

		<b>Phase III week 3 Workout L</b>			
<b>Warmup/Prehab</b>	<b>5 MIN</b>	Run Three Laps, Stairs or Cardio Machine 5 min			
Dynamic Warmup	10min	Dynamic Flexibility Work			
	<b>Intensity</b>	<b>Reps</b>	<b>Rest After Set</b>		<b>Special Instruction</b>
<b>Warm up</b>	<b>50%</b>	<b>5</b>	<b>30sec</b>		weight on heels
<b>Deadlift</b>	65%	8	1-1.5min		Big Chest
	70%	6	1-1.5min		Explode up
	75%	6	1.5-2min		Squeeze Glutes on way up
	80%	6	1.5-2min		
	80%	6	1.5-2min		
	80%	6	1.5-2min		
<b>Warm up</b>	<b>50%</b>	<b>5</b>	<b>30sec</b>		
<b>DB Rows</b>		10	1min		pull to pec
		10	1min		<b>60-120lbs</b>
		10	1min		
		10	1min		
<b>Warm up</b>	<b>50%</b>	<b>5</b>	<b>30sec</b>		
<b>Hang Shrug</b>	65%	6	1-1.5min		Clean Grip
	65%	6	1-1.5min		Push floor away
	65%	6	1-1.5min		<b>Hang pos, explode Traps</b>
	65%	6	1-1.5min		
<b>Warm up</b>		<b>5</b>	<b>30sec</b>		
<b>Lunge</b>	30%	2x2x2x2	1min		<b>4-way</b>
	30%	2x2x2x2	1min		
	30%	2x2x2x2	1min		
<b>Dips</b>	+25lb	12	30sec-1min		<b>90deg at elbow don't overextend increase 10lbs each set</b>
	+35lb	10	30sec-1min		
	+45lb	10	30sec-1min		
<b>Inverted Pull</b>		10	30sec-1min		
		12	30sec		Pull to chest @ nipple
		10	30sec		Grip outside of shoulder width
<b>Face Pull</b>		12	30sec		Retract Scaps
		10	30sec		Rope/Cable
		10	30sec		<b>Pull to face</b>
<b>Upright Row</b>		12	30sec-1min		Elbows high above bar
	+10-20lbs	10	30sec-1min		keep close to body
	+10-20lbs	10	30sec-1min		
<b>Recovery Work</b>	Foam Roller Hip Mobility Stretching	<b>SETS</b>	<b>REPS</b>		
		2	10sec	workout soreness all areas	
		2	30 sec/		
<b>Nutrition</b>		100-200cal post exercise, and meal 2hrs after			
		<b>REPLENISH FLUIDS 64oz/day</b>			

Phase III week 3 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/Squat	65%	4	1-1.5min	Pull, scoop, explode
	70%	4	1-1.5min	Triple extension
	75%	4	1.5-2min	Shrug and rack
	75%	4	1.5-2min	
	80%	4	1.5-2min	Jump Vertical to Ceiling
	80%	4	1.5-2min	
Warm up	50%	5	30sec	
Leg Press	65%	8	1min	
	70%	8	1min	Don't Pick back off bench
	75%	8	1-1.5min	
	80%	8	1-1.5min	
Warm up	50%	5	30sec	Heels on floor
Bench TKO's DB's	65%	4x4	1-1.5min	back on bench
	65%	4x4	1-1.5min	Palms facing each other
	65%	4x4	1-1.5min	Explode Every Time
	65%	4x4	1-1.5min	
Warm up	50%	5	30sec	
Power Pull	65%	8	1-1.5min	Pull from Platform
	65%	8	1-1.5min	elbows high/shrug/drop
	65%	8	1-1.5min	Drop weight at highest point
Seated Row	50%	5	30sec	
		8	30sec-1min	1 Arm @ at a time
		8	30sec-1min	Don't rotate torso
		8	30sec-1min	Squeeze scaps, traps
Warm up	50%	5	30sec	
Box Jumps		8	1-1.5min	24-36" Box
		8	1-1.5min	Lateral--Side to Side
		8	1-1.5min	
Shoulder Complex	5-10lbs	10	30sec-1min	T's, Y's, Upright, Rotate,
	5-10lbs	10	30sec-1min	45degree Push over head
				Clap
				10Reps each exercise
Nutrition			100-200cal post exercise, and meal 2hrs after	
			REPLENISH FLUIDS 64oz/day	



Phase III week 3 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%	8	1-1.5min		back on bench
	70%	6	1-1.5min		<b>Barbell</b>
	75%	6	1.5-2min		heels on floor
	80%	6	1.5-2min		
	80%	6	1.5-2min		
	80%	6	1.5-2min		Push Floor away , through heels
Warm up	50%	5	30sec		1/4 squat
<u>Clean/Press</u>	60-65%	8	1-1.5min		<b>60-65% of Body Weight</b>
	60-65%	8	1-1.5min		
	60-65%	8	1-1.5min		reset every time
	60-65%	8	1-1.5min		
Warm up	50%	5	30sec		
<u>Front Squat</u>	65%	8	1-1.5min		Rack position <b>Stay Vertical</b>
	65%	8	1-1.5min		
	65%	6	1-1.5min		
	65%	6	1-1.5min		
Warm up	50%	5	30sec		
<u>DB Bench</u>	70%	6	1min		<b>Incline</b>
	70%	6	1min		
	70%	6	1min		
	70%	6	1min		
<u>KB Swings</u>	+30lbs	8	30sec-1min		From Platform
	+40lbs	8	30sec-1min		<b>ARMS TOGETHER</b>
	+50lbs	8	30sec-1min		<b>Explode through hips</b>
<u>Hang Pull</u>		8	30sec-1min		
	60%	6	30sec-1min		<b>60% of Hang Clean</b>
	60%	6	30sec-1min		<b>Scoop Bar, close to body</b>
	60%	6	30sec-1min		
<u>Windmills</u>	+35lbs	12	30sec		<b>Rotate L/R</b>
	+45lbs	10	30sec		<b>Slightly bent elbow</b>
	+55lbs	10	30sec		<b>athletic stance</b>
<u>Recovery Work</u>	Foam Roller Hip Mobility Stretching		SETS	REPS	
			2	10sec	workout soreness all areas
			2	30 sec/	
<b>Nutrition</b>		100-200cal post exercise, and meal 2hrs after			
		<b>REPLENISH FLUIDS 64oz/day</b>			

		<b>Auxiliary Day</b>					
<b>Warmup/Prehab</b>		<b>5 MIN</b>		Run Three Laps, Stairs or Cardio Machine 5 min			
Dynamic Warmup		10min		Dynamic Flexibility Work			
		<b>Intensity</b>	<b>Reps</b>	<b>Rest After Set</b>		<b>Special Instruction</b>	
<u>Bicep</u>			10	30sec		<b>Isolate</b>	
			10	30sec		Change angle	
			10	30sec			
<u>Bicep</u>			10	30sec			
			10	30sec			
			10	30sec			
<u>Tricep</u>			10	30sec		<b>Isolate</b>	
			10	30sec		Change angle	
			10	30sec			
<u>Tricep</u>			10	30sec			
			10	30sec			
			10	30sec			
<u>4-way Neck</u>		35lbs	12	30sec		stabalize neck	
		45lbs	10	30sec			
		55lbs	8	30sec			
<u>Ankle Stab</u>		2	10			<b>Dorsi Flex</b>	
		2	10			<b>Planter Flex</b>	
		2	10			<b>Eversion</b>	
		2	10			<b>Inversion</b>	
RVS Hypers			10	30sec			
			10	30sec			
			10	30sec			
<b>Nutrition</b>		100-200cal post exercise, and meal 2hrs after					
		<b>REPLENISH FLUIDS 64oz/day</b>					