

Athlete	Advanced Athlete
Phase	Off-Season Phase 5
Block	Power



Total Body Lifts

Day One		
Movement Preparation		
Exercise		Sets/Reps
1. Reset Circuit	1-2 Sets/Each	1. Supine Single Leg Hamstring Hemi-Bridge ISO Hold w/ Crossover Reach x 5 breaths/side 2. <u>Sidelying Adductor Pullback ISO Hold</u> x 5 breaths. 3. <u>Plate-Hold Dead Bug w/ Vertical Reach and Supine Neck Nods</u> x 10/each 4. <u>Adductor Rocking w/ "No" Head Nods</u> x 10/each 5. <u>Elevated Roll + Sit-Thru</u> x 3/each 6. <u>Banded Forward/Reverse Leopard Crawl</u> x 15 yards/each
2A. <u>Plate Lunge Matrix 1</u>	2 x 5/each	Plate Lunge Matrix 1: Reverse Lunge w/ Reach, Lateral Lunge w/ Reach, Rotational Lunge w/ Reach Use 10-25 LB Plate or Vpr
3A. <u>RFE Split Squat ISO Hold</u>	2 x 30 sec/each	Choose best Loading Variation for your situation
3B. <u>90/90 Transitions to Hip Extension</u>	2 x 5/each	
3C. <u>Bar Hang w/ Hip Flexion/Extension</u>	2 x 30 sec (switch at 15sec)	
4A. <u>Spring Ankle ISO Position 1- Heavy</u>	2 x 10 sec/each	Position 1: Low Ankle, Low Knee
4B. <u>Spring Ankle ISO Position 2- Heavy</u>	2 x 10 sec/each	Position 2: High Ankle, Low Knee
4C. <u>Single Leg Forward/Backward Small Box Hops</u>	2 x 10 seconds/each	

Day Two		
Movement Preparation		
Exercise		Sets/Reps
1. Reset Circuit	1-2 Sets/Each	1. <u>Supine 90/90 Glute Bridge ISO Hold</u> w/ Vertical Reach x 5 breaths/side 2. <u>Sidelying Knee to Knee ISO Hold</u> x 5 breaths. 3. <u>Hip Flexor Half Rolls</u> x 5/each 4. <u>Quadruped Rocking and Thoracic Rolls</u> x 10/each 5. <u>Bird Dogs</u> x 6/each 6. <u>Lateral Leopard Crawl</u> x 15 yards/each way
2A. <u>Plate Lunge Matrix 2</u>	2 x 5/each	Plate Lunge Matrix 2: Reverse Lunge w/ OH Reach, Lateral Lunge w/ OH Reach, Rotational Lunge w/ OH Reach Use 10-25 LB Plate or Vpr
3A. <u>Bilateral Altitude Drop</u>	3 x 5	
3B. <u>90/90 Transitions to Hip Extension</u>	2 x 5/each	
3C. <u>Bar Hang w/ Active Scap</u>	2 x 30 sec	
4A. <u>Spring Ankle ISO Position 3- ISO PUSH Ballistic Intent</u>	2 sets x (5 reps x 1 sec/each side)	
4B. <u>Drop Jumps</u>	2 x 3	Drop off 12-18 inch Box

Day Three		
Movement Preparation		
Exercise		Sets/Reps
1. Reset Circuit	1-2 Sets/Each	1. <u>Supine Single Leg Hamstring Hemi-Bridge ISO Hold</u> w/ Crossover Reach x 5 breaths/side 2. <u>Supine 90/90 Hamstring Hemi-Bridge with Hip Shifts</u> 3. <u>Plate-Hold Dead Bug w/ Supine Neck Nods</u> x 10/each 4. <u>Adductor Rocking w/ "No" Head Nods</u> x 10/each 5. <u>Elevated Roll + Sit-Thru</u> x 3/each 6. <u>Banded Forward/Reverse Leopard Crawl</u> x 15 yards/each
2A. <u>Plate Lunge Matrix 3</u>	2 x 5/each	Plate Lunge Matrix 3: Reverse Lunge w/ Coil, Lateral Lunge w/ Coil, Rotational Lunge w/ Coil Use 10-25 LB Plate or Vpr
3A. <u>Jefferson Split Squat ISO Hold</u>	2 x 30 sec/each	Use challenging weight on Split Squat
3B. <u>90/90 Transitions to Hip Extension</u>	2 x 5/each	
3C. <u>Bar Hang w/ Hip Flexion/Extension</u>	2 x 30 sec (switch at 15sec)	
4A. <u>Spring Ankle ISO Position 3- Heavy</u>	2 x 10 sec/each	Position 3: Low Ankle, Mid Knee
4B. <u>Spring Ankle ISO Position 4- Heavy</u>	2 x 10 sec/each	Position 4: High Ankle, Mid Knee
4C. <u>Single Leg Forward/Backward Small Box Hops</u>	2 x 10 seconds/each	

Day One	Week One		Week Two	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes
A1. <u>Natera Knee Iso Push - Ballistic Contraction</u>	3 sets x (5 reps x 1 sec/each side)	Explosive Effort Rest 10 Sec Between Reps, Alternate Legs	3 sets x (5 reps x 1 sec/each side)	Explosive Effort Rest 10 Sec Between Reps, Alternate Legs
A2. <u>Explosive Step-Up Jump</u>	3 x 3/each		3 x 3/each	
A3. <u>Split Squat KB Self Pass</u>	3 x 10 Total (5/side)		3 x 10 Total (5/side)	
A4. <u>Band-Assisted Split Jump</u>	3 x 3/each		3 x 3/each	
A5. <u>Hinge Position Cuban Press</u>	3 x 8	5 - 10 lbs	3 x 8	5 - 10 lbs

Day Two	Week One		Week Two	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes
A1. <u>Split Squat ISO Push - Ballistic Intent</u>	3 sets x (5 reps x 1 sec/each side)	Explosive Effort Rest 10 Sec Between Reps, Alternate Legs	3 sets x (5 reps x 1 sec/each side)	Explosive Effort Rest 10 Sec Between Reps, Alternate Legs
A2. <u>Bilateral Stance KB Self Pass</u>	3 x 10	Continuous/Rhythmic	3 x 10	Continuous/Rhythmic
A3. <u>Trap Bar Jump From Hang</u>	3 x 3	Empty Bar	3 x 3	Empty Bar
A4. <u>Band-Assisted Jump - Single Response, Double Contact</u>	3 x 3		3 x 3	
A5. <u>Prone Y-Raise</u>	3 x 8	3 Sec Hold at Top	3 x 8	3 Sec Hold at Top

Day Three	Week One		Week Two	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes
A1. <u>Natera Knee Iso Push - Ballistic Contraction</u>	3 sets x (5 reps x 1 sec/each side)	Explosive Effort Rest 10 Sec Between Reps, Alternate Legs	3 sets x (5 reps x 1 sec/each side)	Explosive Effort Rest 10 Sec Between Reps, Alternate Legs
A2. <u>Explosive Step-Up Jump</u>	3 x 3/each		3 x 3/each	
A3. <u>Split Squat KB Self Pass</u>	3 x 10 Total (5/side)		3 x 10 Total (5/side)	
A4. <u>Band-Assisted Split Jump</u>	4 x 5/each		3 x 3/each	
A5. <u>Cable External Rotation to Press</u>	3 x 8	5 - 10 lbs	3 x 8	5 - 10 lbs

Complete A1-A5 as a Circuit: 20-30 Seconds Rest Between Exercises; 3 Minutes Between Rounds

Complete A1-A5 as a Circuit: 20-30 Seconds Rest Between Exercises; 3 Minutes Between Rounds

Complete A1-A5 as a Circuit: 20-30 Seconds Rest Between Exercises; 3 Minutes Between Rounds

B1. <u>Banded BB Bench Press</u>	4 x 3		4 x 3	
B2. <u>MB Partner Drop Chest Pass</u>	4 x 3		4 x 3	
B3. <u>Cable Rotational Row</u>	4 x 5/each		4 x 5/each	

B1. <u>Landmine Split Jerk</u>	3 x 5/each		3 x 5/each	
B2. <u>MB Push Press Throw</u>	3 x 5	Explosive	3 x 5	Explosive
B3. <u>McGill Pullup</u>	3 x Max Reps	Single Reps-Generate Max Tension and Explode Up	3 x Max Reps	Single Reps-Generate Max Tension and Explode Up

B1. <u>Banded BB Bench Press</u>	4 x 3		4 x 3	
B2. <u>MB Run-Up Soccer OH Throw to Wall</u>	4 x 3/each		5 x 3/each	
B3. <u>Cable Split Stance High to Low Row</u>	4 x 5/each		5 x 5/each	

Complete B1-B3 as a Circuit: 20-30 Seconds Rest Between Exercises; 2 Minutes Between Rounds

Complete B1-B3 as a Circuit: 20-30 Seconds Rest Between Exercises; 2 Minutes Between Rounds

Complete B1-B3 as a Circuit: 20-30 Seconds Rest Between Exercises; 2 Minutes Between Rounds

C1. <u>Banded KB Lateral Drop Catch Off Small Box to Lunge</u>	3 x 5/each		3 x 5/each	
C2. <u>Band Release Small Box Drop to Lateral Box Bound</u>	3 x 5/each		3 x 5/each	
C3. <u>Band Split Stance Switches with Trunk Twist</u>	3 x 6/each		3 x 8/each	

C1. <u>Goblet Single Leg Squat to Bench</u>	3 x 5/each		3 x 5/each	
C2. <u>Cable Split Stance Explosive Push-Pull</u>	3 x 5		3 x 5	
C3. <u>Cable or Band Facepulls</u>	3 x 20		3 x 20	

C1. <u>Banded KB Rotational Drop Catch to Lunge Off Small Box</u>	3 x 5/each		3 x 5/each	
C2. <u>Band Release Small Box Drop to Rotational Box Bound</u>	3 x 3/each		3 x 5/each	
C3. <u>Band Split Stance Switches with Trunk Twist</u>	3 x 6/each		3 x 8/each	

Complete C1-C3 as a Circuit: 20-30 Seconds Rest Between Exercises; 1:30 Between Rounds

Complete C1-C3 as a Circuit: 20-30 Seconds Rest Between Exercises; 1:30 Between Rounds

Complete C1-C3 as a Circuit: 20-30 Seconds Rest Between Exercises; 1:30 Between Rounds

D1. <u>GHR Hamstring Iso Hold</u>	3 sets x (3 reps x 4 sec/each rep) per leg	1-2 min rest between sets	3 sets x (3 reps x 5 sec/each rep) per leg	1-2 min rest between sets
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D1. <u>Supine Hamstring Bridge- ISO Switch</u>	2 sets x 3 reps/each side w/ 2 second holds	1-2 min rest between sets	2 sets x 4 reps/each side w/ 2 second holds	1-2 min rest between sets
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D1. <u>GHR Hamstring Iso Hold</u>	3 sets x (3 reps x 4 sec/each rep) per leg	1-2 min rest between sets	3 sets x (3 reps x 5 sec/each rep) per leg	1-2 min rest between sets
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Recovery

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Supine Breathing	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold
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Supine Breathing	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold
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Supine Breathing	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold	10 Breaths	4 sec in, 4 sec hold, 4 sec out, 4 sec hold
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