

		Phase II week 3 Workout L			
Warmup/Prehab	5 MIN	Run Three Laps, Stairs or Cardio Machine 5 min			
Dynamic Warmup	10 Minutes	Dynamic Flexibility Work			
	Intensity	Reps	Rest After Set		Special Instruction
Warm up	50%	5	30sec		weight on heels
<u>Back Squat</u>	65%	6	1-1.5min		Big Chest
	75%	6	1-1.5min		Explode up
	80%	6	1.5-2min		Squeeze Glutes on way up
	80%	6	1.5-2min		
	85%	4	1.5-2min		
	85%	4	1.5-2min		
Warm up	50%	5	30sec		
<u>DB Incline</u>	75%	5	1-1.5min		lock out elbows
	75%	5	1-1.5min		stabalize DB
	75%	5	1-1.5min		
	75%	5	1-1.5min		
	75%	5	1-1.5min		Back on Bench
Warm up	50%	5	30sec		
Power Pull	65%	6	1-1.5min		Clean Grip
	65%	6	1-1.5min		Push floor away
	65%	6	1-1.5min		Push , Pull, Shrug, Drop
	65%	6	1-1.5min		Elbows above bar
Warm up	10%	5	30sec		
<u>Lunge</u>	30%	2x2x2x2	1min		4-Way
	30%	2x2x2x2	1min		
	30%	2x2x2x2	1min		
	30%	2x2x2x2	1min		
<u>Dips</u>	+25	12			90deg at elbow don't over extend increase 10lbs each set
	+35	10	30sec-1min		
	+45	10	30sec-1min		
<u>Pull ups</u>		10	30sec-1min		
		10	30sec-1min		Pull to chest
		10	30sec-1min		Grip outside of shoulder width
		10	30sec-1min		
<u>Int/Ext Rotate</u>		10	30sec		Use cable or band
		10	30sec		Don't use a lot of weight
		10	30sec		
<u>Box Jumps</u>		10	30sec-1min		athletic position
		10	30sec-1min		
		10	30sec-1min		
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			

Phase II week 3 Workout T				
Warmup/Prehab	5 MIN		Run Three Laps, Stairs or Cardio Machine 5 min	
Dynamic Warmup	10 Minutes		Dynamic Flexibility Work	
	Intensity	Reps	Rest After Set	Special Instruction
Warm up	50%	5	30sec	
<u>Deadlift</u>	65%	6	1-1.5min	
	75%	6	1-1.5min	Triple extension
	80%	6	1.5-2min	lock out hips/knees same time
	80%	6	1.5-2min	use hips to pull
	85%	4	1.5-2min	
	85%	4	1.5-2min	
Warm up	50%	5	30sec	weight on heels
<u>Front Squat</u>	65%	5	1-1.5min	push butt back
	70%	5	1-1.5min	inhale fill ball of air
	75%	5	1-1.5min	75% of Back Squat 1RM
	75%	5	1-1.5min	
	75%	5	1-1.5min	
	75%	5	1-1.5min	
Warm up	50%	5	30sec	Heels on floor
<u>Bench</u> <u>TKO-DB</u>	65%	4x4	1-1.5min	back on bench
	65%	4x4	1-1.5min	Palms facing each other
	65%	4x4	1-1.5min	exhale on push
	65%	4x4	1-1.5min	
	65%	4x4	1-1.5min	
Warm up	50%	5	30sec	
<u>Split Jerk</u>	85%	8	30sec-1min	1/4 squat extend arms
	85%	8	30sec-1min	catch with bent knee
	85%	8	30sec-1min	
	85%	8	30sec-1min	
<u>DB Row</u>	50%	5	30sec	
		8	30sec-1min	Don't rotate torso
		8	30sec-1min	Pull DB to PEC
		8	30sec-1min	Squeeze scaps, traps
		8	30sec-1min	
Warm up	50%	5	30sec	
<u>Leg Press</u>	75%	10	1-1.5min	
	75%	8	1-1.5min	
	75%	8	1-1.5min	
	75%	8	1-1.5min	
<u>3-way Shoulder</u>	1	10	30sec-1min	Lateral, front, posterior
	1	8	30sec-1min	
	1	8	30sec-1min	
	1	8	30sec-1min	
<u>Wind Mills</u>	1	10	30sec-1min	
	1	8	30sec-1min	
	1	8	30sec-1min	
	1	8	30sec-1min	
Nutrition			100-200cal post exercise, and meal 2hrs after	
			REPLENISH FLUIDS 64oz/day	

Phase II week 3 Workout U					
Warmup/Prehab	5 MIN		Run Three Laps, Stairs or Cardio Machine 5 min		
Dynamic Warmup	10 Minutes		Dynamic Flexibility Work		
	Intensity	Reps	Rest After Set		Special Instruction
Warm up	50%	5	30sec		Squeeze Traps
<u>Bench Press</u>	65%	6	1-1.5min		back on bench
	75%	6	1-1.5min		Barbell
	80%	6	1.5-2min		heels on floor
	80%	6	1.5-2min		
	85%	4	1.5-2min		
	85%	4	1.5-2min		Push Floor away , through heels
Warm up	50%	5	30sec		1/4 squat
<u>Jerk Press</u>	75%	5	1-1.5min		feet shoulder width apart
	75%	5	1-1.5min		lock out arms
	75%	5	1-1.5min		reset every time
	75%	5	1-1.5min		
	75%	5	1-1.5min		
Warm up	50%	5	30sec		Control, & Explode
<u>Split Squat</u>	65%	6	1-1.5min		Bar on Back
	65%	6	1-1.5min		Touch Knee down
	65%	6	1-1.5min		Rigid torso
	65%	6	1-1.5min		
Warm up	50%	5	30sec		
<u>DB Shoulder Press</u>	85%	8	1min		40-100lbs
	85%	8	1min		Seated
	85%	8	1min		
<u>Hang Clean</u>	65%	6	30sec-1min		From top of knee
	65%	6	30sec-1min		get good shrug, and upright row
	70%	6	30sec-1min		
<u>Rows</u>		10	30sec-1min		
		10	30sec-1min		Bent Rows
		8	30sec-1min		Barbell
		8	30sec-1min		Pull to Belly Button
<u>Shoulder Rotate</u>		10	30sec		Control
		10	30sec		Tricep Parallel with floor
		10	30sec		Use cable or band
<u>Windmills</u>	+35lbs	10	30sec		athletic stance
	+45lbs	10	30sec		slightly bent elbow
	+55lbs	10	30sec		hip to hip
<u>Recovery Work</u>	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		

		Auxillary Day			
Warmup/Prehab		5 MIN	Run Three Laps, Stairs or Cardio Machine 5 min		
Dynamic Warmup		10 Minutes	Dynamic Flexibility Work		
		Intensity	Reps	Rest After Set	Special Instruction
<u>Bicep</u>			10	30sec	Isolate
			10	30sec	Change angle
			10	30sec	
<u>Bicep</u>			10	30sec	
			10	30sec	
			10	30sec	
<u>Tricep</u>			10	30sec	Isolate
			10	30sec	Change angle
			10	30sec	
<u>Tricep</u>			10	30sec	
			10	30sec	
			10	30sec	
<u>Leg Curl</u>			10	30sec	sit to back of bench
			10	30sec	
			10	30sec	
<u>Leg Ext</u>			10	30sec	sit to back of bench
			10	30sec	
			10	30sec	
<u>4-way Neck</u>	35lbs	8	30sec	stabalize neck	
	45lbs	8	30sec		
	55lbs	8	30sec		
<u>Ankle Stab</u>	2	12			Single foot
	2	12			Use rubber disc to balance
	2	12			Try to squat
<u>Box Jump</u>	+40lbs	8	30sec		
	+60lbs	8	30sec	Push through Heel	
	+60lbs	8	30sec		
	+60lbs	8	30sec	Drive opposite leg	
RVS Hypers		10	30sec		
		10	30sec		
		10	30sec		
Nutrition			100-200cal post exercise, and meal 2hrs after		
			REPLENISH FLUIDS 64oz/day		