

Athlete	Advanced Athlete
Phase	Off-Season Phase 3
Block	Intensive Isometric



Total Body Lifts

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

Day Two		
Movement Preparation		
Exercise	Sets/Reps	Notes
1. Reset Circuit	1-2 Sets/Each	1. <u>Supine 90/90 Glute Bridge ISO Hold w/ Horizontal Reach x 5 breaths/side</u> 2. <u>Sidelying Knee to Knee ISO Hold x 5 Breaths</u> 3. <u>Hip Flexor Half Rolls x 5/each</u> 4. <u>Quadruped Rocking and Thoracic Rolls x 10/each</u> 5. <u>Bird Dogs x 6/each</u> 6. <u>Lateral Leopard Crawl x 15 yards/each way</u>
2A. Plate Lunge Matrix 2	2 x 5/each	Plate Lunge Matrix 2: Reverse Lunge w/ OH Reach, Lateral Lunge w/ OH Reach, Rotational Lunge w/ OH Reach Use 10-25 LB Plate or Vpr
3A. Bilateral Altitude Drop	3 x 5	
3B. 90/90 Transitions with Plate Overhead Reach	2 x 5/each	
3C. Bar Hang w/ Active Scap	2 x 30 sec	
4A. Spring Ankle ISO Position 2- Heavy	2 x 10 sec/each	Position 2: High Ankle, Low Knee
4B. Spring Ankle ISO Position 5- Heavy	2 x 10 sec/each	Position 5: High Ankle, Straight Knee
4C. Pogo Jumps	2 x 10 seconds	Increase Jump Height from Last Block

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

Day One	Week One		Week Two	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes
A1. Natera Knee Iso Hold	3 sets x (3 reps x 5 sec/each)	RPE 8 - 9 Rest 15 Sec Between Reps, Alternate Legs	4 sets x (3 reps x 5 sec/each)	RPE 8 - 9 Rest 15 Sec Between Reps, Alternate Legs
A2. KB Split Squat Self Pass with 3 Sec Pause	3 x 4/each		4 x 4/each	
A3. Lateral Box Drop to Plate Snatch w/ Hip Lock	3 x 3/each	10lb Plate	4 x 3/each	10lb Plate
A4. Hinge Position Cuban Press	3 x 8	5 - 10 lbs	3 x 10	5 - 10 lbs

Day Two	Week One		Week Two	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes
A1. Trap Bar Jump From Hang with Pause (X-3-X Tempo)	3 x 5	Drop-Catch, 3 Sec Pause, Explode up	4 x 5	Drop-Catch, 3 Sec Pause, Explode up
A2. KB Bilateral Stance Self Pass w/ 3 Sec Pause	3 x 8		4 x 8	
A3. Hurdle Jump - Double Contact with Stick	3 x 3		4 x 3	
A4. Prone Y-Raise	3 x 8	3 Sec Hold at Top	3 x 8	3 Sec Hold at Top

Day Three	Week One		Week Two	
Exercise	Sets/Reps	Intensity/Notes	Sets/Reps	Intensity/Notes
A1. Natera Knee Iso Hold	3 sets x (3 reps x 7 sec/each)	RPE 8 - 9 Rest 15 Sec Between Reps, Alternate Legs	4 sets x (3 reps x 7 sec/each)	RPE 8 - 9 Rest 15 Sec Between Reps, Alternate Legs
A2. KB Split Squat Self Pass with 3 Sec Pause	3 x 3/each		4 x 3/each	
A3. Box Drop to Rotational Plate Snatch w/ Hip Lock	3 x 3/each	10lb Plate	4 x 3/each	10lb Plate
A4. Cable Cuban Press	3 x 8		3 x 8	

Complete A1-A4 as a Circuit: 20-30 Seconds Rest Between Exercises; 2-3 Minutes Between Rounds				
B1. DB Bench Press (X-3-X Tempo)	4 x 5	RPE 8	4 x 5	RPE 8
B2. MB Bilateral Parallel Stance Shotgun	4 x 3/each	6 - 8lbs MB	4 x 3/each	6 - 8lbs MB
B3. DB Bilateral Stance Row with Drop Catch (3 sec pause)	4 x 5/each		4 x 5/each	

Complete A1-A4 as a Circuit: 20-30 Seconds Rest Between Exercises; 2-3 Minutes Between Rounds				
B1. Split Stance Landmine Press	3 x 5/each	RPE 8	3 x 5/each	RPE 8
B2. MB Push Press Throw (3 Sec Pause)	3 x 5	12 - 15 lbs MB	3 x 5	12 - 15 lbs MB
B3. Neutral Grip Pullup (3 sec. Pause at top)	3 x Max Reps		3 x Max Reps	

Complete A1-A4 as a Circuit: 20-30 Seconds Rest Between Exercises; 2-3 Minutes Between Rounds				
B1. DB Incline Bench Press (X-3-X Tempo)	4 x 5/each		5 x 5/each	
B2. MB Split Stance OH Throw to Wall	4 x 3/each		5 x 3/each	
B3. Cable Half Kneeling High to Low Row	4 x 5/each		5 x 5/each	

Complete B1-B3 as a Circuit: 20-30 Seconds Rest Between Exercises; 2 Minutes Between Rounds				
C1. Banded KB Lateral Drop Catch to Lunge w/ 3 sec pause	3 x 5/each		3 x 5/each	
C2. Alternating Lateral Bounds w/ Preload Step and Stick Landing	3 x 5/each		3 x 5/each	
C3. Cable Half-Kneeling Chop	3 x 6/each		3 x 8/each	

Complete B1-B3 as a Circuit: 20-30 Seconds Rest Between Exercises; 2 Minutes Between Rounds				
C1. Plate Reaching Single Leg Squat to Bench (1-3-X Tempo)	3 x 5/each	Keep Tension During Pause	3 x 5/each	Keep Tension During Pause
C2. Cable Bilateral Stance Push-Pull	3 x 6/each		3 x 8/each	
C3. Cable or Band Facepulls	3 x 15		3 x 20	

Complete B1-B3 as a Circuit: 20-30 Seconds Rest Between Exercises; 2 Minutes Between Rounds				
C1. Banded KB Rotational Drop Catch to Lunge w/ 3 sec Pause	3 x 5/each		3 x 5/each	
C2. Alternating Lateral Bounds w/ Preload Step and Stick Landing	3 x 5/each		3 x 5/each	
C3. Cable Half-Kneeling Lift	3 x 6/each		3 x 8/each	

Complete C1-C3 as a Circuit: 20-30 Seconds Rest Between Exercises; 1:30 Between Rounds				
D1. KB Offset Load Step RDL (X-3-X Tempo)	2 x 6/each		2 x 8/each	
D2. D Suitcase Carry	2 x 20 yards Down/Back	Heavy	2 x 20 yards down and back	Heavy
D3. Reverse Sled Drag	2 x 30 yards		2 x 30 yards	

Complete C1-C3 as a Circuit: 20-30 Seconds Rest Between Exercises; 1:30 Between Rounds				
D1. Supine Single Leg Hamstring Bridge - Heavy	3 x 10 sec/each		3 x 10 sec/each	
D2. Trap Bar Farmer's Carry	2 x 20 yards Down/Back		2 x 20 yards down and back	
D3. Heavy Sled Push	2 x 20 yards		2 x 20 yards	

Complete C1-C3 as a Circuit: 20-30 Seconds Rest Between Exercises; 1:30 Between Rounds				
D1. Banded 2DB Split Stance RDL w/ Heel Reference (X-3-X Tempo)	2 x 6/each		2 x 8/each	
D2. KB Crosswalk Carry	2 x 30 Yards Down & Back		2 x 30 Yards Down & Back	
D3. Cross-Over Step Sled Drag	2 x 30 yards		2 x 30 yards	

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

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