

		Phase I Week 2			
Warmup/Prehab	5 MIN	Run Three Laps, Stairs or Cardio Machine 5 min			
Dynamic Warmup	10min	Dynamic Flexibility Work			
	Intensity	Reps	Rest After Set	Special Instruction	
Warm up	50%	5	30sec-1 min	Heels flat on floor	
	65%	10	1-1.5min	Big Chest	
	70%	10	1-1.5min	Explode up	
	75%	8	1-1.5min		
	75%	8	1-1.5min	Squeeze Glutes on way up	
Back Squat	50%	5	30sec-1 min	Pull From Floor	
	65%	8	1.5-2min	Pull, scoop, explode	
	70%	8	1.5-2min	Triple extension	
	70%	6	1.5-2min	Shrug and let go of bar	
	70%	6	1.5-2min		
Power Clean	50%	5	30sec-1 min	Don't pause, don't lock out	
	65%	10	1-1.5min	Back on Bench	
	70%	10	1-1.5min	Tuck Elbows	
	75%	8	1-1.5min	Palms facing each other	
	75%	8	1-1.5min		
Bench Press	50%	5	30sec-1 min	Use traps if needed	
		10	1-1.5min	Should contract TRAPS	
	+50lbs	10	1-1.5min	don't use forearms to pull	
	+50lbs	10	1-1.5min		
	+50lbs	10	1-1.5min		
TKO-DB		10	30sec-1min	Front/Lateral/Posterior	
		10	30sec-1min	Rest between directions	
		10	30sec-1min	Rest between directions	
		10	30sec-1min		
		10	30sec-1min		
Shrugs	1	12	Rest only after you've completed one set of each	Pull to chest @ nipple	
	1	10		Grip outside of shoulder width	
	1	10			
Barbell	1	10			
	1	10			
	1	10			
3-way Shoulder	+25lbs	15		Parallel to floor between shoulder and elbow	
	+35lbs	12			
	+45lbs	10			
Lat Pull Down	SETS	REPS			
	2	10sec	workout soreness all areas		
	2	30 sec/			
Chin up	Foam Roller				
	Hip Mobility				
	Stretching				
Wt Dips	100-200cal post exercise, and meal 2hrs after				
	Nutrition				
	REPLENISH FLUIDS 64oz/day				

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Warmup/Prehab	5 MIN		Run Three Laps, Stairs or Cardio Machine 5 min		
Dynamic Warmup	10min		Dynamic Flexibility Work		
	Intensity	Reps	Rest After Set		Special Instruction
Warm up	50%	5	30sec-1 min		
<u>Hang Pull</u>	65%	8	1-1.5min		Pull from Knee
	70%	8	1-1.5min		Full extension at Hip, ankle, knee
	70%	6	1-1.5min		Shrug and let go of bar
	70%	6	1-1.5min		Drop bar at highest point
<u>Split Squat</u>	50%	5	30sec-1 min		Front Leg 90 deg at knee
	65%	10	1-1.5min		Back knee 3" off floor
	70%	10	1-1.5min		Explode up, Control down
	75%	8	1-1.5min		
	75%	8			
<u>Jerk Press</u> <u>BRB</u>	50%	5	30sec-1 min		Catch with bent knee's
	65%	10	1-1.5min		Off Chest
	70%	10	1-1.5min		lock out elbows 2 sec.
	75%	8	1-1.5min		1/4 squat to start each rep
	75%	8	1-1.5min		
<u>Face Pull</u>		10	30sec		Use Rope and Cable
		10	30sec		Pull to face, squeeze scaps
		10	30sec		
<u>4-way Neck</u>	50%		30sec-1 min		
	+35lbs	10	30sec-1min		
	+45lbs	10	30sec-1min		
	+55lbs	10	30sec-1min		
<u>Leg Ext</u>	1	10	Rest only after you've completed one set of each		Sit to back of pad
	1	10			Hips don't move
	1	10			Single Leg
<u>Leg Curl</u>	1	10			Single Leg
	1	10			Sit to back of pad
	1	10			Hips don't move
<u>Good Mornings</u>	1	10			Explode up, Control down
	1	10			Use ball, stabilize hips
	1	10			
<u>Recovery Work</u>			SETS	REPS	
	Foam Roller		2	10sec	workout soreness all areas
	Hip Mobility		2	30 sec/	
	Stretching				
Nutrition			100-200cal post exercise, and meal 2hrs after		
			REPLENISH FLUIDS 64oz/day		

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Warmup/Prehab	5 MIN	Run Three Laps, Stairs or Cardio Machine 5 min				
Dynamic Warmup	10min	Dynamic Flexibility Work				
	Intensity	Reps	Rest After Set		Special Instruction	
Warm up DB Rows	50%	5	30sec-1 min		Squeeze Traps	
		8	1-1.5min		Back stays level throughout	
		8	1-1.5min		Dumbbells	
		8	1-1.5min			
		8	1-1.5min			
Deadlift Sumo	50%	5	30sec-1 min			
	65%	10	1-1.5min		Push Floor away , through heels	
	70%	10	1-1.5min		Thrust Hips forward	
	75%	8	1-1.5min		Feet hip width apart	
	75%	8	1-1.5min		Hands between knee's	
Decline Bench TKO-DB	50%	5	30sec-1 min			
	65%	10	1-1.5min		Control, & Explode	
	70%	10	1-1.5min		Palms facing each other	
	75%	8	1-1.5min		Tuck Elbows	
	75%	8	1-1.5min			
Shoulder Press DB's	50%	5	30sec-1 min		Dumbbells	
		8	1-1.5min		Seated	
		8	1-1.5min		40-100lbs	
		8	1-1.5min			
Bicep/Tricep		10	30sec-1min		2 Exercises of each	
		10	30sec-1min			
		10	30sec-1min			
Cable Pull	1	10	Rest only after you've completed one set of each		Athletic position	
	1	10			Rotate Torso	
	1	10			fast quick pulls	
Cable Push	1	10			Athletic position	
	1	10			Rotate Torso	
	1	10			Explosive Punch	
WindMill	+35lbs	10				
	+45lbs	10				
	+55lbs	10				
Recovery Work	Foam Roller Hip Mobility Stretching	SETS	REPS			
		2	10sec	workout soreness all areas		
		2	30 sec/			
Nutrition		100-200cal post exercise, and meal 2hrs after				
		REPLENISH FLUIDS 64oz/day				