

Eccentric Block Monday- Sample Training Day

Block 1

Lower Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Back Squat	1,1,1	x	5,3,3	50-80%	
B1	Ankle Band Work	3	x	10ea		

Perform A & B Series Simultaneously for 2 Sets

1:00 Minute Rest Between Exercises

Block 2

Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Back Squat	4	x	4	85-87.5%	6 Sec Ecc-Partner Help Up
B	Hurdle Hop	4	x	5		Pull Down
C	1/2 Squat Weighted Jump	4	x	5		Pause at Bottom
D	15 yard starts	4	x	1		
E	Wrist Curl	4	x	8		
F	4 Way Neck	3	x	4		Partner or Machine

Perform A-D Simultaneously for 3 Sets

25 seconds Rest Between Exercises; 4:00 minutes between Rounds

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 3

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar Lift	3	x	4	85-87.5%	6 Second Eccentric
B	Bench Adduction	3	x	8	BW	
C	Antib Band	3	x	10	Band	

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Split Squat	3	x	8	85-87%	Each Leg
B	Bench Abduction	3	x	8	BW	Each Leg
C	Glute Ham Hyper	3	x	8	85-87%	

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration	Load	Notes
A	Ball Leg Curl	3	x 8	BW	
B	Antib Band	3	x 10	Band	Each Leg
C	SL Calf Raises	3	x 8	85-87%	
Perform A-C Simultaneously for 3 Sets					
25 seconds Rest Between Exercises					

Eccentric Block Tuesday- Sample Training Day

Block 1						
Upper Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Coach View
B	Cuban Press	3	x	8		
Perform A-B Simultaneously for 2 Sets						
2 Minutes Rest between Sets of Bench						
Block 2						
Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	4	85-87.5%	6 Sec. Ecc.-Partner Help Up
B	Speed Band Bench Press	3	x	4	35-40%	
C	DB Incline Bench	3	x	4	35-40%	Reactive-Speed
D	Clap Push Up	3	x	4	BW	Reactive
E	Cuban Press Ext. Rot. Band	3	x	6	Band	
Perform A-D Simultaneously for 3 Sets						
25 seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 3						
Upper Auxiliary						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Incline DB Bench Press	3	x	5	85-87.5%	3 Second Eccentric
B	Face Band Pulls	3	x	10	BAND	
C	1-Arm Lat. Pulldown	3	x	7	85-87.5%	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 4						
Upper Auxiliary						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Shoulder Press	3	x	10	85-87.5%	Bottom Half
B	DB Bent Over Row	3	x	8	85-87.5%	3 Second Eccentric

C	Hammer Curl	3	x	8	85- 87.5%	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 5		Upper Body Auxiliary				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Tri Ext	3	x	8	85- 87.5%	
B	DB Rear Delt	3	x	6	85- 87.5%	
C	Cuban Press Internal Rotation Band	3	x	6	Light	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Eccentric Block Thursday- Sample Training Day

Block 1

Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Back Squat	1,1,1	x 5,3,3	50-80%	Warm-up

Perform A as Warm-up for Heavier Sets

2:00 Minutes Rest Between Sets

Block 2

Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Back Squat	5	x 2-3 Reps	90-95%	No Tempo
B	Box Jump	5	x 4 Reps		
C	Antib Band	5	x 5 Reps		

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	RDL	4	x 5	90-95%	
B	DB Step Up	4	x 5	90-95%	Bottom Half
C	Hip Flexor Prone	4	x 8	BW	Knee On Bench

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar	3	x 8	90-95%	
B	Bench Abduction	3	x 8	BW	Each Leg
C	Calf Raises	3	x 10	90-95%	

Perform A-C Simultaneously for 3 Sets

Limited Rest Between Exercises

Block 5

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Glute Ham Hyper	3	x 8	BW	
B	Bench Adduction	3	x 8	BW	Each Leg
C	DB Walking Lunge	3	x 5	90-95%	5 Reps on Each Leg
Perform A-C Simultaneously for 3 Sets					
Limited Rest Between Exercises					

Eccentric Block Friday- Sample Training Day

<u>Block 1</u>		<u>Upper Body Warm-up</u>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-up
Perform A as Warm-up for Heavier Sets						
2:00 Minutes Rest Between Sets						
<u>Block 2</u>		<u>Upper Body Strength</u>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	5	x	2-3 Reps	90-95%	No Tempo
B	Med Ball Chest Pass	5	x	5	MB	Quick Hip
C	Delt BO Lat Rebound Drop	5	x	8	Light	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
<u>Block 3</u>		<u>Upper Auxiliary</u>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	4	x	8	90-95%	Bottom Half
B	Cuban Press Fig 8	4	x	8	Light	
C	Pull Up	4	x	7	90-95%	Bottom Half
Perform A-C Simultaneously for 3 Sets						
Limited Rest Between Exercises						
<u>Block 4</u>		<u>Upper Auxiliary</u>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Board Press	3	x	5	90-95%	
B	DB Bent Over Row	3	x	6	90-95%	
C	Delt BO OH Rebound Drop	3	x	8	Light	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
<u>Block 4</u>		<u>Upper Auxiliary</u>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>

A	Dips	3	x	5	90-95%	
B	Bar Curl	3	x	5	90-95%	
C	DB Rear Delt	3	x	6	90-95%	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Isometric Block Monday- Sample Training Day

Block 1						
Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	1,1,1	x	5,3,3	50-80%	
B1	Ankle Band Work	3	x	10ea		
Perform A & B Series Simultaneously for 2 Sets						
1:00 Minute Rest Between Exercises						
Block 2						
Lower Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	4	x	3	85-87.5%	6 Sec Iso-Partner Help Up
B	Hurdle Hop	4	x	5		Pull Down
C	1/2 Squat Weighted Jump	4	x	5		Pause at Bottom
D	15 yard starts	4	x	1		
E	Wrist Curl	4	x	8		
F	4 Way Neck	4	x	4		Partner or Machine
Perform A-D Simultaneously for 3 Sets						
25 seconds Rest Between Exercises; 4:00 minutes between Rounds						
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 3						
Upper/Lower Auxiliary						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Bar Lift	4	x	3	85-87.5%	6 Second Isometric
B	Bench Abduction	4	x	8	BW	Each Leg
C	Hip Flex Prone	3	x	7	BW	Knee On Bench
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 4						
Upper/Lower Auxiliary						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Split Squat	3	x	8	85-87%	Each Leg
B	Bench Abduction	3	x	8	BW	Each Leg
C	Glute Ham Hyper	3	x	8	85-87%	

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Ball Leg Curl	3	x	8	BW	
B	Antib Band	3	x	10	Band	Each Leg
C	SL Calf Raises	3	x	8	85-87%	

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Isometric Block Tuesday- Sample Training Day

Block 1						
Upper Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Coach View
B	Cuban Press	3	x	8		
Perform A-B Simultaneously for 2 Sets						
2 Minutes Rest between Sets of Bench						
Block 2						
Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	4	x	3	85-87.5%	6 Sec Iso-Partner Help Up
B	Speed Band Bench Press	4	x	4	35-40%	
C	DB Incline Bench	4	x	4	35-40%	Reactive-Speed
D	Clap Push Up	4	x	4	BW	Reactive
E	Cuban Press Ext. Rot. Band	4	x	6	Band	
Perform A-D Simultaneously for 3 Sets						
25 seconds Rest Between Exercises; 4:00 minutes between Rounds						
Block 3						
Upper Auxiliary						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Incline DB Bench Press	3	x	6	85-87.5%	3 Second Isometric
B	Face Band Pulls	3	x	12	BAND	
C	1-Arm Lat. Pulldown	3	x	7	85-87.5%	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 4						
Upper Auxiliary						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Shoulder Press	3	x	10	85-87.5%	Bottom Half
B	DB Bent Over Row	3	x	6	85-87.5%	3 Second Isometric

C	Hammer Curl	3	x	8	85-87.5%	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 5		Upper Body Auxiliary				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration	Load	Notes	
A	DB Tri Ext	3	x	8	85-87.5%	
B	DB Rear Delt	3	x	6	85-87.5%	
C	Cuban Press Internal Rotation Band	3	x	6	Light	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Isometric Block Thursday- Sample Training Day

Block 1

Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Back Squat	1,1,1	x 5,3,3	50-80%	Warm-up

Perform A as Warm-up for Heavier Sets

2:00 Minutes Rest Between Sets

Block 2

Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Back Squat	5	x 2-3 Reps	90-95%	No Tempo
B	Box Jump	5	x 4 Reps		
C	Antib Band	5	x 7 Reps		

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises; 4:00 minutes between Rounds

Block 3

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	RDL	4	x 5	90-95%	No Tempo
B	DB Step Up	4	x 5	90-95%	Bottom Half
C	Hip Flexor Prone	4	x 8	BW	Knee On Bench

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar	3	x 8	90-95%	No Tempo
B	Bench Abduction	3	x 8	BW	Each Leg
C	Calf Raises	3	x 10	90-95%	

Perform A-C Simultaneously for 3 Sets

Limited Rest Between Exercises

Block 5

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
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A	Glute Ham Hyper	3	x	8	BW	
B	Bench Adduction	3	x	8	BW	Each Leg
C	DB Walking Lunge	3	x	5	90-95%	5 Reps on Each Leg
Perform A-C Simultaneously for 3 Sets						
Limited Rest Between Exercises						

Isometric Block Friday- Sample Training Day

Block 1		Upper Body Warm-up				
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x 5,3,3	50-80%	Warm-up	
Perform A as Warm-up for Heavier Sets						
2:00 Minutes Rest Between Sets						
Block 2		Upper Body Strength				
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	5	x 2-3 Reps	90-95%	No Tempo	
B	Med Ball Chest Pass	5	x 5	Moderate	Quick Hip	
C	Delt BO Lat Rebound Drop	5	x 8	Light		
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 3		Upper Auxiliary				
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Shoulder Press	4	x 8	90-95%	Bottom Half	
B	Cuban Press Fig 8	4	x 8	Light		
C	Pull Up	4	x 7	90-95%	Bottom Half	
Perform A-C Simultaneously for 3 Sets						
Limited Rest Between Exercises						
Block 4		Upper Auxiliary				
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Board Press	3	x 6	90-95%		
B	DB Bent Over Row	3	x 6	90-95%		
C	Delt BO OH Rebound Drop	3	x 8	Light		
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 5		Upper Auxiliary				
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Dips	3	x 5	90-95%		

B	Bar Curl	3	x	5	90-95%	
C	DB Rear Delt	3	x	6	90-95%	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Concentric Block Monday- Sample Training Day

Block 1

Lower Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Back Squat	1,1,1	x 5,3,3	50-80%	
B	TKE	3	x 6ea	Band	

Perform A & B Series Simultaneously for 2 Sets

No Rest Between Exercises

Block 2

Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Back Squat	4	x 5	85-87%	
B	Hurdle Hop	4	x 5		Distance
C	1/2 Squat Weighted Jump	4	x 5		
D	15 yard starts	4	x 1		15 yd sprint
E	Wrist Curl	4	x 10		
F	4 Way Neck	4	x 4		Machine/Partner

Perform A-F Simultaneously for 4 Sets

15 Seconds Rest Between Exercises; 2 Minutes Rest After A-F is Done

Block 3

Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar Lift	3	x 5	85-87%	Do Not Hit Ground
B	Bench Abduction	3	x 8	BW	OC
C	DB Split Squat	3	x 6	85-87%	

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Glute Ham Hyper	3	x 6	85-87%	
B	Bench Adduction	3	x 8	BW	OC
C	Hip Flexor Prone	3	x 8		Knee On Bench

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5

Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Step Up	3	x	6	85-87%	
B	SL Ball Leg Curl	3	x	12	BW	Feet on Ball
C	SL Calf Raises	3	x	10		

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Concentric Block Tuesday- Sample Training Day

Block 1

Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x	5,3,3	50-80%	
B	External Rot.	2	x	10		

Perform A-B Simultaneously for 2 Sets

No Rest Between Exercises

Block 2

Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	4	x	8	85-87%	No Tempo
B	Speed Band Bench Press	4	x	4	35-40%	
C	DB Incline Bench	4	x	4	35-40%	
D	Clap Push Up	4	x	4	BW	
E	Jobs	4	x	8	Light DB	

Perform A-E Simultaneously for 4 Sets

25 seconds Rest Between Exercises; 2 Min Rest Between Rounds

Block 3

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Incline DB Bench Press	4	x	5	85-87%	
B	Cuban External Rot Band	4	x	8	BAND	OC
C	Pull Up	4	x	7	85-87%	

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	3	x	10	85-87%	Bottom Half
B	DB Bent Over Row	3	x	8	85-87%	
C	Bar Curl	3	x	7	85-87%	

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5

Upper Body Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Tri Ext.	3	x	7	85-87%	
B	Rear Delt	3	x	6	85-87%	
C	Cuban Internal Rot Band	3	x	6	Band	OC

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Concentric Block Thursday- Sample Training Day

Block 1							Lower Body Warm-up						
Order		Exercise			Sets		Reps/Duration		Load		Notes		
A		Back Squat			1,1,1		x 5,3,3		50-80%				
B		TKE			2		x 6ea						
Perform A & B Series Simultaneously for 2 Sets													
No Rest Between Exercises													
Block 2							Lower Body Strength						
Order		Exercise			Sets		Reps/Duration		Load		Notes		
A		Back Squat			5		x 2-3 Reps		90-95%		Reactive		
B		Depth Drop Box Jump			5		x 5						
C		Antib Band			5		x 8						
Perform A-C Simultaneously for 3 Sets													
25 Seconds Rest Between Exercises; 2 Min Rest Between Rounds													
Block 3							Lower Auxiliary						
Order		Exercise			Sets		Reps/Duration		Load		Notes		
A		RDL			4		x 5		90-95%				
B		DB Step Up			4		x 5		90-95%		Bottom Half		
C		Hip Flexor Prone			4		x 8		BW		Knee On Bench		
Perform A-C Simultaneously for 3 Sets													
25 seconds Rest Between Exercises													
Block 4							Lower Auxiliary						
Order		Exercise			Sets		Reps/Duration		Load		Notes		
A		Glute Ham Bar			3		x 8		90-95%				
B		Bench Abduction			3		x 8		BW		Each Leg		
C		Calf Raises			3		x 10		90-95%				
Perform A-C Simultaneously for 3 Sets													
25 seconds Rest Between Exercises													
Block 5							Lower Auxiliary						

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Glute Ham Hyper	3	x 8	BW	
B	Bench Adduction	3	x 8	BW	Each Leg
C	DB Walking Lunge	3	x 5	90-95%	5 Reps on Each Leg
Perform A-C Simultaneously for 3 Sets					
25 seconds Rest Between Exercises					

Concentric Block Friday- Sample Training Day

Block 1		Upper Body Warm-up				
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x 5,3,3	50-80%	Warm-up	
Perform A as Warm-up for Heavier Sets						
2:00 Minutes Rest Between Sets						
Block 2		Upper Body Strength				
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	5	x 2-3 Reps	90-95%	No Tempo	
B	Med Ball Chest Pass	5	x 5	MB	Quick Hip	
C	Delt BO Lat Rebound Drop	5	x 8	Light DB		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2 Min Rest Between Rounds						
Block 3		Upper Auxiliary				
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Shoulder Press	4	x 8	90-95%	Bottom Half	
B	Cuban Press Fig 8	4	x 8	Light		
C	Pull Up	4	x 7	90-95%	Bottom Half	
Perform A-C Simultaneously for 3 Sets						
Limited Rest Between Exercises						
Block 4		Upper Auxiliary				
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Board Press	3	x 5	90-95%		
B	DB Bent Over Row	3	x 6	90-95%		
C	Delt BO OH Rebound Drop	3	x 8	Light		
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 4		Upper Auxiliary				
Order	Exercise	Sets	Reps/Duration	Load	Notes	

A	Dips	3	x	5	90-95%	
B	Bar Curl	3	x	5	90-95%	
C	DB Rear Delt	3	x	6	90-95%	
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Below 80% Block Monday- Sample Training Day

Block 1		Lower Body Warm-up				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Sport Back Squat	1,1,1	x	5,3,3	50-80%	
B	TKE	3	x	6ea	Band	
Perform A & B Series Simultaneously for 2 Sets						
No Rest Between Exercises						
Block 2		Lower Body Strength				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Sport Back Squat	4	x	5	55-62%	Reactive
B	Hurdle Hop	4	x	5		Distance
C	1/2 Squat Weighted Jump	4	x	5		Reactive
D	15 yard starts	4	x	1		15 yd sprint
E	Wrist Curl	4	x	10		Reactive
F	4 Way Neck	4	x	4		
Perform A-D Simultaneously for 3 Sets						
15 Seconds Rest Between Exercises; 2 Minutes Rest After A-F is Done						
Block 3		Lower Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar Lift	3	x	5	55-62%	Do Not Hit Ground
B	Bench Abduction	3	x	8	BW	OC-Disadvantage- +1 Rep
C	DB Split Squat	3	x	10	55-62%	OC-Disadvantage- +1 Rep
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 4		Upper/Lower Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Hyper	3	x	6	BW	Reactive

B	Bench Adduction	3	x	12	BW	OC-Disadvantage- +1 Rep
C	Hip Flexor Prone OC	3	x	12		Knee On Bench/ OC +1 Rep
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						
Block 5		Lower Auxiliary				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Step Up	3	x	6	55-62%	
B	SL Ball Curl	3	x	12	BW	Drop Fast
C	Stiff Leg Ankle Hops	3	x	8		Jump High
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Below 80% Block Tuesday- Sample Training Day

Block 1

Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x	5,3,3	50-80%	
B	External Rot.	2	x	10		

Perform A-B Simultaneously for 2 Sets

No Rest Between Exercises

Block 2

Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	4	x	8	55-62%	Reactive
B	Speed Band Bench Press	4	x	4	35-40%	Reactive
C	DB Incline Bench	4	x	4	35-40%	Reactive
D	Clap Push Up	4	x	4	BW	Reactive
E	Jobs	4	x	8	Light DB	

Perform A-D Simultaneously for 3 Sets

25 seconds Rest Between Exercises; 2 Min Rest Between Rounds

Block 3

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Incline DB Bench Press	4	x	5	55-62%	Reactive
B	Cuban External Rot Band	4	x	12	BAND	OC-Disadvantage- +1 Rep
C	Pull Up	4	x	7	55-62%	OC-Disadvantage- +1 Rep

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	3	x	10	55-62%	OC-Disadvantage- +1 Rep
B	DB Bent Over Row	3	x	10	55-62%	OC-Disadvantage- +1 Rep
C	Bi Band Curl Pro Sup	3	x	7	55-62%	AFSM

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5

Upper Body Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Tri Band Push Down Pro Sup	3	x	7	Band	AFSM
B	Delt BO Lat Rebound Drop	3	x	6	Light DB	Reactive
C	Cuban Internal Rot Band	3	x	6	Band	OC-Disadvantage- +1 Rep

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Below 80% Block Thursday- Sample Training Day

Block 1							Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration	Load	Notes								
A	Hex Deadlift	1,1,1	x	5,3,3	50-80%								
B	TKE	2	x	6ea									
Perform A & B Series Simultaneously for 2 Sets													
No Rest Between Exercises													
Block 2							Lower Body Strength						
Order	Exercise	Sets	Reps/Duration	Load	Notes								
A	Hex Deadlift	5	x	5	72-80%	Don't Hit The Ground							
B	Depth Drop Box Jump	5	x	5									
C	Antib Band	5	x	8		Rest 2 min between sets							
Perform A-C Simultaneously for 3 Sets													
30 seconds Rest Between Exercises													
Block 3							Lower Auxiliary						
Order	Exercise	Sets	Reps/Duration	Load	Notes								
A	Glute Bar Lift	4	x	6	72-80%								
B	Hip Flex Band Pulls	4	x	8	Band								
C	OC Swiss Ball Groin Squeeze	4	x	10	72-80%								
Perform A-C Simultaneously for 3 Sets													
25 seconds Rest Between Exercises													
Block 4							Lower Auxiliary						
Order	Exercise	Sets	Reps/Duration	Load	Notes								
A	DB Split Squat	4	x	6	72-80%	Reactive							
B	Bench Abduction	4	x	10	BW	OC-Disadvantage							
C	Glute Hyper Incline	4	x	6	BW	Reactive							
Perform A-C Simultaneously for 3 Sets													

25 seconds Rest Between Exercises

Block 5

Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Ball Leg Curl Drop	3	x	6	Ball	Reactive
B	Bench Abduction	3	x	10	BW	OC-Disadvantage
C	Stiff Leg Ankle Hops	3	x	5	BW	Jump High
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Below 80% Block Friday- Sample Training Day

Block 1

Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x 5,3,3	50-80%	Warm-up

Perform A as Warm-up for Heavier Sets

2:00 Minutes Rest Between Sets

Block 2

Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Bench Press	5	x 5 Reps	72-80%	Reactive
B	Med Ball Chest Pass	5	x 5	Moderate	Quick Hip
C	Delt BO Lat Rebound Drop	5	x 8	Light	Reactive

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 3

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	4	x 8	72-80%	Bottom Half
B	Cuban Press Fig 8	4	x 8	Light	
C	Pull Up	4	x 7	72-80%	Bottom Half

Perform A-C Simultaneously for 3 Sets

Limited Rest Between Exercises

Block 4

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Board Press	3	x 6	72-80%	
B	DB Bent Over Row	3	x 7	72-80%	OC-Disadvantage- +1 Rep
C	Delt BO OH Rebound Drop	3	x 8	Light DB	

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Dips	3	x 10	72-80%	OC-Disadvantage- +1 Rep

B	Bar Curl	3	x	10	72-80%	OC-Disadvantage- +1 Rep
C	Chin Up	3	x	10	72-80%	OC-Disadvantage- +1 Rep
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Below 55% Block Monday- Sample Training Day

Block 1

Lower Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	DB Split Squat	1,1,1	x 5,3,3	50-80%	
B	TKE	3	x 6ea	Band	

Perform A & B Series Simultaneously for 2 Sets

30 Seconds Rest Between Exercises

Block 2

Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Lunge OC Hops	4	x 5	BW	Each Leg
B	Hurdle Hop	4	x 5	BW	Distance
C	1/2 Squat Weighted Jump	4	x 5	BW	Reactive
D	15 yard starts	4	x 15 yd	BW	
E	Wrist Ulnar	4	x 10	40-45%	Reactive
F	4 Way Neck	4	x 4	40-45%	Partner/Machine

Perform A-F Simultaneously for 3 Sets

20 Seconds Rest Between Exercises; 2:00 Rest Between Rounds

Block 3

Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar Lift	3	x 5	40-45%	Do Not Hit Ground
B	Bench Abduction	3	x 8	BW	OC-Disadvantage- +1 Full Rep
C	DB Split Squat	3	x 10	40-45%	OC-Disadvantage- +1 Full Rep

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4

Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Glute Ham Hyper	3	x 6	BW	Reactive

B	Bench Adduction	3	x	12	BW	OC-Disadvantage- +1 Full Rep
C	Hip Flexor Prone OC	3	x	12		OC-Disadvantage- +1 Full Rep

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5

Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>	
A	DB Step Up	3	x	6	40-45%	
B	SL Ball Curl	3	x	12	BW	Drop Fast
C	Stiff Leg Ankle Hops	3	x	8		Jump High

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Below 55% Block Tuesday- Sample Training Day

Block 1

Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x 5,3,3	50-80%	
B	External Rot.	2	x 10		

Perform A-B Simultaneously for 2 Sets

No Rest Between Exercises

Block 2

Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	OC Bench Press	3	x 5	40-45%	AFSM
B	Med Ball Chest Pass	3	x 4	Med Ball	Quick Hips
C	Cuban Press ext. rot. Band OC	3	x 8	Band	OC
D	Antib Band	3	x 8	Band	

Perform A-D Simultaneously for 3 Sets

15 seconds Rest Between Exercises; Rest 2 Min After Each Round

Block 3

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Incline DB Bench Press	4	x 5	55-62%	Reactive
B	Cuban External Rot Band	4	x 12	BAND	OC-Disadvantage- +1 Rep
C	Pull Up	4	x 7	55-62%	OC-Disadvantage- +1 Rep

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	3	x 10	55-62%	OC-Disadvantage- +1 Rep
B	DB Bent Over Row	3	x 10	55-62%	OC-Disadvantage- +1 Rep
C	Bi Band Curl Pro Sup	3	x 7	55-62%	AFSM

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5		Upper Body Auxiliary				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Tri Band Push Down Pro Sup	3	x	7	Band	AFSM
B	Delt BO Lat Rebound Drop	3	x	6	Light DB	Reactive
C	Cuban Internal Rot Band	3	x	6	Band	OC-Disadvantage- +1 Rep
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Below 55% Block Thursday- Sample Training Day

Block 1

Lower Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Split Squat	1,1,1	x	5,3,3	50-80%	
B	TKE	2	x	6ea		

Perform A & B Series Simultaneously for 2 Sets

No Rest Between Exercises

Block 2

Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Lunge Drop Jump	4	x	4	BW	Reactive
B	Depth Drop Box Jump	4	x	4	BW	
C	Antib Band	4	x	8	Band	

Perform A-C Simultaneously for 3 Sets

30 seconds Rest Between Exercises; 2 Min Rest Between Rounds

Block 3

Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Bar Lift	4	x	6	50-55%	Don't Hit The Ground
B	Hip Flex Band Pulls	4	x	8	Band	
C	OC Swiss Ball Groin Squeeze	4	x	10	Ball	OC-Disadvantage

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4

Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Split Squat	4	x	6	BW	Reactive
B	Band Speed Abduction	4	x	10	BW	OC-Disadvantage
C	Glute Hyper Incline	4	x	6	BW	Reactive

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5

Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
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A	Ball Leg Curl Drop	3	x	6	Ball	Reactive
B	Wrist Ulnar/Rad	3	x	10	50-55%	Reactive
C	Stiff Leg Ankle Hops	3	x	5	BW	Jump High
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						

Below 55% Block Friday- Sample Training Day

Block 1

Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x 5,3,3	50-80%	Warm-up
Perform A as Warm-up for Heavier Sets					
2:00 Minutes Rest Between Sets					

Block 2

Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Bench Press	5	x 5 Reps	50-55%	Reactive
B	Med Ball Chest Pass	5	x 5	MB	Quick Hip
C	Delt BO Lat Rebound Drop	5	x 8	Light DB	Reactive
Perform A-C Simultaneously for 3 Sets					
25 seconds Rest Between Exercises					

Block 3

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	4	x 8	50-55%	Bottom Half
B	Cuban Press Int Rot Band OC	3	x 8	Band	OD-Disadvantage
C	Pull Up	4	x 7	50-55%	Bottom Half
Perform A-C Simultaneously for 3 Sets					
Limited Rest Between Exercises					

Block 4

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Dips	3	x 10	50-55%	OC-Disadvantage- +1 Full Rep
B	DB Bent Over Row	3	x 7	50-55%	OC-Disadvantage- +1 Full Rep
C	Delt BO OH Rebound Drop	3	x 8	Light DB	
Perform A-C Simultaneously for 3 Sets					
25 seconds Rest Between Exercises					

Block 5

Upper Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
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A	Tri Band Press	3	x	7	50-55%	AFSM
C	Bi Band Curl Pro Sup	3	x	10	50-55%	AFSM
C	Chin Up	3	x	10	50-55%	OC-Disadvantage- +1 Full Rep
Perform A-C Simultaneously for 3 Sets						
25 seconds Rest Between Exercises						