

		Phase II week 1 L				
Warmup/Prehab		5 MIN		Run Three Laps, Stairs or Cardio machine		
Dynamic Warmup		10 Minutes		Hips rolls, foam roller, full ROM activity		
	Intensity	Reps	Rest After Set		Special Instruction	
Warm up	50%	5	30sec-1 min		Heels flat on floor	
Front Squat	65%	6	1.5min-2min		Big Chest	
	75%	6	1.5min-2min		Explode up	
	80%	6	1.5min-2min		Squeeze Glutes on way up	
	80%	6	1.5min-2min			
	85%	4	1.5min-2min			
	85%	4	1.5min-2min			
Lunges	10%	5	30sec-1min		Forward, diagonal, side, crossover 4-Way	
	30%	2x2x2x2	1min			
	30%	2x2x2x2	1min			
	30%	2x2x2x2	1min			
	30%	2x2x2x2	1min			
Warm up	50%	5	30sec-1 min		Don't pause	
Bench Press	65%	3x3	1min		Back on Bench	
	65%	3x3	1min		Heels on floor	
TKO-DB's	65%	3x3	1min			
	65%	3x3	1min			
Jerk Press	85%	6	1-1.5min		Extend hips, knees, ankle =	
	85%	6	1-1.5min			
	85%	6	1-1.5min			
	85%	6	1-1.5min			
2-way Shoulder	50%		30sec-1 min		Lateral and Posterior	
		10	30sec-1min		Rest between sets	
		8	30sec-1min		Rest between sets	
DB's		8	30sec-1min		Rest between sets	
Lat Pull Down	1	10	Circuit Work		Pull to chest @ nipple	
	1	10			Grip outside of shoulder width	
	1	10				
UpRight Row	1	10			Pull to chest	
	1	10			Elbows high	
	1	10			Keep bar tight to body	
Good Mornings		10			Parallel to floor between	
	+20lbs	10			shoulder and elbow	
	+20lbs	10				
Recovery Work	Foam Roller Hip Mobility Stretching		SETS	REPS		
			2	10sec	workout soreness all areas	
			2	30/		
Nutrition			100-200cal post exercise, and meal 2hrs after			
			REPLENISH FLUIDS 64oz/day			

		Phase II week 1 T			
Warmup/Prehab	5 MIN	Run Three Laps, Stairs or Cardio machine			
Dynamic Warmup	10 Minutes				
Warm up	50%	5	30sec-1 min		
Hang Clean	60%	6	1-1.5min		scoop hips, knees under bar
	65%	6	1-1.5min		elbows high, shrug
	70%	4	1-1.5min		Pull high, full extension
	70%	4	1-1.5min		Get extension of Hip flexors
	75%	4	1-1.5min		
	75%	4	1.5-2min		
Warm up	50%	5	30sec-1 min		Keep back on pad
Deadlift	75%	5	1.5min		Push Floor away
	75%	5	1.5min		Thrust Hips forward
	75%	5	1.5min		Feet hip width apart
	75%	5	1.5min		
	75%	5	1.5min		
Warm up	50%	5	30sec-1 min		Use legs to accelerate bar
Bench Press	65%	6	1min		Explode up, control down
	65%	6	1min		Dumbbells
	65%	6	1min		
	65%	6	1min		
Int/Ext Rot	50%		30sec-1 min		
		10	30sec-1min		Elbow/forearm at 90 degree's
		10	30sec-1min		Free weight
		10	30sec-1min		
4-way Neck	50%		30sec-1 min		Isolate Neck
	+35lbs	12	30sec-1min		don't move your body
	+45lbs	10	30sec-1min		
	+55lbs	10	30sec-1min		
Bicep/Tricep		10	Circuit Work		2 Exercises Each
		10			Don't rock hips
		10			Don't swing weight
Face Pulls		10	Circuit Work		Rope, cable
		10			Pull to face, squeeze scaps
		10			Dumbbells
Standing Press	+5-10lbs	10	Circuit Work		40-100lbs
	+5-10lbs	10			
Recovery Work	Foam Roller Hip Mobility Stretching		SETS	REPS	
			2	10sec	workout soreness all areas
			2	30/	
Nutrition	100-200cal post exercise, and meal 2hrs after				
	REPLENISH FLUIDS 64OZ/day				

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		Phase II week U			
Warmup/Prehab	5 MIN	Run Three Laps, Stairs or Cardio machine			
Dynamic Warmup	10 Minutes	Hips rolls, foam roller, full ROM activity			
	Intensity	Reps	Rest After Set	Special Instruction	
Warm up	50%	5	30sec-1 min		
Bench Press	65%	6	1-1.5min	head on bench	
	75%	6	1-1.5min	heels on floor	
	80%	6	1.5min-2min	Squeeze bar tight	
	80%	6	1.5min-2min		
	85%	4	1.5min-2min		
	85%	4	1.5min-2min		
Warm up	50%	5	30sec-1 min		
Power Clean	75%	5	1-1.5min	Sit back on heels	
	75%	5	1-1.5min	Rigid torso throughout	
	75%	5	1-1.5min	Push Floor away HARD	
	75%	5	1-1.5min		
	75%	5	1-1.5min		
Warm up	50%	5	30sec-1 min		
Back Squat	65%	6	1-1.5min		
	65%	6	1-1.5min		
	65%	6	1-1.5min		
	65%	6	1-1.5min		
High Pulls	75%	6	1-1.5min	Countermovement	
	75%	6	1-1.5min	Pretend Vertical Jump	
	75%	6	1-1.5min	Pull from knee, DROP BAR	
	75%	6	1-1.5min	Shrug at the top	
	75%	6	1-1.5min		
DB Seated press		10	30sec-1min	40-100lbs	
		10	30sec-1min	keep stright back, no arch	
		10	30sec-1min		
Cable Pull	1	10	Circuit Work	Athletic position	
	1	8		Rotate Torso	
	1	8			
Cable Push	1	10		Athletic position	
	1	8		Rotate Torso	
	1	8		Explosive Punch	
Wt Dips	+30bs	12		Elbow to shoulder at 90degrees	
	+45lbs	10		Don't rock hips	
	+55lbs	10			
Recovery Work	Foam Roller Hip Mobility Stretching		SETS	REPS	
			2	10sec	workout soreness all areas
			2	30/	
Nutrition		100-200cal post exercise, and meal 2hrs after			
		REPLENISH FLUIDS 64oz/day			