

		Phase III week 2 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		50%	5	30sec	weight on heels	
Back Squat		60%	8	1-1.5min	Big Chest	
		70%	8	1-1.5min	Explode up	
		75%	5	1.5-2min	Squeeze Glutes on way up	
		80%	5	1.5-2min		
		80%	5	1.5-2min		
		80%	5			
Warm up		50%	5	30sec		
Bent Rows		105/135	8	30sec-1min	Underhand Grip	
		+5-10lbs	8	30sec-1min	Barbell	
		+5-10lbs	8	30sec-1min		
		+5-10lbs	8	30sec-1min	OL/DL 135lbs..Skill 105	
Warm up		50%	5	30sec		
Hang Pull		60%	8	1-1.5min	Reset on Quad	
		65%	8	1-1.5min	Push floor away	
		70%	6	1-1.5min	Push , Pull, Shrug, Reset	
		70%	6	1-1.5min	get countermove	
		70%	6	1-1.5min		
Warm up		50%	5	30sec		
Deadlift		80%	8	1min	Push through floor rigid torso lock out hips	
		80%	8	1min		
		80%	8	1min		
Dips		+35lbs	12		90deg at elbow don't over extend increase 10lbs each set	
		+45lbs	10	30sec-1min		
		+55lbs	10	30sec-1min		
Good Mornings			10	30sec-1min	Knee slightly bent	
		+20lbs	10	30sec-1min	Push Hips back 1st	
		+20lbs	10	30sec-1min	Flat back, NO ARC	
KB Lawnmower		+30lbs	10	30sec-1min	athletic position	
		+40lbs	10	30sec-1min	Ankle to shouder	
		+50lbs	10	30sec-1min	Kettlebell	
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 2 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	
Pull/Clean/Press	30%	6	1.5-2min	Pull, scoop, explode
	30%	6	1.5-2min	Triple extension
	30%	6	1.5-2min	Shrug and rack
	30%	6	1.5-2min	
	30%	4	1.5-2min	30% of Back Squat
	30%	4	1.5-2min	
Warm up	50%	5	30sec	weight on heels
Leg Press	65%	5	1-1.5min	push butt back
	70%	5	1-1.5min	inhale fill ball of air
	70%	5	1-1.5min	
	70%	5	1-1.5min	
	70%	5	1-1.5min	
	70%	5	1-1.5min	
Warm up	50%	5	30sec	Heels on floor
Bench TKO DB'S	65%	3x3	1-1.5min	back on bench
	65%	3x3	1-1.5min	Squeeze scaps, traps
	65%	3x3	1-1.5min	Palms facing each other
	65%	3x3	1-1.5min	
Warm up	50%	5	30sec	
Split Jerk	85%	8	1min-1.5min	1/4 squat, extend arms
	85%	8	1min-1.5min	Split Stance to Catch
	85%	8	1min-1.5min	Off Chest
DB Row	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	
		8	30sec-1min	
Warm up	50%	5	30sec	
Box Jump	75%	8	1-1.5min	Step to middle of box
	75%	8	1-1.5min	push through HEEL
	75%	8	1-1.5min	Explode opposite leg
3-way Shoulder	1	10	30sec-1min	Lateral, Front, Posterior
	1	8	30sec-1min	
	1	8	30sec-1min	
Nutrition		100-200cal post exercise, and meal 2hrs after		
		REPLENISH FLUIDS 64oz/day		

Phase III week 2 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	
Bench Press		60%	8	1-1.5min	back on bench	
		70%	8	1-1.5min	Barbell	
		75%	5	1.5-2min	heels on floor	
		80%	5	1.5-2min		
		80%	5	1.5-2min		
		80%	5	1.5-2min	Push Floor away , through heels	
Warm up		50%	5	30sec		
Power Clean/Squat		65%	8	1-1.5min	feet shoulder width apart	
		70%	8	1-1.5min	lock out arms	
		75%	6	1-1.5min	reset every time	
		75%	6	1-1.5min	Shoulders over bar to start	
		75%	6	1-1.5min		
Warm up		10%	5	30sec	Control, & Explode	
Lunges		30%	2x2x2x2	1min	30% of Back Squat	
		30%	2x2x2x2	1min		
		30%	2x2x2x2	1min	4-way	
		FRW, SIDE, DIAG, CROSSOVER				
Warm up		50%	5	30sec		
DB Incline Bench		80%	8	1-1.5min	50-150lbs	
		80%	8	1-1.5min	Level 3 on benches	
		80%	8	1-1.5min		
KB Jerk		75%	R4xL4	30sec-1min	1/4 squat	
		75%	R4xL4	30sec-1min	Explode SA overhead	
		75%	R4xL4	30sec-1min		
Pull ups			10	30sec-1min		
			10	30sec-1min		
			8	30sec-1min		
			8	30sec-1min		
Inverted Pull			10	30sec-1min		
			10	30sec-1min	Pull to chest @ nipple	
			10	30sec-1min	Grip outside of shoulder width	
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		

		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
			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>For/Rv Rotate</u>			10	30sec	Control
			10	30sec	Tricep Parallel with floor
			10	30sec	Use CABLE OR DB
<u>Int/Ext Rotate</u>			10	30sec	
			10	30sec	Use cable or band
			10	30sec	Don't use a lot of weight
<u>4-way Neck</u>		35lbs	12	30sec	stabalize neck
		45lbs	10	30sec	
		55lbs	8	30sec	
<u>Ankle Stab</u>		2	10		Dorsi Flexion
		2	10		Planter Flexion
		2	10		Eversion
		2	10		Inversion
RVS Hypers			10	30sec	
			10	30sec	
			10	30sec	
Nutrition				100-200cal post exercise, and meal 2hrs after	
				REPLENISH FLUIDS 64oz/day	