

Athlete	Advanced Athlete
Phase	Off-Season Phase 4
Block	Force



Total Body Lifts

Day One				
Movement Preparation				
Exercise	Sets/Reps	Notes		
1. Reset Circuit	1-2 Sets/Each	1. <u>Supine Single Leg Hamstring Hemi-Bridge ISO Hold w/ Crossover Reach x 5 breaths/side</u> 2. <u>Sidelying Adductor Pullback ISO Hold x 5 breaths</u> 3. <u>Plate-Hold Dead Bug w/ Supine Neck Nods x 10/each</u> 4. <u>Adductor Rocking w/ "No" Head Nods x 10/each</u> 5. <u>Elevated Roll + Sit-Thru x 3/each</u> 6. <u>Banded Forward/Reverse Leopard Crawl x 15 yards/each</u>		
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 with Plate Overhead Reach</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 45 Degree Forward/Backward Line Hops</u>	2 x 10 seconds/each leg/each direction	1 set Northeast/Southwest, 1 set Northwest/Southeast on each leg		

Day Two				
Movement Preparation				
Exercise	Sets/Reps	Notes		
1. Reset Circuit	1-2 Sets/Each	1. <u>Supine 90/90 Glute Bridge ISO Hold w/ Horizontal Reach x 5 breaths/side</u> 2. <u>Sidelying Knee to Knee ISO Hold x 5 breaths</u> 3. <u>Hip Flexor Half Rolls x 5/each</u> 4. <u>Quadruped Rocking and Thoracic Rolls x 10/each</u> 5. <u>Bird Dogs x 6/each</u> 6. <u>Lateral Leopard Crawl x 15 yards/each way</u>		
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 with Plate Overhead Reach</u>	2 x 5/each			
3C. <u>Bar Hang w/ Active Scap</u>	2 x 30 sec			
4A. <u>Spring Ankle ISO Position 5- ISO PUSH</u>	2 sets x (3 reps x 3 sec/side)			
4B. <u>Hurdle Jumps- Continuous</u>	2 x 3			

Day Three				
Movement Preparation				
Exercise	Sets/Reps	Notes		
1. Reset Circuit	1-2 Sets/Each	1. <u>Supine Single Leg Hamstring Hemi-Bridge ISO Hold w/ Crossover Reach x 5 breaths/side</u> 2. <u>Supine 90/90 Hamstring Hemi-Bridge with Hip Shifts</u> 3. <u>Plate-Hold Dead Bug w/ Supine Neck Nods x 10/each</u> 4. <u>Adductor Rocking w/ "No" Head Nods x 10/each</u> 5. <u>Elevated Roll + Sit-Thru x 3/each</u> 6. <u>Banded Forward/Reverse Leopard Crawl x 15 yards/each</u>		
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 with Plate Overhead Reach</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>		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 4- Square Line Hops</u>	2 x 10 seconds/each	1 set Clockwise, 1 set Counterclockwise on each leg		

Day One	Week One		Week Two	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes
A1. <u>Natera Knee Iso Push- Ramp to Max</u>	3 sets x (3 reps x 3 sec/each side)	Max Effort Rest 15 Sec Between Reps, Alternate Legs	3 sets x (4 reps x 3 sec/each side)	Max Effort Rest 15 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>Box Drop Preload Step to 45 Degree Accel Box Jump Plate Snatch</u>	3 x 3/each	10lb Plate	3 x 3/each	10lb Plate
A5. <u>Hinge Position Cuban 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				
B1. <u>BB Bench Press or DB Bench Press</u>	4 x 5/each	Heavy	4 x 5/each	Heavy
B2. <u>MB Partner Drop Chest Pass</u>	4 x 3		4 x 3	
B3. <u>DB Bilateral Stance Row</u>	4 x 5/each	Heavy	4 x 5/each	Heavy
Complete B1-B3 as a Circuit: 20-30 Seconds Rest Between Exercises; 2 Minutes Between Rounds				
C1. <u>Banded KB Lateral Drop Catch Lunge</u>	3 x 5/each		3 x 5/each	
C2. <u>Continuous Lateral Bounds</u>	3 x 5/each		3 x 5/each	
C3. <u>Cable Split Stance Chop</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				
D1. <u>KB Offset Load Step RDL</u>	2 x 8/each		2 x 8/each	
D2. <u>DB Suitcase Carry</u>	2 x 30 yards Down/Back		2 x 30 yards down and back	
Complete D1-D2 as a Circuit: Minimal Rest Between Exercises				
Recovery				
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

Day Two	Week One		Week Two	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes
A1. <u>Split Squat ISO Push</u>	3 sets x (3 reps x 3 sec/each side)	Max Effort Rest 15 Sec Between Reps, Alternate Legs	3 sets x (3 reps x 3 sec/each side)	Max Effort Rest 15 Sec Between Reps, Alternate Legs
A2. <u>Bilateral Stance KB Self Pass</u>	3 x 10	Continuous/Rhythmic	4 x 10	Continuous/Rhythmic
A3. <u>Trap Bar Jump From Hang</u>	3 x 3	Empty Bar	4 x 3	Empty Bar
A4. <u>Band-Accelerated Jump - Single Response Deep Squat</u>	3 x 3		4 x 3	
A5. <u>Prone Y-Raise</u>	3 x 8	3 Sec Hold at Top	3 x 8	3 Sec Hold at Top
Complete A1-A5 as a Circuit: 20-30 Seconds Rest Between Exercises; 3 Minutes Between Rounds				
B1. <u>Landmine Push Press</u>	3 x 5/each	RPE 8.5	3 x 5/each	RPE 8.5
B2. <u>MB Push Press Throw</u>	3 x 5	Explosive	3 x 5	Explosive
B3. <u>Neutral Grip Pullup</u>	3 x Max Reps		3 x Max Reps	
Complete B1-B3 as a Circuit: 20-30 Seconds Rest Between Exercises; 2 Minutes Between Rounds				
C1. <u>Goblet Single Leg Squat to Bench</u>	3 x 5/each		3 x 5/each	
C2. <u>Cable Split Stance Push-Pull</u>	3 x 5		3 x 5	
C3. <u>Cable or Band Facepulls</u>	3 x 20		3 x 20	
Complete C1-C3 as a Circuit: 20-30 Seconds Rest Between Exercises; 1:30 Between Rounds				
D1. <u>GHR Hamstring ISO Hold</u>	2 sets x (3 reps x 3 sec/each rep) per leg		3 sets x (3 reps x 3 sec/each rep) per leg	
D2. <u>Trap Bar Farmer's Carry</u>	2 x 20 yards Down/Back		2 x 20 yards down and back	
Complete D1-D2 as a Circuit: Minimal Rest Between Exercises				
Recovery				
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

Day Three	Week One		Week Two	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes
A1. <u>Natera Knee Iso Push- Ramp to Max</u>	3 sets x (3 reps x 3 sec/each side)	Max Effort Rest 15 Sec Between Reps, Alternate Legs	3 sets x (4 reps x 3 sec/each side)	Max Effort Rest 15 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>Box Drop Preload Step to 45 Degree Accel Box Jump Plate Snatch</u>	3 x 3/each	10lb Plate	3 x 3/each	10lb Plate
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				
B1. <u>BB or DB Incline Bench Press</u>	4 x 5/each		5 x 5/each	
B2. <u>MB 1-Stride Soccer OH Throw to Wall</u>	4 x 3/each		5 x 3/each	
B3. <u>Cable Half Kneeling 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				
C1. <u>Banded KB Rotational Drop Catch to Lunge</u>	3 x 5/each		3 x 5/each	
C2. <u>Continuous Lateral Bounds</u>	3 x 5/each		3 x 5/each	
C3. <u>Cable Split Stance Lift (Front-Foot Elevated)</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				
D1. <u>Banded 2DB Split Stance RDL w/ Heel Reference</u>	2 x 8/each		2 x 8/each	
D2. <u>KB Crosswalk Carry</u>	2 x 30 yards Down/Back		2 x 30 yards down and back	
Complete D1-D2 as a Circuit: Minimal Rest Between Exercises				
Recovery				
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