Eccentric Block Monday- Sample Training Day

Block 1			Low	ver Body Warn	<u>1-up</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	Back Squat	1,1,1	Х	5,3,3	50-80%					
B1	Ankle Band Work	3	Х	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>	Sets	Re	eps/Duration	Load	Notes				
Α	Back Squat	4	Х	4	85-87.5%	6 Sec Ecc-Partner Help Up				
В	<u>Hurdle Hop</u>	4	Х	5		Pull Down				
С	1/2 Squat Weighted Jump	4	Х	5		Pause at Bottom				
D	15 yard starts	4	Х	1						
E	Wrist Curl	4	Х	8						
F	4 Way Neck	3	Х	4		Partner or Machine				
Perform A-D Simultaneously for 3 Sets										
	25 seconds Rest Bety	ween Ex	ercis	es; 4:00 minut	es between I	Rounds				
	Perfor	m A-C S	imul	taneously for 3	3 Sets					
	25 se	conds R	est	Between Exerc	ises					
Block 3			Upp	er/Lower Auxi	<u>lliary</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	Glute Ham Bar Lift	3	Х	4	85-87.5%	6 Second Eccentric				
В	Bench Adduction	3	Х	8	BW					
С	Antib Band	3	Х	10	Band					
	Perfor	m A-C S	imul	taneously for 3	3 Sets					
	25 se	conds R	est	Between Exerc	ises					
Block 4			Upp	er/Lower Auxi	liary					
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	DB Split Squat	3	Х	8	85-87%	Each Leg				
В	Bench Abduction	3	Х	8	BW	Each Leg				
С	Glute Ham Hyper	3	Х	8	85-87%					

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises										
Block 5	Block 5 Upper/Lower Auxiliary									
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration Load Notes							
Α	Ball Leg Curl	3	x 8	BW						
В	Antib Band	3	x 10	Band	Each Leg					
С	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								
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration Load						
Α	Bench Press	1,1,1	Х	5,3,3	50-80%	Coach View			
В	Cuban Press	3	Х	8					
		rm A-B Simult							
	2 Min	utes Rest bet	weer	n Sets of Bend	:h				
Block 2 Upper Body Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Re	os/Duration	Load	Notes			
					Q.5				

<u>Order</u>	EXERCISE	Sets	re	ps/Duration	Loau	notes
					85-	
Α	Bench Press	3	Х	4	87.5%	6 Sec. EccPartner Help Up
В	Speed Band Bench Press	3	Х	4	35-40%	
С	DB Incline Bench	3	Х	4	35-40%	Reactive-Speed
D	Clap Push Up	3	Х	4	BW	Reactive
F	Cuhan 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		<u>Upper Auxiliary</u>								
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes				
					85-					
Α	Incline DB Bench Press	3	Х	5	87.5%	3 Second Eccentric				
В	Face Band Pulls	3	Х	10	BAND					
					85-					
С	1-Arm Lat. Pulldown	3	Х	7	87.5%					

Perform A-C Simultaneously for 3 Sets

Block 4	Block 4 Upper Auxiliary								
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes			
					85-				
Α	DB Shoulder Press	3	Х	10	87.5%	Bottom Half			
					85-				
В	DB Bent Over Row	3	Х	8	87.5%	3 Second Eccentric			

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

Lower Body Strength Block 2 **Reps/Duration Order** Exercise Sets Load **Notes** 2-3 Reps **Back Squat** 5 90-95% No Tempo 4 Reps 5 В Box Jump

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

Antib Band

C

<u>Order</u>	<u>Exercise</u>	Sets	Rej	os/Duration	Load	Notes
Α	<u>RDL</u>	4	х	5	90-95%	
В	DB Step Up	4	Х	5	90-95%	Bottom Half
С	Hip Flexor Prone	4	Х	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>	Sets	Reps/Duration	Load	Notes					
Α	Glute Ham Bar	3	x 8	90-95%						
В	Bench Abduction	3	x 8	BW	Each Leg					
С	<u>Calf Raises</u>	3	x 10	90-95%						

Perform A-C Simultaneously for 3 Sets

Limited Rest Between Exercises

Block 5 Upper/Lower Auxiliary

	T	7	ĺ	1	ı				
<u>Order</u>	<u>Exercise</u>	Sets	Rep	s/Duration	Load	Notes			
Α	Glute Ham Hyper	3	х	8	BW				
В	Bench Adduction	3	х	8	BW	Each Leg			
С	DB Walking Lunge	3	х	5	90-95%	5 Reps on Each Leg			
	Perform A-C Simultaneously for 3 Sets								
Limited Rest Between Exercises									

Block 1	Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration			Notes				
Α	Bench Press	1,1,1	Х	5,3,3	50-80%	Warm-up				
	Perform A as Wa	rm-up for	Hea	avier Sets						
	2:00 Minutes	Rest Bety	veer	n Sets						
Block 2 Upper Body Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	Bench Press	5	х	2-3 Reps	90-95%	No Tempo				
В	Med Ball Chest Pass	5	х	5	MB	Quick Hip				
С	Delt BO Lat Rebound Drop	5	х	8	Light					
	Perform A-C Sim	ultaneou	sly f	or 3 Sets						
	25 seconds Res	st Betwee	n Ex	ercises						
Block 3 Upper Auxiliary										
Order	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
A	DB Shoulder Press	4	Х	8	90-95%	Bottom Half				
В	Cuban Press Fig 8	4	Х	8	Light					
С	<u>Pull Up</u>	4	Х	7	90-95%	Bottom Half				
	Perform A-C Sim	ultaneou	sly f	or 3 Sets						
	Limited Rest	Between	Exer	cises						
Block 4		Upper	Aux	<u>ıiliary</u>						
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	Board Press	3	х	5	90-95%					
В	DB Bent Over Row	3	х	6	90-95%					
С	Delt BO OH Rebound Drop	3	х	8	Light					
	Perform A-C Sim	ultaneou	sly f	or 3 Sets						
	25 seconds Res	st Betwee	n Ex	ercises						
Block 4		<u>Upper</u>	Aux	<u>kiliary</u>						
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				

		_							
Α	<u>Dips</u>	3	х	5	90-95%				
В	<u>Bar Curl</u>	3	х	5	90-95%				
С	DB Rear Delt	3	х	6	90-95%				
	Perform A-C Simultaneously for 3 Sets								
	25 seconds Rest	Betwee	n Exer	cises					

Isometric Block Monday- Sample Training Day

Block 1	Lower Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes					
Α	Back Squat	1,1,1	Х	5,3,3	50-80%						
B1	Ankle Band Work	3	х	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>	Sets	Re	ps/Duration	Load	Notes						
Α	Back Squat	4	Х	3	85-87.5%	6 Sec Iso-Partner Help Up						
В	<u>Hurdle Hop</u>	4	Х	5		Pull Down						
С	1/2 Squat Weighted Jump	4	Х	5		Pause at Bottom						
D	15 yard starts	4	Х	1								
E	Wrist Curl	4	Х	8								
F	4 Way Neck	4	Х	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>	Sets	Re	ps/Duration	Load	Notes					
Α	Glute Ham Bar Lift	4	Х	3	85-87.5%	6 Second Isometric					
В	Bench Adduction	4	Х	8	BW	Each Leg					
С	<u>Hip Flex Prone</u>	3	Х	7	BW	Knee On Bench					

Perform A-C Simultaneously for 3 Sets

Block 4		Upper/Lower Auxiliary											
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes							
Α	DB Split Squat	3	Х	8	85-87%	Each Leg							
В	Bench Abduction	3	Х	8	BW	Each Leg							
С	Glute Ham Hyper	3	Х	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	Re	ps/Duration	Load	Notes				
Α	Ball Leg Curl	3	Х	8	BW					
В	Antib Band	3	Х	10	Band	Each Leg				
С	SL Calf Raises	3	Х	8	85-87%					
<u> </u>	Perf	orm A-C Si	mul	taneously for	3 Sets					
	25	seconds R	est l	Between Exer	cises					

Isometric Block Tuesday- Sample Training Day

Block 1 Upper Body Warm-up								
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes		
Α	Bench Press	1,1,1	Х	5,3,3	50-80%	Coach View		
В	<u>Cuban Press</u>	3	Х	8	-			

Perform A-B Simultaneously for 2 Sets

2 Minutes Rest between Sets of Bench

Block 2	Upper Body Strength								
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes			
					85-				
Α	Bench Press	4	Х	3	87.5%	6 Sec Iso-Partner Help Up			
В	Speed Band Bench Press	4	Х	4	35-40%				
С	DB Incline Bench	4	Х	4	35-40%	Reactive-Speed			
D	Clap Push Up	4	Х	4	BW	Reactive			
E	Cuban Press Ext. Rot. Band	4	х	6	Band				

Perform A-D Simultaneously for 3 Sets

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

Block 3	<u>Upper Auxiliary</u>									
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes				
					85-					
Α	Incline DB Bench Press	3	х	6	87.5%	3 Second Isometric				
В	Face Band Pulls	3	Х	12	BAND					
					85-					
С	<u>1-Arm Lat. Pulldown</u>	3	х	7	87.5%					

Perform A-C Simultaneously for 3 Sets

Block 4	<u>Upper Auxiliary</u>									
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes				
					85-					
Α	DB Shoulder Press	3	Х	10	87.5%	Bottom Half				
					85-					
В	DB Bent Over Row	3	х	6	87.5%	3 Second Isometric				

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

Isometric Block Thursday- Sample Training Day

Block 1			Lo	wer Body Str	ength						
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes					
Α	<u>Back Squat</u>	1,1,1	.,1 x 5,3,3		50-80%	Warm-up					
	Perfor	m A as V	Varm	-up for Heavi	er Sets						
	2:0	0 Minut	es Re	est Between S	ets						
Block 2	<u>Lower Body Strength</u>										
Order	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes					
A	Back Squat	5	Х	2-3 Reps	90-95%	No Tempo					
В	Box Jump	5	х	4 Reps							
С	Antib Band	5	х	7 Reps							
	Perfor	m A-C S	imul	taneously for	3 Sets						
	25 seconds Rest Bet	ween Ex	ercis	es; 4:00 minu	tes between	Rounds					
Block 3 Upper/Lower Auxiliary											
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes					
Α	<u>RDL</u>	4	Х	5	90-95%	No Tempo					
В	DB Step Up	4	Х	5	90-95%	Bottom Half					
С	<u>Hip Flexor Prone</u>	4	Х	8	BW	Knee On Bench					
	Perfor	m A-C S	imult	taneously for	3 Sets						
	25 se	econds F	Rest E	Between Exerc	cises						
Block 4			Up	per/Lower Au	xiliary						
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes					
Α	Glute Ham Bar	3	Х	8	90-95%	No Tempo					
В	Bench Abduction	3	Х	8	BW	Each Leg					
С	<u>Calf Raises</u>	3	Х	10	90-95%						
	Perfor	m A-C S	imult	taneously for	3 Sets						
	Lin	nited Re	st Be	tween Exercis	es						
Block 5			<u>Up</u>	per/Lower Au	xiliary						
<u>Order</u>	Exercise	Sets	Reps/Duration		1004	oad Notes					

		_			_				
Α	Glute Ham Hyper	3	х	8	BW				
В	Bench Adduction	3	х	8	BW	Each Leg			
С	DB Walking Lunge	3	х	5	90-95%	5 Reps on Each Leg			
Perform A-C Simultaneously for 3 Sets									
	Limited Rest Between Exercises								

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Isometric Block	,	Garripi 6		– 9. 7

Block 1		Upper E	Body Warm	-up				
Order	<u>Exercise</u>	Sets	Reps/Dur	ration	Load	Notes		
Α	Bench Press	1,1,1	x 5,3	3,3	50-80%	Warm-up		
	Perform A as Wa	arm-up 1	or Heavier	Sets				
	2:00 Minute	s Rest B	etween Sets	S				
Block 2		Upper	Body Strens	gth_				
Order	<u>Exercise</u>	Sets	Reps/Dur	ration	Load	Notes		
Α	Bench Press	5	x 2-3 F		90-95%	No Tempo		
В	Med Ball Chest Pass	5	x 5	5	Moderate	Quick Hip		
С	Delt BO Lat Rebound Drop	5	x 8	3	Light			
	Perform A-C Sir	nultane	ously for 3 S	Sets				
	25 seconds Re	st Betw	een Exercis	es				
Block 3	Upper Auxiliary							
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Dur	ration	Load	Notes		
Α	<u>DB Shoulder Press</u>	4	x 8	3	90-95%	Bottom Half		
В	Cuban Press Fig 8	4	x 8	3	Light			
С	<u>Pull Up</u>	4	x 7	7	90-95%	Bottom Half		
	Perform A-C Sir	nultane	ously for 3 S	Sets				
	Limited Rest	Betwee	n Exercises	ì				
Block 4		<u>Upp</u>	er Auxiliary	<u>!</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Dur	ration	Load	Notes		
Α	Board Press	3	x 6	5	90-95%			
В	DB Bent Over Row	3	x 6	5	90-95%			
С	<u>Delt BO OH Rebound Drop</u>	3	x 8	3	Light			
	Perform A-C Sir	nultane	ously for 3 S	Sets				
	25 seconds Re	est Betw	een Exercis	es				
Block 5		Upp	er Auxiliary	<u> </u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Dur	ration	Load	Notes		
		1	1					

		_							
В	<u>Bar Curl</u>	3	х	5	90-95%				
С	<u>DB Rear Delt</u>	3	х	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>	Sets	Re	ps/Duration	Load	Notes					
Α	<u>Back Squat</u>	1,1,1	Х	5,3,3	50-80%						
В	<u>TKE</u>	3	Х	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>	Sets	Sets Reps/Duration			Notes					
Α	Back Squat	4	Х	5	85-87%						
В	<u>Hurdle Hop</u>	4	Х	5		Distance					
С	1/2 Squat Weighted Jump	4	Х	5							
D	15 yard starts	4	Х	1		15 yd sprint					
E	Wrist Curl	4	Х	10							
F	4 Way Neck	4	Х	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>	Order <u>Exercise</u>		ets Reps/Duration		Load	Notes				
Α	Glute Ham Bar Lift	3	Х	5	85-87%	Do Not Hit Ground				
В	Bench Abduction	3	Х	8	BW	OC				
С	DB Split Squat	3	х	6	85-87%					

Perform A-C Simultaneously for 3 Sets

Block 4	Upper/Lower Auxiliary									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes				
Α	Glute Ham Hyper	3	Х	6	85-87%					
В	Bench Adduction	3	Х	8	BW	OC				
С	Hip Flexor Prone	3	х	8		Knee On Bench				
·	Perform A-C Simultaneously for 3 Sets									

25 seconds Rest Between Exercises										
Block 5	<u>Lower Auxiliary</u>									
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration Load Notes							
Α	DB Step Up	3	Х	6	85-87%					
В	SL Ball Leg Curl	3	Х	12	BW	Feet on Ball				
С	SL Calf Raises	3	х	10						
Perform A-C Simultaneously for 3 Sets										
	25 second	ls Rest B	etwe	een Exercises						

Concentric Block Tuesday- Sample Training Day

Block 1	Upper Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	R	eps/Duration	Load	Notes					
Α	Bench Press	1,1,1	Х	5,3,3	50-80%						
В	External Rot.										

Perform A-B Simultaneously for 2 Sets

No Rest Between Exercises

Block 2	Upper Body Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration			Notes				
Α	Bench Press	4	х	8	85-87%	No Tempo				
В	Speed Band Bench Press	4	х	4	35-40%					
С	DB Incline Bench	4	х	4	35-40%					
D	Clap Push Up	4	х	4	BW					
E	Jobes	4	х	8	Light DB					

Perform A-E Simultaneously for 4 Sets

25 seconds Rest Between Exercises; 2 Min Rest Between Rounds

Block 3	<u>Upper Auxiliary</u>									
<u>Order</u>	<u>Exercise</u>	Sets	R	eps/Duration	Load	Notes				
Α	Incline DB Bench Press	4	Х	5	85-87%					
В	Cuban External Rot Band	4	Х	8	BAND	ОС				
С	<u>Pull Up</u>	4	х	7	85-87%					

Perform A-C Simultaneously for 3 Sets

Block 4	<u>Upper Auxiliary</u>								
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes			
Α	DB Shoulder Press	3	Х	10	85-87%	Bottom Half			
В	DB Bent Over Row	3	Х	8	85-87%				
С	<u>Bar Curl</u>	3	х	7	85-87%				

	25 second	s Rest Betv	veen Ex	ercises					
Block 5	Ock 5 Upper Body Auxiliary								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes			
Α	DB Tri Ext.	3	х	7	85-87%				
В	<u>Rear Delt</u>	3	х	6	85-87%				
С	Cuban Internal Rot Band	3	х	6	Band	OC			

Concentric Block Thursday- Sample Training Day

Block 1	<u>1</u> <u>Lower Body Warm-up</u>										
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes					
Α	Back Squat	1,1,1	х	5,3,3	50-80%						
В	<u>TKE</u>	2	х	6ea							
	Perform .			ultaneously fo en Exercises	r 2 Sets						
Block 2		Lauren Da du Chranath									

<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes
Α	Back Squat	5	х	2-3 Reps	90-95%	Reactive
В	Depth Drop Box Jump	5	х	5		
С	Antib Band	5	Х	8		

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2 Min Rest Between Rounds

Lower Auxiliary

<u> BIOCK 3</u>		<u>EUWCI Adamary</u>										
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes						
Α	<u>RDL</u>	4	Х	5	90-95%							
В	DB Step Up	4	Х	5	90-95%	Bottom Half						
С	<u>Hip Flexor Prone</u>	4	Х	8	BW	Knee On Bench						
	•	•										

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4		<u>Lower Auxiliary</u>										
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes						
Α	Glute Ham Bar	3	х	8	90-95%							
В	Bench Abduction	3	х	8	BW	Each Leg						
С	<u>Calf Raises</u>	3	х	10	90-95%							

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 5 Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes	
Α	Glute Ham Hyper	3	3 x 8				
В	Bench Adduction	3	х	8	BW	Each Leg	
C DB Walking Lunge 3 x 5 90-95% 5 Reps on Each Leg							
	Perform	A-C Sim	ultane	eously for 3 S	Sets		
	25 seco	onds Res	t Betv	veen Exercis	es		

Concentric Block Friday- Sample Training Day

Block 1	Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Rep	s/Duration	Load	Notes				
Α	Bench Press	1,1,1	Х	5,3,3	50-80%	Warm-up				
	Perform A as Wa	rm-up fo	or Hea	avier Sets						
	2:00 Minutes	Rest Be	tweer	n Sets						
Block 2		<u>Upper B</u>	ody S	trength						
<u>Order</u>	<u>Exercise</u>	Sets	Rep	s/Duration	Load	Notes				
Α	Bench Press	5	Х	2-3 Reps	90-95%	No Tempo				
В	Med Ball Chest Pass	5	Х	5	MB	Quick Hip				
С	<u>Delt BO Lat Rebound Drop</u>	5	Х	8	Light DB					
	Perform A-C Sin	nultaneo	usly f	or 3 Sets						
	25 Seconds Rest Between Exe	ercises; 2	Min	Rest Betweer	n Rounds					
Block 3		Uppe	r Aux	iliary						
<u>Order</u>	<u>Exercise</u>	Sets Reps/Duration Load Notes								
Α	DB Shoulder Press	4	Х	8	90-95%	Bottom Half				
В	Cuban Press Fig 8	4	Х	8	Light					
С	<u>Pull Up</u>	4	Х	7	90-95%	Bottom Half				
	Perform A-C Sin	nultaneo	usly f	or 3 Sets						
	Limited Rest	Between	ո Exer	cises						
Block 4		Uppe	r Aux	<u>iliary</u>						
<u>Order</u>	<u>Exercise</u>	Sets	Rep	s/Duration	Load	Notes				
Α	Board Press	3	х	5	90-95%					
В	DB Bent Over Row	3	х	6	90-95%					
С	Delt BO OH Rebound Drop	3	Х	8	Light					
	Perform A-C Sin	nultaneo	usly f	or 3 Sets						
	25 seconds Re	st Betwe	en Ex	ercises						
Block 4		<u>Uppe</u>	r Aux	iliary						
·				s/Duration		-				

Α	<u>Dips</u>	3	х	5	90-95%				
В	<u>Bar Curl</u>	3	х	5	90-95%				
С	DB Rear Delt	3	х	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>	Sets	Sets Reps/Duration			Notes				
					50-					
Α	Sport Back Squat	1,1,1	Х	5,3,3	80%					
В	<u>TKE</u>	3	Х	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>	Sets Reps/Duration			Load	Notes					
					55-						
Α	Sport Back Squat	4	Х	5	62%	Reactive					
В	<u>Hurdle Hop</u>	4	Х	5		Distance					
С	1/2 Squat Weighted Jump	4	Х	5		Reactive					
D	15 yard starts	4	Х	1		15 yd sprint					
E	Wrist Curl	4	Х	10		Reactive					

Perform A-D Simultaneously for 3 Sets

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

Block 3 Lower Auxiliary

4 Way Neck

F

<u>Order</u>	<u>Exercise</u>	Sets	Rep	os/Duration	Load	Notes
					55-	
Α	Glute Ham Bar Lift	3	Х	5	62%	Do Not Hit Ground
В	Bench Abduction	3	х	8	BW	OC-Disadvantage- +1 Rep
					55-	
С	DB Split Squat	3	Х	10	62%	OC-Disadvantage- +1 Rep

Perform A-C Simultaneously for 3 Sets

Block 4	Upper/Lower Auxiliary										
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes					
Α	Glute Ham Hyper	3	Х	6	BW	Reactive					

В	Bench Adduction	3	х	12	BW	OC-Disadvantage- +1 Rep				
С	<u>Hip Flexor Prone OC</u>	3	Х	12		Knee On Bench/ OC +1 Rep				
Perform A-C Simultaneously for 3 Sets										
25 seconds Rest Between Exercises										
Block 5 Lower Auxiliary										
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes				
					55-					
Α	DB Step Up	3	Х	6	62%					
В	SL Ball Curl	3	Х	12	BW	Drop Fast				
С	Stiff Leg Ankle Hops	3	х	8		Jump High				
	Perform A-C Simultaneously for 3 Sets									
	25 se	econds	Rest	Between Exe	rcises					

Below 80% Block Tuesday- Sample Training Day

Block 1	Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes				
Α	Bench Press	1,1,1	Х	5,3,3	50-80%					
В	External Rot.	2	Х	10						

Perform A-B Simultaneously for 2 Sets

No Rest Between Exercises

Block 2	Upper Body Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes					
Α	Bench Press	4	х	8	55-62%	Reactive					
В	Speed Band Bench Press	4	Х	4	35-40%	Reactive					
С	DB Incline Bench	4	Х	4	35-40%	Reactive					
D	Clap Push Up	4	Х	4	BW	Reactive					
					Light						
E	<u>Jobes</u>	4	х	8	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>	Sets Reps/Duration			Load	Notes						
Α	Incline DB Bench Press	4	х	5	55-62%	Reactive						
В	Cuban External Rot Band	4	х	12	BAND	OC-Disadvantage- +1 Rep						
С	<u>Pull Up</u>	4	х	7	55-62%	OC-Disadvantage- +1 Rep						

Perform A-C Simultaneously for 3 Sets

Block 4	<u>Upper Auxiliary</u>										
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration			Notes					
Α	DB Shoulder Press	3	Х	10	55-62%	OC-Disadvantage- +1 Rep					
В	DB Bent Over Row	3	Х	10	55-62%	OC-Disadvantage- +1 Rep					
С	Bi Band Curl Pro Sup	3	Х	7	55-62%	AFSM					
	Perform A-C Simultaneously for 3 Sets										

25 seconds Rest Between Exercises										
Block 5	<u>Upper Body Auxiliary</u>									
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes				
Α	Tri Band Push Down Pro Sup	3	Х	7	Band	AFSM				
					Light					
В	<u>Delt BO Lat Rebound Drop</u>	3	Х	6	DB	Reactive				
С	Cuban Internal Rot Band	3	Х	6	Band	OC-Disadvantage- +1 Rep				
Perform A-C Simultaneously for 3 Sets										
	25 seco	nds Res	t Be	tween Exercise	es					

Below 80% Block Thursday- Sample Training Day

Block 1	Lower Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets Reps/Duration		Load	Notes					
					50-					
Α	<u>Hex Deadlift</u>	1,1,1	х	5,3,3	80%					
В	<u>TKE</u>	2	Х	6ea						

Perform A & B Series Simultaneously for 2 Sets

No Rest Between Exercises

Block 2	Lower Body Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes					
					72-						
Α	<u>Hex Deadlift</u>	5	Х	5	80%	Don't Hit The Ground					
В	Depth Drop Box Jump	5	Х	5							
С	Antib Band	5	Х	8		Rest 2 min between sets					

Perform A-C Simultaneously for 3 Sets

30 seconds Rest Between Exercises

Block 3	Lower Auxiliary									
<u>Order</u>	<u>Exercise</u>	Sets	Rep	os/Duration	Load	Notes				
					72-					
Α	Glute Bar Lift	4	Х	6	80%					
В	Hip Flex Band Pulls	4	Х	8	Band					
					72-					
С	OC Swiss Ball Groin Squeeze	4	Х	10	80%					

Perform A-C Simultaneously for 3 Sets

Block 4	Lower Auxiliary									
<u>Order</u>	<u>Exercise</u>	Sets Reps/Duration			Load	Notes				
					72-					
Α	DB Split Squat	4	Х	6	80%	Reactive				
В	Bench Abduction	4	Х	10	BW	OC-Disadvantage				
С	Glute Hyper Incline	4	Х	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>	Sets	Sets Reps/Duration		Load	Notes			
Α	Ball Leg Curl Drop	3	Х	6	Ball	Reactive			
В	Bench Abduction	3	Х	10	BW	OC-Disadvantage			
С	Stiff Leg Ankle Hops	3	х	5	BW	Jump High			
Perform A-C Simultaneously for 3 Sets									
	25 se	conds Res	st Be	tween Exercis	es				

Below 80%	Rlock	Friday-	Sampl	Δ Τ	raining	Dav
DCIOW 0070	DIOCK	rriday	Jampi	CI	ranning	Day

Block 1			L	Jpper Body Wa	arm-up					
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-up				
	Perfo	rm A as	s Wa	arm-up for Hea	vier Sets					
	2:	:00 Min	utes	Rest Betweer	n Sets					
Block 2 Upper Body Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	Bench Press	5	х	5 Reps	72-80%	Reactive				
В	Med Ball Chest Pass	5	х	5	Moderate	Quick Hip				
С	<u>Delt BO Lat Rebound Drop</u>	5	х	8	Light	Reactive				
	Perfo	orm A-C	Sin	nultaneously fo	or 3 Sets					
	25	second	s Re	st Between Ex	ercises					
Block 3 Upper Auxiliary										
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	DB Shoulder Press	4	Х	8	72-80%	Bottom Half				
В	Cuban Press Fig 8	4	Х	8	Light					
С	<u>Pull Up</u>	4	х	7	72-80%	Bottom Half				
	Perfo	orm A-C	Sin	nultaneously fo	or 3 Sets					
	Li	imited I	Rest	Between Exer	cises					
Block 4				Upper Auxil	<u>iary</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	Board Press	3	х	6	72-80%					
В	DB Bent Over Row	3	х	7	72-80%	OC-Disadvantage- +1 Rep				
С	Delt BO OH Rebound Drop	3	х	8	Light DB					
	Perfo	orm A-C	Sin	nultaneously fo	or 3 Sets					
	25	second	s Re	st Between Ex	ercises					
Block 5				Upper Auxil	iary					
<u>Order</u>	<u>Exercise</u>	Sets	Re	eps/Duration	Load	Notes				
Α	Dips	3	х	10	72-80%	OC-Disadvantage- +1 Rep				

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

Below 55% Block Monday- Sample Training Day

Block 1	<u>1</u> <u>Lower Body Warm-up</u>											
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes						
					50-							
Α	DB Split Squat	1,1,1	Х	5,3,3	80%							
В	<u>TKE</u>	3	Х	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>	Sets	Re	ps/Duration	Load	Notes						
Α	Lunge OC Hops	4	х	5	BW	Each Leg						
В	<u>Hurdle Hop</u>	4	х	5	BW	Distance						
С	1/2 Squat Weighted Jump	4	Х	5	BW	Reactive						
D	15 yard starts	4	Х	15 yd	BW							
					40-							
E	Wrist Ulnar	4	Х	10	45%	Reactive						
					40-							
F	4 Way Neck	4	х	4	45%	Partner/Machine						

Perform A-F Simultaneously for 3 Sets

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

Block 3		<u>Lower Auxiliary</u>										
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes						
					40-							
Α	Glute Ham Bar Lift	3	х	5	45%	Do Not Hit Ground						
В	Bench Abduction	3	Х	8	BW	OC-Disadvantage- +1 Full Rep						
					40-							
С	DB Split Squat	3	Х	10	45%	OC-Disadvantage- +1 Full Rep						

Perform A-C Simultaneously for 3 Sets

Block 4	Upper/Lower Auxiliary										
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes					
Α	Glute Ham Hyper	3	Х	6	BW	Reactive					

В	Bench Adduction	3	х	12	BW	OC-Disadvantage- +1 Full Rep					
С	Hip Flexor Prone OC	3	Х	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>	Sets	Reps/Duration		Load	Notes					
					40-						
Α	DB Step Up	3	Х	6	45%						
В	SL Ball Curl	3	Х	12	BW	Drop Fast					
С	Stiff Leg Ankle Hops	3	Х	8		Jump High					
Perform A-C Simultaneously for 3 Sets											
	25	second	s Re	st Between Ex	ercises						

Below 55% Block Tuesday- Sample Training Day

Block 1	Block 1 Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes				
Α	Bench Press	1,1,1	Х	5,3,3	50-80%					
В	External Rot.	2	Х	10						

Perform A-B Simultaneously for 2 Sets

No Rest Between Exercises

Block 2	<u>Upper Body Strength</u>										
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes					
Α	OC Bench Press	3	Х	5	40-45%	AFSM					
					Med						
В	Med Ball Chest Pass	3	Х	4	Ball	Quick Hips					
С	Cuban Press ext. rot. Band OC	3	Х	8	Band	OC					
D	Antib Band	3	х	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>	Sets	Re	ps/Duration	Load	Notes
Α	Incline DB Bench Press	4	Х	5	55-62%	Reactive
В	Cuban External Rot Band	4	Х	12	BAND	OC-Disadvantage- +1 Rep
С	<u>Pull Up</u>	4	Х	7	55-62%	OC-Disadvantage- +1 Rep

Perform A-C Simultaneously for 3 Sets

25 seconds Rest Between Exercises

Block 4	<u>Upper Auxiliary</u>								
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes			
Α	DB Shoulder Press	3	Х	10	55-62%	OC-Disadvantage- +1 Rep			
В	DB Bent Over Row	3	Х	10	55-62%	OC-Disadvantage- +1 Rep			
С	Bi Band Curl Pro Sup	3	Х	7	55-62%	AFSM			

Perform A-C Simultaneously for 3 Sets

Block 5 Upper Body Auxiliary									
<u>Order</u> <u>Exercise</u> 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 <u>Cuban Internal Rot Band</u> 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

			_	. D I. M					
Block 1	Lower Body Warm-up								
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration		Load	Notes			
Α	DB Split Squat	1,1,1	Х	5,3,3	50-80%				
В	<u>TKE</u>	2	Х	6ea					
	Perform A & E	Series :	Simu	ultaneously fo	r 2 Sets				
	No	Rest Bet	wee	n Exercises					
Block 2	Lower Body Strength								
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration Load Notes						
Α	Lunge Drop Jump	4	Х	4	BW	Reactive			
В	Depth Drop Box Jump	4	Х	4	BW				
С	<u>Antib Band</u>	4	Х	8	Band				
	Perform A	۹-C Simu	ıltan	eously for 3 S	ets				
	30 seconds Rest Betwe	en Exer	cises	s; 2 Min Rest E	Between Ro	ounds			
Block 3	<u>Lower Auxiliary</u>								
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration Load Notes						
Α	Glute Bar Lift	4	Х	6	50-55%	Don't Hit The Ground			
В	Hip Flex Band Pulls	4	Х	8	Band				
С	OC Swiss Ball Groin Squeeze	4	Х	10	Ball	OC-Disadvantage			
	Perform A	۹-C Simu	ıltan	eously for 3 S	ets				
	25 seco	nds Rest	Bet	ween Exercise	es				
Block 4	1 A - 12								
<u>Order</u>	<u>Exercise</u>	Sets	Sets Reps/Duration Load Notes						
Α	DB Split Squat	4	Х	6	BW	Reactive			
В	Band Speed Abduction	4	х	10	BW	OC-Disadvantage			
С	Glute Hyper Incline	4	х	6	BW	Reactive			
	Perform A	۹-C Simu	ıltan	eously for 3 S	ets				
	25 seco	nds Rest	Bet	ween Exercise	es				
	In the Park								
Block 5			LO	wer Auxiliary					
Block 5 Order	<u>Exercise</u>	Sets		ps/Duration	Load	Notes			

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 Frid	ay- Sample	Training Day
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Block 1 Upper Body Warm-up										
Order	Exercise	Sets	Re	ps/Duration	Load	Notes				
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-up				
Perform A as Warm-up for Heavier Sets										
	2:0	0 Minut	tes F	Rest Between	Sets					
Block 2	<u>Upper Body Strength</u>									
Order	Exercise	Sets	Re	ps/Duration	Load	Notes				
Α	Bench Press	5	х	5 Reps	50-55%	Reactive				
В	Med Ball Chest Pass	5	х	5	MB	Quick Hip				
С	Delt BO Lat Rebound Drop	5	х	8	Light DB	Reactive				
			l	ıltaneously fo	<u>l</u>	Nedetive				
				•						
25 seconds Rest Between Exercises										
Block 3	<u>Upper Auxiliary</u>									
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes				
Α	DB Shoulder Press	4	Х	8	50-55%	Bottom Half				
В	Cuban Press Int Rot Band OC	3	х	8	Band	OD-Disadvantage				
С	<u>Pull Up</u>	4	х	7	50-55%	Bottom Half				
	Perfor	m A-C S	Simu	ıltaneously fo	r 3 Sets					
	Lin	nited Re	st B	etween Exerc	ises					
Block 4				Upper Auxilia	ary					
<u>Order</u>	<u>Exercise</u>	Sets	Re	ps/Duration	Load	Notes				
Α	<u>Dips</u>	3	х	10	50-55%	OC-Disadvantage- +1 Full Rep				
В	DB Bent Over Row	3	х	7	50-55%	OC-Disadvantage- +1 Full Rep				
С	Delt BO OH Rebound Drop	3	х	8	Light DB					
			l .	ıltaneously fo	I I					
				: Between Exe						
Block 5				Upper Auxilia						
Order	<u>Exercise</u>	Sets	Po	ps/Duration	Load	Notes				

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									