

		Phase III week 1 Workout L			
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	10%	5	30sec		weight on heels
<u>F. Squat/Press</u>	30%	6	1-1.5min		Big Chest
	30%	6	1-1.5min		Explode up
	30%	5	1-1.5min		Squeeze Glutes on way up
	30%	5	1-1.5min		30% of Back Squat
	30%	4	1.5-2min		
	30%	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 Clean	65%	6	1-1.5min		Clean Grip
	65%	6	1-1.5min		Push floor away
	75%	6	1-1.5min		Push , Pull, Shrug, rack
	75%	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>	+25LBS	12	30sec-1min		90deg at elbow
	+35LBS	10	30sec-1min		
	+45LBS	10	30sec-1min		
<u>Pull ups</u>		12	30sec		
		10	30sec		Pull to chest @ nipple
		10	3sec		Grip outside of shoulder width
<u>Shoulder Matrix</u>	1	10	30sec-1min		Lateral, Front, Posterior Face Pull w/ cable Forward Rotate
	1	10	30sec-1min		
	1	10	30sec-1min		
<u>Good Mornings</u>		10	30sec-1min		Bar across traps
	+20lbs	10	30sec-1min		knee's bent at 20 degree's
	+20lbs	10	30sec-1min		push butt back
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 III week 1 Workout T					
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		
<u>Hang Clean</u>	65%	6	1.5min	Pull, scoop, explode	
	70%	6	1.5min	Triple extension	
	75%	5	1.5-2min	Shrug and rack	
	75%	5	1.5-2min	Use Countermovement	
	80%	4	1.5-2min	Jump for a rebound	
	80%	4	1.5-2min		
Warm up	50%	5	30sec	weight on heels	
<u>Deadlift</u>	75%	5	1-1.5min	push butt back	
	75%	5	1-1.5min	inhale fill ball of air	
	75%	5	1-1.5min		
	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's DB'S</u>	65%	6	1-1.5min	back on bench	
	65%	6	1-1.5min	Palms facing each other	
	65%	6	1-1.5min	exhale on push	
	65%	6	1-1.5min		
Warm up	50%	5	30sec		
<u>Clean/Press</u>	30%	8	1-1.5min	1/4 squat, extend arms	
	30%	8	1-1.5min	Lockout overhead	
	30%	8	1-1.5min		
<u>DB Row</u>	50%	5	30sec	30% of Back Squat	
		10	30sec-1min	Don't rotate torso	
	+5-10lbs	8	30sec-1min	Pull DB to PEC	
	+5-10lbs	8	30sec-1min	Squeeze scaps, traps	
	+5-10lbs	8	30sec-1min	60-120LBS	
Warm up	50%	5	30sec		
<u>Leg Press</u>	75%	10	1min		
	75%	10	1min		
	75%	10	1min		
Nutrition			100-200cal post exercise, and meal 2hrs after		
			REPLENISH FLUIDS 64oz/day		

Phase III week 1 Workout U						
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		Squeeze Traps	
<u>Bench Press</u>	65%	6	1-1.5min		back on bench	
	75%	6	1-1.5min		Barbell	
	80%	5	1-1.5min		heels on floor	
	80%	5	1-1.5min			
	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/Squat</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			
<u>Back Squat</u>	65%	6	1-1.5min		Bar on Back	
	65%	6	1-1.5min			
	75%	6	1-1.5min		Rigid torso	
	75%	6	1-1.5min		Control, & Explode	
<u>DB Shoulder Press</u>	Warm up	50%	5	30sec		
			10	1min		40-100lbs
			8	1min		Seated
			8	1min		
<u>KB Swings</u>	+30LBS	8	30sec-1min		Kettlebell	
	+40LBS	8	30sec-1min		SA pull	
	+50LBS	8	30sec-1min		Explode from Floor	
<u>Rows</u>		10	30sec-1min			
		10	30sec-1min		Bent Rows	
		8	30sec-1min		Barbell	
		8	30sec-1min		Pull to Belly Button	
<u>Windmills</u>	+35;bs	10	30sec-1min		Rotate Bar L/R	
	+45lbs	10	30sec-1min		Elbows slightly bent	
	+55lbs	10	30sec-1min		Athletic Stance	
<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			

Auxiliary Day				
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
<u>Bicep</u>		10	30sec	Isolate
		10	30sec	Change angle each drill
		10	30sec	
<u>Bicep</u>		10	30sec	
		10	30sec	
		10	30sec	
<u>Tricep</u>		10	30sec	Isolate
		10	30sec	Change angle each drill
		10	30sec	
<u>Tricep</u>		10	30sec	
		10	30sec	
		10	30sec	
<u>Leg Curl</u>		10	30sec	sit to back of bench
		10	30sec	Single Leg
		10	30sec	
<u>Leg Ext</u>		10	30sec	sit to back of bench
		10	30sec	Single Leg
		10	30sec	
<u>4-way Neck</u>	35lbs	8	30sec	stabalize neck
	45lbs	8	30sec	
	55lbs	8	30sec	
<u>Ankle Stab</u>	2	12		Dorsi Flexion
	2	12		Planter Flexion
	2	12		Eversion
	2	12		Inversion
RVS Hypers		10	30sec	
		10	30sec	
		10	30sec	
<u>Int/Ext Rotate</u>		10	30sec	
		10	30sec	Use cable or band
		10	30sec	Don't use a lot of weight
				Place opposite hand betw elbow
Nutrition			100-200cal post exercise, and meal 2hrs after	
			REPLENISH FLUIDS 64oz/day	