

Fall Conditioning
Duration 3 weeks (4x/week)

Week 1 – 30 seconds rest (4 x thru)
Week 2 – 20 seconds rest (3 x thru)
Week 3 – 15 seconds rest (3 x thru)

Day 1

Dumbbell Circuit

Series of stations using a different dumbbell exercise. Each station is based on reps and transition time between each station will start with 30 seconds. Time between sets range 5-8 min. Weight suggestions can be changed based on strength.

1. Standing alternate arm shoulder press (12 x 12)

Hands pronated, knees slightly bent. Keep wrist above elbow during the movement and alternate each arm per rep. Suggested weight 40lbs.

2. Seated alternate arm reverse tricep (12 x 12)

Sitting on the edge of a bench hold dbells at sides palms facing in. Initiate movement by raising elbow towards the ceiling and letting hand remain below elbow. Alternate right and left arms. Suggested weight 40lbs.

3. Offset push up (12 x 12)

Prone on floor with straight legs place one hand flat on floor and the other will be holding on to the dumbbell on the floor. Perform 12 pushups with one hand elevated on the dumbbell and then switch the dumbbell to the other hand and finish with 12 pushups with the dumbbell under the other hand. Use anything that will elevate the hand 6-8”.

4. Walking dbell lunge (12 x 12)

Keep shoulders square and chest up-avoid bending at the waist. In the walking lunge step far enough to allow back knee to come close to touching the floor but the front knee does not travel in front of the foot. Hold dbells at side. Suggested weight 20lbs.

5. Dbell RDLs (x12 with 3 second eccentric count)

Hold dbells palms facing down and resting on quads. With a flat back slowly lower the dbells to below the knee or mid-shin in a 3 second count. Knees are slightly bent. Suggested weight 60lbs.

6. Farmers walk (max distance in 30 seconds)

Hold dbells at sides and walk in a brisk pace for 30 seconds. Suggested weight 60lbs.

7. Power sit up with dbell (8 x 8 x 8)

In the traditional situp position secure feet and hold dbell on chest. Curl up to the middle, back down, curl to the right knee, back down, and then curl to the left knee, back to starting position. This is one rep. Suggested weight 10lbs.

8. Standing hammer curl twists (12 x 12)

Hold dbells in a hammer curl position-elbows bent and tight to ribcage. Lock in the position and rotate the torso 90+degrees to the right and back around to the left. Slight turning of the feet on the twist. Suggested weight 30lbs.

Day 2

Plyos and Med ball work

This series of exercises and drills will require a 10K bumper plate, 10-12lb. med ball, 14"-20" plyo box and open area.

Hammer drills:

10K bumper plate

1. Hammer winds with bumper-right and left 3 x (10 x 10)
2. Stop position turns. Start with hands/bumper at zero rotate to 90 and stop. Check position then step to 180 hands up and in the direction of the throw. Return back to zero and repeat (3 x 3 turns)
3. Multi turns. Begin straddling a line and perform 3 x 8-10 consecutive turns with bumper. Stay within the line as you build speed.

Med ball drills and exercises:

1. Sling releases. Hold med ball at zero, turn back and sling release over shoulder. Hands high upon delivery. 3 x (3 x 3) right and left side
2. Multi turns with release. Sling entry with 3 x 6-8 turns and a release.
3. Slam downs-two handed slam down to the ground as hard and repeat as fast as possible 3 x 10 reps. Emphasize the height of the med ball and follow the ball down. Lengthen the path of the med ball as you increase speed.

Plyo box exercises:

1. Seated jump vertical-Sitting on the box, rock back to unhinge the hips and bring feet slightly off the floor. Slam feet back to the ground and jump up vertically. (4 x 8 jumps)
2. Seated jump forward- Sitting on the box, rock back to unhinge the hips and bring feet slightly off the floor. Slam feet back to the floor and perform 3 consecutive double foot hops forward. (4 x 3 hops)
3. Box jumps-Double leg jump (4 x 10) and single leg jump (4 x 10x10).

Day 3

Weight room circuit-each station is 30 seconds and you must complete as many reps as you can. Rest time will change each week.

1. **Dumbbell stepup**-knee must be level with hip on the box. Alternate legs and emphasize the opposite knee towards ceiling on step up. Dbells at sides.
2. **Feet elevated pushup**. Prop feet up on a bench and perform as many pushups in 30 seconds
3. **Mixed grip pull-ups**-pronated, supinated, mixed grips. Change grip each set.
4. **Band pull aparts**- yellow band
5. **Reverse hyper**
6. **Glute-ham raises** (hamstring curl) plus weight
7. **Overhead squat** (45lb bar plus weight)
8. **Plank** -traditional plank position on the floor resting on forearms, legs straight on toes. Eyes focused on floor between hands, imagine a straight line from top of head down to toes. 'Pull belly button into spine'
9. **Bondarchuk lunges**-step over 45lb. bar (plus weight) and hold bar and stand up in a lunge position. Keep split leg stance and drop the back knee down to the ground and back up to starting position. Do not allow a full lockout of the legs. Allow 10 seconds to switch feet and repeat 30 seconds on other leg.
10. **Russian Twist**-secure feet knees bent arms straight out in front holding a 10lb.-10K plate. Rotate 180 degrees to the right and left side. Trunk angle 45°.

Week 1 – 30 seconds between each station (4 x thru) 5-8 minutes between sets.

Week 2 – 20 seconds between each station (3 x thru) 4-7 minutes rest between sets.

Week 3 – 15 seconds each station (3 x thru) 3-5 minutes rest between sets.

Day 4

Sled Pull/Drag and Hill Exercises

Distance for the sled workout 30m. with minimal rest between exercises. Depending on weight used you may go through the series 2-3 times.

Sled Exercises:

Pull

1. Walking forward lunge
2. Walking lateral lunge (repeat opposite side)
3. Giant steps with twist stretch. Large step forward with right foot, raise left hand straight up and rotate torso to the right. Turn back to center and stand up square. Repeat other side.
4. Chop step/high knees-quick short steps with high knees
5. Bear crawl-hands and feet
6. 75% sprint-quick arms, quick legs, lean forward

Drag

1. Bent over pull thrus- straddle rope to sled behind you, hold the end of the rope between your legs and with a flat back and straight arms pull thru rope in front of you. (weight may need adjusted) Take a few steps forward and repeat.
2. Backward walk-toe to heel. Lean back with upper body and hold with straight arms
3. Backward walk with row to neck-step back with left then right foot until rope is taut and then pull rope to neck

Hill work: 3 x thru

Double hops up hill

Single leg bounding up hill (alternate right then left)

Bear crawl up hill (butt in air)

Crab crawl *down* hill (belly in air)

High knees up hill

Lateral walk up hill-left right touches, left right touches, etc. Bent knees the duration of the exercise.

Running workout:

4 x 50m (2 forward/2 backward) -1 min rest

4 x 100m (forward running) - 90 sec. rest

2 x 200m - 3 min. rest

2 x 100m – 2 min. rest

1 x 50m sprint

GPP Phase 1

Day 1 Lower

- A. Pin lock out deadlifts in rack
- | | | | |
|-------|------------|-------------|--------------|
| Wk. 1 | Mid shin | 6 x 8 | 2-3 min rest |
| Wk. 2 | Below knee | 8-8-8-6-6-5 | |
| Wk. 3 | Above knee | 5-4-3-2-2-1 | |
| Wk. 4 | Above knee | 4-3-2-1-1-1 | |
- B. Slow tempo Back Squats
Tempo 5 0 5
- | | | |
|-------|------------------|------------|
| Wk. 1 | 8-8-6-6-6 | 3 min rest |
| Wk. 2 | 8-6-5-5-5 | |
| Wk. 3 | 5-4-3-3-3 | |
| Wk. 4 | 5-3-1-1-X | |
- X=Bonus rep test. Use weight from first set of 5.
Normal tempo max effort.
- C. GHR
- | | |
|-------|-------------|
| Wk. 1 | 4 x 20 |
| Wk. 2 | 20-20-15-15 |
| Wk. 3 | 3 x 15 |
| Wk. 4 | 3x12 |

Note:

This workout might kick you in the teeth. I'm attacking the low back so let me know how the first workout goes.

Pin lock outs-set the safety bars for the racks at the appropriate level for the pull. Do not use straps for the first week. You can use straps for weeks 2 and 3 if you wish. Double overhand grip-be aware of position and technique. Flat back start with shoulders over bar. Week 1 is to fire up the low back and then weeks 2 and 3 are allowing you to really load up the weight. By week 3 your doubles and single should be pretty heavy. Reset each rep in the rack in week 3.

5 Second Squats will really make you aware of position. Week 1-use **same weight for first two sets**, *increase the weight 5-10% for the next two sets of 6* and then increase 5-10% for the last set of 6. Tempo is 5 second count down and 5 seconds up. Weeks 2 and 3 are normal progression.

GPP Phase 1

Day 2 Upper

A1. Decline dumbbell bench	Wk. 1 6 x 8	90 sec. rest
	Wk. 2 4 x 6	
	Wk. 3 8-6-5-4	
	Wk. 4 6-5-4-3	
A2. Low pulley row to chest	Wk. 1 6 x 10	90 sec. rest
	Wk. 2 4 x 8	
	Wk. 3 8-6-5-4	
	Wk. 4 6-5-4-3	
B1. Standing Poliquin Press	Wk. 1 4 x 8	60 sec. rest
	Wk. 2 4 x 6	
	Wk. 3 3 x 6	
	Wk. 4 3 x 4	
B2. Prone incline reverse dbell fly	Wk. 1 4 x 8	60 sec. rest
	Wk. 2 4 x 6	
	Wk. 3 3 x 6	
	Wk. 4 3x 4	
C. Straight bar bicep curl	Wk. 1-4 3 x (8-10)	60 sec. rest

Note:

Tempo in decline dbell bench is 3 0 X. Lower the weight in 3 seconds and immediately up.

Tempo in low pulley row is also 3 0 X-pull the handles to chest and let it out in 3 seconds in the eccentric movement.

Poliquin press works best with an EZ curl bar. Positions are straight arm hang in front of legs, shrug shoulders with straight arms hands outside of legs, hold shrug and bend elbows to 90° in line with shoulders (bar across chest), rotate at the shoulder to allow hands overhead. Lowering phase is also in positions-rotate shoulders back to previous position (holding shrug, elbows still high, bar across chest), lower arms, then release the shoulders/shrug.

Face down on an incline bench perform a reverse fly with dbells. Keep a slight bend in the elbows, squeeze shoulder blades at the height of fly.

GPP Phase 1

Day 3 Lower

A. Snatch grip high pulls (from floor)	Wk. 1 4-4-4-3-3 Wk. 2 4-4-3-2-2 Wk. 3 3-2-1-1 Wk. 4 2-1-1-1	2-3 min. rest
B. Low box squat	Wks. 1-4 8 x 3	60 sec rest
C1. Dumbbell step ups	Wk. 1 4 x (6 x 6) Wk. 2 4 x (4 x 4) Wk. 3 3 x (4 x 4) Wk. 4 3 x (3 x 3)	90 sec rest
C2. Leg curl	Wk. 1 4 x 12 Wk. 2 4 x 10 Wk. 3 3 x 8 Wk. 4 3 x 7	90 sec rest
D. Standing winds w/10K 25lb. plate	Wks. 1-4 3 x (10 x 10)	

Note:

Snatch pull may be with straps-pull to chest height. If you have issues with your low back elevate the pull from a box. Dynamic movement

Dbell step ups-knee parallel to floor

Leg curl can be seated or laying

Standing winds on both left and right side-big pendulum

GPP Phase 1

Day 4 Upper

A. Flat bench press	Wk. 1 10-8-8-6-6
	Wk. 2 8-8-6-6-5
	Wk. 3 5 x 5
	Wk. 4 5-3-1-X (Max Day)
B1. Standing barbell military press	Wk. 1 6 x 8
	Wk. 2 8-6-5-4
	Wk. 3 4 x 4
	Wk. 4 4-3-1-1-1
B2. Wide grip lat pulldown to sternum	Wk. 1 6 x (10-12)
	Wk. 2 4 x 8
	Wk. 3 8-6-5-4
	Wk. 4 6-5-4-3
C1. Bent over barbell row	Wk. 1 6 x (10-12)
	Wk. 2 4 x 8
	Wk. 3 8-6-5-4
	Wk. 4 6-5-4-3
C2. Skull Crushers	Wk. 1 6 x 10
	Wk. 2 4 x 8
	Wk. 3 4 x 8
	Wk. 4 4 x 6

Note:

Rest time 90-120 seconds between exercises

Bench grip 16-18", tempo 3 0 X (3 seconds down, no pause and immediately up)

Make small jumps in weights to concentrate on technique and try to make all reps. Third set of week one should be the starting weight for week 2.

Standing barbell military press can be staggered stance or parallel. Tempo also 3 0 X

Wide pulldown tempo 3 1 X but you pull the bar to the chest as quickly as possible, one second pause on sternum and let the weight go back up in 3 seconds.

Bent over row-hip width stance bent knees, flat back, pull straight bar to chest, elbows to ceiling. Normal tempo

GPP Phase 2

Day 1 Lower

A. Front Squats	3:0:X	Wk. 1	2 x 8	3 x 6		
		Wk. 2	2 x 6	3 x 5		
		Wk. 3	1 x 6	2 x 5	3 x 4	
		Wk. 4	1 x 5	1 x 4	2 x 3	2 x 2
B1. Peterson step ups		Wk. 1	6 x (8 x 8)			
		Wk. 2	6 x (8 x 8)			
		Wk. 3	4 x (6 x 6)			
		Wk. 4	2 x (6 x 6)		2 x (4 x 4)	
B2. D-bell RDL		Wk. 1	6 x (8 x 8)			
3:1:2		Wk. 2	6 x (8 x 8)			
		Wk. 3	4 x (6 x 6)			
		Wk. 4	4 x (6 x 6)			
C1. Seated good mornings		Wk. 1	6 x 8			
		Wk. 2	2 x 8	3 x 6		
		Wk. 3	5 x 5			
		Wk. 4	2 x 5	2 x 4		
C2. Garhammer abs		Wk. 1	6 x (12-15)			
		Wk. 2	5 x (10-12)			
		Wk. 3	5 x (10-12)			
		Wk. 4	4 x (8-10)			

Front squats-make sure you are keeping your elbows up in front of you, it will help to keep your chest up too. 3 seconds down, then immediately up.

Peterson step ups-stack some bumper plates or stand on a 8-10" box off the floor. With a barbell across your back position your right foot on the edge of the bumpers. Balance your hip over your standing foot (right foot) and with your left leg extended and foot plantar flex slowly bend your right knee to lower your left heel to the ground. Lightly touch your left heel on the ground and straighten your right knee to stand. Keep your head and chest up, let the bending knee track over your toes. Switch feet.

Dbell RDL-3 seconds down to the top of the kneecap, one second pause, two second to stand up straight

Seated good morning-barbell across back, straddle bench. Think about lifting your torso up from the hips and extending your chest out over your knees.

Garhammer abs- Hanging from a pullup bar keep arms straight and curl your knees to your chest then extend the legs straight to the ground

GPP Phase 2

Day 2 Upper

A1. Flat dbell press with rotation	Wk. 1 6 x 8 Wk. 2 8-8-6-6-6 Wk. 3 8-6-6-5-5 Wk. 4 6-5-4-3-2
A2. Bent over row with barbell	Wk. 1 6 x (8-10) Wk. 2 5 x (8-10) Wk. 3 5 x (6-8) Wk. 4 6-5-4-3-2
B1. Alternate arm dbell military press	Wk. 1 6 x (8 x 8) Wk. 2 6 x (6 x 6) Wk. 3 6-6-5-5-5 Wk. 4 6-5-4-4
B2. Narrow grip Supinated lat pulldown	Wk. 1 6 x 12 Wk. 2 6 x 10 Wk. 3 5 x (8-10) Wk. 4 4 x (6-8)
C1. Scap Lat raise	Wk. 1 4 x (10 x 10) Wk. 2 4 x (8 x 8) Wk. 3 4 x (6 x 6) Wk. 4 3 x (6 x 6)
C2. External rotator	Wk. 1 4 x (10 x 10) Wk. 2 4 x (8 x 8) Wk. 3 4 x (6 x 6) Wk. 4 3 x (6 x 6)

Flat dbell w/rot-laying on bench start with dbells at chest with palms facing each other. As you press the dbell up rotate the hands inward to full extension. As you bring the dbells down, return back to hands facing.

Bent over row w/barbell-hands outside knees, flat back, row elbows towards ceiling. Pull up hard and lower slowly. Resist letting the shoulders round forward.

Alt. arm dbell mil press-standing press dbell one arm at a time (right, left, right, left, etc.) Palms facing forward. Try to keep hands over elbows.

Narrow grip pulldown-palms facing you pull lat pulldown bar to chest and then allow arms to full extension (bicep activation)

Scap lat raise-Single arm exercise. Set up an incline bench or lean over a rack of some sort so you can place your left hand under your forehead and let your right arm dangle straight down to the floor. With a semi supinated grip (palm towards your midline) you are going to retract the shoulder blade up an inch then with a straight arm lift laterally to shoulder height. Lower slowly then bring the shoulder to relaxed state. Retract, lift, lower, relax. Switch arms

External rot-keep elbows at 90° and glued to your sides (hammer curl position). Allow hands to rotate outward and back across body.

GPP Phase 2

Lower 2

A. Hang clean/high pulls	Wk. 1	6 x 5
	Wk. 2	4 x 4
	Wk. 3	4-3-3-2
	*Wk. 4	{3-3} 2-1-1-bonus
B. Speed back squat	Wk. 1	6 x 3
	Wk. 2	6 x 3
	Wk. 3	5 x 3
	Wk. 4	4 x 3
C1. 3 way hamstring curl	Wk. 1	6 x 8
	Wk. 2	6 x 8
	Wk. 3	3 x 6
	Wk. 4	3 x 6
C2. GHR	Wk. 1	6 x (15-20)
	Wk. 2	6 x (12-15)
	Wk. 3	3 x 10
	Wk. 4	3 x 8

Clean/pulls-For weeks 1-3 you will begin with a set of hang cleans and rest 3min and then add 15K and do a set of clean high pulls from the floor. You will back down on the weight (5-10% more than first set) and do another set of hang cleans and then back to +15K of high pulls. For week 4 you will only do the hang clean/pull combo for the first two sets of 3. The 2-1-1 (bonus if needed) will be power clean max efforts from the floor.

Speed back squat-in an effort to stay dynamic the speed squat will be 50-60% squat max.
3 way ham curl-seated or laying start with toes up, then toes in, then toes out

Strength Phase 1

Lower 1

A. Low box squats	3:0:X	Wk. 1	6-6-6-5-5-4	
		Wk. 2	6-5-5-4-4	
		Wk. 3	5 x 4	
		Wk. 4	4-4-3-3	
B. Rack deadlifts w/shrug	Midshin	Wk. 1	6 x 6	
	Below knee	Wk. 2	5-5-4-4-4	
Rack deadlifts no shrug	Top of knee	Wk. 3	4-4-3-3	
	Top of knee	Wk. 4	4-3-2-1-1	
C1. Step ups		Wk. 1	5 x (8 x 8)	*do not alternate legs on reps
		Wk. 2	4 x (7 x 7)	
		Wk. 3	3 x (6 x 6)	
		Wk. 4	3 x (5 x 5)	
C2. Hamstring plate slides		Wk. 1	5 x (8 x 8)	
		Wk. 2	4 x (7 x 7)	
		Wk. 3	3 x (6 x 6)	
		Wk. 4	3 x (5 x 5)	

Box squat-box is set so hip level is parallel or just below parallel. You have the option to touch and go on the box or depending on your back, sit on the box, unseat the hips and rock dynamically up. Tempo is 3 second lowering phase.

Rack deadlifts-set the pin in the squat rack so the bar rests at mid shin level for week one. You may use straps for the pulls and shrug at the top of the lift for weeks one and two. You want to work up to some heavy singles in week four.

Step ups-dumbbells or bar across back. Complete all the reps for each leg before switching sides. Height of box or bench is low.

Hamstring slides-using a 35lb. or 45lb. plate place the flat side of the plate on a smooth surface like the wood section of a platform. Sitting on the floor, place your heel on the plate and pull your heel into you and push the heel back out for one rep. Switch feet

Strength Phase 1

Day 2 Upper

A. Incline press 3:0:X

Wk. 1 6 x 6
Wk. 2 6-6-5-4-4
Wk. 3 6-5-4-3-3
Wk. 4 5-4-3-3-3

B1. Flat dbell fly

Wk. 1 6 x 8
Wk. 2 6 x 6
Wk. 3 5 x 5
Wk. 4 5-4-4-3

B2. Low cable row to chest

Wk. 1 6 x 10
Wk. 2 6 x 8
Wk. 3 8-8-6-6-6
Wk. 4 4 x 6

C1. Lean away lat raise

Wk. 1 4 x (12 x 12)
Wk. 2 4 x (10 x 10)
Wk. 3 3 x (8 x 8)
Wk. 4 3 x (6 x 6)

C2. Standing alt arm hammer curl

Wk. 1 4 x (12 x 12)
Wk. 2 4 x (10 x 10)
Wk. 3 3 x (8 x 8)
Wk. 4 3 x (6 x 6)

C3. DB Skull Crushers

Wk. 1 4 x 12
Wk. 2 4 x 10
Wk. 3 3 x 8
Wk. 4 3 x 6

Incline press-16-18" grip lower in 3 sec and no pause on chest.

Flat dbell fly-"hug a tree"

Low cable row to chest-semi supinated (palms facing each other) handle. Pull in to chest, pause one second, release weight in 3 seconds.

Lean away-stand near squat rack and stand sideways next to it. Put your feet together close to the base of the rack and hold on to rack with one hand and lean away from rack, raise dbell in other hand laterally, palm facing down to the floor.

Alt arm hammer curl-palms facing each other, elbows tight to ribcage, curl right arm then left arm

Strength Phase 1

Day 3 Lower

A. Snatch high pull

Wk. 1 3 x 4

Wk. 2 3 x 3

Wk. 3 2 x 2

Wk. 4 omit

B1. Rear foot elevated single leg squat

Wk. 1 4 x (8 x 8)

Wk. 2 4 x (6 x 6)

Wk. 3 3 x (6 x 6)

Wk. 4 3 x (5 x 5)

B2. Swiss ball hamstring curl

Wk. 1 4 x (10 x 10)

Wk. 2 4 x (8 x 8)

Wk. 3 3 x (8 x 8)

Wk. 4 3 x (6 x 6)

C. Waiter jumps

Wks. 1-4 4 x 10

Snatch-begin with the pulls from the floor and work to heavy high pulls. You may use straps

Foot elevated squat-Split squat stance with back foot on a bench or box. Lower bent knee down to the floor and make sure front knee does not travel in front of the toes.

Lay on your back hands on the floor and place your heels on the swiss ball. Alternate with curling both heels in or to make it more difficult, one leg at a time.

Waiter jumps-using a 10K bumper or 25lb. plate, hold plate with both hands in front of you (like you are holding a tray) or close to your chest. Jump for height and quick movement off the floor.

Strength Phase 2

Day 1

A. 1 Clean high pull + 2 Power Cleans 3MR

Wk. 1	4 x [1+2]
Wk. 2	4 x [1+2]
Wk. 3	3 x [1+2]
Wk. 4	[1 High Pull + 1 Power Clean] [1 Power Clean] [1 Power Clean]

B. Back Squat 3MR

Wk. 1	5 x 5
Wk. 2	5 x 4
Wk. 3	4 x 4
Wk. 4	4 x 3

C1. Glute-ham Raise 90 sec

Wk. 1	4 x 15
Wk. 2	4 x 12
Wk. 3	3 x 10
Wk. 4	3 x 8

C2. Low cable lunges 90 sec

Wk. 1	4 x (8 x 8)
Wk. 2	4 x (7 x 7)
Wk. 3	3 x (6 x 6)
Wk. 4	3 x (5 x 5)

D. Hanging leg raises

Wk. 1	3 x 8
Wk. 2	3 x 6
Wk. 3	2 x 6
Wk. 4	2 x 4

The high pull/power clean is 3 total reps in a set (high pull, full clean, full clean) with the exception of week 4. Increase weight 5-10% each set. Make sure you get the high pull to nipple height on your chest and catch each rep on the clean.

Set up safety bars in the squat rack so the bar stops just above 'your' parallel in a back squat. You will begin the squat standing-lower in 3 seconds, rest the bar on the safety bars and then blast up to full extension. Weight can get pretty heavy each week.

Glute-ham raises (if you have a reverse hyper that is WAY better)

In a split squat, hold the low cable handle with the opposite hand of the knee in front.

Keeping chest up, lower back knee to ground and lunge slightly forward with front knee.

Drive off front foot.

Hanging from pull up bar or ab chair, begin with bring knees to chest, more advanced-raise straight legs, more advanced-straight leg with rotation (windshield wipers-absurd)

Strength Phase 2

Day 2

A. Flat bench press (Warm up)	Wks.1-4	2 x 3
B. Rack Bench Press	Wk. 1	4 x 4 (85%) (95%) (105%) (?)
	Wk. 2	4 x 3
	Wk. 3	4-3-3-2
	Wk. 4	3-2-2-1-1
C1. Dbell upright row	Wk. 1	5 x 8
	Wk. 2	5 x 6
	Wk. 3	4 x 6
	Wk. 4	3 x 4
C2. Wide grip lat pulldown	Wk. 1	5 x (8-10)
	Wk. 2	5 x (6-8)
	Wk. 3	4 x (6-8)
	Wk. 4	3 x (6-8)
D1. Plate winds	Wks. 1-4	3 x 10 each way
D2. Dumbbell windmills 3:1:3	Wk. 1	3 x (8 x 8)
	Wk. 2	3 x (8 x 8)
	Wk. 3	3 x (6 x 6)
	Wk. 4	3 x (4 x 4)

Flat bench is no more than 75-85% of your max. It is just a full range movement as a warm up for the rack press.

Set up for the rack press is similar to the back squat in day 1. Move a portable bench inside the squat rack and set the safety pins where the bar will rest 3" above your chest. Elbows should be near parallel to the ground. Press the bar off the safety pins and lower slowly. Reset each rep on the rack. Speed and explosion off the rack!

Upright row with the dbell should be close to the body and quick up and slow eccentric down. Palms facing the body and elbows to the ceiling.

Wide grip pulldown-can sub pull-ups too.

Plate winds using 10K bumper or 35lb. plate-winds to the right side and the left side

Dbell windmills- holding a 10-20lb. dbell stand in a wide stance. Turn your right foot outward keep left foot pointing forward. Dbell in your left hand above your head. Turn your right palm away from you and slide the back of your hand down your right leg until you reach the floor or your foot. Look at the dbell the entire motion, tempo is 3 seconds down, hold one second at the bottom and stand up in 3 seconds. Switch.

Strength Phase 2

Day 3

A. Push Press	Wk. 1	5 x 4	3MR
	Wk. 2	4 x 4	
	Wk. 3	4-4-3-2	
	Wk. 4	3-3-2-1-1	
B. Front squats	Wk. 1	6 x 4	3MR
	Wk. 2	5 x 3	
	Wk. 3	4 x 3	
	Wk. 4	3-3-3-2-2	
C1. Double/Single leg curl	Wk. 1	4 x (6 x 6)	90 sec
	Wk. 2	4 x (6 x 6)	
	Wk. 3	3 x (4 x 4)	
	Wk. 4	3 x (4 x 4)	
C2. Archuleta jumps	Wk. 1	4 x (6 x 6)	90 sec
	Wk. 2	4 x (6 x 6)	
	Wk. 3	3 x (4 x 4)	
	Wk. 4	3 x (4 x 4)	
D. Speed bench with mini band	Wk. 1	8 x 3	60 sec
	Wk. 2	7 x 3	
	Wk. 3	6 x 3	
	Wk. 4	6 x 3	

Push press-Feet remain parallel and use leg drive to help push the weight overhead. Quick reset, minimal rest between reps in a set.

Front squat with miniband-secure mini band on either side of the squat bar and safety pins. Lower slowly in a 2 second count and drive up with bands. Gauge weight on form and speed up

Leg curl-curl up with both legs and lower with only one.

Archuleta jump-(no weight) standing in a split squat lower down, begin movement with a slight bounce and then you jump up in the air and switch feet.

Speed bench with band-wrap band around your back, and place the band in your hands resting between your thumb and first finger. Set up under the bench and move the weight quickly. Keep the weight the same for all sets. Wk. 1 about 45-50% of bench max

PEAK

Day 1

A. Back Squat

Wk. 1 6 x 4 (progressively heavier first three sets, same weight final three sets)

Wk. 2 5 x 3 (progressively heavier first three sets, last two sets the same)

Wk. 3 4 x 3 (heavier each set)

Wk. 4 3-3-2-2-2 (heavier each set)

B1. Rack pull with shrug

Start bar in rack at mid shin, use straps

Wk. 1 4 x 6

Wk. 2 4 x 4

Wk. 3 3 x 4

Wk. 4 4-4-3-3-2

B2. Seated good morning

Seated tall, lift up from hips and lead forward with open chest

Wk. 1 4 x 8

Wk. 2 4 x 6

Wk. 3 3 x 6

Wk. 4 5 x 4

C1. 4E Leg Curl (quick curl up, 4 seconds down)

Wk. 1 4 x 8

Wk. 2 4 x 6

Wk. 3 3 x 6

Wk. 4 6-6-4-4

C2. Bench/box jumps

Wk. 1 4 x 5

Wk. 2 4 x 5

Wk. 3 3 x 5

Wk. 4 4 x 3

PEAK

Day 2

A. 16-18" grip Bench press

Wk. 1 5-4-3-3 Rep test 70% of bench max _____ x _____

Wk. 2 Regular bench warm up

1 x 4

1 x 3

2 Board bench

4-4-3-3

Wk. 3 Regular bench warm up

1 x 3

1 x 2

2 Board bench

3-2-2-1-1

B. Single arm Dumbbell snatch

Wk. 1 6 x 4

Wk. 2 4 x 4

Wk. 3 4-4-3-3

Wk. 4 3 x 3

C. Mixed grip Pullups/Assisted pull-ups – supinated, pronated, mixed

Each week use less assistance and more eccentric (lowering) tempo

Wk. 1 6 x (4-6)

Wk. 2 5 x (3-5)

Wk. 3 4 x (3-5)

Wk. 4 3 x (3-5)

D. Abs of your choice

PEAK

Day 3

A. Cluster Hang Clean

Warm up with hang clean

Each cluster set has 15 seconds between reps, bar height above knee

Wk. 1	3 x [5 x 1]	*progressive weight increments (40-50% of max)
Wk. 2	3 x [4 x 1]	*progressive weight increments (45-55%)
Wk. 3	3 x [3 x 1]	*all sets same weight (60%)
Wk. 4	3 x [2 x 1]	*all sets same weight (60%)

B. Squat jumps with barbell on shoulders

Wk. 1	6 x 6
Wk. 2	5 x 4
Wk. 3	4 x 4
Wk. 4	3 x 4

C1. Laying swiss ball hamstring pull in

Wk. 1	4 x 8 double leg
Wk. 2	4 x 6 double leg
Wk. 3	4 x (8 x 8) single leg
Wk. 4	4 x (6 x 6) single leg

C2. Swiss ball push up to straight leg pull in

Wk. 1	4 x 10
Wk. 2	4 x 8
Wk. 3	4 x (4 x 4 single leg)
Wk. 4	4 x (4 x 4 single leg)