

		<b>Phase I Week 1</b>				
<b>Warmup/Prehab</b>	<b>5 MIN</b>	Run Three Laps, Stairs or Cardio machine				
<b>Dynamic Warmup</b>	<b>10min</b>	Dynamic Flexibility Work				
	<b>Intensity</b>	<b>Reps</b>	<b>Rest After Set</b>	<b>Special Instruction</b>		
<b>Warm up</b>  <b>Front Squat</b>	50%	5	30sec-1 min	Heels flat on floor		
	65%	10	1-1.5min	Big Chest		
	70%	10	1-1.5min	Explode up		
	70%	10	1-1.5min	<b>75% of Back Squat 1RM</b>		
	70%	10	1-1.5min			
<b>Lunges</b>	10%		30sec-1min	<b>FWD/DIAG/SIDE/CROSS</b>		
	30%	2x2x2x2	30sec-1min	<b>4-way</b>		
	30%	2x2x2x2	30sec-1min			
	30%	2x2x2x2	30sec-1min			
	30%	2x2x2x2	30sec-1min	<b>30% of Squat 1RM</b>		
<b>Warm up</b>  <b>Bench Press</b>  <b>DB's</b>	50%	5	30sec-1 min	Don't pause		
	65%	10	1-1.5min	Back on Bench		
	70%	10	1-1.5min	Heels on floor		
	70%	10	1-1.5min	Dumbbells		
	70%	10	1-1.5min			
<b>DB Shoulder</b>	50%		30sec-1 min	<b>Seated Shoulder Press</b>		
		10	1min			
		10	1min			
		8	1min			
		8	1min			
<b>3-way Shoulder</b>	50%		30sec-1 min			
		10	30sec-1 min	<b>Rest between directions</b>		
		10	30sec-1 min	<b>Rest between directions</b>		
		10	30sec-1 min	<b>Rest between directions</b>		
		10	30sec-1 min	<b>Rest between directions</b>		
<b>Lat Pull Down</b>	1	10	<b>Rest only after you've completed one set of each</b>	Pull to chest @ nipple		
	1	10		Grip outside of shoulder width		
	1	10				
<b>Pull Up</b>	1	10				
	1	8				
	1	8				
<b>Wt Dips</b>	+25lbs	12		Parallel to floor between		
	+35lbs	10		shoulder and elbow		
	+45lbs	10				
<b>Recovery Work</b>	Foam Roller Hip Mobility Stretching		<b>SETS</b>	<b>REPS</b>		
			2	10sec/	workout soreness all areas	
			2	30/		
<b>Nutrition</b>		100-200cal post exercise, and meal 2hrs after				
		<b>REPLENISH FLUIDS 64oz/day</b>				

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Dynamic Warmup	10min	Dynamic Flexibility Work					
	<b>Intensity</b>	<b>Reps</b>	<b>Rest After Set</b>		<b>Special Instruction</b>		
<b>Warm up</b>	50%	5	30sec-1 min		Accelerate up		
<b>Hang Clean</b>	60%	8	1-1.5min		<b>Pull from knee</b>		
	60%	8	1-1.5min		Countermovement/vertical		
	65%	6	1-1.5min		pull high, pop elbows through		
	65%	6	1-1.5min				
<b>Leg Press</b>	50%	5	30sec-1 min		Keep back on pad		
	65%	10	1-1.5min		Don't lock out knees		
	70%	10	1-1.5min		Don't round back		
	70%	10	1-1.5min				
	70%	10	1-1.5min				
<b>Push Jerk</b> <b>BRB</b>	50%	5	30sec-1 min		<b>Arms in-line with ears</b>		
	60%	10	1-1.5min		Push from the chest		
	65%	10	1-1.5min		Tighten Core		
	70%	8	1-1.5min		<b>1/4 squat</b>		
	70%	8	1-1.5min				
<b>Int/Ext Rotation</b>	50%		30sec-1 min				
		10	30sec-1min		<b>Use cable</b>		
		10	30sec-1min		Elbow at 90 Degree's		
		10	30sec-1min		<b>Not for weight</b>		
<b>4-way Neck</b>	50%		30sec-1 min				
	+35lbs	12	30sec-1min		Use Machine or Manual Resist.		
	+45lbs	12	30sec-1min				
	+55lbs	10	30sec-1min				
<b>Leg Ext</b>	1	10	<b>Rest only after you've completed one set of each</b>		Sit to back of pad		
	1	10			Hips don't move		
	1	10			<b>Single Leg</b>		
<b>Leg Curl</b>	1	10			<b>Rest only after you've completed one set of each</b>		<b>Single Leg</b>
	1	10					Sit to back of pad
	1	10					Hips don't move
<b>Goodmorning</b>	1	10					<b>Rest only after you've completed one set of each</b>
	+20lbs	10	<b>Knee's 20% bend</b>				
	+20lbs	10	Flat Back, <b>NO ARC</b>				
<b>Recovery Work</b>	Foam Roller Hip Mobility Stretching		<b>SETS</b>	<b>REPS</b>			
			2	10sec/	workout soreness all areas		
			2	30/			
<b>Nutrition</b>			100-200cal post exercise, and meal 2hrs after				
			<b>REPLENISH FLUIDS 64oz/day</b>				



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Dynamic Warmup	<u>10min</u>	<u>Dynamic Flexibility Work</u>			
	<b>Intensity</b>	<b>Reps</b>	<b>Rest After Set</b>		<b>Special Instruction</b>
<b>Warm up</b>	<b>50%</b>	<b>5</b>	<b>30sec-1 min</b>		Squeeze Traps
<b>Rows</b>		10	1min		BIG Chest
		10	1min		<b>Look at list of options</b>
		10	1min		
		10	1min		
<b>Warm up</b>	<b>50%</b>	<b>5</b>	<b>30sec-1 min</b>		
<b>Deadlift</b>	65%	10	1-1.5min		Push Floor away
	70%	10	1-1.5min		Thrust Hips forward
	70%	10	1-1.5min		Knee's/Hips lock out same time
	70%	10	1-1.5min		<b>DEEP</b>
<b>Incline Bench</b>	<b>50%</b>	<b>5</b>	<b>30sec-1 min</b>		
	65%	10	1,5min		Dumbbells
<b>DB's</b>	70%	10	1.5mi n		
	70%	10	1.5mi n		
	70%	10	1.5mi n		
<b>Shrugs</b>	<b>50%</b>	<b>5</b>	<b>30sec-1 min</b>		Explode UP
	65%	10	1-1.5min		
<b>DB's</b>	75%	10	1-1.5min		Use straps if need to
	70%	10	1-1.5min		<b>60-120lbs/hand</b>
	70%	10	1-1.5min		
<b>Bicep/Tricep</b>	<b>50%</b>		<b>30sec-1 min</b>		<b>2 Exercises of each</b>
		10	30sec		
		10	30sec		
		10	30sec		
		10	30sec		
<b>Cable Pull</b>	<b>1</b>	10	<b>Rest only after</b>		Athletic position
	<b>1</b>	10			Whip as hard, fast possible
	<b>1</b>	10			
<b>WoodChop</b>	<b>1</b>	10	<b>1 set of each</b>		Athletic position
	<b>1</b>	10			Rotate Torso
	<b>1</b>	F			slightly bent elbow
<b>Reverse Hypers</b>		10			
		F			
		F			
<b>Recovery Work</b>	Foam Roller Hip Mobility Stretching		<b>SETS</b>	<b>REPS</b>	
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			2	30/	
<b>Nutrition</b>			100-200cal post exercise, and meal 2hrs after		
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