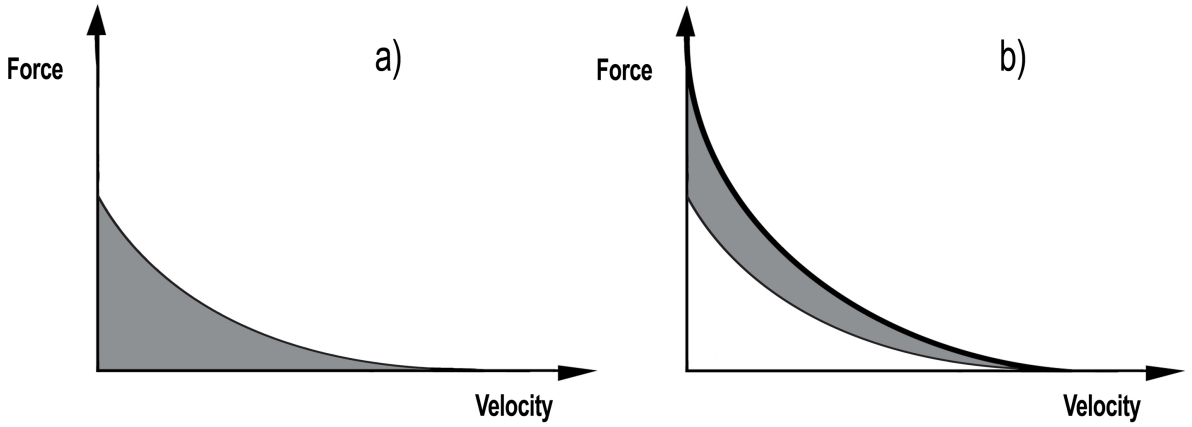



**Figure 4.3: (**a) Graph represents a typical hyperbolic curve of an athlete. The shaded area underneath the line represents the potential power development at any given point along the line. (b) The light line represents the original hyperbolic curve in the graph (a). The dark line represents the shift associated with strength training, moving the line up and to the right. The shaded area represents increased potential power output along the entire curve.

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[26] Yamauchi J, Ishii N (2007) "Relations between force velocity characteristics of the knee-hip extension movement and vertical jump performance." *Journal of Strength and Conditioning Research* 21(3).

[27] Patrick TJ, Bellar D, Judge LW, Craig B (2011) "Correlation of height and preseason bench press 1rm to shot put and weight throw performance during the competitive season." *Journal of Strength and Conditioning Research* 25(1).

By increasing the athletes F*mm* and training them to handle heavy loads and high levels of force, you are training multiple physiological parameters that will pay dividends in subsequent training blocks. The goal of this mesocycle is to increase an athlete's general strength, specifically by training and strengthening the neural and physiological mechanisms of each of the three phases of dynamic movement. I say "general strength" because the means used within the mesocycle aren't aimed at improving specific parameters that will directly transfer to the arena of competition. This phase of training instead focuses on forming a foundation of general strength, high rates of force development, and intermuscular and intramuscular coordination for the athlete. Remembering Dr. Hatfield showed that loads above 78 percent produced forces at lower average velocities, it only makes sense that the focus of loads above 80 percent should be on a performance parameter that doesn't rely on high velocities. The development of general strength and increased F*mm* will allow for the high transferability of performance parameters in subsequent training blocks as the athlete looks to peak before competition. (This is known as specificity and will be explained in length in section six.)

It should be mentioned that greater F*mm* only leads to significant increases in power development when the loads used are moderate to heavy—movements and loads associated with sport (things like body weight jumps, squats, presses, throws, sprints, etc.). The correlation between F*mm* and V*m* is much lower if the required F*m* is very light (the classic example is playing table tennis or ping pong). In these cases, F*mm* doesn't increase performance.

Throughout this book, I've talked about the nervous system and the important role it plays in developing athletes. I would adamantly argue that the nervous system is far and away the most important component of athleticism, greater than any other structural or physiological component. In the last section, we looked at the negative effects that mixed training programs have on performance, the result of confusing different neural pathways and signaling rates of the nervous system. Using the block system of training does a great job of limiting that "noise." However, I've found that by using loads that correlate within the specific ranges of Dr. Hatfield's findings (above 80 percent, 55–80 percent, and below 55 percent), further specification enables

the nervous system to receive a clear signal and promote greater adaptation within the parameter being trained. I decided to compartmentalize my training mesocycles to simulate the properties exhibited by the nervous system and maximize adaptation in my athletes.

# 4.2: LOADING PARAMETERS

For the sake of simplicity, all the explanations regarding the application of training means and parameters within my triphasic undulated block system will be explained using a three-day model. At the end of this section, there will be four-day, five-day, six-day, and two-day in-season models. Each is completely built out so that you can take it and immediately implement it with your athletes. The principles and foundations of each program are identical, so understanding a three-day model (Monday, Wednesday, Friday) will teach you all you need to know when reviewing and building similar models of differing training week lengths.

When training with loads above 80 percent, greater emphasis is placed on the force variable (**F**) of the power equation. Using loads at 80–85 percent of one's 1RM, the power output remains high because, as stated previously, the percentages are within Dr. Hatfield's *training zone*. However, as the weights get closer to the 1RM, the speed of the bar starts to decrease. Remember, when training outside the power zone (above 85 percent), the velocity of the movement is compromised. To ensure that the quality of work remains high when using loads above 85 percent, sets should be limited to one repetition (as seen in our loading variables table). This ensures that velocity remains as high as possible for a given load. Performing additional repetitions with these loads drastically compromises power production, as it decreases the velocity of the movement and limits the transferable adaptation of the nervous system. While training with loads above 85 percent is paramount to building strength and ultimately power, these loads must be limited in their application to single repetition sets with the athlete moving the load at the highest velocity possible, exploding through the movement.

When training athletes at intensities of 80–87 percent, the bar velocity typically decreases after the first work set (more specifically after the third repetition of the first work set). Through my own experiences with using the force plate to analyze the force development characteristics of my athletes, I noticed a pattern with their power development. Within these percentages, 80–87 percent, the force plate showed that the power output dropped dramatically after the third repetition in the athlete's first work set. Not only did the power output drop, but it remained low

for all of the athlete's subsequent work sets, causing the latter sets to lose velocity and, therefore, power. With this perspective, a coach must look at each individual rep with the intent of keeping the power output of each repetition as high as possible. 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.

When training for strength and power, your goal must be the highest quality—not quantity—of work possible. 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 athletes perform five repetitions with an 80 percent load, their fourth and fifth repetitions do nothing to effectively train their nervous system. In addition, 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.

**TABLE 4.1: Example Quality Reps Over Quantity**

| Parameters: | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Total Reps | Number of Quality Reps |
|---|---|---|---|---|---|---|---|
| 3x5 at 80% | 5 reps | 5 reps | 5 reps | | | 15 | 4–5 |
| 5x3 at 80% | 3 reps | 3 reps | 3 reps | 3 reps | 3 reps | 15 | 13–14 |

A sensible suggestion would be to limit work sets at 80 percent to three repetitions. This keeps the power output of the work sets high for the duration of three to five work sets. The alternative is to lose power output after the first work set and never again reach that power level for the duration of that workout. Performing five sets of three repetitions at 80 percent gives the athlete twelve quality high end nervous system stimulating repetitions (table 4.1). Performing three sets of five repetitions gives an athlete three quality repetitions and twelve pointless repetitions. What rep scheme would you use? These concepts can be applied to all percentages. The heavier weights make it easier to notice a difference in the speed of the bar (power output). Table 4.2 shows the loading (sets/reps/percentages) for the high force at high velocity mesocycle:

## TABLE 4.2

| | | Monday Loading (Medium Intensity) | | | Wednesday Loading (High Intensity) | | | Friday Loading (High Volume) | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 7 1-RM | Maximum Reps Possible | High Quality Reps (Strength) | Sets (Off-Season) | Sets (in-season) | High Quality Reps (Strength) | Sets (Off-Season) | Sets (in-season) | High Quality Reps (Volume) | Sets (Off-Season) | Sets (In-Season) |
| 97.5% | 1 - 2 | | | | 1 | 1 - 2 | 1 - 2 | | | |
| 95 % | 2 | | | | 1 | 2 - 3 | 1 - 2 | | | |
| 92.5% | 2 - 3 | | | | 1 | 3 - 4 | 1 - 2 | | | |
| 90% | 3 - 4 | | | | 1 | 3 - 4 | 2 - 3 | | | |
| 87.50% | 4 | 1 | 3 - 4 | 2 - 3 | | | | | | |
| 85% | 4 - 5 | 1 - 2 | 4 - 5 | 2 - 3 | | | | | | |
| 82.5% | 5 | 1 - 2 | 4 - 5 | 2 - 3 | | | | | | |
| 80% | 5 - 6 | | | | | | | 3 - 4 | 4 - 5 | In-Season Volume Comes from Practice |
| 77.5% | 6 - 7 | | | | | | | 3 - 4 | 4 - 5 | |
| 75% | 7 - 8 | | | | | | | 4 - 5 | 4 - 5 | |

This table displays my three-day loading variables of the above 80 percent undulated mesocycle. The column on the far left displays the percentage load of the athlete's 1RM with the maximal number of repetitions possible listed in the column to the right. The reps and sets within each training day indicate the number of both that can be performed while maintaining the quality of work at a high level for the athlete. A couple things to notice—the rep ranges stay the same regardless of whether the athlete is in in-season or off-season training and the number of sets used for in-season training are fewer than off-season training. This is due to the high work demands and the added stress of practice and games during the season. Also, look at Friday, Sets (in-season). During the season, all the volume work comes from practice and games. Don't train volume in-season! You'll overtrain your athletes.

The graph below depicts my above 80 percent three-day undulated model. This is what I also refer to as my *high force at low velocity phase.*[28]

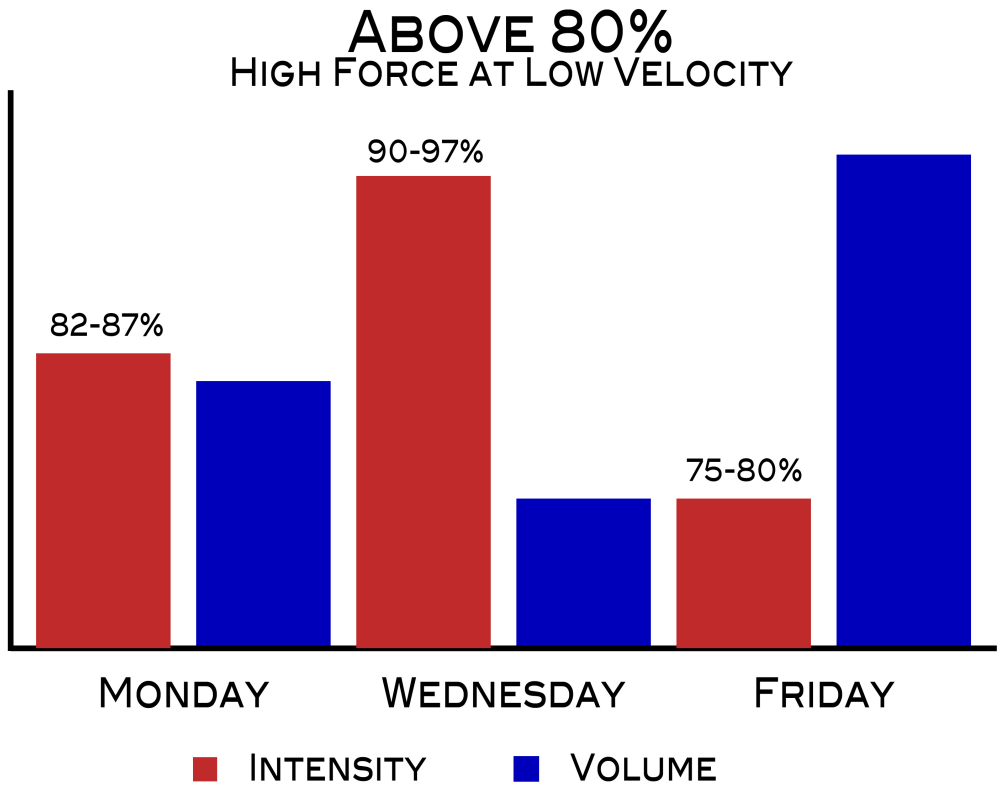



**Figure 4.4:** Graph depicting the training loads associated with the three-day above 80 percent training model.

The medium intensity, heavy load day is Monday. Typically, I associate this with loads of 82–87 percent of an athlete's 1RM—a weight that an athlete could lift maximally for four or five repetitions. For example, if an athlete has a 1RM of 400 pounds, he will be able to lift 340 pounds for four reps (400 X 0.80 = 340). Now, this doesn't mean that I have him perform sets of four reps at 340 pounds. If the athlete did that, he would only get one quality set. As I just explained, the successive sets would be worthless because the athlete's neuromuscular system would be shot, unable to produce force and power at the same level of the initial set. Performing a true maximal effort lift, regardless of the number of reps, will completely exhaust the muscle and its energy substrates, inhibiting its ability to perform at the high levels required in training. So what do I do? Well, this is the heavy loading phase, so I don't want to decrease the load. I

[28] Term coined by Mark Stevenson, a biomedical engineering student at the University of Minnesota.

want to stress the athlete's system as much as possible. Instead, I modify the rep scheme of the sets. Rather than performing sets of four, the athlete will perform singles or doubles. For higher levels of stress levied against the athlete, I often have them perform cluster sets of two or three reps with ten to twenty seconds of recovery between reps (clustering is explained in detail below). In this way, I'm allowing the athlete to perform more quality reps at a higher percentage of his 1RM, ultimately inducing a higher level of stress.

Wednesday is the heavy loading, high intensity day of the week. As shown above, it is correlated with 90–97 percent of the athlete's 1RM. I associate this with a weight that the athlete could perform for a maximum of two or three reps. Again, I want quality reps at these loads, so instead of performing sets of two or three repetitions, I have the athlete perform multiple sets of singles, focusing on exploding through the bar and reaching the highest velocity possible.

Finally, Friday is the high volume, low intensity day of the week. Remember what we discussed in section three—that the high volume is placed at the end of the week to allow the athletes time to fully recover before they walk back into the weight room on Monday. Here the athletes perform sets with loads of 75–80 percent of their 1RM. I typically associate 80 percent with a 6RM. Instead of performing sets of six, however, I will have the athlete perform sets of three to four. Again, I can't stress enough the importance of quality reps over quantity even on a volume day. Any training performed with a suboptimal focus—that is to say with a low rate of force development and diminished velocities—will send mixed neural signaling patterns and inhibit the athlete's adaptability to other training stressors within the block.

Flip back a few pages and take a second look at the loading variables table. Any area in the chart that is shaded means it's a load that you would *not* use in a given training day. You should also notice that while sets used for in-season and off-season training differ, the reps within those sets don't. One final note to point out about the chart is in the sets (in-season) column for Friday. Notice that the volume work in-season takes place during the athlete's practice. This is a huge mistake that many coaches make. They continue to train with high volume during the season for fear of losing some aspect of performance. Instead of maintaining these parameters, however,

many coaches overtrain their athletes in-season and end up decreasing their athletes' performance. In-season practices and games are grueling and take their toll on the athlete. Eliminate the volume work in the weight room, continue to train for strength and power, and I promise that your athletes will maintain their gains throughout the year.

# 4.3: Above 80 Training Blocks

Now that you understand the loading scheme and undulation used within the above 80 percent training week, let's take a look at the individual blocks within the mesocycle. There are three blocks total, each lasting two to three weeks and each focusing on one specific aspect of triphasic training. The length of each block can be adjusted to fit different training schedules or to allow an athlete more time to adapt to a certain triphasic parameter. For example, if you have seven weeks to train the above 80 percent mesocycle, you can allocate two weeks for block one (eccentric focus), three weeks for block two (isometric focus), and two weeks for block three (concentric focus). You can adjust the training block lengths as you see fit based on your observations on the adaptive state of your athletes. The chart below shows which aspect of the triphasic muscle action is targeted for a given block as well as the loading variables used on each day in the training week. In this specific case, it shows the blocks being separated into three equal lengths of two weeks each.

**TABLE 4.3: Triphasic Loading Variables (Above 80 Percent)**

| Block | Day | Load | Time | Reps | Sets |
|---|---|---|---|---|---|
| Block 1 (Eccentric) Weeks 1–2 | Monday (medium intensity) | 82–87% | 5–6 seconds | 1–3 | 2–4 |
| | Wednesday (high intensity) | Eccentric means not applied | | | |
| | Friday (high volume) | 75–80% | 6–7 seconds | 2–4 | 2–4 |
| Block 2 (Isometric) Weeks 3–4 | Monday (medium intensity) | 82–87% | 2–3 seconds | 1–3 | 4–5 |
| | Wednesday (high intensity) | Isometric means not applied | | | |
| | Friday (high volume) | 75–80% | 3–4 seconds | 3–4 | 4–5 |

| TABLE 4.3: TRIPHASIC LOADING VARIABLES (ABOVE 80 PERCENT) | | | | | |
|---|---|---|---|---|---|
| **Block** | **Day** | **Load** | **Time** | **Reps** | **Sets** |
| **Block 3 (Concentric) Weeks 5–6** | Monday (medium intensity) | 82–87% | Reactive | 2–3 | 3–4 |
| | Wednesday (high intensity) | 90–97% | Reactive | 1 | 1–4 |
| | Friday (high volume) | 75–80% | Reactive | 3–4 | 3–5 |

One thing to notice and understand in the table above is that both eccentric and isometric means aren't used on Wednesday, the high intensity day of the training week. This is because the stress imposed on the athlete with heavy loading is sufficient on its own without the addition of an accentuated eccentric or isometric means to cause significant adaptation. In addition, I have found that using eccentric and isometric means with heavy, high intensity loads can be somewhat dangerous. With a heavy load, the athlete should be thinking solely about driving the bar as hard and as forcefully as possible. The addition of other mental processes, such as trying to descend slowly or hold a certain joint angle with a near max load, inhibit an athlete's ability to produce force and can at times lead to injury. As a result, within my model, Wednesday is always a reactive day.

## ✓ Coach's Corner

*Throughout the remainder of the book, you will find article inserts called "Coach's Corner" that aim to give concise advice, tips, and tricks to help train and improve athletic performance.*

Each of the four numbers associated with an exercise (as seen in the example above) indicate how long in seconds the specific "phase" (**eccentric**, **isometric**, **concentric**, and **pause time between reps**) should be performed. For example, a squat may have the following tempo: **3:1:0:0**. The first number (**3)** represents the eccentric phase of the movement; in this case, it would last three seconds. The number (**1)** represents the isometric phase; here, it would be held in the bottom position for one second. The number (**0)** represents the concentric phase. A zero always means that that segment should be performed with a reactive emphasis (as fast as possible). Finally, the number (**0**) represents the amount of rest between reps, which would be zero seconds here. If you would like the athlete to isometrically hold the bottom position of the squat, for example, you would change the middle number so that the tempo reads **3:5:0:0** to indicate that you want a five-second pause at the bottom of the squat.

Table 4.4 gives an example of a six-week back squat progression that an athlete could use during the above 80 percent mesocycle to increase his leg strength and rate of force development:

**TABLE 4.4: Triphasic Block Progression Of The Back Squat**

| Training Week | Monday Loading | Wednesday Loading | Friday Loading |
|---|---|---|---|
| **Weeks 1–2** (Eccentric) | Back Squat Tempo - 6:0:0:0 at 82.5–87.5% Load | Back Squat Tempo - 0:0:0:0 at 92-97.5% Load | Back Squat Tempo - 5:0:0:0 at 75–80% Load |
| **Weeks 3–4** (Isometric) | Back Squat Tempo - 0:3:0:0 at 82.5–87.5% Load | Back Squat Tempo - 0:0:0:0 at 92-97.5% Load | Back Squat Tempo - 0:3:0:0 at 75–80% Load |
| **Weeks 5–6** (Concentric) | Back Squat Tempo - 0:0:0:0 at 82.5–87.5% Load | Back Squat Tempo - 0:0:0:0 at 92-97.5% Load | Back Squat Tempo - 0:0:0:0 at 75–80% Load |

Taking into account the range of loading variables that can be used within each training day of the undulated week, coaches can develop progressive loading schemes to constantly spur gains week after week for their athletes. Below is a table outlining the typical progression that I have found to work the best with my athletes. This progression can be repeated every block to correlate with an athlete's new 1RM as he progresses through the high force at high velocity mesocycle.

**TABLE 4.5: Progressive Loading Scheme**

| Week | Monday Loading (Medium Intensity) | Wednesday Loading (High Intensity) | Friday Loading (Low Intensity) |
|---|---|---|---|
| 1 | 82.5% 1–2 Reps, 4–5 sets | 87.5% 1 Rep, 3–4 sets | 75% 4–5 Reps, 4–5 sets |
| 2 | 85% 1–2 Reps, 4–5 sets | 90% 1 Rep, 3–4 sets | 77.5% 3–5 Reps, 4–5 sets |
| 3 | 87.5% 1–2 Reps, 4–5 sets | 92.5% 1 Rep, 3–4 sets | 80% 3–4 Reps, 4–5 sets |

# 4.4: HOW TO READ THE WORKOUT SHEET

Before we dive into the actual programs, I need to take a few moments to explain how to read my workout sheets. At first, they may look a little intimidating or confusing, but once you understand the basic structure and flow of the sheets, you will find that they are very effective at conveying an enormous amount of information to the athlete.

To get an idea of what a workout sheet looks like, below is an example of a training week for block one, week one in the three-day model. Each training day will contain six to eight training boxes. A training "box" is a layout format I came up with that allows for assistance and pre-habilitation exercises to be programmed during the rest periods of larger, compound movements. Right now, this won't mean anything to you. If anything, it will likely confuse you. Bear with me. I just want you to get a visual of what the whole sheet looks like before we dissect it into its parts. Following the workout sheet, you will find a step by step breakdown of the key components and aspects needed to read, understand, and apply it:

**BLOCK ONE (3-DAY):** ABOVE 80% ECCENTRIC PHASE (2-3 WEEKS)

| 100% | MONDAY | 2-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Sport Back Squat | 5,3 | 250 - 335 | 1,1 | Pwr Cobra F8 |
| | 2-Min Rest/B-Breath | | | | Iband Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 1 | pwrcuban f8 |
| | 2-Min Rest/B-Breath | | | | Iband Rollers |
| 500 | Sport Back Squat | 3 | 415 - 440 | 3 | 6:0:0:0 |
| | Hurdle Hop | 5 | | 3 | Pull Down |
| | 15 rest- BB | | | | |
| | 1/2 SQ JMP Weighted | 4 | | 3 | reactive |
| | 15 rest- BB | | | | |
| | 15 Yard Starts | 1 | | 3 | 4:00 Rest |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | Ext Shock |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | - 240 | 1 | coach see |
| | 2-Min Rest/B-Breath | | | | Ext Shock |
| 300 | BENCH PRESS | 4 | 205 - 210 | 3 | 20C-d+1 |
| | One Leg MB Side Toss | 5 | | 3 | Pause |
| | 25 rest- BB | | | | |
| | 1Bent Arm S. LP Down | 6 | | 3 | 3:0:0:0 |
| | 25 rest- BB | | | | |
| | 90 90 Jump Twist | 5 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 25 rest- BB | | | | |
| | Face Band Pulls | 8 | | 3 | |
| | 25 rest- BB | | | | |
| 75 | 1 Arm Lat Pull Supine | 10 | 50 - 55 | 3 | |
| | GH HYPR | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | 25 rest- BB | | | | |
| | Round House | 8 | | 3 | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| | 25 rest- BB | | | | |
| | Hip FLX BND Pulls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 105 | Drag Curl | 10 | 70 - 75 | 2 | |
| 45 | DB Tri Pro Sup | 8 | 35 - 35 | 2 | |
| | 25 rest- BB | | | | |
| 180 | Chin up | 6 | 135 - 145 | 2 | |
| | 25 rest- BB | | | | |
| | Jobes ECC | 6 | | 2 | 4:0:0:0: |

| 100% | Wednesday | 4-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Back Squat | 5,3 | 250 - 335 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | - 400 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | 440 - 465 | 4 | |
| | Stding SQ Drop Jump | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Det BO Lat Reb Drop | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Thors Hammer | 12 | | 3 | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | 235 - 240 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | BENCH PRESS | 3 | 270 - 280 | 3 | miss 2 board |
| | Med Ball Chest Pass | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1 Arm DB Row | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Pike SWB Abs | 5 | | 3 | |
| 200 | DB Walking Lunge | 4 | | 3 | Band |
| | Pair w/ | | | | Squeeze |
| | Laying External Rot | 6 | | 3 | |
| | Pair w/ | | | | |
| | 1 S.A.S. R.G Lat P | 10 | | 3 | |
| | GH HYPR | 8 | | 3 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Pair w/ | | | | |
| | Bam Bam | 8 | | 3 | |
| | Inc Delt Lat Reb Drop | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Hip FLXor ISO Pull | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| 150 | Rev Grip Tri Push | 8 | 115 - 120 | 2 | |
| | 25 rest- BB | | | | |
| | Bicep shock curls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Blackburn | 6 | | 2 | |

| 100% | FRIDAY | 6-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 200 | STEP UP | 8 | 150 - 160 | 3 | 5:0:0:0: |
| | 15 Rest-BB | | | | |
| | INCLINE SIT UP | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| | Ball LG Curl | 10 | | 3 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | oc-D+1 |
| | 15 Rest-BB | | | | |
| 75 | DB Twist | 15 | 50 - 55 | 3 | |
| | 15 Rest-BB | | | | |
| | Jobes | 6 | | 3 | 4:0:0:0 |
| 200 | Walking Lunge | 8 | 150 - 160 | 3 | Squeeze |
| | 15 Rest-BB | | | | |
| 75 | DB Fly | 8 | 40 - 45 | 3 | |
| | 15 Rest-BB | | | | |
| | Delt Lat Rebound Drop | 8 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 15 Rest-BB | | | | |
| | Rope Circles | 15 | | 3 | Each Way |
| | 15 Rest-BB | | | | |
| 180 | Gripper | 15 | 115 - 125 | 3 | |
| 120 | BAR CURL | 8 | 85 - 90 | 2 | |
| | 15 Rest-BB | | | | |
| 150 | TRI PUSH DOWN | 8 | 105 - 115 | 2 | |
| | 15 Rest-BB | | | | |
| | 90 90 Groin ISO Hold | 10 | | 2 | |
| 60 | Zotman Curl | 6 | 45 - 50 | 2 | |
| | 15 Rest-BB | | | | |
| | Speed Abduction | 8 | | 2 | |
| | 15 Rest-BB | | | | |
| 240 | Close Grip Bench | 6 | 60 - 70 | 2 | 3 Board |
| | Single Leg Iso DL | 6 s | | 2 | |
| | 15 Rest-BB | | | | |
| | Rope Vertical | 15 | | 2 | |
| | 15 Rest-BB | | | | |
| | Full BCH Curl Up | 8 | | 2 | |

**Figure 4.5**: Example training program.

What follows is a descriptive breakdown of how to read the workout sheets. For the sake of consistency, all the workout sheets are made using an imaginary athlete who has a 1RM of 500 pounds in the back squat, 300 pounds in the bench press, 300 pounds in the clean, and 200 pounds in the snatch. Using these four lifts, a coach can calculate an athlete's estimated 1RM for his assistance exercises by taking the numbers and putting them into the *max and reps calculator* (xlathlete.com). If you wish to know the loads used for a given exercise, simply divide the prescribed load by the athlete's 1RM to get his working percentage. For example, if an athlete's prescribed load in the bench press is 215–230 pounds, you would divide 215/300 and 230/300. This gives you 72 to 77, so the athlete is to perform sets at 72–77 percent of his 1RM.

**- Figure 4.6**

1) The first column shows the athlete's 1RM in the programmed exercise, that is to say his 100 percent effort for that given lift. In this case, the athlete has a bench press max of 300 pounds.

| 100% | Monday | 22-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 6 | 225 - 240 | 4 | 0:2:0:0 |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 4 | | 4 | |
| | Pair w/rest 30 | | | | |
| | Infraspinatus | 10 | | 4 | |

**- Figure 4.7**

2) The second column tells the athlete the day of the training week and the exercises to be performed. In this case, the athlete is lifting on Monday, performing the bench press, medicine ball chest pass, and infraspinatus.

| 100% | Monday | 22-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 6 | 225 - 240 | 4 | 0:2:0:0 |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 4 | | 4 | |
| | Pair w/rest 30 | | | | |
| | Infraspinatus | 10 | | 4 | |

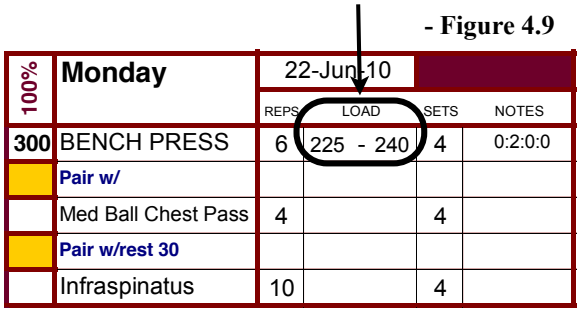
**- Figure 4.8**

3) The reps column specifies how many repetitions should be completed per workout set. In this case, the athlete is performing sets of six repetitions in the bench press, sets of four repetitions in the medicine ball chest pass, and sets of ten repetitions for the infraspinatus.

| 100% | Monday | 22-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 6 | 225 - 240 | 4 | 0:2:0:0 |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 4 | | 4 | |
| | Pair w/rest 30 | | | | |
| | Infraspinatus | 10 | | 4 | |

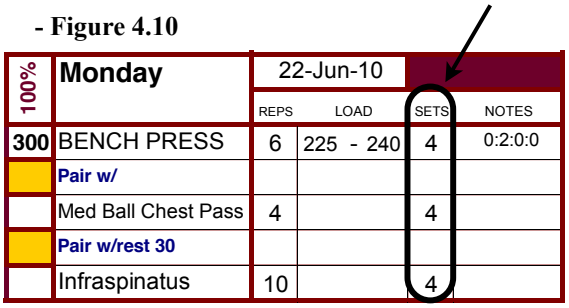
4) The load column specifies the weight to be used while completing the exercise. As mentioned earlier, simply divide these numbers by the athlete's 1RM (found in column one) to find the percentages used for the lift. *Hint: You should already know these, with relative accuracy, from reading the book if you know which mesocycle and block you are in.*

- Figure 4.9



| 100% | Monday | 22-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 6 | 225 - 240 | 4 | 0:2:0:0 |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 4 | | 4 | |
| | Pair w/rest 30 | | | | |
| | Infraspinatus | 10 | | 4 | |

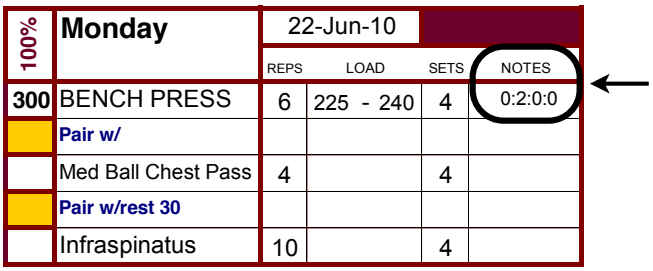
- Figure 4.10



| 100% | Monday | 22-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 6 | 225 - 240 | 4 | 0:2:0:0 |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 4 | | 4 | |
| | Pair w/rest 30 | | | | |
| | Infraspinatus | 10 | | 4 | |

5) The sets column indicates how many groups of repetitions the athlete will perform with that particular exercise. For example, the athlete will complete four sets of the bench press, each set consisting of six repetitions.

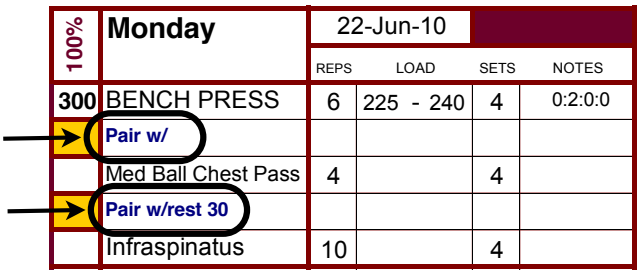
- Figure 4.11



| 100% | Monday | 22-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 6 | 225 - 240 | 4 | 0:2:0:0 |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 4 | | 4 | |
| | Pair w/rest 30 | | | | |
| | Infraspinatus | 10 | | 4 | |

6) The notes column is where you will find extra information needed to perform the exercise. Some examples of notes include tempos (6:2:0:0), alternating (one arm/leg at a time), or bands/chains (applied method). There will also be rest intervals labeled in this column. In this case, the bench press has a tempo of 0:2:0:0, meaning the athlete should pause for two seconds during the isometric phase of the movement. All other phases should be reactive.

- Figure 4.12



| 100% | Monday | 22-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 6 | 225 - 240 | 4 | 0:2:0:0 |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 4 | | 4 | |
| | Pair w/rest 30 | | | | |
| | Infraspinatus | 10 | | 4 | |

7) The "pair w/" and "pair w/rest" notations in column two tell an athlete the sequence and rest intervals that should be applied to the exercises in a given box. For example, in the box below, the athlete would complete one set of bench presses for six

repetitions and then immediately follow the set with four medicine ball chest passes. This is signified by the "pair w/" between the two exercises. After completion of the medicine ball chest pass, the athlete would rest for thirty seconds and then complete a set of ten repetitions of the infraspinatus. This is signified by the "pair w/rest 30." After completing one set of all three exercises, the athlete would return to the top of the box and complete another set of each exercise. This process is repeated until the athlete completes all the prescribed sets listed in the box.

There are also times when the sheet will say "rest 25-BB." This means the athlete is supposed to rest for twenty-five seconds while focusing on belly breathing (BB) to drop the heart rate and recover before proceeding to the next exercise in the block. The "rest 25-BB" implies "pair w/."

8) Without the "pair w/" between exercises, the athlete completes all sets listed for a single exercise before moving on to the next exercises. For example, in the box below, the athlete would complete three sets of five repetitions in the bench press with a load of 240–250 pounds. Once all the sets are completed, the athlete moves on to complete the Arnold press, performing three sets of eight repetitions.

| 100% | Monday | 24-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 240 - 250 | 3 | |
| | | | | | |
| 60 | Arnold Press | 8 | 40 - 45 | 3 | |
| | | | | | |
| 150 | Tri Push Down | 10 | 100 - 105 | 3 | |

**- Figure 4.13**

Now that you have a general overview of the mesocycle—its blocks, loading variables, and triphasic progression—as well as an understanding of how to read the workout sheets, it's time to take an in-depth look at each training day to gain an intricate look at the finer details and concepts that must be incorporated to gain maximal improvement of your athletes. To accomplish this, we will examine each training day in depth, looking at the means, loading variables, and triphasic focus of each block. Remember, each of the three blocks within the mesocycle are very similar. The parameter for each is the same—increase the athlete's level of general strength. The means used to accomplish this change from block to block, however, with each block focusing on a different aspect of triphasic muscle action.

# 4.5: SPECIALIZED METHODS OF APPLYING TRAINING MEANS

Just as the parameters of each mesocycle are specialized, it only makes sense that the methods used to develop them should be specifically molded as well and developed to produce the best results. It would be foolish to take a method that is great at developing speed endurance and expect it to have the same effect on raw strength. It won't. Over the years, I have found or developed several specialized methods of training that have, time and again, proven themselves to be the most effective means at developing the athlete's nervous system within the training loads (power producing range) of a specific parameter. It is important that the use of various lifting methods is applied to ensure continuous adaptation of the athlete through the varied application of stress. The ability of these methods to promote positive adaptation through increased rate of force development (RFD) and power development is unparalleled. For this specific mesocycle, the above 80 percent phase, there are three methods in particular that develop strength and reactive ability under high load/high intensity means better than any other. They are the *French contrast, clustering,* and *oscillatory* methods of training, and they accomplish these things in two ways:

1) Potentiating the nervous system through the alternated sequencing of loaded, un-loaded, and accelerated exercises.

2) Keeping the quality of each repetition high, ensuring that the nervous system is engaged at a high level, and improving intramuscular coordination.

Potentiation is the increase in efficiency or speed of nerve impulse signaling rate along a neural pathway. Often referred to 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, improves 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. 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 a lighter load—it is potentiated.

For example, imagine that you're loading boxes of bricks into your car. You have loaded several boxes when you go to pick up another box that is mislabeled. Instead of bricks, it's loaded with pillows. You grab the box and nearly fall over backward as it comes flying off the floor. Your perceived force needed to lift the box was much greater than the force actually needed to lift it—you were potentiated from lifting the heavier boxes first. 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.[29] That is to say, an athlete with a vertical jump of twenty inches could jump an additional two to three inches if his nervous system was potentiated prior to the jump.

These specialized methods should be applied at the beginning of the workout 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 workout.

## FRENCH CONTRAST

The French contrast method was originally developed by the French track and field coach, Gilles Cometti (I will let your imagination decide how the method got its name). In reviewing his French contrast method, I began to realize that it was a combination of various exercises and methods placed together. The best way to describe this particular method is to say that it's a combination of complex and contrast training methods. I should take a moment here to clear up some of the misconceptions regarding the application of these two methods before I explain their combined effect in the French contrast. Many coaches I talk to understand the basic concepts of these methods, but their use and sequencing of the exercises and means used is often misplaced.

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[29] Verkhoshansky Y, Verkhoshansky N (2011) *Special Strength Training Manual For Coaches*. Verkhoshansky SSTM.

When applying the complex method, an athlete would perform a heavy compound exercise (typically using loads greater than 80 percent of a 1RM) followed by a plyometric jump exercise that mimics the same motor pattern. For example, an athlete would perform a single repetition at 90 percent followed by three box jumps. Typically, this method is performed for three to six sets with rest intervals of five to thirty seconds between the compound and plyometric movements with two to four minutes between complexes.

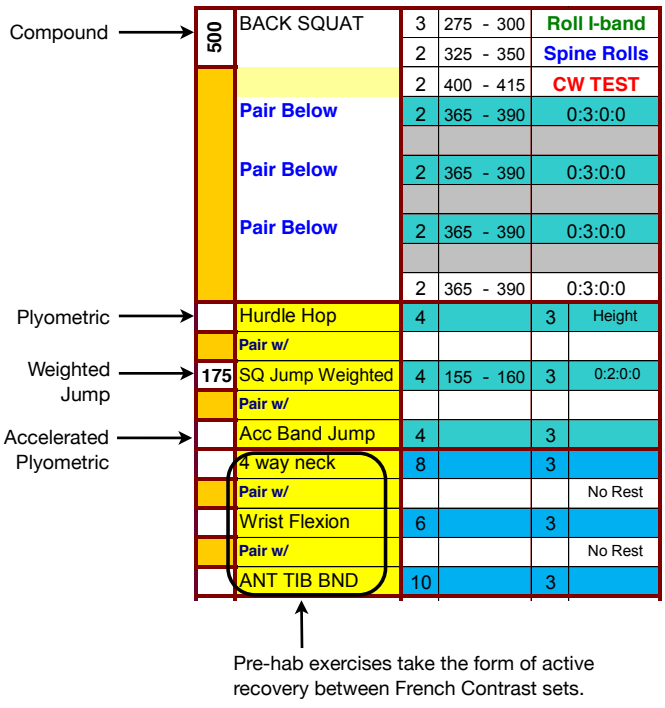
On the other hand, contrast training is defined as performing a maximal or near maximal lift (80–97 percent) followed by a drop set performed at 50–70 percent of the 1RM. Rest intervals here are usually a little longer compared to complex training, taking two to three minutes between each exercise and another two to three minutes between each contrast set. Completing down sets between the top and bottom percentage results in optimal velocity achievement while maintaining a high power output. In both cases, complex and contrast training are meant to take advantage of the PAP effect, teaching the athlete's neuromuscular structure to produce force at exceedingly high rates.

At its simplest level, the French contrast method is the combination of the complex and contrast methods outlined above. It consists of four exercises—a heavy compound exercise (80–90 percent 1RM), a plyometric jump, a drop set or weighted jump (30 percent 1RM), and a plyometric or accelerated plyometric. While on the surface this may appear to simply be the joining of complex and contrast methods, the physiological and neural adaptation it stimulates makes it a far superior method for training sport performance, especially those that require high rates of force production.

Compared to complex or contrast training, the French contrast method applies a much larger amount of stress (one of the five factors of success), the result of which garners some very specific results—explosive strength and speed endurance. The key difference between the French contrast method and complex or contrast training is its utilization of a number of methods for explosive development of the athlete. The French contrast method, using a four-exercise

protocol, pushes the physiological response of the athlete further, forcing the utilization of alactic or anaerobic work capacity to increase. Simply put, the French contrast method makes the athlete powerful for longer periods of time, stimulating greater adaptation within the parameter.

Specifically as I use it, the French contrast method is applied during my above 80 percent mesocycle to emphasize the triphasic loading scheme. As seen below (figure 5), the athlete will first perform a heavy back squat using a triphasic tempo (in this case, an isometric hold for three seconds). Immediately after the squat, the athlete will perform a hurdle hop. Many types of plyometric jumps can be used, but keep in mind you want to use the ones that best mimic the athlete's sport. This plyometric will often be your key guideline in observing the joint stiffness qualities of the athlete change over a six- to nine-week mesocycle. Again, you're using a heavy squat or other compound movement to excite the nervous system before performing the plyometric. This facilitated response or potentiation of the nervous system enables an elevated level of force production to be created when performing an explosive plyometric.




**- Figure 4.14**

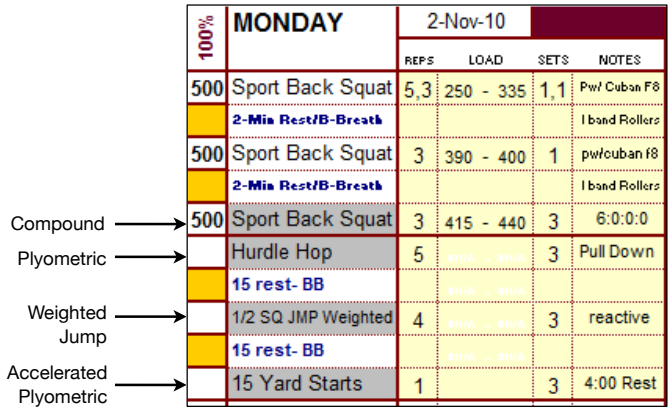
Once the plyometric jump is completed, the athlete goes directly to the weighted jump. This is where I believe the athlete switches over from training power development to training explosive work capacity—the ability to produce power in a somewhat fatigued state. Finally, after the weighted jump, the athlete performs a second plyometric jump. Here, I often use an accelerated form of plyometric to keep the velocity of the movement at the highest level possible. This enables the athlete to develop explosive power during a fatigued state. If you don't have the ability to apply accelerated plyometrics, an athlete can

perform another plyometric jump, focusing on the top end of the range of motion to keep the motion quick and explosive. For example, have the athlete perform a quarter squat jump rather than a full squat jump. Again, the purpose is to keep the nervous system firing at a high rate during this type of movement and to keep using one exercise to set up the explosiveness of a subsequent exercise.

To maximize the training time of my athletes, I often program to have them perform their pre-habilitation exercises during rest intervals. Due to the extremely taxing nature of the French contrast method, an athlete needs four to five minutes of rest between sets to allow the nervous system to recover and the muscles to replenish energy stores. As seen in the box below, the accelerated band jump is followed by three pre-habilitation exercises—the four-way neck, wrist flexion, and anterior tibial band exercises—before returning to a second set of the French contrast. Inserting pre-habilitation work like this works great because it doesn't physically tax the athlete between sets and shortens the total time required for the workout. The athlete would perform three French contrast sets, starting with the isometric back squat all the way through the anterior tibial band. The fourth set of the back squat would be performed on its own.

The French contrast method is without question the best way to apply stress to the athlete. The gains seen in reactive ability, force production, and raw speed by athletes performing the French contrast method far exceed those of other methods I've tried. The results I've seen through the implementation of this method have been reproduced and extended into multiple arenas of sport —from the world of track and field to ice hockey, basketball, and football. Due to the enormous amount of stress this method of training places on the athlete, I would be very hesitant to use it with young athletes. I define "young" as any athlete who has a training age of less than three years. It is intended for advance high school, collegiate, and advanced elite Olympic athletes.

To the left is another example of how the French contrast method would appear on my workout sheets. Just as in the previous example, after completing his warm-up sets, the athlete would




| 100% | MONDAY | 2-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Sport Back Squat | 5,3 | 250 - 335 | 1,1 | Pw/ Cuban F8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 1 | pw/cuban f8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 415 - 440 | 3 | 6:0:0:0 |
| | Hurdle Hop | 5 | | 3 | Pull Down |
| | 15 rest- BB | | | | |
| | 1/2 SQ JMP Weighted | 4 | | 3 | reactive |
| | 15 rest- BB | | | | |
| | 15 Yard Starts | 1 | | 3 | 4:00 Rest |

**- Figure 4.15**

perform a six-second eccentric sport back squat followed immediately by the hurdle hop, weighted half squat jump, and a 15-yard start, taking fifteen seconds to belly breathe between exercises. After completing a set, the athlete would rest for four minutes before returning to the sport back squat.

Table 4.6 quickly lays out how a coach could alter each exercise in the French contrast method to specialize it for a specific sport, increasing the transferability of gains in the gym to gains on the field. For each sport in the table, two possible substitutions are shown for each exercise.

**TABLE 4.6: APPLYING FRENCH CONTRAST METHOD**
**MEANS FOR GREATEST TRANSFER OF SPORT SPECIFIC ABILITIES**

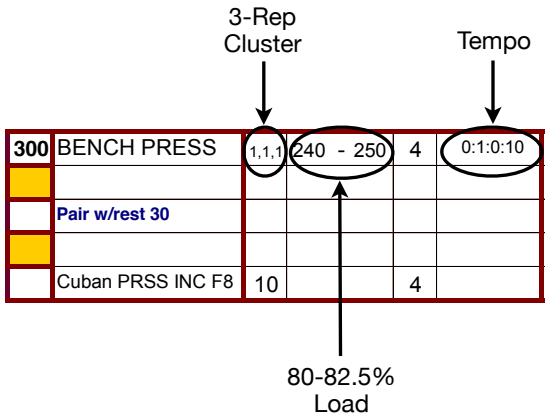
| SPORT | COMPOUND EXERCISE | PLYOMETRIC | WEIGHTED JUMP | PLYOMETRIC |
|---|---|---|---|---|
| FOOTBALL (LINEMAN) | BACK SQUAT | SPLIT SQUAT ALTERNATING JUMP | BB JUMP SQUAT | ASSISTED BAND SQUAT JUMP |
| | LEG PRESS | SQUAT DROP JUMP | SAND BAG SQUAT JUMP | ACCELERATED BAND SPLIT SQUAT JUMP |
| FOOTBALL (SKILL PLAYER) | FRONT SQUAT | HURDLE HOP | BB JUMP SQUAT | ASSISTED BAND SQUAT JUMP |
| | BACK SQUAT | ALTERNATE LEG BOUNDING | SAND BAG SQUAT JUMP | ACCELERATED BAND SPLIT SQUAT JUMP |
| HOCKEY | BACK SQUAT | RUSSIAN PLYO BOX | POWER STEP-UP W/ BAG | ASSISTED BAND SQUAT JUMP |
| | LEG PRESS | SQUAT DROP JUMP | BB JUMP SQUAT | ACCELERATED BAND SPLIT SQUAT JUMP |
| BASKETBALL | LEG PRESS | HURDLE HOP | SAND BAG SQUAT JUMP | ASSISTED BAND SQUAT JUMP |
| | HEX BAR DEADLIFT | SPLIT SQUAT ALTERNATING JUMP | SPLIT SQUAT W/ SAND BAG | ACCELERATED BAND SPLIT SQUAT JUMP |

## CLUSTERING

Using cluster sets in training is an excellent way to stress an athlete, especially during phases of considerably intense loading as in this above 80 percent mesocycle. A cluster set allows for more repetitions to be made at a weight than an athlete would normally be able to lift two or more times in succession without sacrificing velocity and force development. This type of set requires a short amount of rest to be taken between repetitions in order to restore or partially restore the short-term energy systems used to produce bursts of highly intense movement. The use of maximum or near maximum loads stress the systems responsible for neuromuscular coordination in which the recruitment of faster and larger motor units is increased. Rate coding also increases, and the synchronization of motor unit activity becomes optimal for maximum force output. It is therefore beneficial for athletes looking to improve their overall strength levels to train with weights at or near their maximum. However, it can be difficult to perform several repetitions with this type of load in succession, which is where the use of cluster sets becomes warranted.

By including ten to twenty seconds of rest between repetitions, each one is accomplished with maximum or near maximum velocity and force, resulting in maximal power output. This ensures that the athlete is performing more maximum or near maximum efforts per workout, which may ultimately allow for a greater improvement to take place. The bar should be returned to the floor or rack when resting.

The more work (or repetitions) that an athlete can perform with these intense loads, the better his force producing capabilities may become. Even with as little as fifteen seconds of recovery, an individual can perform at near maximum force production capacity. A cluster set allows the athlete to perform greater amounts of work and be exposed to higher levels of stress while not experiencing the fatigue and lowered force output normally associated with traditional sets. This ensures the neurological effect remains high throughout every rep and successive sets.
This is a method that can be applied to both lower and upper body exercises.




**-Figure 4.16**

In figure 4.7, an athlete would perform three cluster repetitions per set with a load of 240–250 pounds using a tempo with a one-second isometric pause and ten seconds rest between repetitions. In this box, the athlete would follow the bench press set by resting for thirty seconds before performing a set of ten Cuban presses. The athlete would repeat this cycle for four sets before moving on to the next box.

## OSCILLATORY METHOD

The oscillatory method was created from an idea I had several years ago to try and reconcile Sherrington's law of reciprocal inhibition with training to maximize performance. His law states that in order for the agonist to contract, the antagonist must relax.[30] Decades ago, Dr. Matveyev (a Russian scientist) found through his research that the difference between elite athletes and great athletes wasn't the speed at which they could contract their agonist muscle as one would intuitively think. The difference lied instead with the athlete's ability to relax the antagonist. The athlete who could do this more quickly was always the superior athlete.[31]

During an explosive contraction in the concentric phase, the antagonist acts as a decelerator, pumping the breaks if you will so that an athlete doesn't tear a limb off his body. When a pitcher heaves a 95-mph fastball, his entire posterior shoulder complex acts as a decelerator to slow the internal rotation of the arm as it comes across the pitcher's body. If it weren't for this system, pitchers would literally throw their arms out of their sockets. Agonist inhibition is a good thing. But like other "good things" we've talked about in this book like the Golgi tendon organ, they are a little overprotective. To enhance sport performance, an athlete must train in such a way as to

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[30] Johnson WR (1960) *Science and Medicine of Exercise and Sports*. New York: Harper & Row Publishers.

[31] Verkhoshansky Y, Siff M (2009) *Supertraining*. Sixth edition. Ultimate Athlete Concepts.

decrease the inhibitory processes of these systems and allow him to reach higher levels of force production in ever decreasing times.

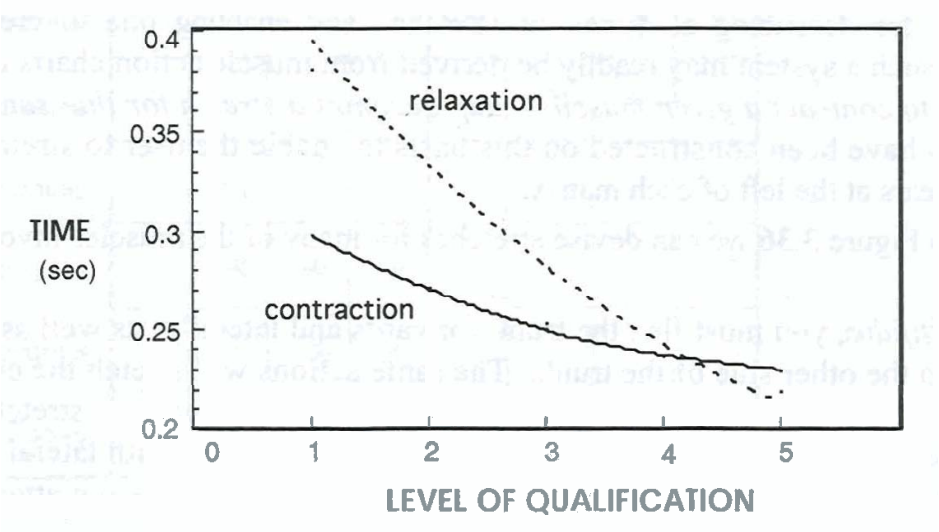


**Figure 4.17:** Graph showing the relationship between agonist contraction and antagonist relaxation in Soviet athletes. Looking at the contraction line, notice that there is only a 0.05-second difference between level one and level five athletes. Comparatively, there is nearly a 0.20-second difference between the rate of antagonist relaxation. Notice the level five athletes, the best of the best, can relax their antagonist faster than they can contract their agonists.

Figure 4.17 depicts Metveyev's findings. It shows the contraction and relaxation times of increasing levels of qualification as measured by electromyography of top level Russian athletes. *(The Russian's had a classification system to separate their best athletes. As a reference, if the numbers above represented basketball players, a level one classification means that you're a Division I player or an elite player but not the best of the elite. A level five player would represent a Michael Jordan or Lebron James.)* These findings showed that Sherrington's Law was a limiting factor in force production within sport. Athletes with a slower relaxation rate of their antagonist muscle complex slowed the rate of their concentric contraction and limited their force production and, ultimately, their power producing capability.

The best athletes are able to not only contract at high velocities but relax at superior velocities as well. The oscillatory method focuses on limiting the antagonistic inhibition seen in athletes to maximize their ability to generate force in limited amounts of time. Oscillatory movements are performed over a short range of motion either in an advantageous (OC-A) or disadvantageous

position (OC-D). Repetitions are short and quick, only traveling over a three- to four-inch range of motion with the athlete consciously pushing and pulling the bar up and down. A great coaching cue that I use is tell the athlete that he is trying to flick the light switch on and off as fast as he can. Every rep is teaching the muscle complex to change from a concentric accelerator to an eccentric decelerator. This increases the speed at which the antagonist muscle learns to relax and improves the rate of relaxation seen in force production.

Oscillatory exercises can be used for two separate applications. First, they can be used as a way to peak an athlete. Using light loads (25–50 percent of a 1RM) and high velocities will help maximize the explosive power of the athlete leading up to competition. This application will be drawn out further in section six. A second way this method can be utilized is to use moderate loads (65–80 percent) at high velocities to increase the force placed on specific parts of the muscle structure. There are several different ways to perform oscillatory exercises. Here, for the above 80 percent blocks, we will look at three different methods of application—OC +1, 2OC +1, and OC-D/OC-A + 1. Remember, OC stands for oscillatory, D for disadvantageous, and A for advantageous. The '+1' at the end is there to remind the athlete that each set should be finished with one complete repetition of the exercise. This serves to teach the nervous system and physiological structure to “finish” through the movement, developing a higher level of force transferability to sport.

**TABLE 4.7: Oscillatory Bench Press**

| OC Means: | OC + 1 | 2OC + 1 | OC-D/OC-A + 1 |
|---|---|---|---|
| Advantageous | Bench Press OC-A+1 | Bench Press 2OC Advantages | DB Bench Press 2POC |
| Disadvantageous | Bench Press Oscillatory | Bench Press 2OC +1 | Bench Press 2POC |

# √ Coach's Corner

## Warm-Up Protocol

By Ben Peterson

Coaches always want to know exactly what weights the athletes are lifting and the progress that they are making. Being able to quantify results with actual data not only motivates the athlete to continue to push himself in the weight room but also validates the methods and practices of the coach. Despite the need and benefits of having up-to-date numbers for an athlete's 1RM, coaches are often hesitant to take the time to perform 1RM testing. Whether it's out of concern for injury to the athlete, interference with the normal lifting schedule, or excessively taxing the nervous system, coaches tend to shy away from max testing other than once per year.

But what if there was a way for coaches to test an athlete's max that could be added safely and effectively to any workout, a test that doesn't tax the athlete's nervous system? This would enable coaches to make adjustments almost instantly to their athletes' workouts, enabling them to maximize gains in a short amount of time. To do this, all the coaches have to do is add one additional set to the end of the warm up at 80 percent of the current 1RM the day they want to test, or adjust, the athlete's max.

A normal and effective warm-up protocol for the bench press may look something like this:

- 1 x 5 reps @ 55% 1RM
- 1 x 3 reps @ 70% 1RM
- 1 x 1 reps @ 80% 1RM

This allows the athlete to quickly stimulate the central nervous system and activate the large, high threshold motor units without stimulating fatigue. Now, let's say that it is the first day of a new microcycle and a coach wants to test his athletes to see if their bench numbers need to be increased for the upcoming phase. To do this, the coach would have an athlete perform one set at 80 percent of his 1RM for three reps. For example:

- 1 x 5 reps @ 55% 1RM
- 1 x 3 reps @ 70% 1RM
- 1 x 3 reps @ 80% 1RM (test set)

Closely observing the athlete perform the lift by watching the speed of the bar and the level of exertion the athlete exhibits, the coach can estimate how many reps the athlete could have actually performed. If the athlete performed the set with ease, maintaining speed throughout the concentric portion of the lift, the coach may infer that the athlete could have performed five, six, or more repetitions, in which case the athlete's max has increased. If the athlete performs the repetitions but appears to struggle or the bar moves at a slow, steady pace, the athlete's max is likely unchanged and should remain the same.

It should be noted that the athlete doesn't need to perform all three reps in the testing set. As a coach becomes more proficient at observing the athlete, he will be able to estimate the total number of reps that can be performed at a given weight by watching only one or two repetitions. This is beneficial because it diminishes the stress placed on the athlete even further, taking less energy away from his work sets. For example:

- 1 x 5 reps @ 55% 1RM
- 1 x 3 reps @ 70% 1RM
- 1 x 1-3reps @ 80% 1RM (test set)

After the testing set is completed, the athlete can proceed with the rest of the scheduled workout without any adverse effects to performance. Once the coach estimates the number of repetitions the athlete could have performed, that number can be plugged into the rep max calculator (xlathlete.com) to calculate the athlete's new 1RM.

Being able to watch, evaluate, and change an athlete's max within the outlines of a lifting schedule gives a coach a decisive advantage. It ensures that the athletes are using the correct weights and percentages to maximally tax their system at all times. The biggest factor in dictating progress in the weight room is intensity. If an athlete has adapted to something where the stimulus no longer has a high enough intensity to elicit change, the athlete will plateau. Being able to continually change and accurately measure an athlete's 1RM enables a coach to maintain the right intensity and make gains twelve months a year.

# 4.6: Monday, Medium Intensity (Submaximal Effort)

## Loading

Below is a section from the loading table showing exclusively the loading variables applied on Monday (table 4.8). Just as before, sections that are shaded mean that these are loads that wouldn't be used at this point of the training week.

**TABLE 4.8: Monday Loading (Medium Intensity)**

| % 1RM | Maximum Reps Possible | High Quality Reps (strength) | Sets (off-season) | Sets (in-season) |
|---|---|---|---|---|
| 97.5% | 1–2 | | | |
| 95 % | 2 | | | |
| 92.5% | 2–3 | | | |
| 90% | 3–4 | | | |
| 87.5% | 4 | 1 | 3–4 | 2–3 |
| 85% | 4–5 | 1–2 | 4–5 | 2–3 |
| 82.5% | 5 | 1–2 | 4–5 | 2–3 |
| 80% | 5–6 | | | |
| 77.5% | 6–7 | | | |
| 75% | 7 - 8 | | | |

When we take the loading variables from above and apply them to the triphasic methods outlined earlier in this section, the result would be what you see in table 4.9. The loads for all three blocks remain the same. The target parameter for this mesocycle is general strength, so the stimulus (stress) placed on the nervous system must remain within the same range to promote the greatest levels of adaptation. Take care to examine the eccentric block carefully. Because of the excessive amounts of stress that eccentric loading places on both the neurological and physiological systems of the athlete, fewer sets are performed in block one than in either of the succeeding blocks.

| TABLE 4.9: Monday Triphasic Loading Parameters | | | | | |
|---|---|---|---|---|---|
| Block | Intensity | Load | Tempo | Reps | Sets |
| Block 1 (Eccentric) | Medium Intensity | 82–87% | 6:0:0:0 | 1–3 | 2–4 |
| Block 2 (Isometric) | | 82–87% | 0:3:0:0 | 1–3 | 3–5 |
| Block 3 (Concentric) | | 82–87% | 0:0:0:0 | 2–4 | 3–4 |

The tempos and rep ranges outlined above are to be used primarily with the specialized methods of applying training means discussed earlier in this section. When programming for assistance work, don't worry about these tempos, as additional emphasis on eccentric loading will exhaust the neurological system of the athlete. All assistance work should be performed within the loading parameters for that day within the undulated block, in this case 82–87 percent. For examples of assistance work that should be used to optimize performance gains and for suggested rep ranges of these exercises within each block, refer to the programs throughout this section.

## SEQUENCING

Keeping the loads in the 82-87 percent range to apply a highly concentrated load stimulus, the sequencing of the triphasic training progression can be accomplished through the use of numerous different means. Table 4.10 is meant to be a guide for choosing an exercise progression for the lower body that best fits your weight room and athletes. It is also meant to give ideas for how to change up the means you use from block to block so that your athletes don't get bored coming in and doing the same thing week in and week out. This is only an example of one compound exercise. Many others can and should be used. For example, from table 10, an athlete could perform a box back squat for the eccentric phase in block one, then perform a box squat with bands for the isometric phase in block two, and finish by performing a conventional back squat for the concentric phase in block three. There isn't any right or wrong

progression. Some athletes may adapt to one specific sequence better than others, but that is trial and error. As long as athletes keep the load within the specified range, use proper triphasic tempos, and explode, generating as much force as possible during the concentric phase of each rep, they will see definitive, substantial gains.

**TABLE 4.10: MONDAY TRIPHASIC EXERCISE SEQUENCING (BACK SQUAT)**

| Block 1 (Eccentric) | Block 2 (Isometric) | Block 3 (Concentric) |
|---|---|---|
| Back Squat Eccentric<br>Tempo - 6:0:0:0 | Back Squat Isometric<br>Tempo - 0:3:0:0 | Back Squat Concentric<br>Tempo - 0:0:0:0 |
| Box Back Squat<br>Tempo - 6:0:0:0 | Box Back Squat<br>Tempo - 0:3:0:0 | Back Squat With Weight Releasers<br>Tempo - 0:0:0:0 |
| Back Squat With Weight Releasers<br>Tempo - 6:0:0:0 | Box Back Squat Bands<br>Tempo - 0:3:0:0 | Back Squat With Bands<br>Tempo - 0:0:0:0 |
| Sport Back Squat<br>Tempo - 6:0:0:0 | Box Back Squat with Chains<br>Tempo - 0:3:0:0 | Sport Back Squat<br>Tempo - 0:0:0:0 |

## WORKOUTS

Below, you will find Monday's workout for each block of the three-day, above 80 percent model—the eccentric block, isometric block, and concentric block. The column on the left is the actual workout using our "imaginary" athlete to calculate the loads used on each exercise. The column on the right, labeled "Coaching Points," gives further explanation about exercise sequencing and important coaching queues to use with your athletes. The coaching points are labeled with the respective workout box that they apply to. In addition, every exercise in each workout is hyperlinked. Don't know what an exercise is or exactly how to perform it? No problem. Just click on its blue hyperlink in the "Coaching Points" column for a video tutorial of the exercise. At the end of this section, you will find workouts for each block of a four-day, five-day, six-day, and two-day in-season model.

# BLOCK ONE, MONDAY

| 100% | MONDAY | 2-Nov-10 REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 500 | Sport Back Squat | 5,3 | 250 - 335 | 1,1 | Pw/ Cuban F8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 1 | pw/cuban f8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 415 - 440 | 3 | 6:0:0:0 |
| | Hurdle Hop | 5 | | 3 | Pull Down |
| | 15 rest- BB | | | | |
| | 1/2 SQ JMP Weighted | 4 | | 3 | reactive |
| | 15 rest- BB | | | | |
| | 15 Yard Starts | 1 | | 3 | 4:00 Rest |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | Ext Shock |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | [redacted] - 240 | 1 | coach see |
| | 2-Min Rest/B-Breath | | | | Ext Shock |
| 300 | BENCH PRESS | 4 | 205 - 210 | 3 | 2OC-d+1 |
| | One Leg MB Side Toss | 5 | | 3 | Pause |
| | 25 rest- BB | | | | |
| | 1Bent Arm S. L.P Down | 6 | | 3 | 3:0:0:0 |
| | 25 rest- BB | | | | |
| | 90 90 Jump Twist | 5 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 25 rest- BB | | | | |
| | Face Band Pulls | 8 | | 3 | |
| | 25 rest- BB | | | | |
| 75 | 1 Arm Lat Pull Supine | 10 | 50 - 55 | 3 | |
| | GH HYPR | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | 25 rest- BB | | | | |
| | Round House | 8 | | 3 | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| | 25 rest- BB | | | | |
| | Hip FLX BND Pulls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 105 | Drag Curl | 10 | 70 - 75 | 2 | |
| 45 | DB Tri Pro Sup | 8 | 35 - 35 | 2 | |
| | 25 rest- BB | | | | |
| 180 | Chin up | 6 | 135 - 145 | 2 | |
| | 25 rest- BB | | | | |
| | Jobes ECC | 6 | | 2 | 4;0;0;0; |

## COACHING POINTS AND EXERCISE TUTORIAL

### BOX 1-2

-The sport back squat is a narrow stance squat used for more specific sports training.
-The first line says that the athlete performs one set of five followed by one set of three reps. Between sets, the athlete performs I-band rollers and Cuban F8. The second line says that the athlete performs another warm-up set of three reps.
-Notice the six-count eccentric on the way down in the work sets of the sports back squat.
-With this particular load and eccentric method, the squat will need to be assisted each rep by the spotter.
-The assistants will take place on the way up but not on the way down.
-The athlete leaves the sport back squat and goes directly to the hurdle hop and half squat jump and then to the 15-yard starts. This is a sample of the French contrast method.
Sport back Squat; Sport Back Squat Eccentric; Hurdle Hop; Half Squat Jump Weighted; 15 yard Starts

### BOX 3-4

-The bench press block here on the first line has two sets for the warm up. It is paired with the external rotator shock method in the warm up.
-The second line bench press is a three-rep test that we will estimate to either raise or lower the athletes max.
-The work sets on the bench press are two oscillatory movements at the bottom and then one full range of motion at the top. This will be completed for four reps.
-The block after the bench press will be paired with the bench press to provide the athlete with more rest during the pairing of the three exercises below.
Bench Press 2OC; One Leg Med Ball Side Toss; One Arm Side Lat Pull Down; 90 90 Jump Twist

### BOX 5

Glute Bar Lift; Face Band Pulls; 1 Arm Lat Pull Supine

### BOX 6

-For the iso ball groin squeeze, take an athletic stance over a Swiss ball and squeeze the knees together into the ball as hard as possible
Glute Ham Hyper; Isometric Ball Groin Squeeze; Round House

### BOX 7

-The DB shoulder press finishes on a complete rep
DB Shoulder Press; Hip Flex Band Pulls; Drag Curl

### BOX 8

DB Tri Pro Sup; Chin Up; Jobes ECC

# Block Two, Monday

| 100% | MONDAY | 16-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Sport Back Squat | 5,3 | 250 - 335 | 1,1 | Pw/ Cuban F8 |
| | No Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 1 | pw/cuban f8 |
| | No Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 3 | 0:5:0:0 |
| | Hurdle Hop | 5 | BW/A - BW/A | 3 | Pull Down |
| | 15 rest- BB | | BW/A - BW/A | | |
| | 1/2 SQ JMP Weighted | 4 | BW/A - BW/A | 3 | reactive |
| | 15 rest- BB | | BW/A - BW/A | | |
| | 15 Yard Starts | T | | 3 | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | Ext Shock |
| | No Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | [redacted] - 240 | 1 | coach see |
| | No Rest/B-Breath | | | | Ext Shock |
| 300 | BENCH PRESS | 4 | 205 - 210 | 3 | 2OC-d+1 |
| | One Leg MB Side Toss | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1 Bent Arm S. LP Down | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | 90 90 Jump Twist | 5 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 25 rest- BB | | | | |
| | Face Band Pulls | 8 | BW/A - BW/A | 3 | |
| | 25 rest- BB | | BW/A - BW/A | | |
| 75 | 1 Arm Lat Pull Supine | 10 | 50 - 55 | 3 | |
| | GH HYPR | 6 | | 3 | oc-A |
| | 25 rest- BB | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | 25 rest- BB | | | | |
| | Round House | 8 | | 3 | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| | 25 rest- BB | | | | |
| | Hip FLX BND Pulls | 6 | BW/A - BW/A | 2 | |
| | 25 rest- BB | | BW/A - BW/A | | |
| 120 | Bar Curl | 10 | 80 - 85 | 2 | |
| 45 | DB Tri Pro Sup | 8 | 35 - 35 | 2 | |
| | 25 rest- BB | | | | |
| 180 | Chin up | 6 | 135 - 145 | 2 | |
| | 25 rest- BB | | | | |
| | Jobes ECC | 6 | | 2 | 4;0;0;0; |

## Coaching Points and Exercise Tutorial

**Box 1-2**

-The sport back squat is a narrow stance squat used for more specific sports training.
-The first line says that the athlete performs one set of five followed by one set of three reps.
-Between sets, the athlete performs I-band rollers and Cuban F8. The second line says that the athlete performs another warm-up set of three reps.
-Notice from the prior block that we went from a six-count eccentric to a five-count isometric. This will also need assistance from the spotter to complete the rep.
-This is still the French contrast protocol, so the three exercises are paired with the sport back squat.
-Fifteen-yard starts are timed and feedback is given to push the athletes harder based upon the results.

Sport back Squat; Sport Back Squat Isometric; Hurdle Hop; Half Squat Jump Weighted; 15 yard Starts

**Box 3-4**

Bench Press 2OC; One Leg Med Ball Side Toss; One Arm Side Lat Pull Down; 90 90 Jump Twist

**Box 5**

Glute Bar Lift; Face Band Pulls; 1 Arm Lat Pull Supine

**Box 6**

-For the iso ball groin squeeze, take an athletic stance over a Swiss ball and squeeze the knees together into the ball as hard as possible

Glute Ham Hyper; Isometric Ball Groin Squeeze; Round House

**Box 7**

-The DB shoulder press finishes on a complete rep

DB Shoulder Press; Hip Flex Band Pulls; Bar Curl

**Box 8**

DB Tri Pro Sup; Chin Up; Jobes ECC

# BLOCK THREE, MONDAY

| 100% | MONDAY | 30-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Sport Back Squat | 5,3 | 250 - 335 | 1,1 | Pwr Cuban F8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 1 | pwrcuban f8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 415 - 440 | 3 | 0:0:0:0 |
| | Hurdle Hop | 5 | | 3 | Pull Down |
| | 15 rest- BB | | | | |
| | 1/2 SQ JMP Weighted | 4 | | 3 | reactive |
| | 15 rest- BB | | | | |
| | 15 Yard Starts | 1 | | 3 | 4:00 Rest |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | Ext Shock |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | - 240 | 1 | coach see |
| | 2-Min Rest/B-Breath | | | | Ext Shock |
| 300 | BENCH PRESS | 4 | 205 - 210 | 3 | 2OC-d+1 |
| | One Leg MB Side Toss | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1Bent Arm S. L.P Down | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | 90 90 Jump Twist | 5 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 25 rest- BB | | | | |
| | Face Band Pulls | 8 | | 3 | |
| | 25 rest- BB | | | | |
| 75 | 1 Arm Lat Pull Supine | 10 | 50 - 55 | 3 | |
| | GH HYPR | 6 | | 3 | oc-A |
| | 25 rest- BB | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | 25 rest- BB | | | | |
| | Round House | 8 | | 3 | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| | 25 rest- BB | | | | |
| | Hip FLX BND Pulls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 120 | Bar Curl | 10 | 80 - 85 | 2 | |
| 45 | DB Tri Pro Sup | 8 | 35 - 35 | 2 | |
| | 25 rest- BB | | | | |
| 180 | Chin up | 6 | 135 - 145 | 2 | |
| | 25 rest- BB | | | | |
| | Jobes ECC | 6 | | 2 | 4;0;0;0; |

## COACHING POINTS AND EXERCISE TUTORIAL

### BOX 1-2

-Notice how the sets have become more reactive in the sport back squat work sets without any eccentric to isometrics actions. They are still paired with the three exercises following the sport back squat. If put together and trained for the six-week period, you will see great results.
Sport back Squat; Hurdle Hop; Half Squat Jump Weighted; 15 yard Starts

### BOX 3-4

-You can do the French contrast method with the upper body. However, this particular group of athletes were throwing athletes and it was too much stress for that type of athlete. Sticking with reactive, OC methods improved their throwing distance better than the French contrast methods.
Bench Press 2OC; One Leg Med Ball Side Toss; One Arm Side Lat Pull Down; 90 90 Jump Twist

### BOX 5

Glute Bar Lift; Face Band Pulls; 1 Arm Lat Pull Supine

### BOX 6

-The glute ham hyper was done with an advantageous (top half ROM) oscillatory position. This has proven to be somewhat effective for top end speed running, thus I use it during the concentric phase to help with dynamic neuromuscular adaptation.
Glute Ham Hyper; Isometric Ball Groin Squeeze; Round House

### BOX 7

DB Shoulder Press; Hip Flex Band Pulls; Bar Curl

### BOX 8

DB Tri Pro Sup; Chin Up; Jobes ECC

**The structure of this program limited the amount of change I allowed from block to block in terms of exercise selection. That is why most of the upper body and assistance exercises remained the same for the entire six-week mesocycle. This particular program was for throwing athletes, and changing too much during a particular transition phase of throwing made them much more sore during the skills acquisition development phase so exercises were kept the same for that reason.

# ✓ Coach's Corner

## Peaking with the Sport Back Squat

BY: Ben Peterson and Cal Dietz
Edited By: Daniel Raimondi

The main question I usually get asked in regards to the sport back squat is, "When do you incorporate this in a training program?" With the sport back squat, what you want to decide on sooner rather than later is where to place it in your program to yield the best sport's performance results. There are two scenarios that I will paint here as well as my rationale for why we switch from a normal back squat to the sport back squat. Essentially, I've realized more and more that more advanced athletes need less absolute strength and require more sport specificity within their programs. With that in mind, we must realize that many of these are advanced athletes. This could be anyone from an elite high school athlete to a world class runner. Depending on who it is, he may not need to get stronger at that particular time to increase performance in his sport.

Again, starting sooner rather than later on the usage of the sport back squat becomes more important with the advanced athlete. I usually recommend a minimum of four to six weeks to allow the transformation and the true results for the peaking model to take place with the sport back squat in the advanced athlete. This is because the sport back squat is more sports-specific with its narrower stance. It's also more applicable to sport because of the direction in which force will be applied to the ground as opposed to a wider stance squat. Athletes don't need to keep working on hard, straining, maximal effort lifts in very wide stances. We want explosive, reactive athletes who can generate huge forces quickly in the direction where their sport will likely be played (i.e. narrow stance).

Keep in mind also that the sport back squat won't be as deep as a wider stance, deep back squat. Sport back squat depth should be somewhere around hamstring parallel or maybe a little lower, but ultimately this can be adjusted based upon how the particular athlete competes in his sport and at what level he squats down to. For example, a thrower may not squat as deep coming across the ring while performing his throw. A hockey player, on the other hand, may have a lower skating technique and therefore might squat to that particular depth.

Again—and I can't reiterate this enough—this method would be reserved for more advanced athletes. Let me first define 'advanced' as I apply it toward my programming. 'Advanced' essentially is an athlete who has some basic training age (maybe even a high school athlete). For sixteen to twenty weeks of training, use the normal back squat. To get the most out of the sport back squat, place it four to six weeks away from competition in a peaking model. This will yield high results. The second scenario is that you have a young athlete who isn't very strong in your program and you aren't sure when to place the sport back squat to get the best results. There are actually two scenarios with this particular athlete. The first scenario is the athlete will keep getting stronger with your normal wider squat. Three weeks prior to the most important peaking point, transfer him to a sport back squat.

The other scenario that could be used with this young athlete is that you actually switch him six to eight weeks out and still use heavier loads with the sports back squat. This would be for the purpose of getting and keeping the athlete very strong. Three weeks out, lighten the loads of the squat and attempt to move it extremely fast and explosively. Essentially, you want the athlete to be more reactive to transfer that strength into his sporting skill. The loads should be below 55 percent.

Another possibility in peaking with the sport back squat is one you may use with more advanced athletes (elite to high school level athletes who are already strong and have been training for sixteen to twenty weeks). You would actually peak in the sport back squat and switch them over to a lower load sport back squat at six to three weeks out from the most important peaking days. Then from week three to week one, you would reduce the load more and do a sport back squat jump teaching that athlete to apply even more force through the ground. One key technique that a coach must realize is that to transfer this force, you must use the ankle complex very effectively. For this, please refer to my ankle complex article. Another key technique would be to perform the movement utilizing the agonist and antagonist muscles most effectively. The athlete would pull himself into position using the antagonist musculature. Upon contact with the ground, the athlete then redirects the direction upward, attempting to jump as high as possible. This method is what I refer to as the antagonistically facilitated specialized method. Each repetition should be treated on its own so that the quality of the movement remains high. I must thank Dr Michael Yessis for his time and information in regards to using sport back squat methods.

# 4.7: Wednesday, High Intensity (Maximal Effort)

## Loading

Wednesday is every strength coach's favorite day or at least my favorite day—the "go big or go home," let's get after it, slap the weight on the bar, high intensity day! Below, again, is a section of the loading table pertaining specifically to the high intensity day within the above 80 percent mesocycle. Just as before, sections that are shaded mean that these are loads that wouldn't be used at this point of the training week.

**Table 4.11: Wednesday Loading (High Intensity)**

| % 1RM | Maximum Reps Possible | High Quality Reps (strength) | Sets (off-season) | Sets (in-season) |
|---|---|---|---|---|
| 97.5% | 1–2 | 1 | 1–2 | 1–2 |
| 95 % | 2 | 1 | 2–3 | 1–2 |
| 92.5% | 2–3 | 1 | 3–4 | 1–2 |
| 90% | 3–4 | 1 | 3–4 | 2–3 |
| 87.5% | 4 | | | |
| 85% | 4–5 | | | |
| 82.5% | 5 | | | |
| 80% | 5–6 | | | |
| 77.5% | 6–7 | | | |
| 75% | 7–8 | | | |

For the high intensity day, there aren't any triphasic means applied. Every high intensity day is simply that—high loads of 90–97 percent of the athlete's 1RM lifted with a reactive tempo to stimulate neuromuscular recruitment and neural rate coding and improve the organizational sequencing of the athlete. To ensure that the quality of work remains high, efficiently stimulating the nervous system and promoting positive adaptation through explosive force development,

only one rep is performed per work set. As we discussed earlier in this section, it is much more advantageous to the athlete to perform seven sets of single repetitions than to perform three sets of three repetitions. In higher reps sets with such high loads, the neuromuscular system will fatigue after the first set to such a degree that the ability to perform high quality work thereafter is impossible.

**TABLE 4.12: Wednesday Triphasic Loading Parameters**

| Block | Intensity | Load | Tempo | Reps | Sets |
|---|---|---|---|---|---|
| Block 1 (Eccentric) | High Intensity | 90–97% | Reactive 0:0:0:0 | 1 | 1–4 |
| Block 2 (Isometric) | | 90–97% | Reactive 0:0:0:0 | 1 | 1–4 |
| Block 3 (Concentric) | | 90–97% | Reactive 0:0:0:0 | 1 | 1–4 |

The tempos and rep ranges outlined in table 4.12 are to be used primarily with the specialized method of applying training means discussed earlier in this section. All assistance work should be performed within the loading parameters for that day within the undulated block, in this case 90–97 percent. An exception to this rule on this (the high intensity day of the week) is to add assistance work in the form of plyometrics. Although they aren't high load means, they exert an enormous amount of force and stress on the athlete. For examples of assistance work that should be used to optimize performance gains and for suggested rep ranges of these exercises within each block, refer to the programs throughout this section.

## Sequencing

There isn't any sequencing required for the high intensity day of the mesocycle. Walking into the weight room on this day, the goal is simple—move a heavy load as fast as possible. The athlete must be reactive. Remember, the heavy loads alone provide sufficient stimulus to the athlete to promote positive adaptation without the addition of other methods or means.

## WORKOUT

Below, you will find Wednesday's workout for each block of the three-day above 80 percent model—the eccentric block, isometric block, and concentric block. Just as before, the column on the left is the actual workout using our "imaginary" athlete to calculate the loads used on each exercise. The column on the right, labeled "Coaching Points," gives further explanation about exercise sequencing and important coaching queues to use with your athletes. At the end of this section, you will find workouts for each block of a four-day, five-day, six-day, and two-day in-season model.

# Block One, Wednesday

| 100% | Wednesday | 4-Nov-10 REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 500 | Back Squat | 5,3 | 250 - 335 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | [redacted] - 400 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | 440 - 465 | 4 | |
| | Stding SQ Drop Jump | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Delt BO Lat Reb Drop | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Thors Hammer | 12 | | 3 | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | 235 - 240 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | BENCH PRESS | 3 | 270 - 280 | 3 | miss 2 board |
| | Med Ball Chest Pass | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1 Arm DB Row | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Pike SWB Abs | 5 | | 3 | |
| 200 | DB Walking Lunge | 4 | | 3 | Band |
| | Pair w/ | | | | Squeeze |
| | Laying External Rot | 6 | | 3 | |
| | Pair w/ | | | | |
| | 1 S.A S. R.G Lat P | 10 | | 3 | |
| | GH HYPR | 8 | | 3 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Pair w/ | | | | |
| | Bam Bam | 8 | | 3 | |
| | Inc Delt Lat Reb Drop | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Hip FLXor ISO Pull | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| 150 | Rev Grip Tri Push | 8 | 115 - 120 | 2 | |
| | 25 rest- BB | | | | |
| | Bicep shock curls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Blackburn | 6 | | 2 | |

## Coaching Points and Exercise Tutorial

### Box 1–2

-Notice that the back squat is a wider stance back squat used to involve the posterior chain during a max effort squat.
-As in the sports back squat, the key coaching point for this movement is press your feet through the ground.
-Even though we have a wider stance, I don't direct the athletes to drive through the hips.
-These work sets are paired with the three exercises below it. This allows for the athlete to rest and recover between high intensity work sets so that the athlete doesn't stand around for four or five minutes.
Back Squat; Squat Drop Jump; Delt Bent Over Lateral Reactive Drop; Thors Hammer

### Box 3–4

-The work sets in the bench press in this particular day are heavy (90–92 percent%).
-If the athlete misses or it is believed that he will miss the next rep of a set, we slide a two-board on to his chest, limiting his range of motion so he can get the rep and finish the set on his own.
-The medicine ball chest pass is always done with one arm. I've found little value in the chest pass because of the lack of stretch reflex and the amount of force generated.
Bench Press; Med Ball Pass; One Arm Dumbbell Row; Pike Swiss Ball Abs

### Box 5

-The dumbbell walking lunge is done with a band tied to the athlete's back. The band is pulling backward while the athlete is walking forward to apply force in the same direction as he does when he runs.
-In this particular phase, the athletes are pausing their lunge at the bottom for a couple seconds and trying to squeeze their legs together as like in the running action.
Dumbbell Walking Lunge; External Rotation Prone; Single Arm Supine Rev Grip Lat Pull

### Box 6

Glute Ham Hyper; Isometric Ball Groin Squeeze; Bam Bams

### Box 7

Incline Delt Drop; Hip Flexor Isometric Pull; DB Shoulder Press

### Box 8

Reverse Grip Tricep Push Down Adaptability ; Bicep Curl Shock; Blackburn

# BLOCK TWO, WEDNESDAY

| 100% | Wednesday | 18-Nov-10 REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 500 | Back Squat | 5,3 | 250 - 335 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | [redacted] - 400 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | 440 - 465 | 4 | |
| | Stding SQ Drop Jump | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Delt BO Lat Reb Drop | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Thors Hammer | 12 | | 3 | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | 235 - 240 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | BENCH PRESS | 3 | 270 - 280 | 3 | miss 2 board |
| | Med Ball Chest Pass | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1 Arm DB Row | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Pike SWB Abs | 5 | | 3 | |
| | Walking Band Lunge Jump | 6 | | 3 | Drop |
| | Pair w/ | | | | |
| | Laying External Rot | 6 | | 3 | |
| | Pair w/ | | | | |
| | 1 S.A S. R.G Lat P | 10 | | 3 | |
| | GH HYPR | 8 | | 3 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Pair w/ | | | | |
| | Bam Bam | 8 | | 3 | |
| | Inc Delt Lat Reb Drop | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Hip FLXor ISO Pull | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| 150 | Rev Grip Tri Push | 8 | 115 - 120 | 2 | |
| | 25 rest- BB | | | | |
| | Bicep shock curls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Blackburn | 6 | | 2 | |

## COACHING POINTS AND EXERCISE TUTORIAL

### BOX 1-2

-Some key points to remember and remind the athletes when performing the back squat: be sure to keep the back flat, chest up, and torso tight. The loads used on this day are heavier so be sure to be aware of technical breakdowns

-For the standing squat drop jump, pull the body into position using the anterior hip musculature; immediately upon impact with the ground, jump as high as possible

-For the Thors hammer, keep the elbow tucked into the side

Back Squat; Squat Drop Jump; Delt Bent Over Lateral Reactive Drop; Thors Hammer

### BOX 3-4

-Some key points to remember and remind the athletes when performing the bench press: set up as tight as possible on the bench, with an arched back and retracted scapula. The loads used here are heavier so be aware of technical breakdown

Bench Press ; Med Ball Pass; One Arm Dumbell Row; Pike Swiss Ball Abs

### BOX 5

-The biggest change is in the walking band lunge jump. The athlete will actually jump into the lunge drop and then explode forward with the band still attached to him.

--The walking drop lunge jump with a band is a highly reactive exercise; be sure not to put too much tension on the band as it will decrease the athlete's ability to generate force rapidly.

Walking Drop Lunge Jump; External Rotation Prone; Single Arm Supine Rev Grip Lat Pull

### BOX 6

-The iso ball groin squeeze is performed with a Swiss ball between the knees in an athletic stance; squeeze the knees together as hard as possible into the ball

Glute Ham Hyper; Isometric Ball Groin Squeeze; Bam Bams

### BOX 7

Incline Delt Drop; Hip Flexor Isometric Pull; DB Shoulder Press

### BOX 8

-During the bicep shock curl, the athlete must be sure to turn the palms down and away from the bar after they release; when bringing the hands back up, supinate(palm up) the hands and catch the bar rapidly

-The bicep shock curls develop explosiveness of the arms

Reverse Grip Tricep Push Down Adaptability ; Bicep Curl Shock; Blackburn

# BLOCK THREE, WEDNESDAY

| 100% | Wednesday | 2-Dec-10 REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 500 | Back Squat | 5,3 | 250 - 335 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | [redacted] - 400 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | 440 - 465 | 4 | |
| | Stding SQ Drop Jump | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Delt BO Lat Reb Drop | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Thors Hammer | 12 | | 3 | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | 235 - 240 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | BENCH PRESS | 3 | 270 - 280 | 3 | miss 2 board |
| | Med Ball Chest Pass | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1 Arm DB Row | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Pike SWB Abs | 5 | | 3 | |
| | Walking Band Lunge Jump | 6 | | 3 | Drop |
| | Pair w/ | | | | |
| | Laying External Rot | 6 | | 3 | |
| | Pair w/ | | | | |
| | 1 S.A S. R.G Lat P | 10 | | 3 | |
| | GH HYPR | 8 | | 3 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Pair w/ | | | | |
| | Bam Bam | 8 | | 3 | |
| | Inc Delt Lat Reb Drop | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Hip FLXor ISO Pull | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| 150 | Rev Grip Tri Push | 8 | 115 - 120 | 2 | |
| | 25 rest- BB | | | | |
| | Bicep shock curls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Blackburn | 6 | | 2 | |

## COACHING POINTS AND EXERCISE TUTORIAL

*The same methods are used in coaching this maximal effort day.

### BOX 1-2

-Some key points to remember and remind the athletes when performing the back squat: be sure to keep the back flat, chest up, and torso tight. The loads used on this day are heavier so be sure to be aware of technical breakdowns
-For the standing squat drop jump, pull the body into position using the anterior hip musculature; immediately upon impact with the ground, jump as high as possible
-For the Thors hammer, keep the elbow tucked into the side.
Back Squat; Squat Drop Jump; Delt Bent Over Lateral Reactive Drop; Thors Hammer

### BOX 3-4

-Some key points to remember and remind the athletes when performing the bench press: set up as tight as possible on the bench, with an arched back and retracted scapula. The loads used here are heavier so be aware of technical breakdown.
Bench Press ; Med Ball Pass; One Arm Dumbell Row; Pike Swiss Ball Abs

### BOX 5

-The biggest change is in the walking band lunge jump. The athlete will actually jump into the lunge drop and then explode forward with the band still attached to him.
-The walking drop lunge jump with a band is a highly reactive exercise; be sure not to put too much tension on the band as it will decrease the athlete's ability to generate force rapidly.
Walking Drop Lunge Jump; External Rotation Prone; Single Arm Supine Rev Grip Lat Pull

### BOX 6

-In the glute ham hyper, more advanced athletes can focus on dropping as fast as they can to full extension and then rip themselves up. For less advanced athletes, continue to perform the standard glute ham method.
Glute Ham Hyper; Isometric Ball Groin Squeeze; Bam Bams

### BOX 7

Incline Delt Drop; Hip Flexor Isometric Pull; DB Shoulder Press

### BOX 8

Reverse Grip Tricep Push Down Adaptability ; Bicep Curl Shock; Blackburn

# √ Coach's Corner

## Single Leg Versus Double Leg Training: Addressing the Controversy

By Cal Dietz
Edited by Ben Peterson

In the past several years, many controversial articles have been written about whether double leg training is superior to single leg training and even if bilateral exercises (i.e. heavy squats or leg presses) are necessary to achieve the same results. Keep in mind that results are relative to the particular sport you're training for. Some sports don't need very intensive measures to get these types of results. For example, I find that golf is a sport where if an athlete seems to be strong enough, he can reach his intended goals by doing mainly single leg work and those types of exercises to get the desired results. Please keep in mind that the following are my opinions as well as those of many other unnamed strength coaches.

So in regards to the single versus double leg debate, my thoughts immediately jump to getting results in testing. The testing results aren't necessarily getting strong in the back squat. These are based on 10s, 20s, pro agility, vertical jumps, and mainly the explosive sports and sports' tests. In review of my records over the last decade and different transitions that have happened for athletes from the double leg training to the single leg training, I researched and thought about as many instances as possible within our own system of training. This is what I found—I was unable to find any records, testing results, or performance results based upon an athlete who had trained in our system over one year and as much as three years with the double leg back squat or front squat methods that were able to reproduce results in testing and/or performance based sports such as track and field.

I will give one example and one example only. I had a very athletic female athlete who I considered late to mature physically. She was biomechanically gifted strength wise when she walked into the weight room. Her first test was a pro agility. Her numbers were a 4.91, no hand touch, pro agility. She simply ran a pro agility by getting her foot beyond the line. After fifteen to sixteen months of training including in-season training protocols, she was able to run a 4.32 in the pro agility without a hand touch. After a couple of years of severe wrist and shoulder injuries, we were unable to load the body with a double leg approach. The best results she could get in a pro agility after an entire summer of training extremely hard was a 4.65 pro agility.

This is an obvious and simple example of how I'm unable to reproduce efforts when single leg work is the main focus of a program. Trust me—I believe in single leg work. I use it in many of my programming methods, but I truly believe and have seen that I can't get the results with these particular methods by only using single leg work. Here is something we must think of when addressing single versus double leg work. It would almost be impossible to do, but if an Olympic lifting athlete removed all double leg work except in the clean and snatch movements, would he

be able to hit maximal effort lifts? I believe we know the answer to this without answering it. So then we get back to addressing why particular double leg exercises produce superior results.

I truly believe the main reason is a systemic effect over the whole body with a very intense response to heavy loads(instability via single leg lifts decrease motor unit recruitment). Essentially, in my system, back squats rarely go over ten seconds in duration with a complete set, and it is a very intense three to ten seconds of squatting. It's more efficient to work the alactic system using bilateral lifts. When doing a single leg exercise, most people will raise the repetitions thereby stressing certain energy systems more than others due to the fact that both legs need to be exercised. For my system, which deals with many alactic and alactic aerobic sports, I've found that single leg lifts can't compare in intensity to their double leg counterparts. Please keep in mind, however, that one way to offset the exercise becoming so anaerobic lactic would be to do the left leg, rest thirty to forty seconds, and do the right leg. This will keep the emphasis alactic, though the intensity will still be reduced due to the inherent loading limitations of single leg exercises.

I have various methods of programming for the back squat and single leg work. Some of my programs have only squatting with minimal single leg work whereas other programs have minimal back squatting and mainly single leg work. Some of my methods use only single leg work. I truly believe that some of the most beneficial programs are the beginner variations where we'll back squat and do single leg work initially and then transfer to single leg work based upon loads and speed of the movement. I truly believe that one can pull back squats four to six weeks out of the main competition and time of performance and still keep relative strength to the sport's performance extremely high. Even if the athletes lose strength in the squatting motor skill, it doesn't mean they lose performance. It can actually mean the opposite if you're doing the right exercises in the latter part of the program to peak for performance.

# 4.8: Friday, Low Intensity (High Volume)

## Loading

Friday is very similar to Monday with the exception that you replace the moderate intensity level with extra volume. By the sixth week of training and working out three to five days a week, it gets hard to drag your butt into a weight room and give it 100 percent. Returning to previous stimuli week after week often results in stagnant training gains. These are attributed not only to the athlete's body adapting to the stressor but also to a lack of interest from the athlete, which decreases his mental state of focus and intensity during training sessions. To try and keep the training level as high as possible, I've found that it works best to expand the list of methods used to keep the athlete's attention, focus, and intensity. Training means used on Friday include but aren't limited to bodybuilding methods, Strongman training, dinosaur training, and CrossFit methods.

These methods are applied by using the loading variables listed in table 4.13. Any area that is shaded signifies that it is a load that shouldn't be used on the low intensity/high volume day.

**TABLE 4.13: Friday Loading (Low Intensity)**

| % 1RM | Maximum Reps Possible | High Quality Reps (volume) | Sets (off-season) | Sets (in-season) |
|---|---|---|---|---|
| 95 % | 2 | | | |
| 92.5% | 2–3 | | | |
| 90% | 3–4 | | | |
| 87.5% | 4 | | | |
| 85% | 4–5 | | | |
| 82.5% | 5 | | | |
| 80% | 5–6 | 3–4 | 4–5 | In-season volume comes from practice |
| 77.5% | 6–7 | 3–4 | 4–5 | |
| 75% | 7–8 | 4–5 | 4–5 | |

When we take the loading variables from above and apply them to the triphasic methods outlined earlier in this section, the result is what you see in table 4.14. The loads for all three blocks remain the same. The target parameter for this mesocycle is general strength, so the stimulus (stress) placed on the nervous system must remain within the same range to promote the greatest levels of adaptation. The eccentric stress is reduced by one second per set during block one to offset some stress that is replaced by the extra volume of the workout. During block two, a three-second eccentric phase is added to a reduced isometric phase (as compared to its related Monday tempo) to again shift some of the stress from a higher intensity exercise to volume work performed during the remaining parts of the workout. At this point in the training week, it is unlikely that the athlete's nervous system is sufficiently primed to still handle the high levels of stress placed on it by longer duration eccentric and isometric phases. As a result, the workload is shifted from high intensity means to ones that apply stress through higher (lower intensity) volumes.

**TABLE 4.14: FRIDAY TRIPHASIC LOADING PARAMETERS**

| Block | Intensity | Load | Tempo | Reps | Sets |
|---|---|---|---|---|---|
| Block 1 (Eccentric) | High Volume | 75–80% | 5:0:0:0 | 3–4 | 4–5 |
| Block 2 (Isometric) | | 75–80% | 3:2:0:0 | 3–4 | 4–5 |
| Block 3 (Concentric) | | 75–80% | Reactive 0:0:0:0 | 3–4 | 4–5 |

The tempos and rep ranges outlined above are to be used primarily with the specialized methods of applying training means discussed earlier in this section. When programming for assistance work, don't worry about these tempos because additional emphasis on eccentric and isometric loading will overwork the neurological system of the athlete. As always, there are exceptions to this rule. As an athlete progresses and is able to handle ever higher stress loads, additional triphasic means can be programmed into some assistance work. For less advanced athletes, all assistance work should be performed within the loading parameters for that day within the

undulated block, which is in this case 75–80 percent. For examples of assistance work that should be used to optimize performance gains and for suggested rep ranges of these exercises within each block, refer to the programs throughout this section.

## Sequencing

The sequencing of these exercises is very similar to Monday's. One point to make here is select a training means that would be considered a less stressful version of the compound exercise chosen on Monday. For example, if the athlete performs a back squat on Monday, have him perform a back squat with weight releasers on Friday. Choose an exercise that is slightly less stressful, as the athlete and his nervous system are fatigued by this point and aren't able to handle high intensities any longer. Below is a second example of triphasic exercise sequencing using the bench press.

**Table 4.15: Friday Triphasic Exercise Sequencing (Bench Press)**

| Block 1 (Eccentric) | Block 2 (Isometric) | Block 3 (Concentric) |
|---|---|---|
| Bench Press Eccentric<br>Tempo - 6:0:0:0 | Bench Press Isometric<br>Tempo - 0:3:0:0 | Bench Press Concentric<br>Tempo - 0:0:0:0 |
| Bench Press Close Grip Eccentric<br>Tempo - 6:0:0:0 | DB Bench Press Isometric<br>Tempo - 0:3:0:0 | DB Bench Press with Bands<br>Tempo - 0:0:0:0 |
| | Incline DB Press Isometric<br>Tempo - 0:3:0:0 | DB Incline Press<br>Tempo - 0:0:0:0 |
| | Bench Press Close Grip Isometric<br>Tempo - 0:3:0:0 | Close Grip Bench Press<br>Tempo - 0:0:0:0 |

## Workout

Below you will find Friday's workout for each block of the three-day above 80 percent model. Coaching points with their respective hyperlinks to the exercises are in the right-hand column. At the end of this section, you will find workouts for each block of a four-day, five-day, six-day, and two-day in-season model.

# BLOCK ONE, FRIDAY

| 100% | FRIDAY | 6-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 200 | STEP UP | 8 | 150 - 160 | 3 | 5:0:0:0: |
| | 15 Rest-BB | | | | |
| | INCLINE SIT UP | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| | Ball LG Curl | 10 | | 3 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | oc-D+1 |
| | 15 Rest-BB | | | | |
| 75 | DB Twist | 15 | 50 - 55 | 3 | |
| | 15 Rest-BB | | | | |
| | Jobes | 6 | | 3 | 4:0:0:0 |
| 200 | Walking Lunge | 8 | 150 - 160 | 3 | Squeeze |
| | 15 Rest-BB | | | | |
| 75 | DB Fly | 8 | 40 - 45 | 3 | |
| | 15 Rest-BB | | | | |
| | Delt Lat Rebound Drop | 8 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 15 Rest-BB | | | | |
| | Rope Circles | 15 | | 3 | Each Way |
| | 15 Rest-BB | | | | |
| 180 | Gripper | 15 | 115 - 125 | 3 | |
| 120 | BAR CURL | 8 | 85 - 90 | 2 | |
| | 15 Rest-BB | | | | |
| 150 | TRI PUSH DOWN | 8 | 105 - 115 | 2 | |
| | 15 Rest-BB | | | | |
| | 90 90 Groin ISO Hold | 10 | | 2 | |
| 60 | Zotman Curl | 6 | 45 - 50 | 2 | |
| | 15 Rest-BB | | | | |
| | Speed Abduction | 8 | | 2 | |
| | 15 Rest-BB | | | | |
| 240 | Close Grip Bench | 6 | 60 - 70 | 2 | 3 Board |
| | Single Leg Iso DL | 6 s | | 2 | |
| | 15 Rest-BB | | | | |
| | Rope Vertical | 15 | | 2 | |
| | 15 Rest-BB | | | | |
| | Full BCH Curl Up | 8 | | 2 | |

## COACHING POINTS AND EXERCISE TUTORIAL

### BOX 1

-Notice that there isn't a French contrast method. A third day of this method can be applied with well trained athletes. However, make sure they aren't overworked.
-This particular program shows an example of athletes who may not be able to handle all the loading and shock that exists with the French contrast method, so we did a step-up with an eccentric component.
-Notice that the rest on this particular day is reduced to increase the work capacities of the athlete during this training cycle.
Step up; Incline sit up; Ball LG curl

### BOX 2

-Make sure to finish the oscillatory incline DB bench on a full rep
OC DB Incline Bench; DB twist; Jobes

### BOX 3

-The delt lat rebound drop develops the explosive capacity of the shoulder, and therefore must be done fast
Walking Lunge; DB Fly; Delt Lat Rebound Drop

### BOX 4

-The rope circles are done in various ways—in and out, down and up, and circles in multiple fashions. This is the work capacity component for the shoulder. I truly believe that it provides effective shock training for the posterior shoulder in aiding the athlete.
Glute bar lift; Rope circles; Gripper

### BOX 5

-The 90 90 groin iso hold is a prehab exercise for the adductors
Bar curl; Tri push down; 90 90 groin iso hold

### BOX 6

-Speed abduction: When the athlete pulls the foot in, the toes should come toward the midline of the body. As the athlete pushes the foot back out, the toes should be externally located during this movement.
Zottman curl; Speed abduction; Close grip bench

### BOX 7

-The single leg iso deadlift is one of the most effective strength builders in the deep position that I've ever used.
Single leg iso DL; Rope vertical; Full BCH curl up

# BLOCK TWO, FRIDAY

| 100% | FRIDAY | 20-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 225 | Single Leg Squat | 8 | 170 - 180 | 3 | 0:5:0:0 |
| | 15 Rest-BB | | | | |
| | INCLINE SIT UP | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| | Ball LG Curl | 10 | | 3 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | oc-D+1 |
| | 15 Rest-BB | | | | |
| 75 | DB Twist | 15 | 50 - 55 | 3 | |
| | 15 Rest-BB | | | | |
| | Jobes | 6 | | 3 | 4:0:0:0 |
| | Walking Drop Lunge Jump | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| 75 | DB Fly | 8 | 40 - 45 | 3 | |
| | 15 Rest-BB | | | | |
| | Delt Lat Rebound Drop | 8 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 15 Rest-BB | | | | |
| | Rope Circles | 15 | | 3 | Each Way |
| | 15 Rest-BB | | | | |
| 180 | Gripper | 15 | 115 - 125 | 3 | |
| 120 | BAR CURL | 8 | 85 - 90 | 2 | |
| | 15 Rest-BB | | | | |
| 150 | TRI PUSH DOWN | 8 | 105 - 115 | 2 | |
| | 15 Rest-BB | | | | |
| | 90 90 Groin ISO Hold | 10 | | 2 | |
| 60 | Zotman Curl | 6 | 45 - 50 | 2 | |
| | 15 Rest-BB | | | | |
| | Speed Abduction | 8 | | 2 | |
| | 15 Rest-BB | | | | |
| 240 | Close Grip Bench | 6 | 60 - 70 | 2 | 3 Board |
| | Single Leg Iso DL | 6 s | | 2 | |
| | 15 Rest-BB | | | | |
| | Rope Vertical | 15 | | 2 | |
| | 15 Rest-BB | | | | |
| | Full BCH Curl Up | 8 | | 2 | |

## COACHING POINTS AND EXERCISE TUTORIAL

### BOX 1

-Notice that I changed from a step-up to a single leg squat for the isometric. It isn't practical to do a step-up in the isometric phase or a step-up in the reactive phase.

Single Leg Squat; Incline sit up; Ball LG curl

### BOX 2

-Remember to finish the DB incline bench on a complete rep

OC DB Incline Bench; DB twist; Jobes

### BOX 3

-A key component for every plyometric and strength movement with the legs is to drive your foot through the ground.

-The walking drop lunge jump employs principles from the AFSM method, whereby an athlete needs to pull themselves down into position hard and fast, and immediately reverse the direction forward explosively

-The delt lat rebound drop develops the explosive capacity of the shoulder, and must therefore be done as fast as possible

Walking Drop Lunge Jump; DB Fly; Delt Lat Rebound Drop

### BOX 4

Glute bar lift; Rope circles; Gripper

### BOX 5

-The 90 90 groin iso hold is a prehab exercise for the adductors

Bar curl; Tri push down; 90 90 groin iso hold

### BOX 6

-Speed abduction: When the athlete pulls the foot in, the toes should come toward the midline of the body. As the athlete pushes the foot back out, the toes should be externally rotated.

Zottman curl; Speed abduction; Close grip bench

### BOX 7

-The single leg iso deadlift is one of the most effective strength builders in the deep position that I've ever used.

Single leg iso DL; Rope vertical;; Full BCH curl up

# Block Three, Friday

| 100% | FRIDAY | 4-Dec-10 REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 225 | Single Leg Squat | 8 | 170 - 180 | 3 | |
| | 15 Rest-BB | | | | |
| | INCLINE SIT UP | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| | Ball LG Curl | 10 | | 3 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | oc-D+1 |
| | 15 Rest-BB | | | | |
| 75 | DB Twist | 15 | 50 - 55 | 3 | |
| | 15 Rest-BB | | | | |
| | Jobes | 6 | | 3 | |
| | Walking Drop Lunge Jump | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| 75 | DB Fly | 8 | 40 - 45 | 3 | |
| | 15 Rest-BB | | | | |
| | Delt Lat Rebound Drop | 8 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 15 Rest-BB | | | | |
| | Rope Circles | 15 | | 3 | Each Way |
| | 15 Rest-BB | | | | |
| 180 | Gripper | 15 | 115 - 125 | 3 | |
| 120 | BAR CURL | 8 | 85 - 90 | 2 | |
| | 15 Rest-BB | | | | |
| 150 | TRI PUSH DOWN | 8 | 105 - 115 | 2 | |
| | 15 Rest-BB | | | | |
| | 90 90 Groin ISO Hold | 10 | | 2 | |
| 60 | Zotman Curl | 6 | 45 - 50 | 2 | |
| | 15 Rest-BB | | | | |
| | Speed Abduction | 8 | | 2 | |
| | 15 Rest-BB | | | | |
| 240 | Close Grip Bench | 6 | 60 - 70 | 2 | 3 Board |
| | Single Leg Iso DL | 6 s | | 2 | |
| | 15 Rest-BB | | | | |
| | Rope Vertical | 15 | | 2 | |
| | 15 Rest-BB | | | | |
| | Full BCH Curl Up | 8 | | 2 | |

## Coaching Points and Exercise Tutorial

### Box 1

-Some points to keep in mind while doing the single leg squat: as the load increases, athletes are liable to decrease their range of motion; as such, it is important to constantly remind them to sink down towards ground, keeping the back flat and chest up

Single Leg Squat; Incline sit up; Ball LG curl

### Box 2

-The DB incline bench is performed in the oscillatory manner, and finishes on a complete rep

OC DB Incline Bench; DB twist; Jobes

### Box 3

-The walking drop lunge jump is performed without a band; the athlete, just as with any AFSM exercise, pulls themselves into position powerfully. After the athlete is in the lunge position, jump forward as far as possible. This is a highly reactive exercise

Walking Drop Lunge Jump; DB Fly; Delt Lat Rebound Drop

### Box 4

-Rope circles can be perfomed in many ways, such as side to side, up/down, and in/out

Glute bar lift; Rope circles; Gripper

### Box 5

-The 90 90 groin iso hold is a prehab exercise for the adductors

Bar curl; Tri push down; 90 90 groin iso hold

### Box 6

-Speed abduction: When the athlete pulls the foot in, the toes should come toward the midline of the body. As the athlete pushes the foot back out, the toes should be externally rotated.

Zottman curl; Speed abduction; Close grip bench

### Box 7

-The single leg iso deadlift is one of the most effective strength builders in the deep position that I've ever used.

Single leg iso DL; Rope vertical;; Full BCH curl up

# √ Coach's Corner

## Accelerated Plyometrics

By Cal Dietz and Ben Peterson
Edited by Daniel Raimondi

Approximately nine years ago, I was fortunate to come across a motion analysis system that our mechanical engineering department possessed. This device contained nine cameras placed systematically such that it could detect a multitude of human movements and joint angles to find out what was really going on in sport. While utilizing this system, I analyzed a number of athletes in the weight room and on the field with this elite camera system. To be clear, I couldn't set these cameras up myself. Our strength and conditioning staff had to have biomedical engineering students assemble the entire system in order to run these tests and analyze various movements.

One day while analyzing the data, I began to realize that during the second and third step in running and skating, I couldn't mimic the speed qualities that took place during those steps in the weight room by using conventional plyometric exercises. At that point it dawned on me to unload the human body while it did those jumping movements to mimic the speed at which the second, third, fourth, and fifth step in skating and running took place. Keep in mind, I usually use double leg plyometrics with this particular accelerated method because of the speed involved in the extension of the hips and knees. I realize that many strength coaches think single leg plyometrics are more sport-specific because sports are played mainly on one leg. This is an opinion I can’t disagree with. However, what I will disagree with is that a single leg plyometric, as shown by this motion analysis machine, is so much slower in producing forces that it doesn't mimic what is taking place in sports. In real life, single leg plyometrics are beneficial in teaching the human body to be more explosive for the same reason that double leg plyometrics teach a constant load (body weight) to accelerate faster. With double leg plyometrics, it must be noted that because the weight per limb is distributed, there is a higher potential for developing speed because of the shorter amortization phase, and thus, a more explosive rebound.

Most coaches are incorrect in their programming because they place single leg plyometrics after double leg plyometrics. They believe this to be the logical training progression because the single leg requires more strength. Within a block scheme, the programming of plyometric jumps should look like this:

1. Single leg plyometrics
2. Double leg plyometrics
3. Single leg accelerated plyometrics
4. Double leg accelerated plyometrics

Right there you have four blocks of training utilizing the natural progression of least sport-specific to most sport-specific for peaking an athlete. Single leg plyometrics should be viewed more as a strength plyometric whereas double leg plyometrics develop speed. In closing, when using the accelerated plyometrics, one must keep in mind that to get the speed and explosive qualities to transfer to the sporting field, you must provide movements that mimic speed and joint angles of what is taking place in the sport you're training.

# 4.9: Above 80 Percent Three-Day Program Overview

| Table 4.16: Undulating Block Model | | | | | | | |
|---|---|---|---|---|---|---|---|
| Training Week: | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
| 3-Day Model | Focus | Total Body | Off | Total Body | Off | Total Body | Off |
| | Load | 82–87% | | 90–97% | | 75–80% | |
| | Means Applied | Triphasic | | Dynamic | | Triphasic | |

| Table 4.17: Above 80 Percent Three-Day Conditioning Model | | | |
|---|---|---|---|
| Training Day | Conditioning Goal | Special Instructions | Example Workout |
| Day 1 | **Long Sprints *or* Short Sprints with Reduced Rest**<br>(Speed Conditioning) | • Sprints over 15 seconds<br>or<br>• Sprints under 10, recovery under 20 seconds. | • High Quality Lactic Anaerobic Power Training Builder<br>• Metabolic Injury Prevention Runs |
| Day 2 | **Short Sprints**<br>(High Quality Speed) | • Sprints under 10 seconds<br>• Full recovery; rest 90–120 seconds. | • Alactic High Quality Workout<br>• Flying 60's<br>• 16 Week Short Sprint Workouts<br>• Cone Agility |
| Day 3 | **Longer Sprints *or* Continuous Running**<br>(Oxidative Conditioning) | This day is purely work capacity focused | • Aerobic Work Capacity Training Builder<br>• Game Speed Conditioning<br>• Bike Conditioning<br>• TrashBall |

*Additional conditioning models for four-day, five-day, and six-day training models are shown in successive sections of this chapter.

# BLOCK ONE (3-DAY): ABOVE 80% ECCENTRIC PHASE (2-3 WEEKS)

| 100% | MONDAY | 2-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Sport Back Squat | 5,3 | 250 - 335 | 1,1 | Pwr Cuban F8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 1 | pwrcuban f8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 415 - 440 | 3 | 6:0:0:0 |
| | Hurdle Hop | 5 | | 3 | Pull Down |
| | 15 rest- BB | | | | |
| | 1/2 SQ JMP Weighted | 4 | | 3 | reactive |
| | 15 rest- BB | | | | |
| | 15 Yard Starts | 1 | | 3 | 4:00 Rest |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | Ext Shock |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | [redacted] - 240 | 1 | coach see |
| | 2-Min Rest/B-Breath | | | | Ext Shock |
| 300 | BENCH PRESS | 4 | 205 - 210 | 3 | 2OC-d+1 |
| | One Leg MB Side Toss | 5 | | 3 | Pause |
| | 25 rest- BB | | | | |
| | 1Bent Arm S. L.P Down | 6 | | 3 | 3:0:0:0 |
| | 25 rest- BB | | | | |
| | 90 90 Jump Twist | 5 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 25 rest- BB | | | | |
| | Face Band Pulls | 8 | | 3 | |
| | 25 rest- BB | | | | |
| 75 | 1 Arm Lat Pull Supine | 10 | 50 - 55 | 3 | |
| | GH HYPR | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | 25 rest- BB | | | | |
| | Round House | 8 | | 3 | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| | 25 rest- BB | | | | |
| | Hip FLX BND Pulls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 105 | Drag Curl | 10 | 70 - 75 | 2 | |
| 45 | DB Tri Pro Sup | 8 | 35 - 35 | 2 | |
| | 25 rest- BB | | | | |
| 180 | Chin up | 6 | 135 - 145 | 2 | |
| | 25 rest- BB | | | | |
| | Jobes ECC | 6 | | 2 | 4;0;0;0; |

| 100% | Wednesday | 4-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Back Squat | 5,3 | 250 - 335 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | [redacted] - 400 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | 440 - 465 | 4 | |
| | Stding SQ Drop Jump | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Delt BO Lat Reb Drop | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Thors Hammer | 12 | | 3 | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | 235 - 240 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | BENCH PRESS | 3 | 270 - 280 | 3 | miss 2 board |
| | Med Ball Chest Pass | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1 Arm DB Row | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Pike SWB Abs | 5 | | 3 | |
| 200 | DB Walking Lunge | 4 | | 3 | Band |
| | Pair w/ | | | | Squeeze |
| | Laying External Rot | 6 | | 3 | |
| | Pair w/ | | | | |
| | 1 S.A S. R.G Lat P | 10 | | 3 | |
| | GH HYPR | 8 | | 3 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Pair w/ | | | | |
| | Bam Bam | 8 | | 3 | |
| | Inc Delt Lat Reb Drop | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Hip FLXor ISO Pull | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| 150 | Rev Grip Tri Push | 8 | 115 - 120 | 2 | |
| | 25 rest- BB | | | | |
| | Bicep shock curls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Blackburn | 6 | | 2 | |

| 100% | FRIDAY | 6-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 200 | STEP UP | 8 | 150 - 160 | 3 | 5:0:0:0: |
| | 15 Rest-BB | | | | |
| | INCLINE SIT UP | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| | Ball LG Curl | 10 | | 3 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | oc-D+1 |
| | 15 Rest-BB | | | | |
| 75 | DB Twist | 15 | 50 - 55 | 3 | |
| | 15 Rest-BB | | | | |
| | Jobes | 6 | | 3 | 4:0:0:0 |
| 200 | Walking Lunge | 8 | 150 - 160 | 3 | Squeeze |
| | 15 Rest-BB | | | | |
| 75 | DB Fly | 8 | 40 - 45 | 3 | |
| | 15 Rest-BB | | | | |
| | Delt Lat Rebound Drop | 8 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 15 Rest-BB | | | | |
| | Rope Circles | 15 | | 3 | Each Way |
| | 15 Rest-BB | | | | |
| 180 | Gripper | 15 | 115 - 125 | 3 | |
| 120 | BAR CURL | 8 | 85 - 90 | 2 | |
| | 15 Rest-BB | | | | |
| 150 | TRI PUSH DOWN | 8 | 105 - 115 | 2 | |
| | 15 Rest-BB | | | | |
| | 90 90 Groin ISO Hold | 10 | | 2 | |
| 60 | Zotman Curl | 6 | 45 - 50 | 2 | |
| | 15 Rest-BB | | | | |
| | Speed Abduction | 8 | | 2 | |
| | 15 Rest-BB | | | | |
| 240 | Close Grip Bench | 6 | 60 - 70 | 2 | 3 Board |
| | Single Leg Iso DL | 6 s | | 2 | |
| | 15 Rest-BB | | | | |
| | Rope Vertical | 15 | | 2 | |
| | 15 Rest-BB | | | | |
| | Full BCH Curl Up | 8 | | 2 | |

# BLOCK TWO (3-DAY): ABOVE 80% ISOMETRIC PHASE (2-3 WEEKS)

| 100% | MONDAY | 16-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Sport Back Squat | 5,3 | 250 - 335 | 1,1 | Pw/ Cuban F8 |
| | No Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 1 | pw/cuban f8 |
| | No Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 3 | 0:5:0:0 |
| | Hurdle Hop | 5 | | 3 | Pull Down |
| | 15 rest- BB | | | | |
| | 1/2 SQ JMP Weighted | 4 | | 3 | reactive |
| | 15 rest- BB | | | | |
| | 15 Yard Starts | T | | 3 | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | Ext Shock |
| | No Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | [redacted] - 240 | 1 | coach see |
| | No Rest/B-Breath | | | | Ext Shock |
| 300 | BENCH PRESS | 4 | 205 - 210 | 3 | 2OC-d+1 |
| | One Leg MB Side Toss | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1Bent Arm S. L.P Down | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | 90 90 Jump Twist | 5 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 25 rest- BB | | | | |
| | Face Band Pulls | 8 | | 3 | |
| | 25 rest- BB | | | | |
| 75 | 1 Arm Lat Pull Supine | 10 | 50 - 55 | 3 | |
| | GH HYPR | 6 | | 3 | oc-A |
| | 25 rest- BB | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | 25 rest- BB | | | | |
| | Round House | 8 | | 3 | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| | 25 rest- BB | | | | |
| | Hip FLX BND Pulls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 120 | Bar Curl | 10 | 80 - 85 | 2 | |
| 45 | DB Tri Pro Sup | 8 | 35 - 35 | 2 | |
| | 25 rest- BB | | | | |
| 180 | Chin up | 6 | 135 - 145 | 2 | |
| | 25 rest- BB | | | | |
| | Jobes ECC | 6 | | 2 | 4;0;0;0; |

| 100% | Wednesday | 18-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Back Squat | 5,3 | 250 - 335 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | [redacted] - 400 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | 440 - 465 | 4 | |
| | Stding SQ Drop Jump | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Delt BO Lat Reb Drop | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Thors Hammer | 12 | | 3 | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | 235 - 240 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | BENCH PRESS | 3 | 270 - 280 | 3 | miss 2 board |
| | Med Ball Chest Pass | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1 Arm DB Row | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Pike SWB Abs | 5 | | 3 | |
| | Walking Band Lunge Jump | 6 | | 3 | Drop |
| | Pair w/ | | | | |
| | Laying External Rot | 6 | | 3 | |
| | Pair w/ | | | | |
| | 1 S.A S. R.G Lat P | 10 | | 3 | |
| | GH HYPR | 8 | | 3 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Pair w/ | | | | |
| | Bam Bam | 8 | | 3 | |
| | Inc Delt Lat Reb Drop | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Hip FLXor ISO Pull | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| 150 | Rev Grip Tri Push | 8 | 115 - 120 | 2 | |
| | 25 rest- BB | | | | |
| | Bicep shock curls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Blackburn | 6 | | 2 | |

| 100% | FRIDAY | 20-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 225 | Single Leg Squat | 8 | 170 - 180 | 3 | 0:5:0:0 |
| | 15 Rest-BB | | | | |
| | INCLINE SIT UP | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| | Ball LG Curl | 10 | | 3 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | oc-D+1 |
| | 15 Rest-BB | | | | |
| 75 | DB Twist | 15 | 50 - 55 | 3 | |
| | 15 Rest-BB | | | | |
| | Jobes | 6 | | 3 | 4:0:0:0 |
| | Walking Drop Lunge Jump | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| 75 | DB Fly | 8 | 40 - 45 | 3 | |
| | 15 Rest-BB | | | | |
| | Delt Lat Rebound Drop | 8 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 15 Rest-BB | | | | |
| | Rope Circles | 15 | | 3 | Each Way |
| | 15 Rest-BB | | | | |
| 180 | Gripper | 15 | 115 - 125 | 3 | |
| 120 | BAR CURL | 8 | 85 - 90 | 2 | |
| | 15 Rest-BB | | | | |
| 150 | TRI PUSH DOWN | 8 | 105 - 115 | 2 | |
| | 15 Rest-BB | | | | |
| | 90 90 Groin ISO Hold | 10 | | 2 | |
| 60 | Zotman Curl | 6 | 45 - 50 | 2 | |
| | 15 Rest-BB | | | | |
| | Speed Abduction | 8 | | 2 | |
| | 15 Rest-BB | | | | |
| 240 | Close Grip Bench | 6 | 60 - 70 | 2 | 3 Board |
| | Single Leg Iso DL | 6 s | | 2 | |
| | 15 Rest-BB | | | | |
| | Rope Vertical | 15 | | 2 | |
| | 15 Rest-BB | | | | |
| | Full BCH Curl Up | 8 | | 2 | |

# BLOCK THREE (3-DAY): ABOVE 80% CONCENTRIC PHASE (2-3 WEEKS)

| 100% | MONDAY | 30-Nov-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Sport Back Squat | 5,3 | 250 - 335 | 1,1 | Pwr Cuban F8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 390 - 400 | 1 | pwrcuban f8 |
| | 2-Min Rest/B-Breath | | | | I band Rollers |
| 500 | Sport Back Squat | 3 | 415 - 440 | 3 | 0:0:0:0 |
| | Hurdle Hop | 5 | | 3 | Pull Down |
| | 15 rest- BB | | | | |
| | 1/2 SQ JMP Weighted | 4 | | 3 | reactive |
| | 15 rest- BB | | | | |
| | 15 Yard Starts | 1 | | 3 | 4:00 Rest |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | Ext Shock |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | [redacted] - 240 | 1 | coach see |
| | 2-Min Rest/B-Breath | | | | Ext Shock |
| 300 | BENCH PRESS | 4 | 205 - 210 | 3 | 20C-d+1 |
| | One Leg MB Side Toss | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1Bent Arm S.LP Down | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | 90 90 Jump Twist | 5 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 25 rest- BB | | | | |
| | Face Band Pulls | 8 | | 3 | |
| | 25 rest- BB | | | | |
| 75 | 1 Arm Lat Pull Supine | 10 | 50 - 55 | 3 | |
| | GH HYPR | 6 | | 3 | oc-A |
| | 25 rest- BB | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | 25 rest- BB | | | | |
| | Round House | 8 | | 3 | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| | 25 rest- BB | | | | |
| | Hip FLX BND Pulls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 120 | Bar Curl | 10 | 80 - 85 | 2 | |
| 45 | DB Tri Pro Sup | 8 | 35 - 35 | 2 | |
| | 25 rest- BB | | | | |
| 180 | Chin up | 6 | 135 - 145 | 2 | |
| | 25 rest- BB | | | | |
| | Jobes ECC | 6 | | 2 | 4;0;0;0; |

| 100% | Wednesday | 100.0% 2-Dec-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Back Squat | 5,3 | 250 - 335 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | [redacted] - 400 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 500 | Back Squat | 3 | 440 - 465 | 4 | |
| | Stding SQ Drop Jump | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Delt BO Lat Reb Drop | 4 | | 3 | |
| | 25 rest- BB | | | | |
| | Thors Hammer | 12 | | 3 | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | Bench Press | 3 | 235 - 240 | 1 | |
| | 2-Min Rest/B-Breath | | | | |
| 300 | BENCH PRESS | 3 | 270 - 280 | 3 | miss 2 board |
| | Med Ball Chest Pass | 5 | | 3 | |
| | 25 rest- BB | | | | |
| | 1 Arm DB Row | 6 | | 3 | |
| | 25 rest- BB | | | | |
| | Pike SWB Abs | 5 | | 3 | |
| | Walking Band Lunge Jump | 6 | | 3 | Drop |
| | Pair w/ | | | | |
| | Laying External Rot | 6 | | 3 | |
| | Pair w/ | | | | |
| | 1 S.A.S. R.G Lat P | 10 | | 3 | |
| | GH HYPR | 8 | | 3 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Pair w/ | | | | |
| | Bam Bam | 8 | | 3 | |
| | Inc Delt Lat Reb Drop | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Hip FLXor ISO Pull | 6 | | 2 | |
| | 25 rest- BB | | | | |
| 75 | DB Shoulder Press | 10 | 50 - 55 | 2 | oc-D+1 |
| 150 | Rev Grip Tri Push | 8 | 115 - 120 | 2 | |
| | 25 rest- BB | | | | |
| | Bicep shock curls | 6 | | 2 | |
| | 25 rest- BB | | | | |
| | Blackburn | 6 | | 2 | |

| 100% | FRIDAY | 4-Dec-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 225 | Single Leg Squat | 8 | 170 - 180 | 3 | |
| | 15 Rest-BB | | | | |
| | INCLINE SIT UP | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| | Ball LG Curl | 10 | | 3 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | oc-D+1 |
| | 15 Rest-BB | | | | |
| 75 | DB Twist | 15 | 50 - 55 | 3 | |
| | 15 Rest-BB | | | | |
| | Jobes | 6 | | 3 | |
| | Walking Drop Lunge Jump | 8 | | 3 | |
| | 15 Rest-BB | | | | |
| 75 | DB Fly | 8 | 40 - 45 | 3 | |
| | 15 Rest-BB | | | | |
| | Delt Lat Rebound Drop | 8 | | 3 | |
| 500 | Glute Bar Lift | 8 | 250 - 300 | 3 | |
| | 15 Rest-BB | | | | |
| | Rope Circles | 15 | | 3 | Each Way |
| | 15 Rest-BB | | | | |
| 180 | Gripper | 15 | 115 - 125 | 3 | |
| 120 | BAR CURL | 8 | 85 - 90 | 2 | |
| | 15 Rest-BB | | | | |
| 150 | TRI PUSH DOWN | 8 | 105 - 115 | 2 | |
| | 15 Rest-BB | | | | |
| | 90 90 Groin ISO Hold | 10 | | 2 | |
| 60 | Zotman Curl | 6 | 45 - 50 | 2 | |
| | 15 Rest-BB | | | | |
| | Speed Abduction | 8 | | 2 | |
| | 15 Rest-BB | | | | |
| 240 | Close Grip Bench | 6 | 60 - 70 | 2 | 3 Board |
| | Single Leg Iso DL | 6 s | | 2 | |
| | 15 Rest-BB | | | | |
| | Rope Vertical | 15 | | 2 | |
| | 15 Rest-BB | | | | |
| | Full BCH Curl Up | 8 | | 2 | |

# 4.10: TRIPHASIC Q&A

By now, I'm sure that you have some questions regarding the triphasic method as it pertains to its application and sequencing within an undulated block model. In an effort to try and stave off some of this confusion, below you will find answers to the five most asked questions that I receive regarding triphasic training.

### Question 1: Do you train your athletes with upper body triphasic means at all?

The triphasic method can be used with athletes in most sports. I've found great success using the triphasic method in posterior parts of the shoulder for baseball pitchers and also for athletes who play racket based sports. This sequencing of exercises in the triphasic nature helps absorption/ deceleration of force and prevents a number of shoulder problems. The lists of upper body triphasic methods are endless and reasons for using it are necessary to prevent injury.

### Question 2: Can you train both the upper and lower body with triphasic means at the same time?

The short answer is "yes," but there are a few key factors that you must keep in mind. The first is that when you implement the triphasic method into your strength training program, your athletes must have some training base to begin with in order to achieve optimal results. If this is the very first training session or block that your athletes are completing, the results will be limited. When using a three-day program, the upper and lower body must be done on the same day. You can do the triphasic on both body parts. However, the fitness levels of the athletes and work capacity must be very high. I have trained athletes who could only do the lower body work because of their fitness levels and have gotten great results. What we saw with this group was that their upper body still made strength gains that are of the reactive nature as the lower body would have in this phase. Let me explain—when you're training the legs, you're training a large portion of your nervous system. The nervous system isn't limb specific. It is the entire system that you're training. So if you're just doing the legs, you're training the upper body with the triphasic method and gaining strength eccentrically and isometrically. With a six-day program, your athletes again

will have to have a training method and work capacity already in place in order to implement the triphasic six-day plan. It can be done and you actually can have your athletes complete all this in the triphasic method during this time frame if they are in excellent shape and have great work capacity. If they aren't in shape, you will most likely just want to implement the triphasic method in your core lifts such as the back squat and bench press. So for building a multi-level strength training program, a separation of abilities could be as simple as implementing the triphasic methods with your core lifts. Then at the next level, implement your triphasic with some of the lifts beyond the "core," and at the most advanced levels, implement the triphasic methods with all your lifts. This would most likely be a second-, third-, or fourth-year period.

### Question 3: Can you use a deadlift as the main component exercise when training for triphasic adaption?

A deadlift isn't often used due to the nature of the lift and the positions that must be held with the deadlift. The purpose of triphasic training is to help with the transition of force. In the deadlift, one doesn't have a transition of force that takes place. We've always seen the best adaptations occur with the back or front squat, as they teach the human to be more reactive.

### Question 4: Why do you choose the back squat as the main compound exercise in your triphasic microcycle? Are there exceptions for specific athlete populations?

The main reason that I stated above for the back squat is that it is a reactive exercise and one that can make an athlete extremely strong quickly with few weak links. I have seen the back squat with the triphasic method get rid of many weak links that exist in someone's back squat technique. Due to the nature of the global, systemic training effects, the back squat was chosen. This is one of the best exercises for strengthening the glutes, quads, hamstrings, lower back, upper back, and core. A large amount of training can take place with just this single exercise. There are always exceptions to every rule and you may have to modify this based on if the athletes are injured or have an anthropometrical limitation. This is when the single leg lifts will be utilized in training.

### Question 5: What is the best exercise sequence you have found that trains the triphasic muscle action of your athletes?

This essentially comes back to the larger muscle groups and readdressing the issue that we aren't necessarily training the muscles but rather the entire nervous system. The more motor units that can be recruited with a particular exercise the better. The overall selection and choice of that exercise would be superior because you're creating a systemic adaption to the stress placed on the organism from the triphasic methods. The best sequencing therefore would be something that involves larger muscle groups being recruited through the exercises being used.

### Question 6: What progressions should I use with other exercises during the triphasic mesocycle to maximize performance?

**TABLE 4.18: Above 80 Percent Triphasic Exercise Sequencing**

| Exercise | Block 1 (Eccentric) | Block 2 (Isometric) | Block 3 (Concentric) |
|---|---|---|---|
| Front Squat | Front Squat Eccentric | Front Squat Isometric | Front Squat |
| Leg Press | Leg Press Single Leg Eccentric | Leg Press Single Leg Isometric | Single Leg Press |
| DB Row | Dumbbell Row Eccentric | Dumbbell Row Isometric | One Arm Dumbbell Row |
| Band Jumps | Accelerated Band Squat Jump Pause | Accelerated Band Squat Jump | Accelerated Band Squat Jump Reactive |
| RDL | RDL Dumbbell Eccentric | RDL Dumbbell Isometric | RDL Dumbbell |
| DB Lunge | Dumbbell Walking Lunge with Pause | Dumbbell Walking Lunge | Dumbbell Walking Lunge Switch |
| Bench Press | Bench Press Eccentric | Bench Press Isometric | Bench Press Reactive |
| Hip Flexor | Hip Flexor Eccentric Prone | Hip Flexor Isometric Pull | Hip Flexor Prone Contralateral |

# 4.11: ABOVE 80 PERCENT FOUR-DAY PROGRAM

It's important to have a firm understanding of the above 80 percent mesocycle and all that it entails—its blocks, triphasic means, specialized training methods, and loading parameters. Over the years of teaching this system to hundreds of coaches, I've found that the three-day model best explains the triphasic undulating block method because it allows for the person learning to focus on fewer moving parts. That said, most coaches don’t use a three-day training model. Most coaches now train their athletes on a four- or five-day model and sometimes even a six-day model (if you're of Bulgarian decent!). That's great! Because we've already learned how important it is to maximally stress the athlete, clearly five days of training is more taxing than three days.

Below, you will find how to take the three-day model and extrapolate it to a four-day model. In the table, day one loading parameters are in white, day two loading parameters are in red, and day three loading parameters are in blue. Notice in the four-day model that there isn't a blue day. In this mesocycle, day three loading parameters (signified by the color blue) are the “volume” days of the week. In a four-day model, there aren't enough training days to give each focus its own volume day. Instead of sacrificing a high intensity day of training, extra volume work is placed at the end of training days two and five of the week. As you will see when you look at the example workout, at the end of both upper body days, a box of deadlifts is added to the end of the workout. Intensity is moderate (75–80 percent) with the volume slightly increased. This allows the athlete to add some needed volume training without sacrificing the nervous system or accumulating fatigue.

| Table 4.19: Above 80 Percent Three-Day Versus Four-Day Model | | | | | | | |
|---|---|---|---|---|---|---|---|
| Training Week: | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
| Three-Day Model | Focus | Total Body | Off | Total Body | Off | Total Body | Off |
| | Load | 82–87% | | 90–97% | | 75–80% | |
| | Means Applied | Triphasic | | Dynamic | | Triphasic | |
| Four-Day Model | Focus | Lower Body | Upper Body | Off | Lower Body | Upper Body | Off |
| | Load | 82–87% | 82–87% | | 90–97% | 90–97% | |
| | Means Applied | Triphasic | | | Dynamic | | |

Two other important aspects of training that can't be forgotten are speed work and conditioning. Below is a table that shows where in the training week each should be emphasized along with special instructions and example workouts.

| Table 4.20: Above 80 Percent Four-Day Conditioning Model | | | |
|---|---|---|---|
| Training Day | Conditioning Goal | Special Instructions | Example Workout |
| Day 1 | **Short Sprints** (High Quality Speed) | • Sprints under 10 seconds<br>• Full recovery; rest 90–120 seconds | • Alactic High Quality Workout<br>• Flying 60's<br>• 16 Week Short Sprint Workouts<br>• Cone Agility |
| Day 2 | **Long Sprints *or* Short Sprints w/ Reduced Rest** (Speed Conditioning) | • Sprints over 15 seconds<br>or<br>• Sprints under 10, recovery under 20 seconds | • High Quality Lactic Anaerobic Power Training Builder<br>• Metabolic Injury Prevention Runs |

| Table 4.20: Above 80 Percent Four-Day Conditioning Model | | | |
|---|---|---|---|
| **Training Day** | **Conditioning Goal** | **Special Instructions** | **Example Workout** |
| Day 3 | **Short Sprint**<br>(High Quality Speed) | • Sprints under 10 seconds<br>• Full recovery; rest 90–120 seconds | • Alactic High Quality Workout<br>• Flying 60s<br>• 16 Week Short Sprint Workouts<br>• Cone Agility |
| Day 4 | **Longer Sprints *or* Continuous Running**<br>(Oxidative Conditioning) | This day is purely work capacity focused | • Aerobic Work Capacity Training Builder<br>• Game Speed Conditioning<br>• Bike Conditioning<br>• TrashBall |

Finally, we need to talk about the different exercises, methods, and means I use in a four-day program that I don't use and didn't show you in the three-day program. By this point, however, I'm sure you're probably a little tired of reading, and I'm certainly tired of writing. So I thought this would be a good point in the book to change it up a little. Instead of reading, let's try listening and watching.

Below is a hyperlink that will take you to a video series where I walk you through the four-day program, explaining some of the exercises and why I use them. I recommend having the program next to you while you watch, so you can follow along and take notes. In advance, yes, my hair is a mess; no, I didn't shave even though my wife told me to; and yes, I am a little heavy right now. We filmed this right around Christmas time, so I had access to cookies galore. No fat jokes, please.

**Four-day above 80 percent triphasic video**

# BLOCK ONE (4-DAY): ABOVE 80% ECCENTRIC PHASE (2-3 WEEKS)

| 100% | Day one | 28-Dec-09 | | | 4-Jan-10 |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 500 | Back Squat | 5 | 225 - 275 | 1 | |
| | Pair w/ | | | | |
| 500 | Back Squat | 3 | 295 - 325 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 500 | Back Squat | 1 | 390 - 400 | 1 | Each Leg |
| 500 | Back Squat | 2 | 415 - 425 | 4 | 5:0:0:0 |
| | Pair w/ | | | | Box |
| | Hurdle Hop | 6 | | 4 | |
| | Pair w/ | | | | |
| | Acc Band Jump | 8 | | 4 | Reactive |
| | 90 90 Groin ISO Hold | 10S | | 3 | 5:0:0:0 |
| | Pair w/ | | | | Bands |
| | GH HYPR Incline | 5 | | 3 | 0:5:0:0 |
| | Pair w/ | | | | |
| | INC STEP Up Toe Raise | 6 | | 3 | |
| | Hip Flex Ecc Prone | 6 | | 4 | 3:0:0:0 |
| | Pair w/ | | | | |
| | BO DB Push Back | 8 | | 4 | |
| | | | | | |
| | Supine Glt Ham Bk Iso | 180s | | 1 | |
| | H-Sq Sh Bi Trap | 180s | | 1 | |
| | | | | | |
| | Glute Ham Back Cav Iso | 180s | | 1 | |
| | | | | | |
| | | | | | |
| 300 | Power Clean | 5 | 195 - 210 | 1 | |
| | Pair w/ | | | | |
| 300 | Power Clean | 4 | 220 - 225 | 3 | |
| | | | | | |
| | | | | | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | |

| 100% | Day 2 | 30-Dec-09 | | | 6-Jan-10 |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/ Gripper |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/ Gripper |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/ Gripper |
| 300 | BENCH PRESS | 2 | 250 - 255 | 4 | |
| | Pair w/ | | | | |
| 38 | DB Rear Delt | 9 | 25 - 30 | 4 | 0:4:0:0 |
| | Pair w/ | | | | |
| | Leg Press Calf Raise | 10 | | 4 | Rest 1:30 |
| 53 | DB Incline Fly | 8 | 40 - 40 | 3 | 5:0:0:0 |
| | Pair w/ | | | | |
| 105 | DB BO Row | 6 | 85 - 85 | 3 | 3:0:0:0 |
| | Pair w/ | | | | |
| | Delt Lat Rebound Drop | 10 | | 3 | |
| 90 | JM DB Press | 8 | 65 - 70 | 4 | |
| | Pair w/ | | | | |
| 120 | Bar Curl | 9,7,6,5 | 85 - 95 | 4 | |
| | | | | | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | Supine Glt Ham Bk Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | H-Sq Sh Bi Trap | 120S | | 1 | |
| | Pair w/ | | | | |
| | | | | | |
| 500 | DeadLift | 5 | 325 - 350 | 1 | |
| | Pair w/ | | | | |
| 500 | DeadLift | 1 | 390 - 400 | 1 | |
| | Pair w/ | | | | |
| 500 | DeadLift | 8 | 350 - 375 | 4 | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

| 100% | Day 3 | 20-Oct-09 | | | 27-Oct-09 |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | BAL SNGL LG SQ | 5 | | 2 | |
| | Pair w/ | | | | |
| | Lat Pull And Press | 5 | | 2 | 0:0:0:0 |
| | Pair w/ | | | | |
| | Leg Press Calf Raise | 10 | | 2 | Each Leg |
| 500 | Back Squat | 5 | 225 - 275 | 1 | |
| | Pair w/ | | | | |
| 500 | Back Squat | 3 | 295 - 325 | 1 | |
| | Pair w/ | | | | |
| 500 | Back Squat | 1 | 390 - 400 | 1 | |
| 500 | Back Squat | 1 | 440 - 465 | 5 | |
| | Pair w/ | | | | |
| | 1/2 SQ JMP Weighted | 5 | | 5 | |
| | Pair w/ | | | | |
| | Face Band Pull Apart | 8 | | 4 | |
| | 90 90 Groin ISO Hold | 10S | | 3 | 3:0:0:0 |
| | Pair w/ | | | | |
| 300 | Rever Hyper | 5 | 150 - 180 | 3 | |
| | Pair w/ | | | | |
| 200 | DB Walking Lunge | 6 | 150 - 160 | 3 | |
| | H-Sq Sh Bi Trap | 180s | | 1 | |
| | | | | | |
| | Glute Ham Back Cav Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | Supine Glt Ham Bk Iso | 180s | | 1 | |
| 300 | Power Clean | 5 | 195 - 210 | 1 | |
| | Pair w/ | | | | |
| 300 | Power Clean | 4 | 220 - 225 | 3 | |
| | | | | | |
| | | | | | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | |

| 100% | Day 4 | 22-Oct-09 | | | 29-Oct-09 |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | |
| 300 | BENCH PRESS | 1,1 | 265 - 270 | 4 | 0:0:0:20 |
| | Pair w/ | | | | |
| | Rack Band Push Up | 5 | | 4 | |
| | Pair w/ | | | | |
| | KA DI Pattern | 8 | | 4 | Rest 1:30 |
| 120 | DB BENCH | 9,7,5 | 85 - 95 | 3 | 5:0:0:0 |
| | Pair w/ | | | | |
| | KA Squat Twist | 6 | | 3 | 3:0:0:0 |
| | Pair w/ | | | | |
| | Incline Rear Delt | 10 | | 3 | |
| 90 | JM DB Press | 8 | 65 - 70 | 4 | |
| | Pair w/ | | | | |
| 60 | Incline Hammer Curls | 8 | 40 - 45 | 4 | |
| | Pair w/ | | | | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | Supine Glt Ham Bk Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | H-Sq Sh Bi Trap | 120S | | 1 | |
| | Pair w/ | | | | |
| | | | | | |
| 500 | DeadLift | 5 | 325 - 350 | 1 | |
| | Pair w/ | | | | |
| 500 | DeadLift | 1 | 390 - 400 | 1 | |
| | Pair w/ | | | | |
| 500 | DeadLift | 3 | 440 - 465 | 4 | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

## Block One (4-Day): Above 80% Eccentric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 2 | Exercise Hyperlink | Day 3 | Exercise Hyperlink | Day 4 | Exercise Hyperlink |
|---|---|---|---|---|---|---|---|
| Box 1 | Back Squat | Box 1 | Bench Press | Box 1 | Balance Single Leg Squat<br>Lat Pull and Press<br>Leg Press Calf Raise | Box 1 | Bench Press |
| Box 2 | Back Squat Eccentric<br>Hurdle Hop<br>Accelerated Band Jump | Box 2 | Bench Press<br>Dumbbell Rear<br>Leg Press Calf Raise | Box 2 | Back Squat | Box 2 | Bench Press<br>Rack Band Push Up<br>KA D1 Pattern |
| Box 3 | 90 90 Groin ISO Hold<br>GH HYPR Incline<br>Incline Step Up Toe Raises | Box 3 | Dumbbell Incline Fly<br>Dumbell Bent Over Row<br>Delt Lateral Rebound Drop | Box 3 | Back Squat<br>Half Squat Jump Weighted<br>Face Band Pulls | Box 3 | Eccentric DB Press<br>KA Squat Twist<br>Dumbbell Rear |
| Box 4 | Hip Flex Ecc Prone<br>Dumbbell Push Backs<br>Supine Glute Ham Back Iso | Box 4 | JM Dumbbell Press<br>Bar Curl<br>Chest Reverse Grip ISO | Box 4 | 90 90 Groin ISO Hold<br>Reverse Hyper<br>DB Walking Lunge | Box 4 | JM Dumbbell Press<br>Incline Hammer Curl<br>Chest Rev Grip Iso |
| Box 5 | H-Sq Sh Bi Trap<br>Glute Ham Back Cav Iso | Box 5 | Supine Glute Ham Back Iso<br>H-Sq Sh Bi Trap | Box 5 | H-Sq Sh Bi Trap<br>Glute Ham Back Cav Iso<br>Supine Glute Ham Back Iso | Box 5 | Glute Ham Back Cav Iso<br>Sq Trap Sh Bi Hold |
| Box 6 | Power Clean | Box 6 | Deadlift | Box 6 | Power Clean | Box 6 | Deadlift |
| Box 7 | 3:00 Core Test<br>SWB Down TW | Box 7 | 3:00 Core Test<br>Swiss Ball Down Twist | Box 7 | 3:00 Core Test<br>SWB Down TW | Box 7 | 3:00 Core Test<br>SWB Down TW |
| Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Laying Relaxation | Box 8 | Glute Ham Hang<br>Rollers Quads & Back<br>Laying Wall Shakes | Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Laying Relaxation | Box 8 | Glute Ham Hang<br>Rollers Quads & Back<br>Laying Wall Shakes |

# BLOCK TWO (4-DAY): ABOVE 80% ISOMETRIC PHASE (2-3 WEEKS)

| 100% | Day one | 18-Jan-10 REPS | LOAD | 25-Jan-10 SETS | NOTES |
|---|---|---|---|---|---|
| 500 | Back Squat | 5 | 225 - 275 | 1 | |
| | Pair w/ | | | | |
| 500 | Back Squat | 3 | 295 - 325 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 500 | Back Squat | 1 | 390 - 400 | 1 | Each Leg |
| 500 | Back Squat | 2 | 415 - 425 | 4 | 0:4:0:0 |
| | Pair w/ | | | | |
| | Hurdle Hop | 6 | | 4 | |
| | Pair w/ | | | | |
| | Acc Band Jump | 8 | | 4 | Reactive |
| | 90 90 Groin ISO Hold | 10S | | 3 | 0:4:0:0 |
| | Pair w/ | | | | Bands |
| | GH HYPR Incline | 5 | | 3 | 0:5:0:0 |
| | Pair w/ | | | | |
| | INC STEP Up Toe Raise | 6 | | 3 | |
| | Hip Flex Ecc Prone | 6 | | 4 | 0:4:0:0 |
| | Pair w/ | | | | |
| | BO DB Push Back | 8 | | 4 | |
| | | | | | |
| | Supine Glt Ham Bk Iso | 180s | | 1 | |
| | H-Sq Sh Bi Trap | 180s | | 1 | |
| | | | | | |
| | Glute Ham Back Cav Iso | 180s | | 1 | |
| | | | | | |
| 300 | Power Clean | 5 | 195 - 210 | 1 | |
| | Pair w/ | | | | |
| 300 | Power Clean | 4 | 220 - 225 | 3 | |
| | | | | | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | GH HANG | 120S | | 1 | |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | |

| 100% | Day 2 | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/ Gripper |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/ Gripper |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/ Gripper |
| 300 | BENCH PRESS | 2 | 250 - 255 | 4 | 0:4:0:0 |
| | Pair w/ | | | | |
| 38 | DB Rear Delt | 9 | 25 - 30 | 4 | 3:0:0:0 |
| | Pair w/ | | | | |
| | Leg Press Calf Raise | 10 | | 4 | Rest 1:30 |
| 53 | DB Incline Fly | 8 | 40 - 40 | 3 | 0:4:0:0 |
| | Pair w/ | | | | |
| 105 | DB BO Row | 6 | 70 - 75 | 3 | 0:4:0:0 |
| | Pair w/ | | | | |
| | Delt Lat Rebound Drop | 10 | | 3 | |
| 90 | JM DB Press | 8 | 65 - 70 | 4 | |
| | Pair w/ | | | | |
| 120 | Bar Curl | 9,7,6,5 | 85 - 95 | 4 | |
| | | | | | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | Supine Glt Ham Bk Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | H-Sq Sh Bi Trap | 180s | | 1 | |
| | Pair w/ | | | | |
| | | | | | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

| 100% | Day 3 | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| | BAL SNGL LG SQ | 5 | | 2 | |
| | Pair w/ | | | | |
| | Lat Pull And Press | 5 | | 2 | 0:0:0:0 |
| | Pair w/ | | | | |
| | Leg Press Calf Raise | 10 | | 2 | Each Leg |
| 500 | Back Squat | 5 | 225 - 275 | 1 | |
| | Pair w/ | | | | |
| 500 | Back Squat | 3 | 295 - 325 | 1 | |
| | Pair w/ | | | | |
| 500 | Back Squat | 1 | 390 - 400 | 1 | |
| 500 | Back Squat | 1 | 440 - 465 | 5 | |
| | Pair w/ | | | | |
| | 1/2 SQ JMP Weighted | 5 | | 5 | |
| | Pair w/ | | | | |
| | Face Band Pull Apart | 8 | | 4 | |
| | 90 90 Groin ISO Hold | 10S | | 3 | 0:4:0:0 |
| | Pair w/ | | | | |
| 300 | Rever Hyper | 5 | 150 - 180 | 3 | |
| | Pair w/ | | | | |
| 200 | DB Walking Lunge | 6 | 150 - 160 | 3 | |
| | H-Sq Sh Bi Trap | 180s | | 1 | |
| | | | | | |
| | Glute Ham Back Cav Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | Supine Glt Ham Bk Iso | 180s | | 1 | |
| 300 | Power Clean | 5 | 195 - 210 | 1 | |
| | Pair w/ | | | | |
| 300 | Power Clean | 4 | 220 - 225 | 3 | |
| | | | | | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | GH HANG | 120S | | 1 | |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | |

| 100% | Day 4 | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | |
| 300 | BENCH PRESS | 1,1 | 265 - 270 | 4 | 0:0:0:20 |
| | Pair w/ | | | | |
| | Rack Band Push Up | 5 | | 4 | |
| | Pair w/ | | | | |
| | KA DI Pattern | 8 | | 4 | Rest 1:30 |
| 120 | DB BENCH | 9,7,5 | 85 - 95 | 3 | 0:4:0:0 |
| | Pair w/ | | | | |
| | KA Squat Twist | 6 | | 3 | 0:4:0:0 |
| | Pair w/ | | | | |
| | Incline Rear Delt | 10 | | 3 | |
| 90 | JM DB Press | 8 | 65 - 70 | 4 | |
| | Pair w/ | | | | |
| 60 | Incline Hammer Curls | 8 | 40 - 45 | 4 | |
| | Pair w/ | | | | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | Supine Glt Ham Bk Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | H-Sq Sh Bi Trap | 180s | | 1 | |
| | Pair w/ | | | | |
| | | | | | |
| 500 | DeadLift | 5 | 325 - 350 | 1 | |
| | Pair w/ | | | | |
| 500 | DeadLift | 1 | 390 - 400 | 1 | Coach Watch |
| | Pair w/ | | | | |
| 500 | DeadLift | 3 | 440 - 465 | 4 | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

## Block Two (4-Day): Above 80% Isometric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 2 | Exercise Hyperlink | Day 3 | Exercise Hyperlink | Day 4 | Exercise Hyperlink |
|---|---|---|---|---|---|---|---|
| Box 1 | Back Squat | Box 1 | Bench Press | Box 1 | Balance Single Leg Squat<br>Lat Pull and Press<br>Leg Press Calf Raise | Box 1 | Bench Press |
| Box 2 | Back Squat Isometric<br>Hurdle Hop<br>Accelerated Band Jump | Box 2 | Bench Press<br>Dumbbell Rear<br>Leg Press Calf Raise | Box 2 | Back Squat | Box 2 | Bench Press<br>Rack Band Push Up<br>KA D1 Pattern |
| Box 3 | 90 90 Groin ISO Hold<br>GH HYPR Incline Isometric<br>Incline Step Up Toe Raises | Box 3 | Dumbbell Incline Fly<br>Dumbell Bent Over Row<br>Delt Lateral Rebound Drop | Box 3 | Back Squat<br>Half Squat Jump Weighted<br>Face Band Pulls | Box 3 | Isometric DB Press<br>KA Squat Twist<br>Dumbbell Rear |
| Box 4 | Hip Flex Prone Isometric<br>Dumbbell Push Backs<br>Supine Glute Ham Back Iso | Box 4 | JM Dumbbell Press<br>Bar Curl<br>Chest Reverse Grip ISO | Box 4 | 90 90 Groin ISO Hold<br>Reverse Hyper<br>DB Walking Lunge | Box 4 | JM Dumbbell Press<br>Incline Hammer Curl<br>Chest Rev Grip Iso |
| Box 5 | Hip Flex Prone Isometric<br>Dumbbell Push Backs | Box 5 | Supine Glute Ham Back Iso<br>H-Sq Sh Bi Trap | Box 5 | H-Sq Sh Bi Trap<br>Glute Ham Back Cav Iso<br>Supine Glute Ham Back Iso | Box 5 | Supine Glute Ham Back Iso<br>Sq Trap Sh Bi Hold |
| Box 6 | Power Clean | Box 6 | | Box 6 | Power Clean | Box 6 | Deadlift |
| Box 7 | 3:00 Core Test<br>SWB Down TW | Box 7 | 3:00 Core Test<br>Swiss Ball Down Twist | Box 7 | 3:00 Core Test<br>SWB Down TW | Box 7 | 3:00 Core Test<br>SWB Down TW |
| Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Laying Relaxation | Box 8 | Glute Ham Hang<br>Rollers Quads & Back<br>Laying Wall Shakes | Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Laying Relaxation | Box 8 | Glute Ham Hang<br>Rollers Quads & Back<br>Laying Wall Shakes |

# BLOCK THREE (4-DAY): ABOVE 80% CONCENTRIC PHASE (2-3 WEEKS)

| 100% | Day one | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 500 | Back Squat | 5 | 225 - 275 | 1 | |
| | Pair w/ | | | | |
| 500 | Back Squat | 3 | 295 - 325 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 500 | Back Squat | 1 | 390 - 400 | 1 | |
| 500 | Back Squat | 2 | 415 - 425 | 4 | |
| | Pair w/ | | | | |
| | Power Step up | 6 | | 4 | |
| | Pair w/ | | | | |
| | Cycle Kicks | 8 | | 4 | Reactive |
| | 90 90 Groin ISO Hold | 10S | | 3 | |
| | Pair w/ | | | | |
| | 3 - WY HAM Touch | 6 | | 3 | 0:0:0:0 |
| | Pair w/ | | | | |
| 200 | Walking Lunge | 6 | 150 - 160 | 3 | Drop Jump |
| | Hip Flex Ecc Prone | 6 | | 4 | 0:0:0:0 |
| | Pair w/ | | | | |
| | BO DB Push Back | 8 | | 4 | |
| | | | | | |
| | Supine Glt Ham Bk Iso | 60S | | 1 | |
| | | 180s | 60% - | 1 | |
| | | | | | |
| | Glute Ham Back Cav Iso | 60S | | 1 | |
| | | | | | |
| | | | | | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | |

| 100% | Day 2 | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/ Gripper |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/ Gripper |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/ Gripper |
| 300 | BENCH PRESS | 2 | 250 - 255 | 4 | |
| | Pair w/ | | | | |
| 38 | DB Rear Delt | 9 | 25 - 30 | 4 | 0:4:0:0 |
| | Pair w/ | | | | |
| | Leg Press Calf Raise | 10 | | 4 | Rest 1:30 |
| 53 | DB Incline Fly | 8 | 40 - 40 | 3 | 5:0:0:0 |
| | Pair w/ | | | | |
| 105 | DB BO Row | 6 | 85 - 85 | 3 | 3:0:0:0 |
| | Pair w/ | | | | |
| | Side DELT Raise | 10 | | 3 | |
| 90 | JM DB Press | 8 | 65 - 70 | 4 | |
| | Pair w/ | | | | |
| 120 | Bar Curl | 9,7,6,5 | 85 - 95 | 4 | |
| | | | | | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | Supine Glt Ham Bk Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | | 120S | 40% - | 1 | |
| | Pair w/ | | | | |
| | | | | | |
| | 3:00 Core Test | | | | |
| | | | | | |
| | SWB Down TW | 8 | | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

| 100% | Day 3 | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 500 | Glute Bar Lift | 8 | 250 - 300 | 2 | |
| | Pair w/ | | | | |
| | Lat Pull And Press | 5 | | 2 | 0:0:5:0 |
| | Pair w/ | | | | |
| | 3 - WY HAM Touch | 9 | | 2 | Each Leg |
| 500 | Back Squat | 5 | 225 - 275 | 1 | |
| | Pair w/ | | | | |
| 500 | Back Squat | 3 | 295 - 325 | 1 | |
| | Pair w/ | | | | |
| 500 | Back Squat | 1 | 390 - 400 | 1 | |
| 500 | Back Squat | 3 | 450 - 465 | 3 | Sport Squat |
| | Pair w/ | | | | |
| | Acc Band Jump | 5 | | 4 | |
| | Pair w/ | | | | |
| | KA bent over rows | 8 | | 4 | |
| | 90 90 Groin ISO Hold | 10S | | 3 | |
| | Pair w/ | | | | |
| 225 | DB RDL InLine | 5 | 115 - 135 | 3 | |
| | Pair w/ | | | | |
| 200 | DB Walking Lunge | 6 | 150 - 160 | 3 | |
| | | 180s | 60% - | 1 | |
| | | | | | |
| | Glute Ham Back Cav Iso | 60S | | 1 | |
| | Pair w/ | | | | |
| | Supine Glt Ham Bk Iso | 60S | | 1 | |
| | Core Workout 7 | | | | |
| | | | | | |
| | | 8 | 70% - 75% | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | |

| 100% | Day 4 | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | |
| 300 | BENCH PRESS | 3 | 270 - 280 | 3 | 0:0:0:20 |
| | Pair w/ | | | | |
| | Clap Push Up | 5 | | 4 | |
| | Pair w/ | | | | |
| | Rear DELT | 8 | | 4 | Rest 1:30 |
| 120 | DB BENCH | 9,7,5 | 85 - 95 | 3 | |
| | Pair w/ | | | | |
| 105 | DB BO Row | 6 | 85 - 85 | 3 | |
| | Pair w/ | | | | |
| 210 | DB Shrug | 10 | 135 - 145 | 3 | |
| 90 | JM DB Press | 8 | 65 - 70 | 4 | |
| | Pair w/ | | | | |
| 60 | Incline Hammer Curls | 8 | 40 - 45 | 4 | |
| | Pair w/ | | | | |
| | Chest Rev Grip Iso | 60S | | 1 | |
| | Supine Glt Ham Bk Iso | 60S | | 1 | |
| | Pair w/ | | | | |
| | | 120S | 40% - | 1 | |
| | Pair w/ | | | | |
| | | | | | |
| | Core Workout 4 | | | | |
| | | | | | |
| | | 8 | 70% - 75% | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

## Block Three (4-Day): Above 80% Concentric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 2 | Exercise Hyperlink | Day 3 | Exercise Hyperlink | Day 4 | Exercise Hyperlink |
|---|---|---|---|---|---|---|---|
| Box 1 | Back Squat | Box 1 | Bench Press | Box 1 | Glute Bar Lift<br>Lat Pull and Press<br>3- Way Ham Touch | Box 1 | Bench Press |
| Box 2 | Back Squat<br>Power Step up<br>Cycle Kicks | Box 2 | Bench Press<br>Dumbbell Rear<br>Leg Press Calf Raise | Box 2 | Back Squat | Box 2 | Bench Press<br>Clap Push-Up<br>Dumbbell Rear |
| Box 3 | 90 90 Groin ISO Hold<br>3- Way Ham Touch<br>Walking Drop Lunge Jumps | Box 3 | Dumbbell Incline Fly<br>Dumbell Bent Over Row<br>Delt Lateral Rebound Drop | Box 3 | Sport back Squat<br>Accelerated Band Jump<br>KA Bent Over Rows | Box 3 | DB Bench<br>Dumbell Bent Over Row<br>DB Shrugs |
| Box 4 | Prone Bench Hip Flex<br>Dumbbell Push Backs<br>Supine Glute Ham Back Iso | Box 4 | JM Dumbbell Press<br>Bar Curl<br>Chest Reverse Grip ISO | Box 4 | 90 90 Groin ISO Hold<br>DB RDL Inline<br>DB Walking Lunge | Box 4 | JM Dumbbell Press<br>Incline Hammer Curl<br>Chest Rev Grip Iso |
| Box 5 | Glute Ham Back Cav Iso | Box 5 | Supine Glute Ham Back Iso | Box 5 | Glute Ham Back Cav Iso<br>Supine Glute Ham Back Iso | Box 5 | Glute Ham Back Cav Iso |
| Box 6 | 3:00 Core Test<br>SWB Down TW | Box 6 | 3:00 Core Test<br>Swiss Ball Down Twist | Box 6 | | Box 6 | |
| Box 7 | GH HANG<br>Rollers Glutes and Hams<br>Laying Relaxation | Box 7 | Glute Ham Hang<br>Rollers Quads & Back<br>Laying Wall Shakes | Box 7 | GH HANG<br>Rollers Glutes and Hams<br>Laying Relaxation | Box 7 | Glute Ham Hang<br>Rollers Quads & Back<br>Laying Wall Shakes |
| Box 8 | | Box 8 | | Box 8 | | Box 8 | |

# 4.12: Above 80 Percent Five-Day Program

The table below shows how to take what you learned about the three-day model and convert it to a five-day training platform. In the table, day one loading parameters are in white, day two loading parameters are in red, and day three loading parameters are in blue.

**TABLE 4.21: Above 80 Percent Three-Day Versus Five-Day Model**

| Training Week: | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|---|---|---|---|---|---|---|---|
| Three-Day Model | Focus | Total Body | Off | Total Body | Off | Total Body | Off |
| | Load | 82–87% | | 90–97% | | 75–80% | |
| | Means Applied | Triphasic | | Dynamic | | Triphasic | |
| Five-Day Model | Focus | Lower Body | Upper Body | Lower Body | Upper Body | Total Body | Off |
| | Load | 82–87% | 82–87% | 90–97% | 90–97% | 75–80% | |
| | Means Applied | Triphasic | | Dynamic | | Triphasic | |

Two other important aspects of training that can't be forgotten are speed work and conditioning. Below is a table that shows where in the training week each should be emphasized along with special instructions and example workouts.

| TABLE 4.22: Above 80 Percent Five-Day Conditioning Model | | | |
|---|---|---|---|
| **Training Day** | **Conditioning Goal** | **Special Instructions** | **Example Workout** |
| Day 1 | **Short Sprints**<br>(High Quality Speed) | • Sprints under 10 seconds<br>• Full recovery; rest 90–120 seconds | • Alactic High Quality Workout<br>• Flying 60s<br>• 16 Week Short Sprint Workouts<br>• Cone Agility |
| Day 2 | **Long Sprints *or* Short Sprints w/ Reduced Rest**<br>(Speed Conditioning) | • Sprints over 15 seconds<br>or<br>• Sprints under 10, recovery under 20 seconds | • High Quality Lactic Anaerobic Power Training Builder<br>• Metabolic Injury Prevention Runs |
| Day 3 | **Short Sprints**<br>(High Quality Speed) | • Sprints under 10 seconds<br>• Full recovery; rest 90–120 seconds | • Alactic High Quality Workout<br>• Flying 60's<br>• 16 Week Short Sprint Workouts<br>• Cone Agility |
| Day 4 | **Short Sprints**<br>(Anaerobic Conditioning) | • Sprints under 10 seconds<br>• Limited recovery; 45–60 seconds | • Work Capacity Alactic Anaerobic Training Builder<br>• Flying 60's<br>• 16 Week Short Sprint Workouts<br>• Cone Agility |
| Day 5 | **Longer Sprints *or* Continuous Running**<br>(Oxidative Conditioning) | This day is purely work capacity focused | • Aerobic Work Capacity Training Builder<br>• Game Speed Conditioning<br>• Bike Conditioning<br>• TrashBall |

Finally, we need to talk about the different exercises, methods, and means I use in a five-day program that I don't use and didn't show you in the three-day program. The following hyperlink will take you to a video that explains the five-day program.

**Five-day above 80 percent triphasic video**

# BLOCK ONE (5-DAY): ABOVE 80% ECCENTRIC PHASE (LOWER BODY)

| 100% | Monday - Day one | 27-Jun-11 REPS | LOAD | SETS | 4-Jul-11 NOTES |
|---|---|---|---|---|---|
| 400 | FRONT SQUAT | 5 | 180 - 220 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller-I Band |
| 400 | FRONT SQUAT | 3 | 235 - 260 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller- HAM |
| 400 | FRONT SQUAT | 1 | 310 - 320 | 1 | P/w-2 Neck |
| 400 | FRONT SQUAT | 3 | 330 - 350 | 5 | 3:0:0:0 |
| | Pair w/ | | | | Rest 45 |
| 225 | Lat Pull Down | 10 | 145 - 160 | 5 | |
| | Pair w/ | | | | Rest 45 |
| | Cuban PRSS INC F8 | 10 | | 5 | |
| 200 | DB Walking Lunge | 8 | 140 - 150 | 4 | Pause |
| | Pair w/ | | | | Toes |
| 105 | DB BO Row | 10 | 70 - 75 | 4 | |
| | Pair w/ | | | | Rest 45 |
| 360 | Shrug | 12 | 235 - 250 | 4 | Chin Down |
| 500 | RDL | 6 | 375 - 400 | 4 | 0:2:0:0 |
| | Pair w/ | | | | Rest 45 |
| 60 | Incline Hammer Curls | 8 | 40 - 45 | 4 | |
| | Pair w/ | | | | Rest 45 |
| | Full BCH Curl Up | 8 | | 4 | |
| | Ball LG Curl | 8 | | 3 | |
| | Pair w/ | | | | Rest 45 |
| | 90 90 Groin ISO Hold | 12 | | 3 | |
| | Pair w/ | | | | Rest 45 |
| 120 | Ez Bar Curl | 10 | 85 - 90 | 3 | |
| 360 | Shrug | FFFF | 235 - 125 | 4 | Chin Down |
| | | | | | Rest 45 |
| | Closed Lunge V BND TW | 10 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Wrist Flexion | 10 | | 3 | LS Failure |
| | | | | | |
| | | | | | |
| | Sq Trap Sh Bi Hold | 180s | | 1 | |
| | | | | | Rest 1:30 |
| | Glute Ham Back Cav Iso | 180s | 60% - | 1 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Partner Leg Walks | 120S | | 1 | |

| 100% | Wednesday - Day Three | 29-Jun-11 REPS | LOAD | SETS | 6-Jul-11 NOTES |
|---|---|---|---|---|---|
| 500 | Back Squat | 5 | 225 - 275 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller-I Band |
| 500 | Back Squat | 3 | 295 - 325 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller- HAM |
| 500 | Back Squat | 1 | 390 - 400 | 1 | P/w-2 Neck |
| 500 | Back Squat | 3 | 440 - 465 | 5 | 0:0:0:0 |
| | Pair w/ | | | | Rest 1:30 |
| 105 | 1 Arm Lat Pull Down | 10 | 70 - 75 | 5 | |
| | Pair w/ | | | | Rest 45 |
| | Delt Lat Rebound Drop | 8 | | 5 | |
| 200 | STEP UP | 5 | 160 - 165 | 4 | |
| | Pair w/ | | | | Rest 45 |
| 75 | DB Twist | 10 | 50 - 55 | 4 | |
| | Pair w/ | | | | Rest 45 |
| 210 | DB Shrug | 12 | 135 - 145 | 4 | |
| 200 | DB RDL InLine | 6 | 150 - 160 | 4 | 0:2:0:0 |
| | Pair w/ | | | | Rest 45 |
| 60 | Zotman Curl | 8 | 40 - 45 | 4 | |
| | Pair w/ | | | | Rest 45 |
| | INCLINE SIT UP | 8 | | 4 | |
| | Glute Bar Lifts | 6 | | 3 | |
| | Pair w/ | | | | Rest 45 |
| 120 | BAR CURL | 10 | 85 - 90 | 3 | |
| | Pair w/ | | | | Rest 45 |
| | BND Adduction | 12 | | 3 | |
| 360 | Shrug | FFFF | 235 - 125 | 4 | Chin Down |
| | | | | | Rest 45 |
| | PRTNR Abs | 10 | | 3 | |
| | Pair w/ | | | | Rest 45 |
| | Bam Bam | 10 | | 3 | |
| | | | | | |
| | | | | | |
| | Sq Trap Sh Bi Hold | 180s | | 1 | |
| | | | | | Rest 1:30 |
| | Glute Ham Back Cav Iso | 180s | 60% - | 1 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Partner Leg Walks | 120S | | 1 | Relax Mouth |

| 100% | Friday - Day Five | 1-Jul-11 REPS | LOAD | SETS | 8-Jul-11 NOTES |
|---|---|---|---|---|---|
| 390 | Deadlift | 5 | 175 - 215 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller-I Band |
| 390 | Deadlift | 3 | 230 - 255 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller- HAM |
| 390 | Deadlift | 1 | 305 - 310 | 1 | P/w-2 Neck |
| 390 | Deadlift | 6 | 295 - 310 | 4 | |
| | Pair w/ | | | | Rest 1:00 |
| 180 | Pull up | 8 | 125 - 135 | 4 | |
| | Pair w/ | | | | Rest 1:30 |
| | Cuban PRSS INC F8 | 8 | | 5 | |
| 225 | Single Leg Squat | 5 | 180 - 185 | 4 | 3:0:0:0 |
| | Pair w/ | | | | Rest 45 |
| 105 | DB BO Row | 10 | 70 - 75 | 4 | |
| | Pair w/ | | | | Rest 45 |
| 210 | DB Shrug | 12 | 135 - 145 | 4 | |
| | Assist Noridic Ham Curl | 6 | | 4 | |
| | Pair w/ | | | | Rest 30 |
| 60 | DB Curl | 8 | 40 - 45 | 4 | |
| | Pair w/ | | | | Rest 30 |
| | INCLINE SIT UP | 8 | | 4 | |
| | Glute Bar Lift | 10 | 65% - 70% | 3 | |
| | Pair w/ | | | | Rest 30 |
| 105 | Revs Curl | 10 | 75 - 80 | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| 300 | BENCH PRESS | FFFF | 195 - 105 | 4 | Rest Bt 45 |
| | | | | | Rest 1:30 |
| 75 | DB Shoulder Press | FFFF | 50 - 25 | 4 | OC Press |
| | | | | | Rest 1:30 |
| 150 | TRI PUSH DOWN | FFFF | 100 - 55 | 4 | Rest BT 45 |
| | | | | | |
| | | | | | |
| | Sq Trap Sh Bi Hold | 180s | | 1 | |
| | | | | | Rest 1:30 |
| | Glute Ham Back Cav Iso | 180s | 60% - | 1 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Partner Leg Walks | 120S | | 1 | Relax Mouth |

## BLOCK ONE (5-DAY): ABOVE 80% ECCENTRIC PHASE HYPERLINKS

| Day 1 | Exercise Hyperlink | Day 3 | Exercise Hyperlink | Day 5 | Exercise Hyperlink |
|---|---|---|---|---|---|
| Box 1 | FRONT SQUAT<br>P/w-2 Neck | Box 1 | Back Squat<br>P/w-2 Neck | Box 1 | Deadlift<br>P/w-2 Neck |
| Box 2 | Eccentric Front Squat<br>Lat Pull Down<br>Cuban PRSS INC F8 | Box 2 | Back Squat<br>1 Arm Lat Pull Down<br>Delt Lat Rebound Drop | Box 2 | Deadlift<br>Pull up<br>Cuban PRSS INC F8 |
| Box 3 | DB Walking Lunge<br>DB BO Row<br>Shrug | Box 3 | STEP UP<br>DB Twist<br>DB Shrug | Box 3 | Single Leg Squat<br>DB BO Row<br>DB Shrug |
| Box 4 | RDL<br>Incline Hammer Curls<br>Full BCH Curl Up | Box 4 | DB RDL InLine<br>Zotman Curl<br>INCLINE SIT UP | Box 4 | Assist Noridic Ham Curl<br>DB Curl<br>INCLINE SIT UP |
| Box 5 | Ball LG Curl<br>90 90 Groin ISO Hold<br>Ez Bar Curl | Box 5 | Glute Bar Lifts<br>BAR CURL<br>BND Adduction | Box 5 | Glute Bar Lift<br>Revs Curl<br>Iso Ball Grion Sqeeze |
| Box 6 | Shrug<br>Closed Lunge V BND TW<br>Wrist Flexion | Box 6 | Shrug<br>PRTNR Abs<br>Bam Bam | Box 6 | BENCH PRESS<br>DB Shoulder Press<br>TRI PUSH DOWN |
| Box 7 | Sq Trap Sh Bi Hold<br>Glute Ham Back Cav Iso | Box 7 | Sq Trap Sh Bi Hold<br>Glute Ham Back Cav Iso | Box 7 | Sq Trap Sh Bi Hold<br>Glute Ham Back Cav Iso |
| Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Partner Leg Walks | Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Partner Leg Walks | Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Partner Leg Walks |

# BLOCK ONE (5-DAY): Above 80% Eccentric Phase (Upper Body)

| 100% | Tuesday - Day Two | 27-Jun-11 REPS | LOAD | 4-Jul-11 SETS | NOTES |
|---|---|---|---|---|---|
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Rest 30 |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Rest 1:00 |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 10 | 195 - 210 | 5 | |
| | Pair w/ | | | | Rest 45 |
| 38 | DB Rear Delt | 10 | 25 - 25 | 5 | |
| | Pair w/ | | | | Rest 30 |
| | Calf Raises | 12 | | 5 | |
| 90 | DB INCLINE BENCH | 12,9,6 | 60 - 70 | 3 | Increase Wgt |
| | Pair w/ | | | | Rest 30 |
| | Infraspinatus | 12 | | 3 | 3:0:0:10 |
| | Pair w/ | | | | Rest 30 |
| 38 | DB Side Lat Raise | 12 | 25 - 25 | 3 | |
| | Jerk Support Iso | 10S | 60% - | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Hip FLX BND Pulls | 6 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Glute Swings | 10 | | 3 | |
| 105 | JM DB Press | 10 | 70 - 75 | 3 | 0:2:0:0 |
| | Pair w/ | | | | Rest 30 |
| | BND Abduction | 10 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Spider Flips | 12 | | 3 | |
| 360 | Shrug | FFFF | 235 - 125 | 4 | |
| | | | | | Rest 30 |
| | Closed Lunge V BND TW | 10 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Wrist Flexion | 10 | | 3 | LS Failure |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | | | | | |
| | | | | | |
| | | | | | |
| | ISO SPLIT | 30s | 40% - | 1 | Each Leg |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Partner Back walk | 120S | | 1 | |

| 100% | Thursday | 29-Jun-11 REPS | LOAD | 6-Jul-11 SETS | NOTES |
|---|---|---|---|---|---|
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Rest 30 |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Rest 1:00 |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 12 | 195 - 210 | 5 | |
| | | | | | Rest 45 |
| | Med Ball Chest Pass | 5 | | 5 | |
| | Pair w/ | | | | Rest 30 |
| | INC OH Sit Up | 10 | | 4 | |
| 53 | DB Incline Fly | 9,7,5 | 35 - 40 | 3 | |
| | Pair w/ | | | | Rest 30 |
| 60 | Arnold Press | 12 | 40 - 40 | 3 | |
| | Pair w/ | | | | Rest 30 |
| 165 | Dynamic Lat Pull | 20 | 100 - 105 | 3 | |
| 270 | Close Grip Bench | 12 | 190 - 205 | 3 | 4 Board |
| | Pair w/ | | | | Rest 30 |
| | Hip Flex Ecc Prone | 10S | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | 90 90 Glute ISO Hold | 10S | | 3 | |
| 60 | DB Tri Floor Press | 10 | 40 - 40 | 3 | 0:2:0:0 |
| | Pair w/ | | | | Rest 30 |
| | Iso Abduction Hold | 10S | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Round House | 12 | | 3 | |
| | Wrist Flexion | 12 | | 2 | |
| | Pair w/ | | | | Rest 30 |
| | PRTNR Abs | 8 | | 2 | |
| | Pair w/ | | | | Rest 30 |
| | SWB Up TW | 8 | | 2 | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

## BLOCK ONE (5-DAY): ABOVE 80%
### ECCENTRIC PHASE HYPERLINKS

| Day 2 | Exercise Hyperlink | Day 4 | Exercise Hyperlink |
|---|---|---|---|
| **Box 1** | BENCH PRESS<br>P/w-2 Neck | **Box 1** | BENCH PRESS<br>P/w-2 Neck |
| **Box 2** | BENCH PRESS<br>DB Rear Delt<br>Calf Raises | **Box 2** | BENCH PRESS<br>Med Ball Chest Pass<br>INC OH Sit Up |
| **Box 3** | DB INCLINE BENCH<br>Infraspinatus<br>DB Side Lat Raise | **Box 3** | DB Incline Fly<br>Arnold Press<br>Dynamic Lat Pull |
| **Box 4** | Jerk Support Iso<br>Hip FLX BND Pulls<br>Glute Swings | **Box 4** | Close Grip Bench<br>Hip Flex Ecc Prone<br>90 90 Glute ISO Hold |
| **Box 5** | JM DB Press<br>BND Abduction<br>Spider Flips | **Box 5** | DB Tri Floor Press<br>Iso Abduction Hold<br>Round House |
| **Box 6** | Shrug<br>Closed Lunge V BND TW<br>Wrist Flexion | **Box 6** | Wrist Flexion<br>PRTNR Abs<br>SWB Up TW |
| **Box 7** | Chest Rev Grip Iso<br>ISO SPLIT | **Box 7** | Chest Rev Grip Iso |
| **Box 8** | GH HANG<br>Rollers Glutes and Hams<br>Partner Back walk | **Box 8** | GH HANG<br>Rollers Quads & Back<br>LAYING WALL SHAKES |

# BLOCK TWO (5-DAY): ABOVE 80% ISOMETRIC PHASE (LOWER BODY)

| 100% | Monday - Day one | 1-Aug-11 REPS | LOAD | 8-Aug-11 SETS | NOTES |
|---|---|---|---|---|---|
| 400 | FRONT SQUAT | 5 | 180 - 220 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller-I Band |
| 400 | FRONT SQUAT | 3 | 235 - 260 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller- HAM |
| 400 | FRONT SQUAT | 1 | 310 - 320 | 1 | P/w-2 Neck |
| 400 | FRONT SQUAT | 3 | 330 - 350 | 5 | 0:3:0:0 |
| | Pair w/ | | | | Rest 45 |
| 225 | Lat Pull Down | 6 | 160 - 170 | 5 | |
| | Pair w/ | | | | Rest 45 |
| | Cuban PRSS INC F8 | 10 | | 5 | |
| 200 | DB Walking Lunge | 6 | 150 - 160 | 4 | Pause |
| | Pair w/ | | | | Toes |
| 105 | DB BO Row | 10 | 70 - 75 | 4 | |
| | Pair w/ | | | | Rest 45 |
| 360 | Shrug | 8 | 250 - 270 | 4 | Chin Down |
| 500 | RDL | 4 | 400 - 415 | 4 | 0:2:0:0 |
| | Pair w/ | | | | Rest 45 |
| 60 | Incline Hammer Curls | 6 | 45 - 50 | 4 | |
| | Pair w/ | | | | Rest 45 |
| | Full BCH Curl Up | 8 | | 4 | |
| | Ball LG Curl | 8 | | 3 | |
| | Pair w/ | | | | Rest 45 |
| | 90 90 Groin ISO Hold | 12 | | 3 | |
| | Pair w/ | | | | Rest 45 |
| 120 | Ez Bar Curl | 10 | 85 - 90 | 3 | |
| 360 | Shrug | FFFF | 235 - 125 | 4 | Chin Down |
| | | | | | Rest 45 |
| | Closed Lunge V BND TW | 10 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Wrist Flexion | 10 | | 3 | LS Failure |
| | | | | | |
| | | | | | |
| | Sq Trap Sh Bi Hold | 180s | | 1 | |
| | | | | | Rest 1:30 |
| | Glute Ham Back Cav Iso | 180s | 60% - | 1 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Partner Leg Walks | 120S | | 1 | |

| 100% | Wednesday - Day Three | 3-Aug-11 REPS | LOAD | 10-Aug-11 SETS | NOTES |
|---|---|---|---|---|---|
| 500 | Back Squat | 5 | 225 - 275 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller-I Band |
| 500 | Back Squat | 3 | 295 - 325 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller- HAM |
| 500 | Back Squat | 1 | 390 - 400 | 1 | P/w-2 Neck |
| 500 | Back Squat | 1 | 440 - 465 | 5 | 0:0:0:0 |
| | Pair w/ | | | | Rest 1:30 |
| 105 | 1 Arm Lat Pull Down | 8 | 75 - 80 | 5 | |
| | Pair w/ | | | | Rest 45 |
| | Delt Lat Rebound Drop | 8 | | 5 | |
| 200 | STEP UP | 3 | 175 - 185 | 4 | Increase Wgt |
| | Pair w/ | | | | Rest 45 |
| 165 | Dynamic Lat Pull | 10 | 105 - 115 | 4 | |
| | Pair w/ | | | | Rest 45 |
| 210 | DB Shrug | 12 | 135 - 145 | 4 | |
| | Assist Noridic Ham Curl | 6 | | 4 | 0:2:0:0 |
| | Pair w/ | | | | Rest 45 |
| 60 | DB Curl | 6 | 45 - 50 | 4 | |
| | Pair w/ | | | | Rest 45 |
| | INCLINE SIT UP | 8 | | 4 | |
| | Glute Bar Lifts | 6 | | 3 | |
| | Pair w/ | | | | Rest 45 |
| 120 | BAR CURL | 8 | 90 - 95 | 3 | |
| | Pair w/ | | | | Rest 45 |
| | BND Adduction | 12 | | 3 | |
| 360 | Shrug | FFFF | 235 - 125 | 4 | Chin Down |
| | | | | | Rest 45 |
| | PRTNR Abs | 10 | | 3 | |
| | Pair w/ | | | | Rest 45 |
| | Bam Bam | 10 | | 3 | |
| | | | | | |
| | | | | | |
| | Sq Trap Sh Bi Hold | 180s | | 1 | |
| | | | | | Rest 1:30 |
| | Glute Ham Back Cav Iso | 180s | 60% - | 1 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Partner Leg Walks | 120S | | 1 | Relax Mouth |

| 100% | Friday - Day Five | 5-Aug-11 REPS | LOAD | 12-Aug-11 SETS | NOTES |
|---|---|---|---|---|---|
| 390 | Deadlift | 5 | 175 - 215 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller-I Band |
| 390 | Deadlift | 3 | 230 - 255 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Roller- HAM |
| 390 | Deadlift | 1 | 305 - 310 | 1 | P/w-2 Neck |
| 390 | Deadlift | 5 | 295 - 310 | 4 | |
| | Pair w/ | | | | Rest 1:00 |
| 180 | Pull up | 8 | 125 - 135 | 4 | |
| | Pair w/ | | | | Rest 1:30 |
| | Cuban PRSS INC F8 | 8 | | 5 | |
| 225 | Single Leg Squat | 5 | 180 - 185 | 4 | 3:0:0:0 |
| | Pair w/ | | | | Rest 45 |
| 105 | DB BO Row | 6 | 80 - 85 | 4 | |
| | Pair w/ | | | | Rest 45 |
| 210 | DB Shrug | 12 | 135 - 145 | 4 | |
| | Assist Noridic Ham Curl | 6 | | 4 | |
| | Pair w/ | | | | Rest 30 |
| 120 | Bar Curl | 8 | 85 - 90 | 4 | |
| | Pair w/ | | | | Rest 30 |
| | INCLINE SIT UP | 8 | | 4 | |
| | Glute Bar Lifts | 10 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| 105 | Revs Curl | 10 | 75 - 80 | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| 300 | BENCH PRESS | FFFF | 195 - 105 | 4 | Rest Bt 45 |
| | | | | | Rest 1:30 |
| 75 | DB Shoulder Press | FFFF | 50 - 25 | 4 | OC Press |
| | | | | | Rest 1:30 |
| 150 | TRI PUSH DOWN | FFFF | 100 - 55 | 4 | Rest BT 45 |
| | | | | | |
| | | | | | |
| | Sq Trap Sh Bi Hold | 180s | | 1 | |
| | | | | | Rest 1:30 |
| | Glute Ham Back Cav Iso | 180s | 60% - | 1 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Partner Leg Walks | 120S | | 1 | Relax Mouth |

## Block Two (5-Day): Above 80% Isometric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 3 | Exercise Hyperlink | Day 5 | Exercise Hyperlink |
|---|---|---|---|---|---|
| Box 1 | FRONT SQUAT<br>P/w-2 Neck | Box 1 | Back Squat<br>P/w-2 Neck | Box 1 | Deadlift<br>P/w-2 Neck |
| Box 2 | Isometric Front Squat<br>Lat Pull Down<br>Cuban PRSS INC F8 | Box 2 | Back Squat<br>1 Arm Lat Pull Down<br>Delt Lat Rebound Drop | Box 2 | Deadlift<br>Pull up<br>Cuban PRSS INC F8 |
| Box 3 | DB Walking Lunge<br>DB BO Row<br>Shrug | Box 3 | STEP UP<br>Dynamic Lat Pull<br>DB Shrug | Box 3 | Single Leg Squat<br>DB BO Row<br>DB Shrug |
| Box 4 | RDL<br>Incline Hammer Curls<br>Full BCH Curl Up | Box 4 | Assist Noridic Ham Curl<br>DB Curl<br>INCLINE SIT UP | Box 4 | Assist Noridic Ham Curl<br>Bar Curl<br>INCLINE SIT UP |
| Box 5 | Ball LG Curl<br>90 90 Groin ISO Hold<br>Ez Bar Curl | Box 5 | Glute Bar Lifts<br>BAR CURL<br>BND Adduction | Box 5 | Glute Bar Lifts<br>Revs Curl<br>Iso Ball Grion Sqeeze |
| Box 6 | Shrug<br>Closed Lunge V BND TW<br>Wrist Flexion | Box 6 | Shrug<br>PRTNR Abs<br>Bam Bam | Box 6 | BENCH PRESS<br>DB Shoulder Press<br>TRI PUSH DOWN |
| Box 7 | Sq Trap Sh Bi Hold<br>Glute Ham Back Cav Iso | Box 7 | Sq Trap Sh Bi Hold<br>Glute Ham Back Cav Iso | Box 7 | Sq Trap Sh Bi Hold<br>Glute Ham Back Cav Iso |
| Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Partner Leg Walks | Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Partner Leg Walks | Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Partner Leg Walks |

# BLOCK TWO (5-DAY): Above 80% Isometric Phase (Upper Body)

| 100% | Tuesday Day Two | 2-Aug-11 REPS | LOAD | 9-Aug-11 SETS | NOTES |
|---|---|---|---|---|---|
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Rest 30 |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Rest 1:00 |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 1,1 | 240 - 250 | 5 | |
| | Pair w/ | | | | Rest 45 |
| 38 | DB Rear Delt | 10 | 25 - 25 | 5 | |
| | Pair w/ | | | | Rest 30 |
| | Calf Raises | 12 | | 5 | |
| 90 | DB INCLINE BENCH | 6 | 70 - 75 | 3 | Increase Wgt |
| | Pair w/ | | | | Rest 30 |
| | Infraspinatus | 12 | | 3 | 3:0:0:10 |
| | Pair w/ | | | | Rest 30 |
| 38 | DB Side Lat Raise | 12 | 25 - 25 | 3 | |
| 195 | Push Press | 10S | 115 - | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Hip FLX BND Pulls | 6 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Glute Swings | 10 | | 3 | |
| 105 | JM DB Press | 10 | 70 - 75 | 3 | 0:2:0:0 |
| | Pair w/ | | | | Rest 30 |
| | BND Abduction | 10 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Spider Flips | 12 | | 3 | |
| 360 | Shrug | FFFF | 235 - 125 | 4 | |
| | | | | | Rest 30 |
| | Closed Lunge V BND TW | 10 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Wrist Flexion | 10 | | 3 | LS Failure |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | ISO SPLIT | 30s | 40% - | 1 | Each Leg |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Partner Back walk | 120S | | 1 | |

| 100% | Thursday - Day four | 4-Aug-11 REPS | LOAD | 11-Aug-11 SETS | NOTES |
|---|---|---|---|---|---|
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Rest 30 |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | Rest 1:00 |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 1,1 | 265 - 280 | 5 | |
| | | | | | Rest 45 |
| | Med Ball Chest Pass | 5 | | 5 | |
| | Pair w/ | | | | Rest 30 |
| | INC OH Sit Up | 10 | | 4 | |
| 105 | DB BENCH | 6,5,4 | 85 - 95 | 3 | |
| | Pair w/ | | | | Rest 30 |
| 60 | Arnold Press | 12 | 40 - 40 | 3 | |
| | Pair w/ | | | | Rest 30 |
| 165 | Dynamic Lat Pull | 20 | 100 - 105 | 3 | |
| 270 | Close Grip Bench | 12 | 190 - 205 | 3 | 4 Board |
| | Pair w/ | | | | Rest 30 |
| | Hip Flex Ecc Prone | 10S | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | 90 90 Glute ISO Hold | 10S | | 3 | |
| 60 | DB Tri Floor Press | 10 | 40 - 40 | 3 | 0:2:0:0 |
| | Pair w/ | | | | Rest 30 |
| | Iso Abduction Hold | 10S | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Round House | 12 | | 3 | |
| | Wrist Flexion | 12 | | 2 | |
| | Pair w/ | | | | Rest 30 |
| | PRTNR Abs | 8 | | 2 | |
| | Pair w/ | | | | Rest 30 |
| | SWB Up TW | 8 | | 2 | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

## Block Two (5-Day): Above 80% Isometric Phase Hyperlinks

| Day 2 | Exercise Hyperlink | Day 4 | Exercise Hyperlink |
|---|---|---|---|
| Box 1 | BENCH PRESS<br>P/w-2 Neck | Box 1 | BENCH PRESS<br>P/w-2 Neck |
| Box 2 | BENCH PRESS<br>DB Rear Delt<br>Calf Raises | Box 2 | BENCH PRESS<br>Med Ball Chest Pass<br>INC OH Sit Up |
| Box 3 | DB INCLINE BENCH<br>Infraspinatus<br>DB Side Lat Raise | Box 3 | DB BENCH<br>Arnold Press<br>Dynamic Lat Pull |
| Box 4 | Push Press<br>Hip FLX BND Pulls<br>Glute Swings | Box 4 | Close Grip Bench<br>Hip Flex Ecc Prone<br>90 90 Glute ISO Hold |
| Box 5 | JM DB Press<br>BND Abduction<br>Spider Flips | Box 5 | DB Tri Floor Press<br>Iso Abduction Hold<br>Round House |
| Box 6 | Shrug<br>Closed Lunge V BND TW<br>Wrist Flexion | Box 6 | Wrist Flexion<br>PRTNR Abs<br>SWB Up TW |
| Box 7 | Chest Rev Grip Iso<br>ISO SPLIT | Box 7 | Chest Rev Grip Iso |
| Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Partner Back walk | Box 8 | GH HANG<br>Rollers Quads & Back<br>LAYING WALL SHAKES |

# BLOCK THREE (5-DAY): ABOVE 80% CONCENTRIC PHASE(LOWER BODY)

| 100% | Monday | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 400 | FRONT SQUAT | 5 | 180 - 220 | 1 | P/w-2 Neck |
| | no Rest BB | | | | lband |
| 400 | FRONT SQUAT | 3 | 235 - 260 | 1 | P/w-2 Neck |
| | no Rest BB | | | | lband |
| 400 | FRONT SQUAT | 1 | 310 - 320 | 1 | P/w-2 Neck |
| 400 | FRONT SQUAT | 3 | 330 - 350 | 5 | 0:0:0:0 |
| | 2:15/30 Rest BB | | | | Rest 1:30 |
| | Drop Box Jump | 4 | | 5 | Reactive |
| | 30Rest BB | | | | |
| | Hip FLX BND Pulls | 8 | | 3 | |
| 200 | STEP UP | 4 | 160 - 165 | 4 | Reactive |
| | 30Rest BB | | | | |
| | GH HYPR Incline | 6 | | 4 | 0:4:0:0 |
| | 30Rest BB | | | | Reactive |
| | Speed Adduction | 10 | | 3 | |
| 500 | RDL | 5 | 400 - 415 | 3 | 0:0:0:0 |
| | 30Rest BB | | | | + Shrug |
| | ANT TIB BND | 10 | | 3 | |
| | 30Rest BB | | | | |
| | 90 90 Glute ISO Hold | 10S | | 3 | |
| | Closed Lunge V BND TW | 10 | | 2 | Rest 1:00 |
| | Pair w/ | | | | |
| | SWB TW Band | 10 | | 2 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | Twist |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Traction | | | | |

| Wednesday | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|
| Back Squat | 5 | 225 - 275 | 1 | P/w-2 Neck |
| | | | | lband |
| Back Squat | 3 | 295 - 325 | 1 | P/w-2 Neck |
| | | | | lband |
| Back Squat | 3 | - 400 | 1 | P/w-2 Neck |
| Back Squat | 1 | 450 - 465 | 4 | |
| 2:15/30 Rest BB | | | | Rest 2:30 |
| USSR Plyo BX Pause | 4 | | 4 | Pause |
| 30Rest BB | | | | Each Leg |
| Speed Adduction | 6 | | 4 | Rest 1:00 |
| SL Leg Press | 5 | 310 - 320 | 3 | |
| 30Rest BB | | | | |
| Assist Noridic Ham Curl | 6 | | 3 | Bands |
| 30Rest BB | | | | |
| 90 90 Glute ISO Hold | 10S | | 3 | |
| ANT TIB BND | 10 | | 3 | |
| 30Rest BB | | | | |
| PRTNR BND Abs | 5 | | 3 | |
| 30Rest BB | | | | |
| 90 90 Band Twist | 8 | | 3 | Each Side |
| GH HANG | 120S | | 1 | Relax Mouth |
| Pair w/ | | | | |
| Rollers Quads & Back | 120S | | 1 | |
| Pair w/ | | | | |
| LAYING WALL SHAKES | | | 1 | Relax Mouth |

| 100% | Friday | 22-Oct-10 REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 390 | DeadLift | 5 | 175 - 215 | 1 | P/w-2 Neck |
| 390 | DeadLift | 3 | 230 - 255 | 1 | P/w-2 Neck |
| 390 | DeadLift | 3 | 305 - 310 | 1 | Coach Watch |
| 390 | DeadLift | 4 | 310 - 320 | 5 | Rest 2:30 |
| 270 | Close Grip Bench | 5 | 120 - 150 | 1 | 4 Board |
| 270 | Close Grip Bench | 5 | 215 - 225 | 4 | 4 Board |
| | Glute Bar Lift | 5 | 85% - 85% | 3 | |
| | Pair w/ | | | | |
| | SNGL LG ISO Deadlift | 10S | | 3 | |
| | Dead lift trade off | | | | |
| 210 | Power Snatch | 5 | 95 - 115 | 1 | |
| | Pair w/ | | | | |
| 210 | Power Snatch | 3 | 125 - 135 | 1 | |
| | Pair w/ | | | | |
| 210 | Power Snatch | 1 | 165 - 170 | 1 | |
| 210 | Power Snatch | 2,2,2 | 145 - 160 | 4 | 0:0:0:10 |
| | | | | | Box |
| 75 | DB Shoulder Press | FFFF | 50 - 25 | 4 | |
| | Pair w/ | | | | |
| 150 | TRI PUSH DOWN | FFFF | 100 - 55 | 4 | |
| | Gh Hang | | | | Relax Mouth |
| | Leg Traction | | | | Relax Mouth |

## Block Three (5-Day): Above 80% Concentric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 3 | Exercise Hyperlink | Day 5 | Exercise Hyperlink |
|---|---|---|---|---|---|
| Box 1 | Front squat | Box 1 | Back Squat | Box 1 | Deadlift |
| Box 2 | Front squat<br>Drop Box Jumps<br>Hip Flex Band Pulls | Box 2 | Back Squat<br>USSR Plyo Box<br>Speed Adduction | Box 2 | Deadlift<br>Close Grip Bench |
| Box 3 | STEP UP<br>GH HYPR Incline<br>Speed Adduction | Box 3 | SL Leg Press<br>Assist Nordic Ham Curl<br>90 90 Glute Iso Hold | Box 3 | Glute Bar Lift<br>Single Leg Iso Deadlift |
| Box 4 | RDL<br>ANT TIB BAND<br>90 90 Glute Iso Hold | Box 4 | ANT TIB BAND<br>PRTNR BND ABS<br>90 90 Band Twist | Box 4 | Power Snatch |
| Box 5 | | Box 5 | | Box 5 | |
| Box 6 | Closed Lunge V Band Twist<br>SWB Up TW Band | Box 6 | | Box 6 | DB Shoulder Press<br>Tricep Push Down |
| Box 7 | | Box 7 | | Box 7 | |
| Box 8 | GH HANG<br>Rollers Glutes and Hams<br>Traction | Box 8 | GH HANG<br>Rollers Quads and Back<br>Laying Wall Shakes | Box 8 | GH HANG<br>Leg Traction |

# BLOCK THREE (5-DAY): Above 80% Concentric Phase (Upper Body)

| 100% | Tuesday | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 300 | Power Clean | 5,3 | 150 - 200 | 1,1 | Pre-Set Wup |
| | no Rest BB | | | | |
| 300 | Power Clean | 3 | 235 - 240 | 1 | P/w-2 Neck |
| | no Rest BB | | | | |
| 300 | Power Clean | 1,1 | 265 - 270 | 3 | P/w-2 Neck |
| 300 | Power Clean | 1,1 | 255 - 265 | 3 | 0:0:0:15 |
| | 2:15/30 Rest BB | | | | Rest 3:00 |
| 300 | Power Clean | 1,1,1 | 240 - 250 | 3 | 0:0:0:10 |
| | 30 Rest BB | | | | Rest 2:30 |
| | Strength Prep | | | | |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | |
| | no Rest BB | | | | Rest 1:30 |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | |
| | No Rest | | | | Rest 1:30 |
| 300 | BENCH PRESS | 3 | - 240 | 1 | Coach Watch |
| 300 | BENCH PRESS | T | 240 - 255 | 4 | 3% - Tendo |
| | 2:15/30 Rest BB | | | | 0:0:0:10 |
| | 90 90 Band Twist | 8 | | 4 | |
| | | | | | |
| 300 | Bench Press | 15 | 195 - 210 | 1 | |
| 90 | DB INCLINE BENCH | 8 | 70 - 70 | 3 | oc-D+2 |
| | 30 Rest BB | | | | |
| 225 | Lat Pull Down | 8 | 170 - 180 | 3 | + Shrug |
| | 30 Rest BB | | | | + Shrug |
| 38 | DB Side Lat Raise | 8 | 30 - 30 | 3 | |
| 60 | DB Tri Floor Press | 6 | 45 - 50 | 3 | |
| | 30 Rest BB | | | | |
| 120 | Bar Curl | 6 | 90 - 95 | 3 | |
| | 30 Rest BB | | | | |
| 38 | DB Rear Delt | 12 | 25 - 25 | 3 | |
| | | | | | |
| | | | | | |
| | Delt BO OH Reb Drop | 6 | | 3 | |
| | 30 Rest BB | | | | |
| | Bam Bam | 6 | 75% - 80% | 3 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | Shoulder Traction | 300 | | 1 | |

| 100% | Thursday | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 210 | Power Snatch | 5,3 | 105 - 140 | 1,1 | Pre-Set Wup |
| | no Rest BB | | | | Rest 1:30 |
| 210 | Power Snatch | 3 | 165 - 170 | 1 | P/w-2 Neck |
| | no Rest BB | | | | Rest 1:30 |
| 210 | Power Snatch | 1,1 | 185 - 190 | 3 | P/w-2 Neck |
| 210 | Power Snatch | 1,1 | 170 - 175 | 3 | 0:0:0:20 |
| | 1:30 Rest BB | | | | Rest 2:30 |
| 210 | Power Snatch | 1,1 | 170 - 175 | 3 | 0:0:0:20 |
| | | | | | Rest 2:30 |
| | Strength Prep | | | | |
| 300 | BENCH PRESS | 5,3 | 150 - 200 | 1,1 | |
| | no Rest BB | | | | Rest 1:30 |
| 300 | BENCH PRESS | 3 | 235 - 240 | 1 | |
| | no Rest BB | | | | Rest 1:30 |
| 300 | BENCH PRESS | 1 | - 265 | 2 | Coach Watch |
| 300 | BENCH PRESS | 1 | 265 - 270 | 3 | 0:0:0:20 |
| | 2:15/30 Rest BB | | | | Rest 2:30 |
| 300 | BENCH PRESS | 1,1 | 255 - 265 | 3 | 0:0:0:15 |
| | Pair w/ | | | | Pair/E. Set |
| 150 | Bench Throw | 3 | 70 - 75 | 5 | 0:0:0:3 |
| 195 | Push Press | 3 | 170 - 180 | 5 | Increase Wgt |
| | 30 Rest BB | | | | Rest 1:30 |
| 120 | Ez Bar Curl | 8 | 85 - 90 | 5 | |
| | 30 Rest BB | | | | |
| 180 | Gripper | 8 | 125 - 135 | 5 | |
| | Rear DELT | T | | 3 | |
| | 30 Rest BB | | | | |
| 105 | DB BO Row | T | 80 - 85 | 3 | |
| | 30 Rest BB | | | | |
| | Gopher U Abs | 8 | | 3 | 25 Pounds |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

## Block Three (5-Day): Above 80%
### Concentric Phase Hyperlinks

| Day 2 | Exercise Hyperlink | Day 4 | Exercise Hyperlink |
|---|---|---|---|
| **Box 1** | Power Clean | **Box 1** | Power Snatch |
| **Box 2** | Power Clean | **Box 2** | Power Snatch |
| **Box 3** | Bench Press | **Box 3** | Bench Press |
| **Box 4** | Bench Press<br>90 90 Band Twist<br>Bench Press | **Box 4** | Bench Press<br>Bench Throw |
| **Box 5** | DB Incline Bench<br>Lat Pull Down<br>DB Side Lateral Raise | **Box 5** | Push Press<br>EZ Bar Curl<br>Gripper |
| **Box 6** | DB Tri Floor Press<br>Bar Curl<br>DB Rear Delt | **Box 6** | DB Rear Delt<br>DB Bent Over Row<br>Gopher U ABS |
| **Box 7** | Delt BO OH Rebound Drops<br>Bam Bam | **Box 7** | |
| **Box 8** | GH HANG<br>Rollers Glutes and Hams<br>Shoulder Traction | **Box 8** | GH HANG<br>Rollers Quads and Back<br>Laying Wall Shakes |

# 4.13: Above 80 Percent Six-Day Program

The table below shows how to take what you learned about the three-day model and convert it to a six-day training platform. In the table, day one loading parameters are in white, day two loading parameters are in red, and day three loading parameters are in blue.

**Table 4.23: Above 80 Percent Three-Day Versus Six-Day Model**

| Training Week: | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|---|---|---|---|---|---|---|---|
| Three-Day Model | Focus | Total Body | Off | Total Body | Off | Total Body | Off |
| | Load | 82–87% | | 90–97% | | 75–80% | |
| | Means Applied | Triphasic | | Dynamic | | Triphasic | |
| Six-Day Model | Focus | Lower Body | Upper Body | Lower Body | Upper Body | Lower Body | Upper Body |
| | Load | 82–87% | 82–87% | 90–97% | 90–97% | 75–80% | 75–80% |
| | Means Applied | Triphasic | | Dynamic | | Triphasic | |

Two other important aspects of training that can't be forgotten are speed work and conditioning. Table 4.24 shows where in the training week each should be emphasized along with special instructions and example workouts.

Finally, we need to talk about the different exercises, methods, and means I use in a six-day program that I don't use and didn't show you in the three-day program. Click on the hyperlink below for a complete explanation of the six-day training model.

Six-day above 80 percent triphasic video

## Table 4.24: Above 80 Percent Six-Day Conditioning Model

| Training Day | Conditioning Goal | Special Instructions | Example Workout |
|---|---|---|---|
| Day 1 | **Short Sprints** (High Quality Speed) | • Sprints under 10 seconds<br>• Full recovery; rest 90–120 seconds | • Alactic High Quality Workout<br>• Flying 60s<br>• 16 Week Short Sprint Workouts<br>• Cone Agility |
| Day 2 | **Long Sprints *or* Short Sprints w/ Reduced Rest** (Speed Conditioning) | • Sprints over 15 seconds<br>or<br>• Sprints under 10, recovery under 20 seconds | • High Quality Lactic Anaerobic Power Training Builder<br>• Metabolic Injury Prevention Runs |
| Day 3 | **Short Sprints** (High Quality Speed) | • Sprints under 10 seconds<br>• Full recovery; rest 90–120 seconds | • Alactic High Quality Workout<br>• Flying 60's<br>• 16 Week Short Sprint Workouts<br>• Cone Agility |
| Day 4 | **Short Sprints** (Anaerobic Conditioning) | • Sprints under 10 seconds<br>• Limited recovery; 45–60 seconds | • Work Capacity Alactic Anaerobic Training Builder<br>• Flying 60's<br>• 16 Week Short Sprint Workouts<br>• Cone Agility |
| Day 5 | **Longer Sprints *or* Continuous Running** (Oxidative Conditioning) | This day is purely work capacity focused | • Aerobic Work Capacity Training Builder<br>• Game Speed Conditioning<br>• Bike Conditioning<br>• TrashBall |
| Day 6 | **Longer Sprints *or* Continuous Running** (Oxidative Conditioning) | This day is purely work capacity focused | • Aerobic Work Capacity Training Builder<br>• Game Speed Conditioning<br>• Bike Conditioning<br>• TrashBall |

# BLOCK ONE (6-DAY): ABOVE 80% ECCENTRIC PHASE (LOWER BODY)

| 100% | MONDAY | 24-May-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | OH SQ Rack Press | 6 | | 2 | Eyes Closed |
| | Pair w/ | | | | |
| | 2-WAY NECK | 8 | | 2 | |
| | Pair w/ | | | | |
| | STR Leg OC Glute Lifts | 6 | | 2 | |
| 500 | BACK SQUAT | 3 | 275 - 300 | | Roll I-band |
| | | 2 | 325 - 350 | | Spine Rolls |
| | | 1 | 400 - 415 | | Coach Watch |
| | Pair Below | 3 | 415 - 425 | | 6:0:0:0 |
| | Pair Below | 3 | 415 - 425 | | 6:0:0:0 |
| | Pair Below | 3 | 415 - 425 | | 6:0:0:0 |
| | French Contrast | 3 | 415 - 425 | | 6:0:0:0 |
| | Hurdle Hop | 4 | $N/A .. $N/A | 3 | Height |
| | Pair w/ | | | | |
| | SQ Jump Weighted | 4 | $N/A .. $N/A | 3 | 0:2:0:0 |
| | Pair w/ | | | | mps .9-1.1 |
| | Acc Band Jump Pause | 4 | | 3 | Rest 4:00 |
| | 4 way neck | 8 | $N/A .. $N/A | 2 | |
| | Pair w/ | | | | No Rest |
| | Wrist Flexion | 6 | $N/A .. $N/A | 3 | |
| | Pair w/ | | | | No Rest |
| | ANT TIB BND | 10 | | 3 | |
| 200 | DB Walking Lunge | 6 | 130 - 140 | 3 | Bands |
| | Pair w/ | | | | Pause |
| | Cuban PRSS INC F8 | 6 | | 3 | No Rest |
| | Pair w/ | | | | |
| | Ankle Band Work | 10 | | 3 | Band Medium |
| 500 | Glute Bar Lift | 6 | 375 - 400 | 3 | 0:2:0:0 |
| | Pair w/ | | | | No Rest |
| | Hip FLX BND Pulls | 6 | | 3 | |
| | Pair w/ | | | | No Rest |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Hip Traction | 300S | | 1 | Belly Breath |
| | Pair w/ | | | | No Rest |
| | Partner Leg Walks | | | | |
| | Pair w/ | | | | No Rest |
| | GH HANG | 60S | | 1 | Relax Mouth |

| 100% | WENDESDAY | 26-May-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | Triangle Terror | 6 | | 2 | |
| | Pair w/ | | | | |
| | 2-WAY NECK | 8 | | 2 | |
| | Pair w/ | | | | |
| | Piston Squat Band | 6 | | 2 | Bands |
| 500 | BACK SQUAT | 3 | 275 - 300 | | Roll I-band |
| | | 2 | 325 - 350 | | Spine Rolls |
| | | 1 | 400 - 415 | | Coach Watch |
| | | 1 | 450 - 465 | | Rest 1:00 |
| | | 1 | 450 - 465 | | Rest 1:00 |
| | | 1 | 450 - 465 | | Rest 1:00 |
| | | 1 | 450 - 465 | | Rest 1:00 |
| | | 1 | 450 - 465 | | Rest 1:00 |
| | p | 1 | 450 - 465 | | Rest 1:00 |
| | | 1 | 450 - 465 | | Rest 1:00 |
| | ALT INC Power Step Up | 4 | | 4 | Alternating |
| | Pair w/ | | | | Rest 30 |
| | USSR Plyo Box | 4 | | 4 | Pause |
| | Pair w/ | | | | Rest 30 |
| | Power Step up | 4 | | 4 | Rest HR 110 |
| 100 | DB Step up | 6 | 65 - 70 | 3 | Band Medium |
| | Pair w/ | | | | No Rest |
| | Laying External Rot | 6 | | 3 | 5:0:5:0 |
| | Pair w/ | | | | No Rest |
| 100 | DB SL Calf Raise | 10 | 65 - 70 | 3 | Push Toe |
| | GH HYPR Incline | 8 | | 3 | |
| | Pair w/ | | | | No Rest |
| | Hip FLX BND Pulls LAT | 6 | | 3 | |
| | Pair w/ | | | | No Rest |
| | 90 90 Grion ISO Hold | 10S | | 3 | |
| | Squat Iso Hold | 300S | | 1 | |
| | Hip Traction | 180s | | 1 | belly Breath |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | | | | | Relax Mouth |

| 100% | FRIDAY | 28-May-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | 3 - WY Ham PRSS | 9 | | 2 | Eyes Closed |
| | Pair w/ | | | | |
| | 2-WAY NECK | 8 | | 2 | |
| | Pair w/ | | | | |
| | BAL SNGL LG SQ | 6 | | 2 | Air Max |
| 400 | FRONT SQUAT | 3 | 220 - 240 | | Roll I-band |
| | | 2 | 260 - 280 | | Spine Rolls |
| | | 1 | 320 - 330 | | Coach Watch |
| | | 3 | 310 - 320 | | 6:0:0:0 |
| | | 3 | 310 - 320 | | 6:0:0:0 |
| | | 3 | 310 - 320 | | 6:0:0:0 |
| | French Contrast | 3 | 310 - 320 | | 6:0:0:0 |
| | Hurdle Hop | 3 | $N/A .. $N/A | 4 | Distance |
| | Pair w/ | | | | |
| | USSR Plyo Box | 3 | $N/A .. $N/A | 4 | |
| | Pair w/ | | | | Rest |
| | Acc Band Jump Pause | 3 | | 4 | Rest HR 110 |
| | Iso Ball Grion Sqeeze | 10S | $N/A .. $N/A | 3 | |
| | Pair w/ | | | | |
| | LAT SUP F8 | 6 | $N/A .. $N/A | 3 | |
| | Pair w/ | | | | |
| | Ankle Band Work | 10 | | 3 | |
| 500 | RDL Shrug | 6 | 325 - 350 | 3 | 3:2:0:0 |
| | Pair w/ | | | | Toes |
| | Hip FLXor ISO Pull | 6 | | 3 | |
| | Pair w/ | | | | |
| | SNGL LG ISO Deadlift | 10S | | 3 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Partner Leg Walks | 120S | | 1 | |
| | Pair w/ | | | | |
| | Hip Traction | 300S | | 1 | Belly Breath |

## BLOCK ONE (6-DAY): ABOVE 80% ECCENTRIC PHASE HYPERLINKS

| Day 1 | Exercise Hyperlink | Day 3 | Exercise Hyperlink | Day 5 | Exercise Hyperlink |
|---|---|---|---|---|---|
| Box 1 | OH SQ Rack Press<br>2 way Neck<br>STR Leg OC Glute lifts | Box 1 | Triangle Terror<br>2 way Neck<br>Piston Squat Band | Box 1 | 3-way Ham Press<br>2 way Neck<br>Balance Single Leg Squat |
| Box 2 | Back Squat<br>Back Squat Eccentric | Box 2 | Back Squat | Box 2 | FRONT SQUAT<br>Eccentric Front Squat |
| Box 3 | Hurdle Hop<br>SQ Jump Weighted<br>ACC Band Jump Pause | Box 3 | Alt Inc Power Step Up<br>USSR Plyo Box<br>Power Step up | Box 3 | Hurdle Hop<br>USSR Plyo Box<br>ACC Band Jump Pause |
| Box 4 | 4 Way Neck<br>Wrist Flexion<br>ANT TIB BND | Box 4 | DB Step Up<br>External Rotation Supine<br>DB SL Calf Raise | Box 4 | Iso Ball Grion Sqeeze<br>LAT SUP F8<br>Ankle Band Work |
| Box 5 | DB Walking Lunge<br>Cuban PRSS INC F8<br>Ankle Band Work | Box 5 | GH HYPR Incline<br>Hip FLX BND Pulls LAT<br>90 90 Groin ISO Hold | Box 5 | RDL Shrug<br>Hip Flexor Isometric Pull<br>SNGL LG ISO Deadlift |
| Box 6 | Glute Bar Lifts<br>Hip Flex Band Pulls<br>Iso Ball Grion Sqeeze | Box 6 | Squat ISO Hold<br>Hip Traction | Box 6 | GH HANG<br>Partner Leg Walks<br>Hip Traction |
| Box 7 | Hip Traction<br>Partner Leg Walks<br>GH HANG | Box 7 | GH HANG | Box 7 | |
| Box 8 | | Box 8 | | Box 8 | |

# BLOCK ONE (6-DAY): ABOVE 80% ECCENTRIC PHASE (UPPER BODY)

| 100% | Tuesday | 24-May-11 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 1,1,1,1 | 180 - 195 | 4 | Chain |
| | Pair w/ | | | | 0:1:0:10 |
| | Rack Band Push Up | 3 | | 4 | |
| | Pair w/ | | | | |
| | Infraspinatus | 10 | | 4 | |
| 90 | DB INCLINE BENCH | 9,7,5 | 65 - 70 | 3 | Increase Wgt |
| | Pair w/ | | | | LS Failure |
| 225 | Lat Pull Down | 12,9,6 | 145 - 180 | 3 | |
| | Pair w/ | | | | |
| 30 | OH LAT Raise | 12 | 20 - 20 | 3 | |
| 240 | Dips | x | 170 - 190 | 3 | |
| | Pair w/ | | | | |
| 180 | Chin up | x | 125 - 145 | 3 | |
| | Pair w/ | | | | |
| | ANT TIB BND | 15 | | 3 | |
| 64 | JM DB Press | 10 | 40 - 45 | 3 | |
| | Pair w/ | | | | |
| 120 | BAR CURL | 12,9,6 | 80 - 95 | 3 | |
| | Pair w/ | | | | |
| | Bam Bam | 12 | | 3 | |
| 180 | Gripper | 12 | 125 - 135 | 2 | LS Failure |
| | Pair w/ | | | | |
| | Pike SWB Abs | 12 | | 2 | |
| | Pair w/ | | | | |
| | SWB Down TW | 8 | | 2 | |
| | Chest Rev Grip Iso | 180s | 60% - | 1 | |
| | Pair w/ | | | | |
| | Shr Sho Bi Cav Iso | 180s | 60% - | 1 | |

| 100% | Thursday | 26-May-11 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 1,1 | 255 - 265 | 4 | 0:0:0:20 |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 3 | | 4 | one arm |
| | Pair w/ | | | | |
| | OH SUP F8 | 10 | | 4 | |
| 53 | DB Incline Fly | 9,7,5 | 35 - 40 | 3 | Increase Wgt |
| | Pair w/ | | | | |
| 165 | Dynamic Lat Pull | 8 | 115 - 125 | 3 | |
| | Pair w/ | | | | |
| 62 | DB Curl to Arnold | 8 | 45 - 50 | 3 | |
| 240 | Close Grip Bench | 3 | 220 - 230 | 3 | 3 Board |
| | Pair w/ | | | | |
| 60 | Incline Hammer Curls | 12,9,6 | 40 - 50 | 3 | Increase Wgt |
| | Pair w/ | | | | |
| 100 | DB SL Calf Raise | 15 | 60 - 65 | 3 | |
| 150 | Rev Grip Tri Push | 9,7,5 | 105 - 120 | 3 | Increase Wgt |
| | Pair w/ | | | | |
| 45 | Concentration Curl | 6 | 35 - 35 | 3 | LS OC FAIL |
| | Pair w/ | | | | |
| | Round House | 12 | | 3 | |
| | Wrist Flexion | 12 | | 3 | |
| | Pair w/ | | | | |
| | Gopher U Abs | 12 | | 3 | |
| | Pair w/ | | | | |
| | SWB Up TW | 8 | | 3 | Each Side |
| | Chest Rev Grip Iso | 180s | 60% - | 1 | |
| | Pair w/ | | | | |
| | Shr Sho Bi Cav Iso | 180s | | 1 | |

| 100% | Saturday | 29-May-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 4 | 240 - 250 | 4 | |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 3 | | 4 | one arm |
| | Pair w/ | | | | |
| | OH SUP F8 | 10 | | 4 | |
| 90 | DB INCLINE BENCH | 10 | 60 - 65 | 3 | |
| | Pair w/ | | | | |
| 105 | 1 Arm Lat Pull Down | 10 | 75 - 80 | 3 | |
| | Pair w/ | | | | |
| 62 | DB Curl to Arnold | 8 | 45 - 50 | 3 | |
| 60 | DB Tri Floor Press | 12 | 40 - 40 | 3 | |
| | Pair w/ | | | | |
| 120 | Ez Bar Curl | 12 | 80 - 85 | 3 | |
| | Pair w/ | | | | |
| 100 | DB SL Calf Raise | 15 | 60 - 65 | 3 | |
| 240 | Dips | 12 | 155 - 170 | 3 | |
| | Pair w/ | | | | |
| 105 | Drag Curl | 6 | 85 - 85 | 3 | LS OC FAIL |
| | Pair w/ | | | | |
| | Spider Flips | 12 | | 3 | |
| | Wrist Flexion | 12 | | 3 | |
| | Pair w/ | | | | |
| | Gopher U Abs | 12 | | 3 | |
| | Pair w/ | | | | |
| | SWB Up TW | 8 | | 3 | Each Side |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | Shr Sho Bi Cav Iso | 180s | | 1 | |

## BLOCK ONE (6-DAY): ABOVE 80% ECCENTRIC PHASE HYPERLINKS

| Day 2 | Exercise Hyperlink | Day 4 | Exercise Hyperlink | Day 6 | Exercise Hyperlink |
|---|---|---|---|---|---|
| **Box 1** | Bench Press<br>P/w-2 Neck | **Box 1** | Bench Press<br>P/w-2 Neck | **Box 1** | Bench Press<br>P/w-2 Neck |
| **Box 2** | Chain Bench<br>Rack Band Push Up<br>Infraspinatus | **Box 2** | Bench Press<br>MB Chest Pass SA<br>OH SUP F8 | **Box 2** | Bench Press<br>MB Chest Pass SA<br>OH SUP F8 |
| **Box 3** | DB INCLINE BENCH<br>Lat Pull Down<br>OH LAT Raise | **Box 3** | Dumbbell Incline Fly<br>Dynamic Lat Pull<br>DB Curl to Arnold | **Box 3** | DB incline bench<br>1 Arm Lat Pull Down<br>DB Curl to Arnold |
| **Box 4** | Dips<br>Chin Up<br>ANT TIB BND | **Box 4** | Close Grip Bench<br>Incline Hammer Curl<br>DB SL Calf Raise | **Box 4** | DB Tri FLoor Press<br>Ez Bar Curl<br>DB SL Calf Raise |
| **Box 5** | JM Dumbbell Press<br>Bar Curl<br>Bam Bams | **Box 5** | Tri push down<br>Concentration Curl<br>Round House | **Box 5** | Dips<br>Drag Curl<br>Spider Flips |
| **Box 6** | Gripper<br>Pike Swiss Ball Abs<br>SWB Down TW | **Box 6** | Wrist Flexion<br>Gopher U Abs<br>SWB Up TW | **Box 6** | Wrist Flexion<br>Gopher U Abs<br>SWB Up TW |
| **Box 7** | Chest Reverse Grip ISO<br>Shr Sho Bi Cav Iso | **Box 7** | Chest Reverse Grip ISO<br>Shr Sho Bi Cav Iso | **Box 7** | Chest Reverse Grip ISO<br>Shr Sho Bi Cav Iso |
| **Box 8** | | **Box 8** | | **Box 8** | |

# BLOCK TWO (6-DAY): ABOVE 80% ISOMETRIC PHASE (LOWER BODY)

| 100% | MONDAY | 14-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | OH SQ Rack Press | 6 | | 2 | Eyes Closed |
| | Pair w/ | | | | |
| | 2-WAY NECK | 8 | | 2 | |
| | Pair w/ | | | | |
| | STR Leg OC Glute Lifts | 6 | | 2 | |
| 500 | BACK SQUAT | 3 | 275 - 300 | | Roll I-band |
| | | 2 | 325 - 350 | | Spine Rolls |
| | | 2 | 400 - 415 | | CW TEST |
| | Pair Below | 2 | 365 - 390 | | 0:3:0:0 |
| | Pair Below | 2 | 365 - 390 | | 0:3:0:0 |
| | Pair Below | 2 | 365 - 390 | | 0:3:0:0 |
| | complete Block below | | | | |
| | After each Set | 2 | 365 - 390 | | 0:3:0:0 |
| | Hurdle Hop | 4 | #N/A .. #N/A | 3 | Height |
| | Pair w/ | | | | |
| | SQ Jump Weighted | 4 | #N/A .. #N/A | 3 | 0:2:0:0 |
| | Pair w/ | | | | Pause |
| | Acc Band Jump | 4 | | 3 | Rest 4:00 |
| | 4 way neck | 8 | #N/A .. #N/A | 2 | |
| | Pair w/ | | | | No Rest |
| | Wrist Flexion | 6 | | 3 | |
| | Pair w/ | | | | No Rest |
| | ANT TIB BND | 10 | | 3 | |
| 200 | DB Walking Lunge | 6 | 130 - 140 | 3 | Bands |
| | Pair w/ | | | | Pause |
| | Cuban PRSS INC F8 | 6 | | 3 | No Rest |
| | Pair w/ | | | | |
| | Ankle Band Work | 10 | | 3 | Band Medium |
| 500 | Glute Bar Lift | 6 | 375 - 400 | 3 | 0:2:0:0 |
| | Pair w/ | | | | No Rest |
| | Hip FLX BND Pulls | 6 | | 3 | |
| | Pair w/ | | | | No Rest |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Hip Traction | 300S | | 1 | Belly Breath |
| | Pair w/ | | | | No Rest |
| | Partner Leg Walks | | | | |
| | Pair w/ | | | | No Rest |
| | GH HANG | 60S | | 1 | Relax Mouth |

| 100% | WENDESDAY | 16-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | Triangle Terror | 6 | | 2 | |
| | Pair w/ | | | | |
| | 2-WAY NECK | 8 | | 2 | |
| | Pair w/ | | | | |
| | Piston Squat Band | 6 | | 2 | Bands |
| 500 | BACK SQUAT | 3 | 275 - 300 | | Roll I-band |
| | | 2 | 325 - 350 | | Spine Rolls |
| | | 1 | 400 - 415 | | |
| | Speed 95% Drop off | 1 | 435 - 465 | | 1:45 Rest |
| | | 1 | 435 - 465 | | 1:45 Rest |
| | | 1 | 435 - 465 | | 1:45 Rest |
| | | 1 | 435 - 465 | | 1:45 Rest |
| | | 1 | 435 - 465 | | 1:45 Rest |
| | | 1 | 435 - 465 | | 1:45 Rest |
| | | 1 | 435 - 465 | | 1:45 Rest |
| | ALT INC Power Step Up | 4 | | 4 | Alternating |
| | Pair w/ | | | | Rest 30 |
| | USSR Plyo Box | 4 | | 4 | Pause |
| | Pair w/ | | | | Rest 30 |
| | Power Step up | 4 | | 4 | Rest HR 110 |
| 100 | DB Step up | 6 | 65 - 70 | 3 | Band Medium |
| | Pair w/ | | | | No Rest |
| | Laying External Rot | 6 | | 3 | 5:0:5:0 |
| | Pair w/ | | | | No Rest |
| 100 | DB SL Calf Raise | 10 | 65 - 70 | 3 | Push Toe |
| | GH HYPR Incline | 8 | | 3 | |
| | Pair w/ | | | | No Rest |
| | Hip FLX BND Pulls LAT | 6 | | 3 | |
| | Pair w/ | | | | No Rest |
| | 90 90 Grion ISO Hold | 10S | | 3 | |
| | Squat Iso Hold | 300S | | 1 | |
| | Hip Traction | 180s | | 1 | belly Breath |
| | GH HANG | 120S | | 1 | Relax Mouth |

| 100% | FRIDAY | 18-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | 3 - WY Ham PRSS | 9 | | 2 | Eyes Closed |
| | Pair w/ | | | | |
| | 2-WAY NECK | 8 | | 2 | |
| | Pair w/ | | | | |
| | BAL SNGL LG SQ | 6 | | 2 | Air Max |
| 400 | FRONT SQUAT | 3 | 220 - 240 | | Roll I-band |
| | | 2 | 260 - 280 | | Spine Rolls |
| | | 1 | 320 - 330 | | Coach Watch |
| | | 3 | 310 - 320 | | 0:3:0:0 |
| | | 3 | 310 - 320 | | 0:3:0:0 |
| | | 3 | 310 - 320 | | 0:3:0:0 |
| | French Contrast | 3 | 310 - 320 | | 0:3:0:0 |
| | Hurdle Hop | 3 | #N/A .. #N/A | 4 | Distance |
| | Pair w/ | | | | |
| | USSR Plyo Box | 3 | #N/A .. #N/A | 4 | |
| | Pair w/ | | | | |
| | Acc Band Jump Pause | 3 | | 4 | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Pair w/ | | | | |
| | LAT SUP F8 | 6 | | 3 | |
| | Pair w/ | | | | |
| | Ankle Band Work | 10 | | 3 | Band Medium |
| 500 | RDL Shrug | 6 | 325 - 350 | 3 | 3:2:0:0 |
| | Pair w/ | | | | Toes |
| | Hip FLXor ISO Pull | 6 | | 3 | |
| | Pair w/ | | | | |
| | SNGL LG ISO Deadlift | 10S | | 3 | |
| 300 | BENCH PRESS | FFFF | 195 - 105 | 4 | |
| | Pair w/ | | | | |
| 75 | DB Shoulder Press | FFF | 55 - 30 | 3 | OC |
| | Pair w/ | | | | |
| 150 | Rev Grip Tri Push | FFF | 105 - 60 | 3 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Partner Leg Walks | 120S | | 1 | |
| | Pair w/ | | | | |
| | Hip Traction | 300S | | 1 | Relax Mouth |

## Block Two (6-Day): Above 80% Isometric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 3 | Exercise Hyperlink | Day 5 | Exercise Hyperlink |
|---|---|---|---|---|---|
| Box 1 | OH SQ Rack Press<br>2 way Neck<br>STR Leg OC Glute lifts | Box 1 | Triangle Terror<br>2 way Neck<br>Piston Squat Band | Box 1 | 3-way Ham Press<br>2 way Neck<br>Balance Single Leg Squat |
| Box 2 | Back Squat<br>Back Squat Isometric | Box 2 | Back Squat | Box 2 | FRONT SQUAT<br>Isometric Front Squat |
| Box 3 | Hurdle Hop<br>SQ Jump Weighted<br>ACC Band Jump Pause | Box 3 | Alt Inc Power Step Up<br>USSR Plyo Box<br>Power Step up | Box 3 | Hurdle Hop<br>USSR Plyo Box<br>ACC Band Jump Pause |
| Box 4 | 4 Way Neck<br>Wrist Flexion<br>ANT TIB BND | Box 4 | DB Step Up<br>External Rotation Supine<br>DB SL Calf Raise | Box 4 | Iso Ball Grion Sqeeze<br>LAT SUP F8<br>Ankle Band Work |
| Box 5 | DB Walking Lunge<br>Cuban PRSS INC F8<br>Ankle Band Work | Box 5 | GH HYPR Incline<br>Hip FLX BND Pulls LAT<br>90 90 Groin ISO Hold | Box 5 | RDL Shrug<br>Hip Flexor Isometric Pull<br>SNGL LG ISO Deadlift |
| Box 6 | Glute Bar Lifts<br>Hip Flex Band Pulls<br>Iso Ball Grion Sqeeze | Box 6 | Squat ISO Hold<br>Hip Traction | Box 6 | BENCH PRESS<br>DB Shoulder Press<br>Chest Rev Grip Iso |
| Box 7 | Hip Traction<br>Partner Leg Walks<br>GH HANG | Box 7 | GH HANG | Box 7 | GH HANG<br>Partner Leg Walks<br>Hip Traction |
| Box 8 | | Box 8 | | Box 8 | |

# BLOCK TWO (6-DAY): ABOVE 80% ISOMETRIC PHASE (UPPER BODY)

| 100% | Tuesday | 29-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 3 | 265 - 280 | 4 | |
| | Pair w/ | | | | |
| | Rack Band Push Up | 4 | | 4 | |
| | Pair w/ | | | | |
| | Delt BO Lat Reb Drop | 10 | | 4 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | OC |
| | Pair w/ | | | | |
| 105 | 1 Arm Lat Pull Down | 12,9,6 | 70 - 85 | 3 | |
| | Pair w/ | | | | |
| | Incline Rear Delt | 12 | | 3 | |
| 240 | Dips | x | 170 - 190 | 3 | |
| | Pair w/ | | | | |
| 180 | Chin up | x | 125 - 145 | 3 | |
| | Pair w/ | | | | |
| | ANT TIB BND | 15 | | 3 | |
| 64 | JM DB Press | 10 | 40 - 45 | 3 | OC |
| | Pair w/ | | | | |
| 120 | BAR CURL | 12,9,6 | 80 - 95 | 3 | |
| | Pair w/ | | | | |
| | Bam Bam | 12 | | 3 | |
| 180 | Gripper | 12 | 125 - 135 | 2 | LS Failure |
| | Pair w/ | | | | |
| | Pike SWB Abs | 12 | | 2 | |
| | Pair w/ | | | | |
| | SWB Down TW | 8 | | 2 | |
| | Chest Rev Grip Iso | 180s | 60% - | 1 | |
| | Pair w/ | | | | |
| | Shr Sho Bi Cav Iso | 180s | 60% - | 1 | |

| 100% | Thursday | 1-Jul-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 1,1 | 255 - 265 | 4 | 0:0:0:20 |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 3 | | 4 | one arm |
| | Pair w/ | | | | |
| | Delt BO OH Reb Drop | 10 | | 4 | |
| 53 | DB Incline Fly | 15 | 35 - 35 | 3 | OC |
| | Pair w/ | | | | |
| 165 | Dynamic Lat Pull | 8 | 115 - 125 | 3 | |
| | Pair w/ | | | | |
| 62 | DB Curl to Arnold | 8 | 45 - 50 | 3 | |
| 240 | Close Grip Bench | 3 | 220 - 230 | 3 | 3 Board |
| | Pair w/ | | | | |
| 60 | Incline Hammer Curls | 12,9,6 | 40 - 50 | 3 | Increase Wgt |
| | Pair w/ | | | | |
| 100 | DB SL Calf Raise | 15 | 60 - 65 | 3 | |
| 150 | Rev Grip Tri Push | 9,7,5 | 105 - 120 | 3 | Increase Wgt |
| | Pair w/ | | | | |
| 45 | Concentration Curl | 6 | 35 - 35 | 3 | LS OC FAIL |
| | Pair w/ | | | | |
| | Round House | 12 | | 3 | |
| | Wrist Flexion | 12 | | 3 | |
| | Pair w/ | | | | |
| | Gopher U Abs | 12 | | 3 | |
| | Pair w/ | | | | |
| | SWB Up TW | 8 | | 3 | Each Side |
| | Chest Rev Grip Iso | 180s | 60% - | 1 | |
| | Pair w/ | | | | |
| | Shr Sho Bi Cav Iso | 180s | | 1 | |

| 100% | Saturday | | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 4 | 240 - 250 | 4 | |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 3 | | 4 | one arm |
| | Pair w/ | | | | |
| | OH SUP F8 | 10 | | 4 | |
| 90 | DB INCLINE BENCH | 10 | 60 - 65 | 3 | |
| | Pair w/ | | | | |
| 105 | 1 Arm Lat Pull Down | 10 | 75 - 80 | 3 | |
| | Pair w/ | | | | |
| 62 | DB Curl to Arnold | 8 | 45 - 50 | 3 | |
| 60 | DB Tri Floor Press | 12 | 40 - 40 | 3 | |
| | Pair w/ | | | | |
| 120 | Ez Bar Curl | 12 | 80 - 85 | 3 | |
| | Pair w/ | | | | |
| 100 | DB SL Calf Raise | 15 | 60 - 65 | 3 | |
| 240 | Dips | 12 | 155 - 170 | 3 | |
| | Pair w/ | | | | |
| 105 | Drag Curl | 6 | 85 - 85 | 3 | LS OC FAIL |
| | Pair w/ | | | | |
| | Spider Flips | 12 | | 3 | |
| | Wrist Flexion | 12 | | 3 | |
| | Pair w/ | | | | |
| | Gopher U Abs | 12 | | 3 | |
| | Pair w/ | | | | |
| | SWB Up TW | 8 | | 3 | Each Side |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | Shr Sho Bi Cav Iso | 180s | | 1 | |

## Block Two (6-Day): Above 80% Isometric Phase Hyperlinks

| Day 2 | Exercise Hyperlink | Day 4 | Exercise Hyperlink | Day 6 | Exercise Hyperlink |
|---|---|---|---|---|---|
| Box 1 | Bench Press<br>P/w-2 Neck | Box 1 | Bench Press<br>P/w-2 Neck | Box 1 | Bench Press<br>P/w-2 Neck |
| Box 2 | Bench Press<br>Rack band push up<br>Delt Lateral Rebound Drop | Box 2 | Bench Press<br>MB Chest Pass SA<br>Delt Lateral Rebound Drop | Box 2 | Bench Press<br>MB Chest Pass SA<br>OH SUP F8 |
| Box 3 | DB Incline OC<br>1 Arm Lat Pull Down<br>DB Rear Delt | Box 3 | Dumbbell Incline Fly<br>Dynamic Lat Pull<br>DB Curl to Arnold | Box 3 | DB incline bench<br>1 Arm Lat Pull Down<br>DB Curl to Arnold |
| Box 4 | Dips<br>Chin Up<br>ANT TIB BND | Box 4 | Close Grip Bench<br>Incline Hammer Curl<br>DB SL Calf Raise | Box 4 | DB Tri FLoor Press<br>Ez Bar Curl<br>DB SL Calf Raise |
| Box 5 | JM Dumbbell Press<br>Bar Curl<br>Bam Bams | Box 5 | Tri push down<br>Concentration Curl<br>Round House | Box 5 | Dips<br>Drag Curl<br>Spider Flips |
| Box 6 | Gripper<br>Pike Swiss Ball Abs<br>SWB Down TW | Box 6 | Wrist Flexion<br>Gopher U Abs<br>SWB Up TW | Box 6 | Wrist Flexion<br>Gopher U Abs<br>SWB Up TW |
| Box 7 | Chest Reverse Grip ISO<br>Shr Sho Bi Cav Iso | Box 7 | Chest Reverse Grip ISO<br>Shr Sho Bi Cav Iso | Box 7 | Chest Reverse Grip ISO<br>Shr Sho Bi Cav Iso |
| Box 8 | | Box 8 | | Box 8 | |

# BLOCK THREE (6-DAY): ABOVE 80% CONCENTRIC PHASE(LOWER BODY)

| 100% | MONDAY | 28-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | OH SQ Rack Press | 6 | | 2 | Eyes Closed |
| | Pair w/ | | | | |
| | 2-WAY NECK | 8 | | 2 | |
| | Pair w/ | | | | |
| | STDING Glute Kicks | 6 | | 2 | |
| 500 | BACK SQUAT | 3 | 275 - 300 | | Roll I-band |
| | | 2 | 325 - 350 | | Spine Rolls |
| | Test | 1 | 400 - 415 | | Coach Watch |
| | Pair Below | 3 | 415 - 425 | | 0:3:0:0 |
| | Pair Below | 3 | 415 - 425 | | 0:3:0:0 |
| | Pair Below | 3 | 415 - 425 | | 0:3:0:0 |
| | French Contrast | 3 | 415 - 425 | | 0:3:0:0 |
| | Hurdle Hop | 4 | #N/A #N/A | 4 | Distance |
| | Pair w/ | | | | |
| 250 | Squat Jump | 4 | 200 - 205 | 4 | 0:0:0:0 |
| | Pair w/ | | | | |
| | Acc Band Jump | 4 | | 4 | Rest 5:00 |
| | 4 way neck | 8 | | 2 | |
| | Pair w/ | | | | no Rest |
| | Wrist Flexion | 6 | | 3 | |
| | Pair w/ | | | | no Rest |
| | ANT TIB BND | 10 | | 3 | Band Medium |
| | Walking Drop Lunge Jump | 4 | | 3 | Bands |
| | Pair w/ | | | | Speed/Jump |
| | Cuban PRSS INC F8 | 6 | | 3 | Toes |
| | Pair w/ | | | | |
| | Ankle Band Work | 10 | | 3 | Band Medium |
| 500 | Glute Bar Lift | 6 | 375 - 400 | 3 | 0:0:0:0 |
| | Pair w/ | | | | No Rest |
| | Hip FLX BND Pulls | 6 | | 3 | |
| | Pair w/ | | | | No Rest |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Hip Traction | 300S | | 1 | Belly Breath |
| | Pair w/ | | | | No Rest |
| | Partner Leg Walks | | | | |
| | Pair w/ | | | | No Rest |
| | GH HANG | 60S | | 1 | Relax Mouth |

| 100% | WENDESDAY | 30-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | Triangle Terror | 6 | | 2 | |
| | Pair w/ | | | | |
| | 2-WAY NECK | 8 | | 2 | |
| | Pair w/ | | | | |
| | Piston Squat Band | 6 | | 2 | Bands |
| 500 | BACK SQUAT | 3 | 275 - 300 | | Roll I-band |
| | | 2 | 325 - 350 | | Spine Rolls |
| | | 1 | 400 - 415 | | Coach Watch |
| | Speed 95% Drop off | 1 | 450 - 465 | | |
| | | 1 | 450 - 465 | | |
| | | 1 | 450 - 465 | | |
| | | 1 | 450 - 465 | | |
| | | 1 | 450 - 465 | | |
| | | 1 | 450 - 465 | | |
| | | 1 | 450 - 465 | | |
| | | 1 | 450 - 465 | | |
| | Split SQ Drop Jump | 4 | | 4 | |
| | Pair w/ | | | | Rest 30 |
| | USSR Plyo Box | 4 | | 4 | Bands |
| | Pair w/ | | | | Rest 30 |
| 250 | Squat Jump | 4 | 170 - 175 | 4 | Rest 2:00 |
| | Power Step up | 4 | | 3 | Bands |
| | Pair w/ | | | | Speed/Jump |
| | Laying External Rot | 6 | | 3 | 5:0:5:0 |
| | Pair w/ | | | | Rest 30 |
| 100 | DB SL Calf Raise | 10 | 65 - 70 | 3 | Knee Bend |
| | Nordic HAM Curls | 8 | | 3 | Assist |
| | Pair w/ | | | | Rest 30 |
| | Hip FLX BND Pulls LAT | 6 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | 90 90 Grion ISO Hold | 10S | | 3 | Rest 1:00 |
| | Squat Iso Hold | 300S | | 1 | be tuff |
| | | | | | |
| | | | | | |
| | | | | | |
| | Band Stretch 1 | 30s | | 1 | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Hip Traction | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

| 100% | FRIDAY | 2-Jul-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| | 3 - WY Ham PRSS | 9 | | 2 | Eyes Closed |
| | Pair w/ | | | | no rest |
| | 2-WAY NECK | 8 | | 2 | |
| | Pair w/ | | | | no rest |
| | BAL SNGL LG SQ | 6 | | 2 | Air Max |
| | Hurdle Hop | 4 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | USSR Plyo Box | 4 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Acc Band Jump | 4 | | 3 | |
| 225 | Single Leg Squat | 12 | 145 - 160 | 3 | |
| | Pair w/ | | | | Rest 30 |
| 150 | SL Reverse Hyper | 7 | 105 - 115 | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Cuban PRSS INC F8 | 6 | | 3 | "" |
| | Cross Over STEP Up | 4 | | 3 | Bands |
| | Pair w/ | | | | Rest 30 |
| | SWB LG Curl SNGL Leg | 8 | | 3 | |
| | Pair w/ | | | | Rest 30 |
| | Thors Hammer | 8 | | 3 | "" |
| 300 | BENCH PRESS | FFFF | 195 - 105 | 4 | Rest 45 |
| | Pair w/ | | | | |
| 75 | DB Shoulder Press | FFF | 55 - 30 | 3 | OC |
| | Pair w/ | | | | Rest 45 |
| 150 | TRI PUSH DOWN | FFF | 105 - 60 | 3 | Rest 45 |
| | Nordic HAM Curls | 6 | | 2 | |
| | Pair w/ | | | | |
| | Hip FLXor ISO Pull | 6 | | 2 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 10S | | 3 | |
| | Hindu Squat Iso | 180s | | 1 | |
| | | | | | |
| | Glute Ham Back Cav Iso | 180s | | 1 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Partner Leg Walks | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | Relax Mouth |

## Block Three (6-Day): Above 80% Concentric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 3 | Exercise Hyperlink | Day 5 | Exercise Hyperlink |
|---|---|---|---|---|---|
| Box 1 | OH SQ Rack Press<br>2 way Neck<br>Standing Glute Kicks | Box 1 | Triangle Terror<br>2 way Neck<br>Piston Squat Band | Box 1 | 3-way Ham Press<br>2 way Neck<br>Balance Single Leg Squat |
| Box 2 | Back Squat<br>Back Squat Isometric | Box 2 | Back Squat | Box 2 | Hurdle Hop<br>USSR Plyo Box<br>ACC Band Jump |
| Box 3 | Hurdle Hop<br>Squat Jump<br>ACC Band Jump | Box 3 | Split SQ Drop Jump<br>USSR Plyo Box<br>Squat Jump | Box 3 | Single leg squat<br>SL Reverse Hyper<br>Cuban PRSS INC F8 |
| Box 4 | 4 Way Neck<br>Wrist Flexion<br>ANT TIB BND | Box 4 | Power Step Up<br>External Rotation Supine<br>DB SL Calf Raise | Box 4 | Crossover Step Up<br>SWB LG Curl SNGL Leg<br>Thors Hammer |
| Box 5 | Walking Drop Lunge Jump<br>Cuban PRSS INC F8<br>Ankle Band Work | Box 5 | Nordic HAM Curls<br>Hip FLX BND Pulls LAT<br>90 90 Groin ISO Hold | Box 5 | BENCH PRESS<br>DB Shoulder Press<br>TRI PUSH DOWN |
| Box 6 | Glute Bar Lifts<br>Hip Flex Band Pulls<br>Iso Ball Grion Sqeeze | Box 6 | Squat ISO Hold | Box 6 | Nordic HAM Curls<br>Hip FLXor ISO Pull<br>Iso Ball Grion Sqeeze |
| Box 7 | Hip Traction<br>Partner Leg Walks<br>GH HANG | Box 7 | GH HANG<br>Hip Traction<br>LAYING WALL SHAKES | Box 7 | H-sq Shi Bi Trap<br>Glute Ham Back Cav Iso |
| Box 8 | | Box 8 | | Box 8 | GH HANG<br>Partner Leg Walks<br>Laying Relaxation |

# BLOCK THREE (6-DAY): ABOVE 80% CONCENTRIC PHASE (UPPER BODY)

| 100% | Tuesday | 22-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 20 | 195 - 210 | 4 | oc-d/oc-a |
| | Pair w/ | | | | oc+2 |
| | Reactive Bench Toss | 4 | | 4 | Rebound |
| | Pair w/ | | | | |
| | Delt BO Lat Reb Drop | 10 | | 4 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | oc+2 |
| | Pair w/ | | | | |
| 105 | DB BO Row | 8 | 55 - 65 | 3 | Reactive |
| | Pair w/ | | | | |
| | Ext/Flex Shoulder Shock | 12 | | 3 | |
| 240 | Dips | x | 170 - 190 | 3 | |
| | Pair w/ | | | | |
| 180 | Chin up | x | 125 - 145 | 3 | |
| | Pair w/ | | | | |
| | ANT TIB BND | 15 | | 3 | |
| 64 | JM DB Press | 10 | 40 - 45 | 3 | oc+2 |
| | Pair w/ | | | | |
| | Bicep shock curls | 6 | | 3 | |
| | Pair w/ | | | | |
| | Plate Flips | 12 | | 3 | |
| | Wrist Flexion | 12 | | 2 | LS Failure |
| | Pair w/ | | | | |
| | Pike SWB Abs | 12 | | 2 | |
| | Pair w/ | | | | |
| | SWB Down TW | 8 | | 2 | |
| | Chest Rev Grip Iso | 180s | 60% - | 1 | |
| | Pair w/ | | | | |
| | Shr Sho Bi Cav Iso | 180s | 60% - | 1 | |

| 100% | Thursday | 24-Jun-10 | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 12 | 225 - 235 | 4 | oc-d/oc-a |
| | Pair w/ | | | | oc+2 |
| | Reactive Bench Toss | 3 | | 4 | Rebound |
| | Pair w/ | | | | |
| | Delt BO OH Reb Drop | 10 | | 4 | |
| 90 | DB INCLINE BENCH | 15 | 60 - 65 | 3 | oc+2 |
| | Pair w/ | | | | |
| 165 | Dynamic Lat Pull | 8 | 115 - 125 | 3 | |
| | Pair w/ | | | | |
| | EXT Rot Part Shock | 8 | | 3 | |
| 240 | Close Grip Bench | 3 | 220 - 230 | 3 | 3 Board |
| | Pair w/ | | | | |
| 60 | Incline Hammer Curls | 12,9,6 | 40 - 50 | 3 | Increase Wgt |
| | Pair w/ | | | | |
| | FRT Raise Drops | 6 | | 3 | |
| 150 | Rev Grip Tri Push | 9,7,5 | 105 - 120 | 3 | Increase Wgt |
| | Pair w/ | | | | |
| 45 | Concentration Curl | 6 | 35 - 35 | 3 | LS OC FAIL |
| | Pair w/ | | | | |
| | Wrist Extension | 12 | | 3 | |
| | Plate Hold | 30S | | 3 | |
| | Pair w/ | | | | |
| | Gopher U Abs | 12 | | 3 | |
| | Pair w/ | | | | |
| | SWB Up TW | 8 | | 3 | Each Side |
| | Chest Rev Grip Iso | 180s | 60% - | 1 | |
| | Pair w/ | | | | |
| | Shr Sho Bi Cav Iso | 180s | | 1 | |

| 100% | Saturday | | | | |
|---|---|---|---|---|---|
| | | REPS | LOAD | SETS | NOTES |
| 300 | BENCH PRESS | 5 | 135 - 165 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 3 | 175 - 195 | 1 | P/w-2 Neck |
| | Pair w/ | | | | |
| 300 | BENCH PRESS | 1 | 235 - 240 | 1 | P/w-2 Neck |
| 300 | BENCH PRESS | 4 | 240 - 250 | 4 | |
| | Pair w/ | | | | |
| | Med Ball Chest Pass | 3 | | 4 | one arm |
| | Pair w/ | | | | |
| | OH SUP F8 | 10 | | 4 | |
| 90 | DB INCLINE BENCH | 10 | 60 - 65 | 3 | |
| | Pair w/ | | | | |
| 105 | 1 Arm Lat Pull Down | 10 | 75 - 80 | 3 | |
| | Pair w/ | | | | |
| 62 | DB Curl to Arnold | 8 | 45 - 50 | 3 | |
| 60 | DB Tri Floor Press | 12 | 40 - 40 | 3 | |
| | Pair w/ | | | | |
| 120 | Ez Bar Curl | 12 | 80 - 85 | 3 | |
| | Pair w/ | | | | |
| 100 | DB SL Calf Raise | 15 | 60 - 65 | 3 | |
| 240 | Dips | 12 | 155 - 170 | 3 | |
| | Pair w/ | | | | |
| 105 | Drag Curl | 6 | 85 - 85 | 3 | LS OC FAIL |
| | Pair w/ | | | | |
| | Spider Flips | 12 | | 3 | |
| | Wrist Flexion | 12 | | 3 | |
| | Pair w/ | | | | |
| | Gopher U Abs | 12 | | 3 | |
| | Pair w/ | | | | |
| | SWB Up TW | 8 | | 3 | Each Side |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | Shr Sho Bi Cav Iso | 180s | | 1 | |

## Block Three (6-Day): Above 80% Concentric Phase Hyperlinks

| Day 2 | Exercise Hyperlink | Day 4 | Exercise Hyperlink | Day 6 | Exercise Hyperlink |
|---|---|---|---|---|---|
| Box 1 | Bench Press<br>P/w-2 Neck | Box 1 | Bench Press<br>P/w-2 Neck | Box 1 | Bench Press<br>P/w-2 Neck |
| Box 2 | Bench Press 2POC<br>Reactive Bench Toss<br>Delt Lat Rebound Drop | Box 2 | Bench Press 2POC<br>Reactive Bench Toss<br>Delt Lat Rebound Drop | Box 2 | Bench Press<br>Med Ball Chest Pass<br>OH SUP F8 |
| Box 3 | DB Incline OC<br>DB BO Row Reactive<br>Ext/Flx Shoulder Shock | Box 3 | DB Incline OC<br>Dynamic Lat Pull<br>EXT Rot Part Shock | Box 3 | DB INCLINE BENCH<br>1 Arm Lat Pull Down<br>DB Curl to Press |
| Box 4 | Dips<br>Chin Up<br>ANT TIB BND | Box 4 | Board Close Grip Bench Press<br>Incline Hammer Curls<br>FRT Raise Drops | Box 4 | DB Tri Floor Press<br>Ez Bar Curl<br>DB SL Calf Raise |
| Box 5 | JM DB Press<br>Bicep Curl Shock<br>Plate Flips | Box 5 | Tri push down<br>Concentration Curl<br>Wrist Extension | Box 5 | Dips<br>Drag Curl<br>Spider Flips |
| Box 6 | Wrist Flexion<br>Pike Swiss Ball Abs<br>SWB Up TW | Box 6 | Plate Hold<br>Gopher U Abs<br>SWB Up TW | Box 6 | Wrist Flexion<br>Gopher U Abs<br>SWB Up TW |
| Box 7 | Chest Reverse Grip ISO<br>Shr Sho Bi Cav Iso | Box 7 | Chest Reverse Grip ISO<br>Shr Sho Bi Cav Iso | Box 7 | Chest Reverse Grip ISO<br>Shr Sho Bi Cav Iso |
| Box 8 | | Box 8 | | Box 8 | |

# 4.13: Above 80 Percent Two-Day In-Season Program

Last but not least, the table below shows how to take what you learned about the three-day model and convert it to a two-day in-season program. In the table, day one loading parameters are in white, day two loading parameters are in red, and day three loading parameters are in blue. Remember, whenever athletes are in-season, all their volume work comes from practice. Additional volume in the weight room or by conditioning will likely lead to an overtrained, underperforming athlete.

**TABLE 4.25: Above 80 Percent Three-Day Versus Two-Day In-Season Model**

| Training Week: | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|---|---|---|---|---|---|---|---|
| Three-Day Model | Focus | Total Body | Off | Total Body | Off | Total Body | Off |
| | Load | 82–87% | | 90–97% | | 75–80% | |
| | Means Applied | Triphasic | | Dynamic | | Triphasic | |
| Two-Day Model | Focus | Total Body | Off | Lower Body | Off | Off | Off |
| | Load | 82–87% | | 90–97% | | | |
| | Means Applied | Triphasic | | Dynamic | | | |

For those of you looking for a conditioning table, you won't find it. Remember, during the season, all the athletes' volume and conditioning comes from practice. If a coach takes an athlete and has him run or condition outside of his structured practice, he will overtrain in-season. Both the central and peripheral mechanisms will become overworked and the athlete's performance level will drop off.

Finally, we need to talk about the different exercises, methods, and means I use in a two-day in-season program that I don't use and didn't show you in the three-day program. Click on the hyperlink below for a complete explanation of the two-day in-season training model.

## Two-day in-season above 80 percent triphasic video

# BLOCK ONE (2-DAY IN-SEASON): ABOVE 80% ECCENTRIC PHASE

| 100% | MONDAY | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| | Stding SQ Drop P Jump | C1T | | 2 | 2% - Tendo |
| | Pair w/ | | | | 0:2:0:6 |
| | Cuban PRSS INC F8 | 5 | | 2 | P/w-2 Neck |
| | Pair w/ | | | | |
| | ANT TIB BND | 10 | | 2 | Each Leg |
| 500 | Back Squat | 2 | 415 - 440 | 3 | 5:0:0:0 |
| | Pair w/ | | | | Spotter Help |
| | Hip Flex Iso Prone | 4 | | 3 | 0:5:0:0 |
| | Pair w/ | | | | Bench |
| | 1 Arm LAT Pull | 8 | | 3 | Rest 1:30 |
| 105 | DB BENCH | 6 | 70 - 75 | 3 | 5:0:0:0 |
| | Pair w/ | | | | Bands |
| | GH HYPR Incline | 5 | | 3 | 0:5:0:0 |
| | Pair w/ | | | | |
| 30 | OH LAT Raise | 10 | 20 - 20 | 3 | + Shrug |
| 64 | JM DB Press | 6 | 50 - 50 | 2 | 3:0:0:0 |
| | Pair w/ | | | | |
| 105 | Drag Curl | 6 | 80 - 85 | 2 | |
| | Pair w/ | | | | |
| | 90 90 Grion ISO Hold | 15S | | 2 | |
| | H-Sq Sh Bi Trap | 180s | | 1 | |
| | | | | | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| 575 | Hex Deadlift | 30s | - | 1 | 135 or 185 |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | Core Workout 5 | | | | |
| | | | | | |
| | | 8 | 70% - 75% | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | |

| 100% | WENDESDAY | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| | Stding SQ Drop Jump | C1T | | 2 | 2% - Tendo |
| | Pair w/ | | | | 0:0:0:6 |
| | Tea Cup Stuff | 5 | | 2 | |
| | Pair w/ | | | | |
| | Calf Raises | 8 | | 2 | |
| 750 | Leg Press | 3 | 695 - 710 | 3 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 4 | | 3 | 0:5:0:0 |
| | Pair w/ | | | | |
| 165 | Dynamic Lat Pull | 8 | 125 - 130 | 3 | Rest 1:30 |
| 300 | BENCH PRESS | 3 | 280 - 285 | 3 | |
| | Pair w/ | | | | |
| | Ball BND LG Curls | 6 | | 3 | |
| | Pair w/ | | | | |
| 38 | DB Rear Delt | 10 | 25 - 25 | 3 | |
| 45 | DB Tri Pro Sup | 10 | 30 - 35 | 2 | |
| | Pair w/ | | | | |
| 60 | DB Curl to Press | 6 | 45 - 50 | 2 | |
| | Pair w/ | | | | |
| | 90 90 Glute ISO Hold | 15S | | 2 | |
| | Glute Ham Back Cav Iso | 180s | | 1 | |
| | | | | | |
| | H-Sq Sh Bi Trap | 120S | | 1 | |
| | | | | | |
| | | | | | |
| | | | | | Toes |
| | Pair w/ | | | | |
| | | | | | |
| | Pair w/ | | | | |
| | | | | | Box 36 |
| | Core Workout 1 | | | | |
| | | | | | |
| | | 8 | 70% - 75% | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

## Block One (2-Day): Above 80% Eccentric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 2 | Exercise Hyperlink |
|---|---|---|---|
| **Box 1** | Stding SQ Drop P Jump<br>Cuban Press INC F8<br>ANT TIB BND _ | **Box 1** | Sting SQ Drop Jump<br>Tea Cup Stuff<br>Calf Raises |
| **Box 2** | Back Squat Eccentric<br>Hip Flex Iso Prone<br>1 Arm LAT Pull | **Box 2** | Leg Press<br>Iso Ball Groin Squeeze<br>Dynamic Lat Pull |
| **Box 3** | DB Bench<br>GH HYPER Incline<br>OH LAT Raise | **Box 3** | BENCH PRESS<br>Ball BND LG Curl<br>DB Rear Delt |
| **Box 4** | JM DB Press<br>Drag Curl<br>90 90 Groin ISO Hold | **Box 4** | DB Tri Pro Sup<br>DB Curl to Press<br>90 90 Glute ISO Hold |
| **Box 5** | H-sq Shi Bi Trap<br>Chest Rev Grip Iso<br>Hex Deadlift | **Box 5** | Glute Ham Back Cav Iso<br>H-sq Shi Bi Trap |
| **Box 6** | | **Box 6** | |
| **Box 7** | | **Box 7** | |
| **Box 8** | GH Hang<br>Rollers Glutes & Hams<br>Laying Relaxation | **Box 8** | GH Hang<br>Rollers Quads & Back<br>LAYING WALL SHAKES |

# BLOCK TWO (2-DAY IN-SEASON): ABOVE 80% ISOMETRIC PHASE

| 100% | MONDAY | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| | Squat Jump Pause | C1T | | 2 | 2% - Tendo |
| | Pair w/ | | | | Set Drop off |
| | Cuban PRSS INC F8 | 5 | | 2 | P/w-2 Neck |
| | Pair w/ | | | | |
| | Glute Bar Lifts | 5 | | 2 | Blue Pad |
| 500 | Back Squat | 2 | 415 - 440 | 3 | 0:4:0:0 |
| | Pair w/ | | | | Box |
| | Hip Flex Iso Prone | 4 | | 3 | 0:5:0:0 |
| | Pair w/ | | | | Bench |
| | 1 Arm LAT Pull | 8 | | 3 | Rest 1:30 |
| 105 | DB BENCH | 6 | 70 - 75 | 3 | 0:4:0:0 |
| | Pair w/ | | | | Bands |
| | GH HYPR Incline | 5 | | 3 | 0:5:0:0 |
| | Pair w/ | | | | |
| 30 | OH LAT Raise | 10 | 20 - 20 | 3 | + Shrug |
| 60 | DB Tri Floor Press | 6 | 45 - 50 | 2 | 0:2:0:0 |
| | Pair w/ | | | | |
| | Dual Action Bicep Curls | 6 | | 2 | |
| | Pair w/ | | | | |
| | 90 90 Grion ISO Hold | 15S | | 2 | |
| | H-Sq Sh Bi Trap | 180s | | 1 | |
| | Pair w/ | | | | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | Core Workout 3 | | | | |
| | | | | | |
| | | 8 | 70% - 75% | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | |

| 100% | WENDESDAY | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| | Vertimax 2 Band Pause | C1T | | 2 | 2% - Tendo |
| | Pair w/ | | | | Set Drop off |
| | Tea Cup Stuff | 5 | | 2 | |
| | Pair w/ | | | | |
| | Calf Raises | 8 | | 2 | |
| 750 | Leg Press | 3 | 695 - 710 | 3 | |
| | Pair w/ | | | | |
| | Iso Ball Grion Sqeeze | 4 | | 3 | |
| | Pair w/ | | | | |
| 165 | Dynamic Lat Pull | 8 | 125 - 130 | 3 | Rest 1:30 |
| 300 | BENCH PRESS | 3 | 280 - 285 | 3 | |
| | Pair w/ | | | | |
| | Ball BND LG Curls | 6 | | 3 | |
| | Pair w/ | | | | |
| 38 | DB Rear Delt | 10 | 25 - 25 | 3 | |
| 45 | DB Tri Pro Sup | 10 | 30 - 35 | 2 | |
| | Pair w/ | | | | |
| 60 | DB Curl to Press | 6 | 45 - 50 | 2 | |
| | Pair w/ | | | | |
| | 90 90 Glute ISO Hold | 15S | | 2 | |
| | Glute Ham Back Cav Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | H-Sq Sh Bi Trap | 120S | | 1 | |
| | Pair w/ | | | | |
| | | | | | |
| | Coreworkout 6 | | | | |
| | | | | | |
| | | 8 | 70% - 75% | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

## Block Two (2-Day): Above 80% Isometric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 2 | Exercise Hyperlink |
|---|---|---|---|
| **Box 1** | Squat Jump Pause<br>Cuban Press INC F8<br>Glute Bar Lifts | **Box 1** | Squat Jump Pause<br>Tea Cup Stuff<br>Calf Raises |
| **Box 2** | Back Squat Isometric<br>Hip Flex Iso Prone<br>1 Arm LAT Pull | **Box 2** | Leg Press<br>Iso Ball Groin Squeeze<br>Dynamic Lat Pull |
| **Box 3** | DB Bench Isometric<br>GH HYPER Incline<br>OH LAT Raise | **Box 3** | BENCH PRESS<br>Ball BND LG Curl<br>DB Rear Delt |
| **Box 4** | DB Tri Floor Press<br>Dual Action Bicep Curls<br>90 90 Groin ISO Hold | **Box 4** | DB Tri Pro Sup<br>DB Curl to Press<br>90 90 Glute ISO Hold |
| **Box 5** | H-sq Shi Bi Trap<br>Chest Rev Grip Iso | **Box 5** | Glute Ham Back Cav Iso<br>H-sq Shi Bi Trap |
| **Box 6** | | **Box 6** | |
| **Box 7** | | **Box 7** | |
| **Box 8** | GH Hang<br>Rollers Glutes and Hams<br>Laying Relaxation | **Box 8** | GH Hang<br>Rollers Quads & Back<br>LAYING WALL SHAKES |

# BLOCK THREE (2-DAY IN-SEASON): ABOVE 80% CONCENTRIC PHASE

| 100% | MONDAY | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| 250 | Squat Jump | C1T | 140 - 150 | 2 | 2% - Tendo |
| | | | | | Set Drop off |
| | Cuban PRSS INC F8 | 5 | | 2 | P/w-2 Neck |
| | | | | | |
| | Ankle Band Work | 8 | | 2 | Each Side |
| 500 | Back Squat | 2 | 415 - 440 | 3 | Reactive |
| | Pair w/ | | | | |
| | Russian Switch Lunge | 4 | | 3 | 0:5:0:0 |
| | Pair w/ | | | | Bench |
| 75 | 1 Arm Lat Pull Supine | 8 | 55 - 60 | 3 | Rest 1:30 |
| 300 | BENCH PRESS | 2 | 250 - 265 | 3 | Reactive |
| | Pair w/ | | | | |
| | GH HYPR Incline | 5 | | 3 | Reactive |
| | Pair w/ | | | | |
| 30 | OH LAT Raise | 10 | 20 - 20 | 3 | + Shrug |
| 60 | DB Tri Ext | 6 | 45 - 50 | 2 | |
| | Pair w/ | | | | |
| | Bicep shock curls | 6 | | 2 | |
| | Pair w/ | | | | |
| | 90 90 Grion ISO Hold | 15S | | 2 | |
| | H-Sq Sh Bi Trap | 180s | | 1 | |
| | Pair w/ | | | | |
| | Chest Rev Grip Iso | 180s | | 1 | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | Coreworkout 8 | | | | |
| | | | | | |
| | | 8 | 70% - 75% | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | |
| | Pair w/ | | | | |
| | Rollers Glutes & Hams | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING RELAXATION | 120S | | 1 | |

| 100% | WENDESDAY | REPS | LOAD | SETS | NOTES |
|---|---|---|---|---|---|
| | Vertimax DS 2 Band | C1T | | 2 | 2% - Tendo |
| | Pair w/ | | | | Set Drop off |
| | Tea Cup Stuff | 5 | | 2 | |
| | Pair w/ | | | | |
| | Calf Raises | 8 | | 2 | |
| 500 | Back Squat | 3 | 465 - 475 | 3 | Reactive |
| | Pair w/ | | | | Sport SQ |
| | Iso Ball Grion Sqeeze | 4 | | 3 | 0:5:0:0 |
| | Pair w/ | | | | |
| 165 | Dynamic Lat Pull | 8 | 125 - 130 | 3 | Rest 1:30 |
| 300 | BENCH PRESS | 1 | 255 - 265 | 4 | Reactive |
| | Pair w/ | | | | |
| | Ball LG Curl | 6 | | 3 | Reactive |
| | Pair w/ | | | | |
| | Delt Lat Rebound Drop | 10 | | 3 | |
| 45 | DB Tri Pro Sup | 10 | 30 - 35 | 2 | |
| | Pair w/ | | | | |
| 60 | DB Curl to Press | 6 | 45 - 50 | 2 | |
| | Pair w/ | | | | |
| | 90 90 Glute ISO Hold | 15S | | 2 | |
| | Glute Ham Back Cav Iso | 180s | | 1 | |
| | Pair w/ | | | | |
| | H-Sq Sh Bi Trap | 120S | | 1 | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | Coreworkout 5 | | | | |
| | | | | | |
| | | 8 | 70% - 75% | 2 | |
| | | | | | |
| | | | | | |
| | GH HANG | 120S | | 1 | Relax Mouth |
| | Pair w/ | | | | |
| | Rollers Quads & Back | 120S | | 1 | |
| | Pair w/ | | | | |
| | LAYING WALL SHAKES | 120S | | 1 | Relax Mouth |

## Block Three (2-Day): Above 80%

### Concentric Phase Hyperlinks

| Day 1 | Exercise Hyperlink | Day 2 | Exercise Hyperlink |
|---|---|---|---|
| **Box 1** | Squat Jump<br>Cuban Press INC F8<br>Ankle Band Work | **Box 1** | Squat Jump<br>Tea Cup Stuff<br>Calf Raises |
| **Box 2** | Back Squat<br>Russian Switch Lunge<br>1 Arm LAT Pull | **Box 2** | Back Squat<br>Iso Ball Groin Squeeze<br>Dynamic Lat Pull |
| **Box 3** | BENCH PRESS<br>GH HYPER Incline<br>OH LAT Raise | **Box 3** | BENCH PRESS<br>Ball LG Curl<br>Delt Lateral Rebound Drop |
| **Box 4** | DB Tri Ext<br>Bicep Shock Curls<br>90 90 Groin ISO Hold | **Box 4** | DB Tri Pro Sup<br>DB Curl to Press<br>90 90 Glute ISO Hold |
| **Box 5** | H-sq Shi Bi Trap<br>Chest Rev Grip Iso | **Box 5** | Glute Ham Back Cav Iso<br>H-sq Shi Bi Trap |
| **Box 6** | | **Box 6** | |
| **Box 7** | | **Box 7** | |
| **Box 8** | GH Hang<br>Rollers Glutes and Hams<br>Laying Relaxation | **Box 8** | GH Hang<br>Rollers Quads & Back<br>LAYING WALL SHAKES |