

Phase I Week 3					
Warmup/Prehab	5 MIN		Run Three Laps, Stairs or Cardio machine		
Dynamic Warmup	10min		Dynamic Flexibility Work		
	Intensity	Reps	Rest After Set		Special Instruction
<b>Warm up</b> <u>Back Squat</u>	50%	5	30sec-1 min		Heels flat on floor
	65%	10	1.5min		Big Chest
	75%	10	1.5min		Explode up
	75%	8	1.5min		<b>Squeeze Glutes on way up</b>
	75%	8	1.5min		
<u>Hang Clean</u>	60%	6	1.5-2min		Pull from top of knee
	65%	6	1.5-2min		Scoop
	70%	6	1.5-2min		Shrug/ high elbow
	75%	6	1.5-2min		Pull self under bar/Rack
	75%	6	1.5-2min		
<b>Warm up</b> <u>Bench Press</u> <b>BRB</b>	50%	5	30sec-1 min		Don't pause
	65%	10	1.5min		Back on Bench
	75%	10	1.5min		Heels on floor
	75%	8	1.5min		
	75%	8	1.5min		
<u>Upright Row</u>	50%		30sec-1 min		Elbows above bar
		10	1-1.5min		wrists cocked
		10	1-1.5min		
		10	1-1.5min		
<u>3-way Shoulder</u>		10	30ec-1min		<b>Rest after each direction</b>
		10	30ec-1min		<b>Front/Lateral/Posterior</b>
		10	30ec-1min		
<u>Good Morning</u>	1	10			
	1	10			Tension through knee's
	1	10			<b>Don't lock out knees</b>
<u>Chin ups</u>	1	10			
	1	10			Wider than Shoulders
	1	F			
<u>Wt Dips</u>	+35lbs	12			Parallel to floor between
	+45lbs	10			shoulder and elbow 90 degree
	+45lbs	F			
<b>Recovery Work</b>	Foam Roller Hip Mobility Stretching	SETS	REPS		
		2	10sec	workout soreness all areas	
		2	30/		
<b>Nutrition</b>		100-200cal post exercise, and meal 2hrs after			
		REPLENISH FLUIDS 64oz/day			

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Warm up	50%	5	30sec-1 min		
<u>Power Pull</u>	60%	6	1.5-2min		<b>Pull from Platform</b>
	65%	6	1.5-2min		Full extension of hip, knee, ankle
	70%	6	1.5-2min		Shrug and elbows high
	70%	6	1.5-2min		<b>Drop bar at highest point</b>
	70%	6	1.5-2min		
<u>Broad Jump</u>		6	30sec		reset feet after each jump
		6	30sec		explode horizontal
		6	30sec		<b>Explosion/Distance</b>
		6	30sec		
<u>Push Jerk</u>  <b>BRB</b>	50%		30sec-1 min		
		10	1.5-2min		Explode legs from 1/4 squat
	+10-20	8	1.5-2min		<b>Off Chest</b>
	+10	8	1.5-2min		lock out elbows 2 sec.
	+10	8	1.5-2min		
<u>DB Shrugs</u>		10	1-1.5min		<b>Explode up</b>
	+5-10	10	1-1.5min		2 seconds down
	+5-10	10	1-1.5min		<b>60-120lbs/hand</b>
	+5-10	10	1-1.5min		
<u>4-way Neck</u>	+35lbs	10	30ec-1min		
	+45lbs	10	30ec-1min		
	+55lbs	10	30ec-1min		
<u>DB Flies</u>		10			Arc arms out,
	+5-10	10			Arc arms back to start
	+5-10	10			Don't push the weight
<u>Reverse Hyper</u>		10			
		10			
		10			
<u>Bicep/Tricep</u>		10			<b>2 Exercises of each</b>
		10			
		10			
<b>Recovery Work</b>	Foam Roller Hip Mobility Stretching	SETS	REPS		
		2	10sec	workout soreness all areas	
		2	30/		
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Warm up	50%	5	30sec-1 min		Don't raise and lower back		
<u>Rows</u>		10	1-1.5min		Pull DB to pec		
		10	1-1.5min		Explode up, control 2sec down		
		8	1-1.5min				
		8	1-1.5min				
Warm up	50%	5	30sec-1 min				
<u>Deadlift</u>	65%	10	1.5min		Push Floor away		
	75%	10	1.5min		Thrust Hips forward		
	75%	8	1.5min		Feet hip width apart		
	75%	8	1.5min		<b>Index finger to rings of bar</b>		
<u>Snatch Grip</u>	50%	5	30sec-1 min				
	65%	10	1.5min		Don't pause		
	75%	10	1.5min		Back on Bench		
	75%	8	1.5min		Heels on floor		
<u>Decline DB's</u>	50%	5	30sec-1 min				
	65%	10	1.5min		Keep back rigid, no arch		
	75%	10	1-1.5min		Explode up, control 2sec down		
	75%	10	1-1.5min		shoulders stay back		
<u>Shrugs Barbell</u>	75%	8	1-1.5min				
	75%	8	1-1.5min		<b>2 Exercises of each</b>		
		10	30sec-1min				
		10	30sec-1min				
<u>Bicep/Tricep</u>		10	30sec-1min				
		10	30sec-1min				
		10	30sec-1min				
<u>Grip Work</u>	1	30sec					
	1	30sec			Twist Wrists as fast as poss.		
<u>Wood Chops</u>	1	10			Athletic position		
	1	10			Rotate Torso		
	1	10			Extend elbows		
<u>Fwd/Rvs Rot</u>		10			Rotate shoulder Forward		
		10			Rotate shoulder Reversed		
					<b>5-15lbs of weight</b>		
<u>Recovery Work</u>	Foam Roller Hip Mobility Stretching	SETS			REPS		
		2			10sec	workout soreness all areas	
		2	30/				
<b>Nutrition</b>		100-200cal post exercise, and meal 2hrs after					
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