

Triphasic Peaking Manual Coaching Cues

The Manual Can Be Purchased Here

Videos are hyperlinked

UPPER BODY

Rear Delt Prone Incline Lateral AFSM Cocontraction Speed



Coaching Cues

- Prone with forehead on bench
- Arm straight
- Closed hand with palm facing your body
- Place arm between bands
 - 4 bands on top
 - 2 bands on bottom
 - Band placement should fall on, or slightly above, wrist
- Minimizing movement at trunk and maintaining a straight arm, violently raise arm into top band.
- As arm is accelerated into bottom bands, maintain posture and re-fire fibers to reverse muscle action back into top bands
 - Focus is on high-velocity contractions both toward and away from body

Rear Delt Prone Incline Lateral Rebound Shock



Coaching Cues

- Prone with forehead on bench
- Arm straight
- Closed hand with palm facing your body
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining a straight arm, violently raise arm into bands
- As arm is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Rear Delt Prone Incline Lateral OCI - Oscillatory Isometrics



Coaching Cues

- Prone with forehead on bench
- Arm straight
- Closed hand with palm facing your body
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining a straight arm, raise arm into bands to create band tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

DB Curl AFSM Cocontraction Speed



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Arm stays at side during entirety of movement
- Place arm between bands
 - 4 bands on top
 - 2 bands on bottom
 - Band placement should fall on, or slightly above, wrist
- Minimizing movement at trunk and maintaining the elbow at side, violently flex elbow into top band.
- As arm is accelerated into bottom bands, maintain posture and re-fire fibers to reverse muscle action back into top bands
 - Focus is on high-velocity contractions

DB Curl Rebound Shock



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Arm stays at side during entirety of movement
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow at the side, violently flex elbow into bands
- As arm is accelerated away from the bands, maintain posture and refire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

DB Curl OCI - Oscillatory Isometrics



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Arm stays at side during entirety of movement
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining the elbow at the side, flex elbow into bands to create band tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

Cuban External Rotation AFSM Cocontraction Speed



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm between bands
 - 4 bands on top
 - 2 bands on bottom
 - Band placement should fall on, or slightly above, wrist
- Minimizing movement at trunk and maintaining the elbow in-line with the shoulder, violently externally rotate into top band.
- As arm is accelerated into bottom bands, maintain posture and re-fire fibers to reverse muscle action back into top bands
 - Focus is on high-velocity contractions

Cuban External Rotation Rebound Shock



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow in-line with shoulder, violently externally rotate into bands
- As arm is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Cuban External Rotation OCI - Oscillatory Isometrics



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining in-line with the shoulder, externally rotate into bands to create band tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

Incline Side Delt AFSM Cocontraction Speed



Coaching Cues

- Athlete assumes a side-lying position on a bench with a straight arm hanging over top of bench
- Place arm between bands
 - 4 bands on top
 - 2 bands on bottom
 - Band placement should fall on, or slightly above, wrist
- Minimizing movement at trunk and maintaining a straight arm, violently abduct arm into top band.
- As arm is accelerated into bottom bands, maintain posture and re-fire fibers to reverse muscle action back into top bands
 - Focus is on high-velocity contractions

Incline Side Delt Rebound Shock



Coaching Cues

- Athlete assumes a side-lying position on a bench with a straight arm hanging over top of bench
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining a straight arm, violently abduct arm into bands
- As arm is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Incline Side Delt OCI - Oscillatory Isometrics



Coaching Cues

- Athlete assumes a side-lying position on a bench with a straight arm hanging over top of bench
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining straight arm, abduct arm into bands to create band tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

Delt Bentover OverHead AFSM Cocontraction Speed



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Arm should be straight and overhead with biceps covering the ears
- Place arm between bands
 - 4 bands on top
 - 2 bands on bottom
 - Band placement should fall on, or slightly above, wrist
- Minimizing movement at trunk and maintaining the elbow in-line with the shoulder, violently lift arm into top band.
- As arm is accelerated into bottom bands, maintain posture and re-fire fibers to reverse muscle action back into top bands
 - Focus is on high-velocity contractions

Delt Bentover OverHead Rebound Shock



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Arm should be straight and overhead with biceps covering the ears
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining the elbow in-line with the shoulder, violently lift arm into top band.
- As arm is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Delt Bentover OverHead OCI - Oscillatory Isometric



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Arm should be straight and overhead with biceps covering the ears
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow in-line with the shoulder, lift arm into bands to create band tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

Delt Bentover Lateral AFSM Cocontraction Speed



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Arm should be straight out to side and parallel to floor
- Place arm between bands
 - 4 bands on top
 - 2 bands on bottom
 - Band placement should fall on, or slightly above, wrist
- Minimizing movement at trunk and maintaining a straight arm, violently lift arm into top band.
- As arm is accelerated into bottom bands, maintain posture and re-fire fibers to reverse muscle action back into top bands
 - Focus is on high-velocity contractions

Delt Bentover Lateral Rebound Shock



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Arm should be straight out to side and parallel to floor
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining a straight arm, violently lift arm into top band
- As arm is accelerated away from the bands, maintain posture and refire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Delt Bentover Lateral OCI - Oscillatory Isometrics



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Arm should be straight out to side and parallel to floor
- Place arm underneath bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining a straight arm, lift arm into bands to create band tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

DB Tricep Extension AFSM Cocontraction Speed



Coaching Cues

- Athlete maintains an athletic position with soft knee bend and upright torso
- Arm stays at side during entirety of movement
- Place arm between bands
 - 2 bands on top
 - 4 bands on bottom
 - Band placement should fall on, or slightly above, wrist
- Minimizing movement at trunk and maintaining the elbow at side, violently extend elbow into bottom band.
- As arm is accelerated into top bands, maintain posture and re-fire fibers to reverse muscle action back into bottom bands
 - Focus is on high-velocity contractions

DB Tricep Extension Rebound Shock



Coaching Cues

- Athlete maintains an athletic position with soft knee bend and upright torso
- Arm stays at side during entirety of movement
- Place arm above bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining the elbow at side, violently extend elbow into bottom band.
- As arm is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

DB Tricep Extension OCI - Oscillatory Isometrics



Coaching Cues

- Athlete maintains an athletic position with soft knee bend and upright torso
- Arm stays at side during entirety of movement
- Place arm above bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining the elbow at side, extend arm into bands to create band tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

Cuban Internal Rotation AFSM Cocontraction Speed



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm between bands
 - 2 bands on top
 - 4 bands on bottom
 - Band placement should fall on, or slightly above, wrist
- Minimizing movement at trunk and maintaining the elbow in-line with the shoulder, violently internally rotate into bottom band.
- As arm is accelerated into top bands, maintain posture and re-fire fibers to reverse muscle action back into bottom bands
 - Focus is on high-velocity contractions

Cuban Internal Rotation Rebound Shock



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm above bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow in-line with shoulder, violently internally rotate into bands
- As arm is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Cuban Internal Rotation OCI - Oscillatory Isometrics



Coaching Cues

- Athlete begins in an athletic position with soft knee bend with upper body
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm above bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining in-line with the shoulder, internally rotate into bands to create band tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

Internal Rotation Standing Rebound Shock



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Arm stays at side during entirety of movement
- Place arm to side of bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow at side, violently internally rotate into bands
- As arm is accelerated away from the bands, maintain posture and refire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Internal Rotation 90 90 Rebound Shock



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm behind bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow in-line with shoulder, violently internally rotate into bands
- As arm is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

OH Shoulder External Rotation OCI



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm in front of bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow in-line with shoulder, externally rotate into bands to create tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

OH Shoulder External Rotation Rebound Shock

Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm in front of bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow in-line with shoulder, violently externally rotate into bands
- As arm is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

OH Shoulder Internal Rotation OCI



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm behind bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow in-line with shoulder, internally rotate into bands to create tension
- Athlete will focus on maintaining contact between bands and wrist throughout entirety of movement

OH Shoulder Internal Rotation Rebound Shock



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Elbow should be in-line with the shoulder at a 90 degree angle
- Place arm behind bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow in-line with shoulder, violently internally rotate into bands
- As arm is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Bent Over Row Kneeling Double Banded AFSM Cocontraction Speed



Coaching Cues

- Athlete assumes ½ kneeling position with inside knee down
- Athlete places hand through top band while reaching down to create tension and grabbing the bottom bands.
- Minimizing movement at trunk, violently pull on bottom bands to perform a rowing pattern.
- As arm reaches top of movement, reverse muscle action and push into top band. As arm reaches bottom of movement
 - Focus is on high-velocity contractions

Bent Over Row Double Banded AFSM Cocontraction Speed



Coaching Cues

- Athlete places self through top band, situating them underneath armpits, and grabbing onto band with both hands while extending the arms.
- Athlete hinges at the hips, maintaining a neutral spine and reaches for bottom bands with a double overhand grip.
- Once both bands are in hands, athlete pulls on bottom band to create tension.
- Once at top of movement, athlete reverses muscle action and pushes through top bands.
 - Focus is on high-velocity contractions

Standing Row AFSM Cocontraction Speed



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Arm stays at side during entirety of movement
- Place bottom band around foot and contralateral hand to create tension. Reach and grab top band so both bands are in hands prior to start of movement.
- Athlete violently pulls on top band to perform a standing row movement
 - As arm reaches bottom of movement, athlete reverses muscle action and pushes through bottom band
 - Focus is on high-velocity contractions

Half Kneeling Banded Wrist Extension



Coaching Cues

- Athlete assumes a $\frac{1}{2}$ kneeling position with working arm placed along thigh for support.
 - Hand and wrist must be hanging in front of knee with palm facing away from body
- Athlete wraps outside of bands around the end of a weighted bar and then proceeds to step on middle of band
- Once in position, athlete accelerates back of hand toward body, creating a wrist extension movement.
 - It is important to eccentrically stabilize the wrist flexion to properly perform wrist extension

External Rotation Standing AFSM Cocontraction Speed



Coaching Cues

- Athlete maintains staggered stance with soft knee bend and upright torso
- Arm stays at side during entirety of movement
- Place arm inside of bands
 - Band should make contact at, or slightly above, the wrist
- Minimizing movement at trunk and maintaining elbow at side, violently externally rotate into bands
- As arm is accelerated into inside bands, maintain posture and re-fire fibers to reverse muscle action back into outside bands
 - Focus is on high-velocity contractions

LOWER BODY

Supine Glute Ham Banded AFSM Cocontraction Speed



Coaching Cues

- Athlete will lie supine on ground and place arms at sides.
- Hips should be extended so they are off the ground.
- Place feet between bands
 - 2 bands on top
 - 4 bands on bottom
 - Band placement should fall on, or slightly above, ankle
- Minimizing rotation at the hips and keeping the legs straight, athlete will alternate violently pushing the ankles into bottom bands
- As ankle is accelerated into top band, athlete must re-fire fibers to reverse muscle action back into bottom bands
 - Focus is on high-velocity contractions

Supine Glute Ham Banded Rebound Shock



Coaching Cues

- Athlete will lie supine on ground and place arms at sides.
- Hips should be extended so they are off the ground.
- Place ankle above bands
 - Band should make contact at, or slightly above, the ankle
- Minimizing rotation at the hips and keeping the legs straight, athlete will alternate violently pushing the ankles into bottom bands
- As ankles are accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Supine Glute Ham Banded OCI - Oscillatory Isometrics



Coaching Cues

- Athlete will lie supine on ground and place arms at sides.
- Hips should be extended so they are off the ground.
- Place ankle above bands
 - Band should make contact at, or slightly above, the ankles
- Minimizing movement at the hips and keeping the legs straight, push ankles into bands to create band tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Supine Glute Ham Single leg Banded OCI Oscillatory Isometrics



Coaching Cues

- Athlete will lie supine on ground and place arms at sides.
- Hips should be extended so they are off the ground.
- Place ankle above bands
 - Band should make contact at, or slightly above, the ankle
- Minimizing movement at the hips and keeping the leg straight, push ankle into bands to create band tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Hamstring Bent Knee AFSM Cocontraction Speed



Coaching Cues

- Athlete will lie supine on ground and place arms at sides.
- Hip flexion should be slightly below 90°
- Place feet between bands
 - 2 bands on top
 - 4 bands on bottom
 - Band placement should fall on, or slightly above, ankle
- Minimizing hip movement, athlete will alternate violently pushing the ankles into bottom bands
- As ankle is accelerated into top band, athlete must re-fire fibers to reverse muscle action back into bottom bands
 - Focus is on high-velocity contractions

Hamstring Bent Knee Single Leg Rebound Shock



Coaching Cues

- Athlete will lie supine on ground and place arms at sides.
- Hip flexion should be slightly below 90°
- Place ankle above bands
 - Band should make contact at, or slightly above, the ankle
- Minimizing hip movement, athlete will alternate violently pushing the ankles into bottom bands
- As ankles are accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Hamstring Bent Knee Banded Single Leg OCI - Oscillatory Isometrics



Coaching Cues

- Athlete will lie supine on ground and place arms at sides.
- Hip flexion should be slightly below 90°
- Place ankle above bands
 - Band should make contact at, or slightly above, the ankle
- Minimizing hip movement, athlete will push single ankle into bottom bands to create tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Standing Hip Flexion Single Leg AFSM Cocontraction Speed



Coaching Cues

- Athlete will begin a standing posture
- Hip flexion should be at 90°
- Place shank between bands
 - 4 bands on top
 - Top band placement should fall at the bottom of the quad
 - Bottom band placement should fall on the midfoot
 - 2 bands on bottom
- Minimizing trunk movement or bottom knee flexion/extension, athlete must focus on driving knee into top band
- As shank is accelerated into bottom band, athlete must re-fire fibers to reverse muscle action back into top bands
 - Focus is on high-velocity contractions

Reverse Hyper Cocontraction Speed with Ankle Weight



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
 - Place feet between bands
 - 2 bands behind
 - 4 bands in front
 - Band placement should fall on, or slightly above, ankle
- Minimizing a dip in the hips, athlete will violently alternate curling legs into bands.
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focus is on high-velocity contractions

Standing Hip Flexion Single Leg OCI - Oscillatory Isometrics



Coaching Cues

- Athlete will begin a standing posture
- Hip flexion should be at 90°
- Place shank underneath bands
 - Band placement should fall at the bottom of the quad
- Minimizing trunk movement or bottom knee flexion/extension, athlete must focus on driving knee into top band
- Athlete will focus on maintaining contact between bands and knee throughout entirety of movement

Psoas Prone Banded AFSM Cocontraction Speed



Coaching Cues

- Athlete will lie in a prone position with the elbows on the ground
- Hips should remain below the level of the bands for the duration of the movement
- Place feet between bands
 - 2 bands on top
 - 4 bands on bottom
 - Band placement should fall on, or slightly above, ankle
- Minimizing rotation at the hips and keeping the legs straight, athlete will alternate violently pushing the ankles into bottom bands
- As ankle is accelerated into top band, athlete must re-fire fibers to reverse muscle action back into bottom bands
 - Focus is on high-velocity contractions

Psoas Prone Banded Rebound Shock



Coaching Cues

- Athlete will lie in a prone position with the elbows on the ground
- Hips should remain below the level of the bands for the duration of the movement
- Place ankle above bands
 - Band should make contact at, or slightly above, the ankle
- Minimizing rotation at the hips and keeping the legs straight, athlete will alternate violently pushing the ankles into bottom bands
- As ankles are accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Psoas Prone Banded Single Leg OCI - Oscillatory Isometrics



Coaching Cues

- Athlete will lie in a prone position with the elbows on the ground
- Hips should remain below the level of the bands for the duration of the movement
- Place ankle above bands
 - Band should make contact at, or slightly above, the ankle
- Minimizing movement at the hips and keeping the legs straight, push ankle into bands to create band tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Banded Reverse Hyper Cocontraction Speed with Ankle Weight



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Light band will be lying over back of knees to provide vertical resistance to the glute max
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
 - Place feet between bands
 - 2 bands behind
 - 4 bands in front
 - Band placement should fall on, or slightly above, ankle
- Minimizing a dip in the hips, athlete will violently alternate curling legs into bands.
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focus is on high-velocity contractions

Reverse Hyper Dual Cocontraction Speed with Ankle Weight



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
 - Place feet between bands
 - 2 bands behind
 - 4 bands in front
 - Band placement should fall on, or slightly above, ankle
- Minimizing a dip in the hips, athlete will violently curl legs into bands.
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focus is on high-velocity contractions

Banded Reverse Hyper Dual Cocontraction Speed with Ankle Weight



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Light band will be lying over back of knees to provide vertical resistance to the glute max
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
 - Place feet between bands
 - 2 bands behind
 - 4 bands in front
 - Band placement should fall on, or slightly above, ankle
- Minimizing a dip in the hips, athlete will violently curl legs into bands.
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focus is on high-velocity contractions

Band Reverse Hyper Rebound Shock



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Light band will be lying over back of knees to provide vertical resistance to the glute max
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
- Minimizing a dip in the hips, athlete will violently alternate curling legs into bands.
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Reverse Hyper Rebound Shock



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
- Minimizing a dip in the hips, athlete will violently curl leg into bands.
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

SL Reverse Hyper Rebound Shock



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
- Minimizing a dip in the hips, athlete will violently curl leg into bands.
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Banded SL Reverse Hyper Rebound Shock



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Light band will be lying over back of knees to provide vertical resistance to the glute max
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
- Minimizing a dip in the hips, athlete will violently curl leg into bands.
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Rev Hyper SL OCI - Oscillatory Isometrics



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Light band will be lying over back of knees to provide vertical resistance to the glute max
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
- Minimizing a dip in the hips, athlete will curl leg into bands to create tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

SL Reverse Hyper OCI with Ankle Weight



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
- Minimizing a dip in the hips, athlete will curl leg into bands to create tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Banded SL Reverse Hyper OCI with Ankle Weight



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Light band will be lying over back of knees to provide vertical resistance to the glute max
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
- Minimizing a dip in the hips, athlete will curl leg into bands to create tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Banded Reverse Hyper Dual Leg OCI



Coaching Cues

- Athlete will lie prone on a bench with their hips hanging off bench
- Light band will be lying over back of knees to provide vertical resistance to the glute max
- Knees will be bent so shank is perpendicular to floor
 - Heel will be placed against heavy bands
- Minimizing a dip in the hips, athlete will curl legs into bands to create tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Standing Hamstring Cocontraction Speed



Coaching Cues

- Athlete will begin in an upright posture with a soft knee bend in down leg and hip flexed at 90° in active leg
- Place shank between bands
 - 4 bands behind
 - 2 bands in front
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will violently flex the hamstring into the back bands
- As ankle is accelerated into front band, athlete must re-fire fibers to reverse muscle action back into back bands
 - Focus is on high-velocity contractions

Standing Hamstring OCI



Coaching Cues

- Athlete will begin in an upright posture with a soft knee bend in down leg and hip flexed at 90° in active leg
- Place shank in front of bands
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will flex the hamstring into the bands to create tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Standing Ham Rebound Shock



Coaching Cues

- Athlete will begin in an upright posture with a soft knee bend in down leg and hip flexed at 90° in active leg
- Place shank in front of bands
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will violently flex the hamstring into the bands
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Standing Quad Cocontraction Speed



Coaching Cues

- Athlete will begin in an upright posture with a soft knee bend in down leg and hip flexed at 90° in active leg
- Place shank between bands
 - 2 bands behind
 - 4 bands in front
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will violently extend the quad into the front bands
- As ankle is accelerated into back band, athlete must re-fire fibers to reverse muscle action back into front bands
 - Focus is on high-velocity contractions

Standing Quad OCI



Coaching Cues

- Athlete will begin in an upright posture with a soft knee bend in down leg and hip flexed at 90° in active leg
- Place shank behind bands
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will extend the quad into bands to create tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Standing Quad Rebound Shock



Coaching Cues

- Athlete will begin in an upright posture with a soft knee bend in down leg and hip flexed at 90° in active leg
- Place shank behind bands
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will violently extend quads into the bands
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Hip Abduction and Adduction Standing AFSM Cocontraction



Coaching Cues

- Athlete will begin in an upright position with a soft knee bend in the down leg
 - Use a dowel in hand opposite of active leg to assist with balance
- Place shank between bands
 - 4 bands outside
 - 2 bands inside
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will violently abduct the leg into the bands
- As ankle is accelerated into bands, athlete must refire fibers to reverse muscle action back into back bands
 - Focus is on high-velocity contractions

Standing Abduction OCI with Ankle Weight



Coaching Cues

- Athlete will begin in an upright position with a soft knee bend in the down leg
 - Use a dowel in hand opposite of active leg to assist with balance or grab onto rack
- Place shank to the inside of bands
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will abduct the leg into bands to create tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Standing Abduction Rebound Shock with Ankle Weight



Coaching Cues

- Athlete will begin in an upright position with a soft knee bend in the down leg
 - Use a dowel in hand opposite of active leg to assist with balance or grab onto rack
- Place shank to the inside of bands
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will violently abduct leg into the bands
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Standing Adduction OCI with Ankle Weight



Coaching Cues

- Athlete will begin in an upright position with a soft knee bend in the down leg
 - Use a dowel in hand opposite of active leg to assist with balance or grab onto rack
- Place shank to the inside of bands
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will adduct the leg into bands to create tension
- Athlete will focus on maintaining contact between bands and ankle throughout entirety of movement

Standing Adduction Rebound Shock with Ankle Weight



Coaching Cues

- Athlete will begin in an upright position with a soft knee bend in the down leg
 - Use a dowel in hand opposite of active leg to assist with balance or grab onto rack
- Place shank to the inside of bands
 - Band placement should fall just above ankle
- Minimizing movement in the torso and bottom leg, athlete will violently adduct leg into the bands
- As foot is accelerated away from the bands, maintain posture and re-fire fibers to reverse muscle action back into bands
 - Focusing on violent efforts into band and strong braking action

Spring Ankle Position 1



Coaching Cues

- Athlete will begin in an upright position with the ball of the foot elevated on the edge of a plate to allow for the heel to drop
- Drive your knee forward to achieve a sport-specific 90° between knee and shank.
 - DON'T SIT HIPS BACK
 - Try to match torso and shin angle
- Isometrically load the ankle and foot in the first position by allowing the heel to drop to/below the ball of the foot with a deep knee bend
 - HOLD ARCH during the movement
- Once in position, drive toes into platform and squeeze glute
- When finished, extend knee driving forward, maximally squeezing glute to drive the hip extension

Spring Ankle Position 2



Coaching Cues

- Athlete will begin in an upright position with the ball of the foot elevated on the edge of a plate
- Drive your knee forward to achieve a sport-specific 90° between knee and shank.
 - DON'T SIT HIPS BACK
 - Try to match torso and shin angle
- Isometrically load the ankle and foot in the second position by elevating the heel above the ball of foot with a deep knee bend
 - HOLD ARCH during the movement
- Once in position, drive toes into platform and squeeze glute
- When finished, extend knee driving forward, maximally squeezing glute to drive the hip extension

Spring Ankle Position 3



Coaching Cues

- Athlete will begin in an upright position with the ball of the foot elevated on the edge of a plate to allow for the heel to drop
- Drive your knee forward to achieve a sport-specific $>135^\circ$ between knee and shank.
 - DON'T SIT HIPS BACK
 - Try to match torso and shin angle
- Isometrically load the ankle and foot in the third position by allowing the heel to drop at/below the ball of foot with a slight knee bend
 - HOLD ARCH during movement
- Once in position, drive toes into platform and squeeze glute
- When finished, extend knee driving forward, maximally squeezing glute to drive the hip extension

Spring Ankle Position 4



Coaching Cues

- Athlete will begin in an upright position with the ball of the foot elevated on the edge of a plate
- Drive your knee forward to achieve a sport-specific $>135^\circ$ between knee and shank.
 - DON'T SIT HIPS BACK
 - Try to match torso and shin angle
- Isometrically load the ankle and foot in the fourth position by elevating the heel above the ball of foot with a slight knee bend
 - HOLD ARCH during movement
- Once in position, drive toes into platform and squeeze glute
- When finished, extend knee driving forward, maximally squeezing glute to drive the hip extension

Spring Ankle Position 4



Coaching Cues

- Athlete will begin in an upright position with the ball of the foot elevated on the edge of a plate
- Drive your knee forward to achieve a sport-specific $>135^\circ$ between knee and shank.
 - DON'T SIT HIPS BACK
 - Try to match torso and shin angle
- Isometrically load the ankle and foot in the fourth position by elevating the heel above the ball of foot with a slight knee bend
 - HOLD ARCH during movement
- Once in position, drive toes into platform and squeeze glute
- When finished, extend knee driving forward, maximally squeezing glute to drive the hip extension

Spring Ankle Position 5



Coaching Cues

- Athlete will begin in an upright position with the ball of the foot elevated on the edge of a plate
- Leg is almost straight
- Isometrically load the ankle and foot in the fifth position by elevating the heel above the ball of foot with a minimal knee bend
 - HOLD ARCH during movement
- Once in position, drive toes into platform and squeeze glute
- When finished, extend knee driving forward, maximally squeezing glute to drive the hip extension