

Phase III unload Workout						
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	weight on heels		
P. Clean/Jerk	55-60%	6	1-1.5min	Big Chest		
	55-60%	6	1-1.5min	55-60% of Body Weight		
	60-65%	6	1-1.5min			
	60-65%	6	1-1.5min	Pull From Platform		
	60-65%	6	1-1.5min			
Warm up	50%	5	30sec			
DB Incline	65%	8	1-1.5min	lock out elbows		
	70%	8	1-1.5min	stabalize DB		
	75%	8	1-1.5min	50-120lb DB's		
	75%	8	1-1.5min			
				Back on Bench		
Warm up	50%	5	30sec			
Hang Pull	65%	6	1-1.5min	Narrow 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	50%	5	30sec			
Lunge	30%	2x2x2	1min	3-way		
	30%	2x2x2	1min			
	30%	2x2x2	1min			
Dips	+35lbs	12	30sec-1min	90deg at elbow don't over extend increase 10lbs each set		
	+45lbs	10	30sec-1min			
	+55lbs	10	30sec-1min			
Pullups		10	30sec-1min			
		10	30sec-1min	Pull to chest		
		10	30sec-1min	Grip outside of shoulder width		
Triceps		10	30sec	2 exercises		
		10	30sec	Change angle		
		10	30sec			
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				

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	Intensity	Reps	Rest After Set	Special Instruction
Warm up	50%	5	30sec	
<u>Hang Clean</u>	65%	6	1-1.5min	Pull, scoop, explode
	65%	6	1-1.5min	Triple extension
	70%	6	1-1.5min	Shrug and rack
	70%	6	1-1.5min	Use Countermovement
	75%	6	1-1.5min	
	75%	6	1-1.5min	
Warm up	50%	5	30sec	weight on heels
<u>Back Squat</u>	60%	8	1-1.5min	push butt back
	65%	8	1-1.5min	inhale fill ball of air
	70%	8	1-1.5min	
	75%	8	1-1.5min	
Warm up	50%	5	30sec	Heels on floor
<u>Bench</u> <u>TKO DB's</u>	65%	4x4	1-1.5min	back on bench
	65%	4x4	1-1.5min	Palms face each other
	65%	4x4	1-1.5min	4 together, 4 individual
	65%	4x4	1-1.5min	
Warm up	50%	5	30sec	
<u>Press/Squat</u>	50%	8	30sec-1min	1/4 squat extend arms
	50%	8	30sec-1min	Push from Chest
	50%	8	30sec-1min	50% of Body Weight
<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	60-120lbs
Warm up	50%	5	30sec	
Good Mornings	+10-20lbs	10	1min	Flat Back
	+10-20lbs	10	1min	
	+10-20lbs	10	1min	
<u>3-way Shoulder</u>	1	10	30sec-1min	Lateral, Front, Posterior
	1	10	30sec-1min	
	1	10	30sec-1min	
Nutrition			100-200cal post exercise, and meal 2hrs after	
			REPLENISH FLUIDS 64oz/day	

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	Intensity	Reps	Rest After Set		Special Instruction
Warm up	50%	5	30sec		Squeeze Traps
Bench Press	65%	8	1-1.5min		back on bench
	70%	6	1-1.5min		Barbell
	75%	6	1-1.5min		heels on floor
	80%	6	1-1.5min		
	80%	6	1-1.5min		Push Floor away , through heels
Warm up	50%	5	30sec		Pull from KNEE
B Squat/Press	40%	6	1-1.5min		feet shoulder width apart
	40%	6	1-1.5min		lock out arms
	40%	6	1-1.5min		reset every time
	40%	6	1-1.5min		
Warm up	50%	5	30sec		Control, & Explode
Power Shrug	65%	6	1-1.5min		Hands outside of Knee's
	70%	6	1-1.5min		% of Power Clean
	75%	6	1-1.5min		
	75%	6	1-1.5min		
Warm up	50%	5	30sec		
DB Seated Press		8	1min		30-60lb DB's
		8	1min		Seated
		8	1min		
		8	1min		
Upright Row		10	30sec		2 exercises
		10	30sec		Change angle
		10	30sec		
Bent Rows	105/135	8	30sec-1min		
	+10-20lbs	8	30sec-1min		Underhand Grip
	+5-10lbs	8	30sec-1min		Contract Traps
	+5-10lbs	8	30sec-1min		Pull to Belly Button
Plyo Pushup		8	30sec-1min		pushup onto box, drop down
		8	30sec-1min		on catch, explode back up
		8	30sec-1min		
Hang Pull	65%	8	1-1.5min		
	65%	8	1-1.5min		Push floor away
	65%	8	1-1.5min		Push , Pull, Shrug, drop
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			

		Auxillary 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	
			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>4-way Neck</u>		35lbs	10	30sec		stabalize neck	
		45lbs	8	30sec			
		55lbs	8	30sec			
<u>Ankle Stab</u>		2	10	30sec		Dorsi Flex	
		2	10	30sec		Planter Flex	
		2	10	30sec		Eversion	
		2	10	30sec		Inversion	
RVS Hypers			10	30sec			
			10	30sec			
			10	30sec			
Nutrition				100-200cal post exercise, and meal 2hrs after			
				REPLENISH FLUIDS 64oz/day			