

A MASTER GENERIC														
PRE ACTIVATION PREPARATION														
STRENGTH PAP			FINISHERS						OPTIONAL GET RIGHT					
OH Band Pull Apart 2x10 [mini-pur]			x10 Stability Ball Neck Bridge x20 DB Shrug 3 Count Hold						Plank - 1max 90 seconds					
OH Plate Side Bend 2x5-8 25#									Plate Chop Power Down 25#x5					
Lunge Side Crip 2x10 [pur-gr]			Ankle Mobility Inversion Eversion 1x20 each						Plate Chop Power Out 10#x5					
180 Pull Up 2x10-15 sec			Hurdle High Knee Step Over 2x10s											
Rope Face Pull to ER 2x15-15			Spiderman 10x10yards											
Plyo Push Up 2x4-6														
WEDNESDAY			16-Jul-08			23-Jul-08			30-Jul-08					
SESSION U			%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
G2 Incline Press			50.0%	x5	155	32.0%	x5	160	55.0%	x5	170			
			55.0%	x3	170	61.0%	x3	190	67.0%	x3	205			
			64.0%	x2	195	70.0%	x2	215	76.0%	x2	235			
			73.0%	x1	225	79.0%	x1	245	85.0%	x1	260			
			79.0%	6x2	245	85.0%	6x2	260	91.0%	6x1	280			
			0.0%	Cluster		0.0%	Cluster		0.0%	Cluster				
			0.0%	Series										
TIER 1[A] if applicable									0.0% Series					
Power Progression			72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
			72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
Power CG Power Pull			72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
>80 Second Turn Around			72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
TIER 2[A] if applicable			72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
			72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
Reverse Lunge to Step Up			79.0%	x5	180	85.0%	x3	190	91.0%	x3	205			
			79.0%	x5	180	85.0%	x3	190	91.0%	x3	205			
17" Box - Explosive Step			79.0%	x5	180	85.0%	x3	190	91.0%	x3	205			
SAFETY SQUAT BAR			79.0%	x5	180	85.0%	x3	190	91.0%	x3	205			
Stop Stabilize Drop Drive														
Parallel Dips			x6/10			x6/10			x6/10					
WTD Extended Set w/ Mid Row x10			x6/10			x6/10			x6/10					
3 Week Regime Dips Tempo = X-1-2-1														
Long Jump Progression			2x6			2x6			2x3					
3 Week Regime			D/S			SMCot			D/N					
Mini Band Resistance						6ct			Record					
Glute Ham Raise			3x10			3x10			3x10					
"T" "Y" "A" Raise			1x10 each			1x10 each			1x10 each					

STAGE	DEVELOPMENTAL											
PROGRAM	Block 4 Spring II/Summer Cycle 3											
PRE ACTIVITY PREPARATION												
STRENGTH PAP	FINISHERS						OPTIONAL GET RIGHT					
Slide Board Lat Lunge 2x5 each Barbell Roll Away 2x8-10 Hanging Leg Raise 2x10 bent-otr Bulgarian Bench Lunge 2x15-20 Squat Band ABD 2x10-12 SL Hip Bridge w ABD 2x8-10	x30 sec Lateral ISO Neck x20 DB Shrug 3 Count Hold  Ankle Mobility Toe Up 2x20 Hurdle Forfeet Walk Over 1x1 ea Spiderman x10 yards						BB Curl DDT Set Tripps Pushdown DDT Set					
FRIDAY	18-Jul-08			25-Jul-08			1-Aug-08					
SESSION 1	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
Front Squat	50.0%	x5	195	52.0%	x5	200	55.0%	x5	210			
	55.0%	x3	210	61.0%	x3	235	67.0%	x3	260			
	64.0%	x2	245	70.0%	x2	270	76.0%	x2	295			
	73.0%	x1	280	79.0%	x1	305	85.0%	x1	325			
	79.0%	6x2	305	85.0%	6x2	325	91.0%	6x1	350			
	0.0%	Cluster		0.0%	Cluster		0.0%	Cluster				
								Series				
MINI CIRCUIT							0.0% Series					
Lateral Band Shuffle 2x15 yards Band Straight Leg Adduction 2x10 Band Abduction 2x10												
G4 Bench Press	49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
	49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
Mini Band	49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
+90 Second Turn Around	49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
TIER 2[A] if applicable	49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
	49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
DB Extensions 3x15												
Jump Progression	0.0%	x6		0.0%	x6		0.0%	x6				
	0.0%	x6		0.0%	x6		0.0%	x6				
Multiple Barrier Jump to Box Jump	0.0%	x6		0.0%	x6		0.0%	x6				
Altitude Drop Recover												
Explosive Arm Action												
Lateral Lunge/over Step Up	2x6			2x6			2x6					
Lunge off Side Board - 3 WK Regime	Isotlyn			SMCsc			DYN					
Single DB - Explosive Step Up				6ct			HVY					
SA Medley	x8			x8			x8					
Chin Up - Inc Pr - Row - Push Up	x8			x8			x8					
Tempo = X-1-2-1												
SL Hip Lift to Curl Stab Ball	3x10 each			3x10 each			3x10 each					
"M" "L" "W" Raise	1x10 each			1x10 each			1x10 each					

SPORT		4-OTB Elite Red - Block IV															
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L															
PRE ACTIVITY PREPARATION																	
STRENGTH PAP			FINISHERS				OPTIONAL GET RIGHT										
OH Reverse Lunge/Rotation 2x6ea Band Punch 2x6-10 each BWD Air Throw 2x6-10 Bent Over Row and Rotation 2x6-12 SL Barbell GM 2x6-10 [bar-bar+20] SL Lateral Plyo Step Up 2x1 each			x6 Seated Roundlegs Purple x10 Standing Roundlegs Mini x20 DB Shrug 3 count hold Ankle Mobility Heel Raise 2x20 Hurdle Lateral Squat Shuffle 1x6ea Spiderman x10 yds				3rd DB Clean DDT Set Plate Raise DDT Set										
MONDAY		23-Jun-08		30-Jun-08		7-Jul-08											
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT							
TIER 1	High Block Clear	50.0%:	x5	150	50.0%:	x5	150	52.0%:	x5	155							
		55.0%:	x3	165	55.0%:	x3	165	61.0%:	x3	185							
		61.0%:	x2	185	64.0%:	x2	190	70.0%:	x2	210							
		67.0%:	x1	200	73.0%:	x1	220	79.0%:	x1	235							
		73.0%:	x3	220	78.0%:	6x2	235	85.0%:	6x2	255							
TIER 2	Front Squat	43.0%:	x2	165	46.0%:	x2	175	49.0%:	x2	190							
		43.0%:	x2	165	46.0%:	x2	175	49.0%:	x2	190							
		43.0%:	x2	165	46.0%:	x2	175	49.0%:	x2	190							
		43.0%:	x2	165	46.0%:	x2	175	49.0%:	x2	190							
		43.0%:	x2	165	46.0%:	x2	175	49.0%:	x2	190							
TIER 3	Chin Up	0.0%:	x6		0.0%:	x6		0.0%:	x6								
		0.0%:	x6		0.0%:	x6		0.0%:	x6								
		0.0%:	x6		0.0%:	x6		0.0%:	x6								
		0.0%:	x6		0.0%:	x6		0.0%:	x6								
		0.0%:	x6		0.0%:	x6		0.0%:	x6								
P-COM	SP-STR Complex Tier 4-5	Vertical Jump Progression		3x6	3x6	3x4											
		3 Week Regime		DtS	SMEEcc	DYN											
		Vertamax			6ct	Record											
		Single Leg Squat		x6	x6	x6											
		Counterbalance off 24[+]"		x6	x6	x6											
Notes		DB or Plate		x6	x6	x6											
		Power Runner/Hip Flexion		3x10 each	3x10 each	3x10 each											
		R3/Scare Crow/BB's		1x10/10secs	1x10/10secs	1x10/10secs											
A MASTER GENERIC																	
PRE ACTIVITY PREPARATION																	
STRENGTH PAP			FINISHERS									OPTIONAL GET RIGHT					
Overhead Towel Pull Apart 2x10 Overhead Band Side Band 2x6-10 each Lunge FWD Chop [step] 2x6-10 [purr-gr] ISO Rope Push Up 2x10-20 secs Band Face Pull 2x10-15 Rack Plyo Throw 2x6-8 rack level 63			x10 Stability Ball Neck Bridge x20 DB Shrug 3 Count Hold Ankle Mobility Inversion Eversion 1x20 each Hurdle High Knee Step Over 2x6ea Spiderman x10yards				Plank - Tame 90 seconds Plate Chop Power Down 25x6 Plate Chop Power Out 10x10										
WEDNESDAY		25-Jun-08		2-Jul-08		9-Jul-08											
SESSION U		%	GR	WT	%	GR	WT	%	GR	WT							
TIER 1	G2 Incline Press	50.0%:	x5	155	50.0%:	x5	155	52.0%:	x5	160							
		55.0%:	x3	170	55.0%:	x3	170	61.0%:	x3	190							
		61.0%:	x2	190	64.0%:	x2	195	70.0%:	x2	215							
		67.0%:	x1	205	73.0%:	x1	225	79.0%:	x1	245							
		73.0%:	x3	225	78.0%:	6x2	245	85.0%:	6x2	260							
TIER 2	Power Progression	62.5%:	x2	190	67.5%:	x2	205	72.5%:	x2	220							
		62.5%:	x2	190	67.5%:	x2	205	72.5%:	x2	220							
		62.5%:	x2	190	67.5%:	x2	205	72.5%:	x2	220							
		62.5%:	x2	190	67.5%:	x2	205	72.5%:	x2	220							
		62.5%:	x2	190	67.5%:	x2	205	72.5%:	x2	220							
TIER 3	Reverse Lunge to Step Up	70.0%:	x5	160	76.0%:	x5	170	82.0%:	x5	185							
		70.0%:	x5	160	76.0%:	x5	170	82.0%:	x5	185							
		70.0%:	x5	160	76.0%:	x5	170	82.0%:	x5	185							
		70.0%:	x5	160	76.0%:	x5	170	82.0%:	x5	185							
		70.0%:	x5	160	76.0%:	x5	170	82.0%:	x5	185							
P-COM	UB-TB Complex Tier 4-5	Parallel Dips		x6/10	x6/10	x6/10											
		WTD Extended Set w/Mid Row x10		x6/10	x6/10	x6/10											
		3 Week Regime Dips Tempo = X-1-2-1		x6/10	x6/10	x6/10											
		Long Jump Progression		3x6	3x6	3x3											
		3 Week Regime		DtS	SMEEcc	DYN											
Notes		Mini Band Resistance			6ct	Record											
		Glute Ham Raise		3x10	3x10	3x10											
		"T" "Y" "A" Raise		1x10 each	1x10 each	1x10 each											
STAGE		DEVELOPMENTAL															
PROGRAM		Block 4 Spring II/Summer Cycle 2															
PRE ACTIVITY PREPARATION																	
STRENGTH PAP			FINISHERS				OPTIONAL GET RIGHT										
SL Groiners - 2x5 SL Roll Away 2x6-10 OH Spread Eagle St Up 2x10-12 10-20W Iso Platform Lunge 2x10-20 sec Seated Band ABD 2x10-12 Cook Hip Lift 2x6-10 each			x30 sec Lateral ISO Neck x20 DB Shrug 3 Count Hold Ankle Mobility Toe Up 2x20 Hurdle For/Back Walk Over 1x6 ea Spiderman x10 yards				BB Curt DDT Set Trapeza Pushdown DDT Set										
FRIDAY		27-Jun-08		4-Jul-08		11-Jul-08											
SESSION L		%	GR	WT	%	GR	WT	%	GR	WT							
TIER 1	Front Squat	50.0%:	x5	195	50.0%:	x5	195	52.0%:	x5	200							
		55.0%:	x3	210	55.0%:	x3	210	61.0%:	x3	235							
		61.0%:	x2	235	64.0%:	x2	245	70.0%:	x2	270							
		67.0%:	x1	260	73.0%:	x1	280	79.0%:	x1	305							
		73.0%:	x3	280	78.0%:	6x2	305	85.0%:	6x2	325							
TIER 2	G4 Bench Press	43.0%:	x2	170	46.0%:	x2	185	49.0%:	x2	195							
		43.0%:	x2	170	46.0%:	x2	185	49.0%:	x2	195							
		43.0%:	x2	170	46.0%:	x2	185	49.0%:	x2	195							
		43.0%:	x2	170	46.0%:	x2	185	49.0%:	x2	195							
		43.0%:	x2	170	46.0%:	x2	185	49.0%:	x2	195							
TIER 3	Jump Progression	0.0%:	x5		0.0%:	x5		0.0%:	x5								
		0.0%:	x5		0.0%:	x5		0.0%:	x5								
		0.0%:	x5		0.0%:	x5		0.0%:	x5								
		0.0%:	x5		0.0%:	x5		0.0%:	x5								
		0.0%:	x5		0.0%:	x5		0.0%:	x5								
P-COM	Coupled Tier 4-5	Lateral Lunge/Step Up		3x6	3x6	3x6											
		Lunge off Slide Board - 3 WK Regime		Isodyne	SMEEcc	DYN											
		Single DB - Explosive Step Up			6ct	HVV											
		SA Medley		x8	x8	x8											
		Chin Up - Inc Pr - Row - Push Up		x8	x8	x8											
Notes		Tempo = X-1-2-1		x8	x8	x8											
		SL Hip Lift to Curl Stab Ball		3x10 each	3x10 each	3x10 each											
		"M" "L" "W" Raise		1x10 each	1x10 each	1x10 each											



# A MASTER GENERIC

SPORT		3-OTB Red - Block III											
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L											
PRE ACTIVITY PREPARATION													
STRENGTH PAP		FINISHERS						OPTIONAL GET RIGHT					
Palm Squat/Rotation 2x3 each Band Walk Outs 2x3 each arm ext Lunge Side Throw 2x8-10 [pur gr] Prone Plate IR 2x12-15 SL Band GM 2x8-10 [purple-green] SL Plyo Step Up 2x3 each		x6 Seated Roondogs Purple x10 Standing Roondogs Mini x20 DB Shrug 3 count hold Ankle Mobility Heel Raise 2x20 Hurdle Lateral Squat Shuffle 1x6ea Spiderman x10 yds						Std DB Clean DDT Set Plate Raise DDT Set					
MONDAY		14-Jul-08			21-Jul-08			28-Jul-08					
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	Mid Block Clean	50.0%	x5	150	52.0%	x5	155	55.0%	x5	165			
	12" Block Starting Position Reset Athletic Position Each Rep	55.0%	x3	165	61.0%	x3	185	67.0%	x3	200			
		64.0%	x2	190	70.0%	x2	210	76.0%	x2	230			
		73.0%	x1	220	79.0%	x1	235	85.0%	x1	255			
		79.0%	8x2	235	85.0%	8x2	255	91.0%	8x1	275			
		0.0%	Cluster		0.0%	Cluster		0.0%	Cluster				
	TIER 1[A] if applicable							0.0%	Series				
300													
TIER 2	Front Squat	49.0%	x2	190	46.0%	x2	175	43.0%	x2	165			
	To Parallel Box - Purple Band [Chain]	49.0%	x2	190	46.0%	x2	175	43.0%	x2	165			
		49.0%	x2	190	46.0%	x2	175	43.0%	x2	165			
		>60 Second Turn Around	49.0%	x2	190	46.0%	x2	175	43.0%	x2	165		
	TIER 2[A] if applicable	49.0%	x2	190	46.0%	x2	175	43.0%	x2	165			

A MASTER GENERIC													
PRE ACTIVITY PREPARATION													
STRENGTH PAP				FINISHERS				OPTIONAL					
OH Band Pull Apart 2x10 [mini-pur] OH Plate Side Bend 2x6-8 25# Lunge Side Chop 2x8-10 [pur-gr] ISO Pull Up 2x10-15 sec Rope Face Pull to ER 2x12-15 Plyo Push Up 2x4-6				x10 Stability Ball Neck Bridge x20 DB Shrug 3 Count Hold Ankle Mobility Inversion Eversion 1x20 each Hurdle High Knee Step Over 2x6ea Spiderman x10yards				Plank - 1xma: Plate Chop Pov Plate Chop Poi					
WEDNESDAY				16-Jul-08			23-Jul-08			30-Jul-08			
SESSION U				%	GR	WT	%	GR	WT	%	GR	WT	
TIER 1	G2 Bench Press	50.0%	x5	200	52.0%	x5	210	55.0%	x5	220			
		55.0%	x3	220	61.0%	x3	245	67.0%	x3	270			
		64.0%	x2	255	70.0%	x2	280	76.0%	x2	305			
		73.0%	x1	290	79.0%	x1	315	85.0%	x1	340			
		79.0%	8x2	315	85.0%	8x2	340	91.0%	8x1	365			
		0.0%	Cluster		0.0%	Cluster		0.0%	Cluster				
	TIER 1[A] if applicable									0.0%	Series		
400													
TIER 2	Low Block Clean	72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
	7" Block - Reset Athletic Position Each Set	72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
		72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
		>60 Second Turn Around	72.5%	x2	220	67.5%	x2	205	62.5%	x2	190		
	TIER 2[A] if applicable	72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			

9 WK Advanced Block 3 OTB 3-3

			49.0%	x2	190	46.0%	x2	175	43.0%	x2	165							72.5%	x2	220	67.5%	x2	205	62.5%	x2	190		
385																												
TIER 3	Mid Row		58.0%	x6	230	61.0%	x6	245	64.0%	x6	255					TIER 3	Reverse Lunge to Step Up		79.0%	x5	180	85.0%	x3	190	91.0%	x3	205	
			58.0%	x6	230	61.0%	x6	245	64.0%	x6	255								79.0%	x5	180	85.0%	x3	190	91.0%	x3	205	
	Extended Set w/ High Row x10		58.0%	x6	230	61.0%	x6	245	64.0%	x6	255							17" Box - Explosive Step		79.0%	x5	180	85.0%	x3	190	91.0%	x3	205
400	Tempo = X-1-2-1															225	SAFETY SQUAT BAR		79.0%	x5	180	85.0%	x3	190	91.0%	x3	205	
	30 secs/1 min rest START w Pull																Stop Stabilize Drop Drive											
SP-STR Complex Tier 4-5	Vertical Jump Progression		2x6			2x6			2x4							UB-TB Complex Tier 4-5	WTD Chin		x6/10			x6/10			x6/10			
	3 Week Regime		DrS			SMEcc			DYN								Extended Set w/Mid Row x10		x6/10			x6/10			x6/10			
	Vertamax					6ct			Record								Tempo = X-1-2-1											
	Single Leg Squat		x6			x6			x6								Long Jump Progression		2x6			2x6			2x3			
	Counterbalance off 24[+]"		x6			x6			x6								3 Week Regime		DrS			SMEcc			DYN			
	DB or Plate																Mini Band Resistance					6ct			Record			
PCOM	SL DB RDL		3x10	2ct	pause	3x10	2ct	pause	3x10	2ct	pause					PCOM	Glute Ham Raise		3x10			3x10			3x10			
	R3/Scare Crow/BB's		1x10/10secs			1x10/10secs			1x10/10secs								"T" "Y" "A" Raise		1x10 each			1x10 each			1x10 each			
Notes														Notes														

			STAGE		DEVELOPMENTAL																	
			PROGRAM		Block 3 Spring II/Summer Cycle 3																	
			PRE ACTIVITY PREPARATION																			
GET RIGHT			STRENGTH PAP				FINISHERS				OPTIONAL GET RIGHT											
x 90 seconds			Slide Board Lat Lunge 2x5 each				x30 sec Lateral ISO Neck				BB Curl DDT Set											
ver Down 25#x6			Barbell Roll Away 2x8-10				x20 DB Shrug 3 Count Hold				Triceps Pushdown DDT Set											
wer Out 10#x10			Hanging Leg Raise 2x10 bent-str				Ankle Mobility Toe Up 2x20															
			Bulgarian Bench Lunge 2x15-20				Hurdle For/Bwd Walk Over 1x6 ea															
			Squat Band ABD 2x10-12				Spiderman x10 yards															
			SL Hip Bridge w/ ABD 2x8-10																			
			FRIDAY		18-Jul-08			25-Jul-08			1-Aug-08											
%	GR	WT	SESSION L				%	GR	WT	%	GR	WT	%	GR	WT							
			TIER 1				Back Squat				50.0%	x5	250	52.0%	x5	260	55.0%	x5	275			
											55.0%	x3	275	61.0%	x3	305	67.0%	x3	335			
											64.0%	x2	320	70.0%	x2	350	76.0%	x2	380			
											73.0%	x1	365	79.0%	x1	395	85.0%	x1	425			
											79.0%	8x2	395	85.0%	8x2	425	91.0%	8x1	455			
											0.0%	Cluster		0.0%	Cluster		0.0%	Cluster				
							MINI CIRCUIT									0.0%	Series					
							Lateral Band Shuffle 2x15 yards															
							Band Straight Leg Adduction 2x10															
							Band Abduction 2x10															
							500															
			TIER 2				G4 Bench Press				49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
											49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
							Mini Band				49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
							>60 Second Turn Around				49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			
							TIER 2[A] if applicable				49.0%	x2	195	46.0%	x2	185	43.0%	x2	170			

[illegible]

# A MASTER GENERIC

SPORT		3-OTB Red - Block III											
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L											
PRE ACTIVITY PREPARATION													
STRENGTH PAP		FINISHERS						OPTIONAL GET RIGHT					
OH Reverse Lunge/Rotation 2x6ea Band Punch 2x8-10 each BWD Alt Throw 2x8-10 Bent Over Row and Rotation 2x8-12 SL Barbell GM 2x8-10 [bar-bar+20] SL Lateral Plyo Step Up 2x3 each		x6 Seated Roondogs Purple x10 Standing Roondogs Mini x20 DB Shrug 3 count hold Ankle Mobility Heel Raise 2x20 Hurdle Lateral Squat Shuffle 1x6ea Spiderman x10 yds						Std DB Clean DDT Set Plate Raise DDT Set					
MONDAY		23-Jun-08			30-Jun-08			7-Jul-08					
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	Mid Block Clean	50.0%	x5	150	50.0%	x5	150	52.0%	x5	155			
	12" Block Starting Position Reset Athletic Position Each Rep	55.0%	x3	165	55.0%	x3	165	61.0%	x3	185			
		61.0%	x2	185	64.0%	x2	190	70.0%	x2	210			
		67.0%	x1	200	73.0%	x1	220	79.0%	x1	235			
		73.0%	x3	220	79.0%	8x2	235	85.0%	8x2	255			
		73.0%	x3	220									
	TIER 1[A] if applicable	73.0%	x3	220									
300		73.0%	x3	220									
		73.0%	x3	220									
		73.0%	x3	220									
		73.0%	x3	220									
TIER 2	Front Squat	43.0%	x2	165	46.0%	x2	175	49.0%	x2	190			
	To Parallel Box - Purple Band [Chain] >60 Second Turn Around	43.0%	x2	165	46.0%	x2	175	49.0%	x2	190			
		43.0%	x2	165	46.0%	x2	175	49.0%	x2	190			
		43.0%	x2	165	46.0%	x2	175	49.0%	x2	190			
	TIER 2[A] if applicable	43.0%	x2	165	46.0%	x2	175	49.0%	x2	190			

A MASTER GENERIC													
PRE ACTIVITY PREPARATION													
STRENGTH PAP				FINISHERS				OPTIONAL					
Overhead Towel Pull Apart 2x10 Overhead Band Side Bend 2x8-10 each Lunge FWD Chop [step] 2x8-10 [pur-gr] ISO Rope Push Up 2x15-20 secs Band Face Pull 2x10-15 Rack Plyo Throw 2x6-8 rack level 6/3				x10 Stability Ball Neck Bridge x20 DB Shrug 3 Count Hold Ankle Mobility Inversion Eversion 1x20 each Hurdle High Knee Step Over 2x6ea Spiderman x10yards				Plank - 1xma Plate Chop Pov Plate Chop Pov					
WEDNESDAY				25-Jun-08			2-Jul-08			9-Jul-08			
SESSION U				%	GR	WT	%	GR	WT	%	GR	WT	
TIER 1	G2 Bench Press	50.0%	x5	200	50.0%	x5	200	52.0%	x5	210			
		55.0%	x3	220	55.0%	x3	220	61.0%	x3	245			
		61.0%	x2	245	64.0%	x2	255	70.0%	x2	280			
		67.0%	x1	270	73.0%	x1	290	79.0%	x1	315			
		73.0%	x3	290	79.0%	8x2	315	85.0%	8x2	340			
		73.0%	x3	290									
	TIER 1[A] if applicable	73.0%	x3	290									
400		73.0%	x3	290									
		73.0%	x3	290									
		73.0%	x3	290									
		73.0%	x3	290									
TIER 2	CG Power Pull	62.5%	x2	190	67.5%	x2	205	72.5%	x2	220			
	7" Block - Reset Athletic Position Each Set >60 Second Turn Around	62.5%	x2	190	67.5%	x2	205	72.5%	x2	220			
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220			
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220			
	TIER 2[A] if applicable	62.5%	x2	190	67.5%	x2	205	72.5%	x2	220			



9 WK Advanced Block 3 OTB 2-3

		43.0%	x2	165	46.0%	x2	175	49.0%	x2	190						62.5%	x2	190	67.5%	x2	205	72.5%	x2	220
	385	43.0%	x2	165	46.0%	x2	175	49.0%	x2	190						62.5%	x2	190	67.5%	x2	205	72.5%	x2	220
		43.0%	x2	165	46.0%	x2	175	49.0%	x2	190						62.5%	x2	190	67.5%	x2	205	72.5%	x2	220
TIER 3	Mid Row	55.0%	x6	220	58.0%	x6	230	61.0%	x6	245				TIER 3	Reverse Lunge to Step Up	70.0%	x5	160	76.0%	x5	170	82.0%	x5	185
		55.0%	x6	220	58.0%	x6	230	61.0%	x6	245						70.0%	x5	160	76.0%	x5	170	82.0%	x5	185
	Extended Set w/ High Row x10	55.0%	x6	220	58.0%	x6	230	61.0%	x6	245					17" Box - Explosive Step	70.0%	x5	160	76.0%	x5	170	82.0%	x5	185
400	Tempo = X-1-2-1													Barbell										
	30 secs/1 min rest START w Pull													Stop Stabilize Drop Drive										
SP-STR Complex Tier 4-5	Vertical Jump Progression		3x6			3x6			3x4					UB-TB Complex Tier 4-5	WTD Chin		x6/10			x6/10			x6/10	
	3 Week Regime		DrS			SMEcc			DYN						Extended Set w/Mid Row x10		x6/10			x6/10			x6/10	
	Vertamax					6ct			Record						Tempo = X-1-2-1		x6/10			x6/10			x6/10	
	DB Split Squat		x6			x6			x6						Long Jump Progression		3x6			3x6			3x3	
	Front Foot Elevated 5"		x6			x6			x6						3 Week Regime		DrS			SMEcc			DYN	
	Tempo = X-1-2-1		x6			x6			x6						Mini Band Resistance					6ct			Record	
PCOM	SL DB RDL	3x10	2ct	pause	3x10	2ct	pause	3x10	2ct	pause				PCOM	Glute Ham Raise	3x10			3x10			3x10		
	R3/Scare Crow/BB's	1x10/10secs			1x10/10secs			1x10/10secs							"T" "Y" "A" Raise	1x10 each			1x10 each			1x10 each		
Notes														Notes										

			STAGE		DEVELOPMENTAL									
			PROGRAM		Block 3 Spring II/Summer Cycle 2									
			PRE ACTIVITY PREPARATION											
GET RIGHT			STRENGTH PAP				FINISHERS				OPTIONAL GET RIGHT			
x 90 seconds			SL Groiners - 2x5				x30 sec Lateral ISO Neck				BB Curl DDT Set			
ver Down 25#x6			SB Roll Away 2x8-10				x20 DB Shrug 3 Count Hold				Triceps Pushdown DDT Set			
wer Out 10#x10			OH Spread Eagle Sit Up 2x10-12 10-25#				Ankle Mobility Toe Up 2x20							
			Iso Platform Lunge 2x15-20 sec				Hurdle For/Bwd Walk Over 1x6 ea							
			Seated Band ABD 2x10-12				Spiderman x10 yards							
			Cook Hip Lift 2x8-10 each											
			FRIDAY		27-Jun-08		4-Jul-08		11-Jul-08					
%	GR	WT	SESSION L		%	GR	WT	%	GR	WT	%	GR	WT	
			Back Squat		50.0%	x5	250	50.0%	x5	250	52.0%	x5	260	
					55.0%	x3	275	55.0%	x3	275	61.0%	x3	305	
					61.0%	x2	305	64.0%	x2	320	70.0%	x2	350	
					67.0%	x1	335	73.0%	x1	365	79.0%	x1	395	
					73.0%	x3	365	79.0%	8x2	395	85.0%	8x2	425	
					73.0%	x3	365							
			MINI CIRCUIT		73.0%	x3	365							
			Lateral Band Shuffle 2x15 yards		73.0%	x3	365							
			Band Straight Leg Adduction 2x10		73.0%	x3	365							
			Band Abduction 2x10		73.0%	x3	365							
			G4 Bench Press		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
					43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
					43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
					43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
					43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
			>60 Second Turn Around		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
			TIER 2[A] if applicable		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	

[illegible]

# A MASTER GENERIC

SPORT		3-OTB Red - Block III											
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L											
PRE ACTIVITY PREPARATION													
STRENGTH PAP		FINISHERS						OPTIONAL GET RIGHT					
OH Reverse Lunge/Rotation 2x6ea		x6 Seated Roondogs Purple						Std DB Clean DDT Set					
Band Punch 2x8-10 each		x10 Standing Roondogs Mini						Plate Raise DDT Set					
BWD Alt Throw 2x8-10		x20 DB Shrug 3 count hold											
Bent Over Row and Rotation 2x8-12		Ankle Mobility Heel Raise 2x20											
SL Barbell GM 2x8-10 [bar-bar+20]		Hurdle Lateral Squat Shuffle 1x6ea											
SL Lateral Plyo Step Up 2x3 each		Spiderman x10 yds											
MONDAY		2-Jun-08			9-Jun-08			16-Jun-08					
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	Mid Block Clean	50.0%	x5	150	50.0%	x5	150	50.0%	x5	150			
	12" Block Starting Position Reset Athletic Position Each Rep	58.0%	x3	175	58.0%	x3	175	58.0%	x3	175			
					64.0%	x2	190	64.0%	x2	190			
								70.0%	x1	210			
		64.0%	x5	190	70.0%	x5	210	76.0%	x5	230			
		64.0%	x5	190	70.0%	x5	210	76.0%	x5	230			
TIER 1[A] if applicable		64.0%	x5	190	70.0%	x5	210	76.0%	x5	230			
		64.0%	x5	190	70.0%	x5	210	76.0%	x5	230			
300		64.0%	x5	190									
TIER 2	Front Squat	40.0%	x2	155	43.0%	x2	165	46.0%	x2	175			
	To Parallel Box - Double Chain >60 Second Turn Around	40.0%	x2	155	43.0%	x2	165	46.0%	x2	175			
		40.0%	x2	155	43.0%	x2	165	46.0%	x2	175			
		40.0%	x2	155	43.0%	x2	165	46.0%	x2	175			
		40.0%	x2	155	43.0%	x2	165	46.0%	x2	175			
		40.0%	x2	155	43.0%	x2	165	46.0%	x2	175			
TIER 2[A] if applicable		40.0%	x2	155	43.0%	x2	165	46.0%	x2	175			

A MASTER GENERIC													
PRE ACTIVITY PREPARATION													
STRENGTH PAP				FINISHERS				OPTIONAL					
Overhead Towel Pull Apart 2x10				x10 Stability Ball Neck Bridge				Plank - 1xma					
Overhead Band Side Bend 2x8-10 each				x20 DB Shrug 3 Count Hold				Plate Chop Pov					
Lunge FWD Chop [step] 2x8-10 [pur-gr]				Ankle Mobility Inversion Eversion 1x20 each				Plate Chop Poi					
ISO Rope Push Up 2x15-20 secs				Hurdle High Knee Step Over 2x6ea									
Band Face Pull 2x10-15				Spiderman x10yards									
Rack Plyo Throw 2x6-8 rack level 6/3													
WEDNESDAY				4-Jun-08			11-Jun-08			18-Jun-08			
SESSION U				%	GR	WT	%	GR	WT	%	GR	WT	
TIER 1	G2 Bench Press			50.0%	x5	200	50.0%	x5	200	50.0%	x5	200	
				58.0%	x3	230	58.0%	x3	230	58.0%	x3	230	
							64.0%	x2	255	64.0%	x2	255	
										70.0%	x1	280	
				64.0%	x5	255	70.0%	x5	280	76.0%	x5	305	
				64.0%	x5	255	70.0%	x5	280	76.0%	x5	305	
TIER 1[A] if applicable			64.0%	x5	255	70.0%	x5	280	76.0%	x5	305		
		64.0%	x5	255	70.0%	x5	280	76.0%	x5	305			
400		64.0%	x5	255									
TIER 2	SG Power Pull			55.0%	x2	165	60.0%	x2	180	65.0%	x2	195	
	7" Block - Reset Athletic Position Each Set >60 Second Turn Around			55.0%	x2	165	60.0%	x2	180	65.0%	x2	195	
				55.0%	x2	165	60.0%	x2	180	65.0%	x2	195	
				55.0%	x2	165	60.0%	x2	180	65.0%	x2	195	
				55.0%	x2	165	60.0%	x2	180	65.0%	x2	195	
				55.0%	x2	165	60.0%	x2	180	65.0%	x2	195	
TIER 2[A] if applicable			55.0%	x2	165	60.0%	x2	180	65.0%	x2	195		

9 WK Advanced Block 3 OTB 1-3

		40.0%	x2	155	43.0%	x2	165	46.0%	x2	175						55.0%	x2	165	60.0%	x2	180	65.0%	x2	195
385																								
TIER 3	Mid Row	49.0%	x6	195	52.0%	x6	210	55.0%	x6	220				TIER 3	Reverse Lunge to Step Up	61.0%	x6	135	67.0%	x6	150	73.0%	x6	165
		49.0%	x6	195	52.0%	x6	210	55.0%	x6	220						61.0%	x6	135	67.0%	x6	150	73.0%	x6	165
	Extended Set w/ High Row x10	49.0%	x6	195	52.0%	x6	210	55.0%	x6	220					17" Box - Explosive Step	61.0%	x6	135	67.0%	x6	150	73.0%	x6	165
400	Tempo = X-1-2-1	49.0%	x6	195	52.0%	x6	210	55.0%	x6	220				225	Barbell	61.0%	x6	135	67.0%	x6	150	73.0%	x6	165
	30 secs/1 min rest START w Pull	49.0%	x6	195	52.0%	x6	210	55.0%	x6	220					Stop Stabilize Drop Drive	61.0%	x6	135	67.0%	x6	150	73.0%	x6	165
SP-STR Complex Tier 4-5	Tuck Jumps		x6			x6			x6					UB-TB Complex Tier 4-5	WTD Chin		x6/10			x6/10			x6/10	
	Knees to Chest		x6			x6			x6						Extended Set w/Mid Row x10		x6/10			x6/10			x6/10	
	Minimal Ground Time		x6			x6			x6						Tempo = X-1-2-1		x6/10			x6/10			x6/10	
	DB Split Squat		x6			x6			x6						DB Long Jumps		x6			x6			x6	
	Front Foot Elevated 5"		x6			x6			x6						Hammer Down - Stick Landing		x6			x6			x6	
	Tempo = X-1-2-1		x6			x6			x6								x6			x6			x6	
PCOM	SL DB RDL	3x10	2ct	pause	3x10	2ct	pause	3x10	2ct	pause				PCOM	Glute Ham Raise	3x10			3x10			3x10		
	R3/Scare Crow/BB's	1x10/10secs			1x10/10secs			1x10/10secs							"T" "Y" "A" Raise	1x10 each			1x10 each			1x10 each		
Notes														Notes										

[illegible]

[illegible]

SPORT		4-F7 Elite Red - Block IV					
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L					
PRE ACTIVITY PREPARATION							
STRENGTH PAP		FINISHERS		OPTIONAL GET RIGHT			
Palm Squat/Rotation 2x3 each Band Walk Outs 2x3 each arm out Lunge Side Throw 2x8-10 [pair gr] Prona Plate IR 2x12-15 SL Band GM 2x8-10 [purple-green] SL Plyo Step Up 2x3 each		x8 Seated Roundlegs Purple x10 Standing Roundlegs Mini x20 DB Shrug 3 count hold Ankle Mobility Heel Raise 2x20 Hurdle Lateral Squat Shuffle 1x6ea Spiderman x10 yds		Slt DB Clean DOT Set Plate Raise DOT Set			
MONDAY		14-Jul-08		21-Jul-08		28-Jul-08	
SESSION T		%	GR	WT	%	GR	WT
TIER 1	CG Power Pull	50.0%	x5	150	52.0%	x5	155
		55.0%	x3	165	61.0%	x3	185
	35 Second Cluster	64.0%	x2	190	70.0%	x2	210
	From Deck	73.0%	x1	220	79.0%	x1	235
	Full Extension Pull Release At Top	79.0%	6x2	235	85.0%	6x2	255
		0.0%	Cluster		0.0%	Cluster	
					0.0%	Series	
300	Strike Planks 2x5						
	purple or green bands						
TIER 2	Back Squat	49.0%	x2	245	46.0%	x2	230
		49.0%	x2	245	46.0%	x2	230
	To Parallel Box - Green 500+ Purple 400+	49.0%	x2	245	46.0%	x2	230
	>60 Second Turn Around	49.0%	x2	245	46.0%	x2	230
	TIER 2(A) if applicable	49.0%	x2	245	46.0%	x2	230
		49.0%	x2	245	46.0%	x2	230
500	Push Up	0.0%	x6/10		0.0%	x6/10	
		0.0%	x6/10		0.0%	x6/10	
	Push Up WTD Superset w/ Seated Row	0.0%	x6/10		0.0%	x6/10	
	Push Up - Regime Tempo = X-1-2-1						
	Vibe Plat 30mgh High Amplitude						
SP-STR Complex Tier 4-5	Long Jump Progression	2x6	2x6	2x3			
	3 Week Regime	DrS	SMEcc	DYN			
	Mini Band Resistance		6ct	Record			
	SDB Lateral Lunge	2x6	2x6	2x6			
	3 Week Regime	IndDyn	SMEcc	DYN			
P-COM	SL DB RDL	3x10 2ct pause	3x10 2ct pause	3x10 2ct pause			
	R3/Scare Crow/BB's	1x10/10secs	1x10/10secs	1x10/10secs			
Notes							

A MASTER GENERIC							
PRE ACTIVITY PREPARATION							
STRENGTH PAP		FINISHERS		OPTIONAL GET RIGHT			
OH Band Pull Apart 2x10 [mini-pur] OH Plate Side Band 2x6-8 25# Lunge Side Chop 2x8-10 [pair-gr] ISO Pull Up 2x10-15 sec Rope Face Pull to ER 2x12-15 Plyo Push Up 2x4-6		x10 Stability Ball Neck Bridge x20 DB Shrug 3 Count Hold Ankle Mobility Inversion Eversion 1x20 each Hurdle High Knee Step Over 2x6ea Spiderman x10 yards		Plate - Tempo 90 seconds Plate Chop Power Down 25x6 Plate Chop Power Out 10x10			
WEDNESDAY		16-Jul-08		23-Jul-08		30-Jul-08	
SESSION U		%	GR	WT	%	GR	WT
TIER 1	G2 2 Board Press	50.0%	x5	205	52.0%	x5	210
		55.0%	x3	225	61.0%	x3	245
	35 Second Cluster	64.0%	x2	260	70.0%	x2	285
	Pause Sets are Full ROM G2	73.0%	x1	295	79.0%	x1	320
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
		79.0%	x5c	320	85.0%	x5c	345
</							



STAGE		DEVELOPMENTAL											
PROGRAM		Block 4 Spring II/Summer Cycle 2											
PRE ACTIVITY PREPARATION													
STRENGTH PAP				FINISHERS				OPTIONAL GET RIGHT					
Slide Board Lat Lunge 2x5 each				x30 sec Lateral ISO Neck				BB Curl DDT Set					
Barbell Roll Away 2x8-10				x20 DB Shrug 3 Count Hold				Triceps Pushdown DDT Set					
Hanging Leg Raise 2x10 bent-ov													
Bulgarian Bench Lunge 2x15-20				Ankle Mobility Toe Up 2x20									
Squat Band ABD 2x10-12				Hurdle For/Bward Walk Over 1x5									
SL Hip Bridge w ABD 2x8-10				Spiderman x10 yards									
FRIDAY		27-Jun-08			4-Jul-08			11-Jul-08					
SESSION L		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
Safety Bar Squat		50.0%	x5	210	50.0%	x5	210	52.0%	x5	215			
		55.0%	x3	230	55.0%	x3	230	61.0%	x3	255			
		61.0%	x2	255	64.0%	x2	265	70.0%	x2	290			
		67.0%	x1	280	73.0%	x1	305	79.0%	x1	330			
		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
35 Second Cluster		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
HOLD YOLK!!		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
Speed Strength Complex		73.0%	x5c	305	79.0%	x5c	330	85.0%	x5c	355			
3 Box Jumps - 30 sec rest - P Squat		84.0%	x5p	265	70.0%	x5p	290	76.0%	x5p	315			
		58.0%	x5p	240	64.0%	x5p	265	70.0%	x5p	290			
		52.0%	x5p	215	58.0%	x5p	240	64.0%	x5p	265			
		52.0%	x5p	215	58.0%	x5p	240	64.0%	x5p	265			
		52.0%	x5p	215	58.0%	x5p	240	64.0%	x5p	265			
G4 Bench Press		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
Pause and Punch - Mini Band		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
+60 Second Turn Around		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
TIER 2[A] if applicable		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
SSB Extension to Press 3x8 hvy		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195			
Hammer Hammer		0.0%	x5		0.0%	x5		0.0%	x5				
		0.0%	x5		0.0%	x5		0.0%	x5				
		0.0%	x5		0.0%	x5		0.0%	x5				
		0.0%	x5		0.0%	x5		0.0%	x5				
		0.0%	x5		0.0%	x5		0.0%	x5				
Alternate Arm - Leg Strike		0.0%	x5		0.0%	x5		0.0%	x5				
Reset Athletic Position Each Rep													
BB Reverse Lunge		3x6			3x6			3x6					
		15K			20K			20K					
		+110M						+110M					
		3x10			3x10			3x10					
		each			each			each					
Chin Up - Bench Dip - Inverted Row													
Tempo = X-1-2-1													
Back Ext/Rev Hyper		2x6[x-5-2-1]/10			2x6[x-5-2-1]/10			2x6[x-5-2-1]/10					
		M" L" W" Raise	1x10 each		1x10 each			1x10 each					



SPORT		3-F7 Red - Block III										
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L										
PRE ACTIVITY PREPARATION												
STRENGTH PAP				FINISHERS				OPTIONAL GET RIGHT				
Palm Squat/Rotation 2x3 each Band Walk Outs 2x3 each arm ext Lunge Side Throw 2x8-10 [pur gr] Preme Plate IR 2x12-15 SL Band GM 2x8-10 [purple-green] SL Plyo Step Up 2x3 each				x8 Seated Roundlegs Purple x10 Standing Roundlegs Mini x20 DB Shrug 3 count hold Ankle Mobility Heel Raise 2x20 Hurdle Lateral Squat Shuffle 1x6ea Spiderman x10 yds				Std DB Clean DDT Set Plate Raise DDT Set				
MONDAY				14-Jul-08				21-Jul-08				
SESSION T				28-Jul-08								
Hang Clean				%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	35 Second Cluster	50.0%	x5	150	52.0%	x5	155	55.0%	x5	165		
		55.0%	x3	165	61.0%	x3	185	67.0%	x3	200		
		64.0%	x2	190	70.0%	x2	210	76.0%	x2	230		
		73.0%	x1	220	78.0%	x1	235	85.0%	x1	255		
		79.0%	8x2	235	85.0%	8x2	255	91.0%	8x1	275		
	done between HC sets	0.0% Cluster		0.0% Cluster		0.0% Cluster		0.0% Cluster				
	TIER 1[A] if applicable							0.0% Series				
	Strike Planks 2x5											
	purple or green bands											
	Back Squat				%	GR	WT	%	GR	WT	%	GR
TIER 2	To Parallel Box - Green 500+ Purple 400+ >60 Second Turn Around	49.0%	x2	245	46.0%	x2	230	43.0%	x2	215		
		49.0%	x2	245	46.0%	x2	230	43.0%	x2	215		
		49.0%	x2	245	46.0%	x2	230	43.0%	x2	215		
		49.0%	x2	245	46.0%	x2	230	43.0%	x2	215		
		49.0%	x2	245	46.0%	x2	230	43.0%	x2	215		
	TIER 2[A] if applicable	49.0%	x2	245	46.0%	x2	230	43.0%	x2	215		
	49.0%	x2	245	46.0%	x2	230	43.0%	x2	215			
	DB Incline Press				%	GR	WT	%	GR	WT	%	GR
TIER 3	Superset w/Ext Set High [6]Mid Row[10] Tempo = X-1-2-1 30 secs/1 min rest START w Pull	73.0%	x5	100	79.0%	x5	110	85.0%	x5	120		
		67.0%	x5	95	73.0%	x5	100	79.0%	x5	110		
	Long Jump Progression	2x6		2x6		2x3						
	3 Week Regime	DrS		SMEcc		DYN						
	Mini Band Resistance			6ct		Record						
	Lateral Lunge/Step Up	2x6		2x6		2x6						
	17" Box	15K		15K		20K						
	Barbell											
	SL DB RDL				3x10 2ct pause	3x10 2ct pause	3x10 2ct pause					
R3/Scare Crow/BB's				1x10/10secs	1x10/10secs	1x10/10secs						
Notes												

A MASTER GENERIC												
PRE ACTIVITY PREPARATION												
STRENGTH PAP				FINISHERS				OPTIONAL GET RIGHT				
OH Band Pull Apart 2x10 [mini-pur] OH Plate Side Band 2x6-8 25# Lunge Side Chop 2x8-10 [pur-gr] ISO Pull Up 2x10-15 sec Rope Face Pull to ER 2x12-15 Plyo Push Up 2x4-6				x10 Stability Ball Neck Bridge x20 DB Shrug 3 Count Hold Ankle Mobility Inversion Eversion 1x20 each Hurdle High Knee Step Over 2x6ea Spiderman x10 yards				Plank - Timer 90 seconds Plate Chop Power Down 25x6 Plate Chop Power Out 10x10				
WEDNESDAY				16-Jul-08				23-Jul-08				
SESSION U				30-Jul-08								
G2 Bench Press				%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	35 Second Cluster	50.0%	x5	200	52.0%	x5	210	55.0%	x5	220		
		55.0%	x3	220	61.0%	x3	245	67.0%	x3	270		
		64.0%	x2	255	70.0%	x2	280	76.0%	x2	305		
		73.0%	x1	290	79.0%	x1	315	85.0%	x1	340		
		79.0%	x5c	315	85.0%	x5c	340	91.0%	x5c	365		
		79.0%	x5c	315	85.0%	x5c	340	91.0%	x5c	365		
		79.0%	x5c	315	85.0%	x5c	340	91.0%	x5c	365		
		79.0%	x5c	315	85.0%	x5c	340	91.0%	x5c	365		
		79.0%	x5c	315	85.0%	x5c	340	91.0%	x5c	365		
		79.0%	x5c	315	85.0%	x5c	340	91.0%	x5c	365		
		79.0%	x5c	315	85.0%	x5c	340	91.0%	x5c	365		
		79.0%	x5c	315	85.0%	x5c	340	91.0%	x5c	365		
	CG Power Pull				%	GR	WT	%	GR	WT	%	GR
TIER 2	Release at Top - Reset AP - From Deck >60 Second Turn Around	72.5%	x2	220	67.5%	x2	205	62.5%	x2	190		
		72.5%	x2	220	67.5%	x2	205	62.5%	x2	190		
		72.5%	x2	220	67.5%	x2	205	62.5%	x2	190		
		72.5%	x2	220	67.5%	x2	205	62.5%	x2	190		
		72.5%	x2	220	67.5%	x2	205	62.5%	x2	190		
	TIER 2[A] if applicable	72.5%	x2	220	67.5%	x2	205	62.5%	x2	190		
	72.5%	x2	220	67.5%	x2	205	62.5%	x2	190			
	Split Squat				%	GR	WT	%	GR	WT	%	GR
TIER 3	Barbell Front Foot Elevated 5" Tempo = X-1-2-1	73.0%	x5	165	79.0%	x5	180	85.0%	x5	190		
		67.0%	x5	150	73.0%	x5	165	79.0%	x5	180		
	SA DB Tri Set	2x3 SN		2x3 SN		2x3 SN						
	Snatch - Row - OH Press	2x8 ROW		2x8 ROW		2x8 ROW						
	Tempo = X-1-2-1	2x5 PR		2x5 PR		2x5 PR						
	Vertical Jump Progression	2x6		2x6		2x4						
	3 Week Regime	DrS		SMEcc		DYN						
	Vertamax			6ct		RECORD						

SPORT		3-F7 Red - Block III									
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L									
PRE ACTIVITY PREPARATION											
STRENGTH PAP			FINISHERS				OPTIONAL GET RIGHT				
OH Reverse Lunge/Rotation 2x6ea Band Punch 2x6-10 each BWD Air Throw 2x6-10 Bent Over Row and Rotation 2x6-12 SL Barbell GM 2x6-10 [bar-bar+20] SL Lateral Plyo Step Up 2x3 each			x6 Seated Roundlegs Purple x10 Standing Roundlegs Mini x20 DB Shrug 3 count hold Ankle Mobility Heel Raise 2x20 Hurdle Lateral Squat Shuffle 1x6ea Spiderman x10 yds				3rd DB Clean DDT Set Plate Raise DDT Set				
MONDAY		23-Jun-08		30-Jun-08		7-Jul-08					
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	
TIER 1	Hang Clean	50.0%	x5	150	50.0%	x5	150	52.0%	x5	155	
		55.0%	x3	165	55.0%	x3	165	61.0%	x3	185	
		61.0%	x2	185	64.0%	x2	190	70.0%	x2	210	
		67.0%	x1	200	73.0%	x1	220	79.0%	x1	235	
		73.0%	x3	220	79.0%	8x2	235	85.0%	8x2	255	
		79.0%	x3	220							
		73.0%	x3	220							
		79.0%	x3	220							
		73.0%	x3	220							
		79.0%	x3	220							
TIER 2	Back Squat	43.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
		49.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
		43.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
		49.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
		43.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
		49.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
		43.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
		49.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
		43.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
		49.0%	x2	215	46.0%	x2	230	49.0%	x2	245	
TIER 3	DB Incline Press	67.0%	x5	95	73.0%	x5	100	79.0%	x5	110	
		61.0%	x5	85	67.0%	x5	95	73.0%	x5	100	
		58.0%	x5	80	61.0%	x5	85	67.0%	x5	95	
TIER 4-5	Long Jump Progression	3x6		3x6		3x3					
		3 Week Regime		D/S		SMEcc		DYN			
		Mini Band Resistance				6ct		Record			
		Lateral Lunge/Step Up	3x6		3x6		3x6				
		17" Box		15K		15K		20K			
		Barbell									
TIER 1	G2 Bench Press	50.0%	x5	200	50.0%	x5	200	52.0%	x5	210	
		55.0%	x3	220	55.0%	x3	220	61.0%	x3	245	
		61.0%	x2	245	64.0%	x2	255	70.0%	x2	280	
		67.0%	x1	270	73.0%	x1	290	79.0%	x1	315	
		73.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		79.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		73.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		79.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		73.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		79.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
TIER 2	CG Power Pull	62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
		62.5%	x2	190	67.5%	x2	205	72.5%	x2	220	
TIER 3	Split Squat	67.0%	x5	150	73.0%	x5	165	79.0%	x5	180	
		61.0%	x5	135	67.0%	x5	150	73.0%	x5	165	
		58.0%	x5	130	61.0%	x5	135	67.0%	x5	150	
TIER 4-5	SA DB Tri Set	3x5 SN		3x5 SN		3x5 SN					
		3x10 ROW		3x10 ROW		3x10 ROW					
		3x6 PR		3x6 PR		3x6 PR					
		Vertical Jump Progression	3x6		3x6		3x4				
		3 Week Regime		D/S		SMEcc		DYN			
		Vertamax				6ct		RECORD			
TIER 1	Back Squat	50.0%	x5	200	50.0%	x5	200	52.0%	x5	210	
		55.0%	x3	220	55.0%	x3	220	61.0%	x3	245	
		61.0%	x2	245	64.0%	x2	255	70.0%	x2	280	
		67.0%	x1	270	73.0%	x1	290	79.0%	x1	315	
		73.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		79.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		73.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		79.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		73.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
		79.0%	x5c	290	79.0%	x5c	315	85.0%	x5c	340	
TIER 2	G4 Bench Press	43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
TIER 3	Block Clean to Push Press	46.0%	x5	140	49.0%	x5	145	52.0%	x5	155	
		52.0%	x3	155	55.0%	x3	165	58.0%	x3	175	
		58.0%	x3	175	61.0%	x3	185	64.0%	x3	190	
		64.0%	x1	190	67.0%	x1	200	70.0%	x1	210	
TIER 4-5	BB Reverse Lunge	3x6		3x6		3x6					
		Front Foot Elevated 3"		15K		20K		20K			
		Stop Stabilize Drop Drive									
		WTD Push Up	x6/10		x6/10		x6/10		x6/10		
		Extended Set w/ Inverted Row		x6/10		x6/10		x6/10		x6/10	
		Tempo = X-1-2-1		x6/10		x6/10		x6/10		x6/10	
TIER 1	Back Squat	50.0%	x5	250	50.0%	x5	250	52.0%	x5	260	
		55.0%	x3	275	55.0%	x3	275	61.0%	x3	305	
		61.0%	x2	305	64.0%	x2	320	70.0%	x2	350	
		67.0%	x1	335	73.0%	x1	365	79.0%	x1	395	
		73.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		79.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		73.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		79.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		73.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		79.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
TIER 2	G4 Bench Press	43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
TIER 3	Block Clean to Push Press	46.0%	x5	140	49.0%	x5	145	52.0%	x5	155	
		52.0%	x3	155	55.0%	x3	165	58.0%	x3	175	
		58.0%	x3	175	61.0%	x3	185	64.0%	x3	190	
		64.0%	x1	190	67.0%	x1	200	70.0%	x1	210	
TIER 4-5	BB Reverse Lunge	3x6		3x6		3x6					
		Front Foot Elevated 3"		15K		20K		20K			
		Stop Stabilize Drop Drive									
		WTD Push Up	x6/10		x6/10		x6/10		x6/10		
		Extended Set w/ Inverted Row		x6/10		x6/10		x6/10		x6/10	
		Tempo = X-1-2-1		x6/10		x6/10		x6/10		x6/10	
TIER 1	Back Squat	50.0%	x5	250	50.0%	x5	250	52.0%	x5	260	
		55.0%	x3	275	55.0%	x3	275	61.0%	x3	305	
		61.0%	x2	305	64.0%	x2	320	70.0%	x2	350	
		67.0%	x1	335	73.0%	x1	365	79.0%	x1	395	
		73.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		79.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		73.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		79.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		73.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
		79.0%	x5c	365	79.0%	x5c	395	85.0%	x5c	425	
TIER 2	G4 Bench Press	43.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		49.0%	x2	170	46.0%	x2	185	49.0%	x2	195	
		43.0%	x2	170	46.0%	x2					

SPORT

Weekly Rotation

3-F7 Red - Block III

MONDAY T | WEDNESDAY U | FRIDAY L

PRE ACTIVITY PREPARATION

STRENGTH PAP

OH Reverse Lunge/Rotation 2x60s  
Band Punch 2x8-10 each  
BWD Air Throw 2x8-10  
Bent Over Row and Rotation 2x8-10  
SL Barbell GM 2x8-10 (bar-ban-20)  
SL Lateral Flye Step Up 2x3 each

FINISHERS

x16 Seated Roundlegs Purple  
x16 Standing Roundlegs Mini  
x20 DB Shrug 3 Count hold  
Ankle Mobility Heel Raise 2x20  
Hurdle Lateral Squat Shuffle 1x60s  
Spiderman x10 yds

OPTIONAL GET RIGHT

Sd DB Clean DDT Set  
Plate Raise DDT Set

MONDAY

SESSION T

Hang Clean

%

GR

WT

30.0%

x5

150

58.0%

x5

150

58.0%

x5

150

58.0%

x3

175

58.0%

x3

175

58.0%

x3

175

64.0%

x2

190

64.0%

x2

190

70.0%

x1

210

64.0%

x5

190

76.0%

x5

210

76.0%

x5

230

64.0%

x5

190

76.0%

x5

210

76.0%

x5

230

64.0%

x5

190

76.0%

x5

210

76.0%

x5

230

TIER 1(A) if applicable

64.0%

x5

190

76.0%

x5

210

76.0%

x5

230

Combo Set

64.0%

x5

190

76.0%

x5

210

76.0%

x5

230

Chin Up x 3-5 Tempo = X-1-2-1

64.0%

x5

190

76.0%

x5

210

76.0%

x5

230

done between HC sets

64.0%

x5

190

76.0%

x5

210

76.0%

x5

230

Back Squat

%

GR

WT

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

To Parallel Box - Double Chain

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

>60 Second Turn Around

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

TIER 2(A) if applicable

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

40.0%

x2

200

43.0%

x2

215

46.0%

x2

230

500

TIER 3

DB Incline Press

%

GR

WT

58.0%

x8

80

64.0%

x8

90

70.0%

x8

100

58.0%

x8

80

64.0%

x8

90

70.0%

x8

100

52.0%

x8

75

58.0%

x8

80

64.0%

x8

90

46.0%

x8

65

52.0%

x8

75

58.0%

x8

80

30 sec/1 min rest START w Pull

46.0%

x8

65

52.0%

x8

75

58.0%

x8

80

Long Jump Progression

x6

x6

x6

x6

x6

x6

Hammer Down - Stick Landing

x6

x6

x6

x6

x6

x6

BB Lateral Step Up

3x6

20K

3x6

20K

3x6

20K

3x6

20K

3x6

20K

3x6

20K

12" Box

SL DB RDL

3x10 2ct pause

3x10 2ct pause

3x10 2ct pause

R3/Scare Crow/BB's

1x10/10secs

1x10/10secs

1x10/10secs

POOM

SP-STR Complex Tier 4-5

Notes

A MASTER GENERIC

PRE ACTIVITY PREPARATION

STRENGTH PAP

Overhead Towel Pull Apart 2x10  
Overhead Band Side Bend 2x8-10 each  
Lunge FWD Chop [step] 3x8-10 (pr-gr)  
ISO Rope Push Up 2x15-20 each  
Band Face Pull 2x10-15  
Rack Plyo Throw 2x6-8 rack level 60

FINISHERS

x10 Stability Ball Neck Bridge  
x20 DB Shrug 3 Count Hold  
Ankle Mobility Hip Extension 1x20 each  
Hurdle High Knees Step Over 2x20  
Spiderman x10 yds

OPTIONAL GET RIGHT

Plank - 1max 90 seconds  
Plate Chop Power Down 25x6  
Plate Chop Power Out 10x10

WEDNESDAY

SESSION U

G2 Incline Press

%

GR

WT

50.0%

x5

155

50.0%

x5

155

50.0%

x5

155

58.0%

x3

180

58.0%

x3

180

58.0%

x3

180

64.0%

x2

195

64.0%

x2

195

70.0%

x1

215

64.0%

x5

195

70.0%

x5

215

76.0%

x5

235

64.0%

x5

195

70.0%

x5

215

76.0%

x5

235

64.0%

x5

195

70.0%

x5

215

76.0%

x5

235

TIER 1(A) if applicable

64.0%

x5

195

70.0%

x5

215

76.0%

x5

235

CG Power Pull

%

GR

WT

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

Release at Top - Reset AP - From Deck

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

>60 Second Turn Around

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

TIER 2(A) if applicable

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

55.0%

x2

165

60.0%

x2

180

65.0%

x2

195

300

TIER 2

Split Squat

%

GR

WT

58.0%

x8

130

64.0%

x8

145

70.0%

x8

160

58.0%

x8

130

64.0%

x8

145

70.0%

x8

160

52.0%

x8

115

58.0%

x8

130

64.0%

x8

145

46.0%

x8

105

52.0%

x8

115

58.0%

x8

130

Tempo = X-1-2-1

46.0%

x8

105

52.0%

x8

115

58.0%

x8

130

Barbell

Front Foot Elevated 5"

Tempo = X-1-2-1

225

TIER 3

SA DB Tri Set

3x6

SN

3x6

SN

3x6

SN

Snatch - Row - OH Press

3x12 ROW

3x12 ROW

3x12 ROW

Tempo = X-1-2-1

3x8 PR

3x8 PR

3x8 PR

DB Squat Jumps

x6

x6

x6

x6

x6

x6

x6

x6

x6

x6

x6

x6

Hamstring Parallel

POOM

UB-TB Complex Tier 4-5

Notes

STAGE

PROGRAM

Block 3 Spring II/Summer Cycle 1

PRE ACTIVITY PREPARATION

STRENGTH PAP

SL Grainers - 2x5  
30 Roll Away 2x8-10  
OH Spread Eagle Sit Up 2x10-12 10-25#  
iso Platform Lunge 2x15-20 sec  
Seated Band ABD 2x10-12  
Cook Hip Lift 2x8-10 each

FINISHERS

x30 sec Lateral ISO Neck  
x20 DB Shrug 3 Count hold  
Ankle Mobility Toe Up 2x20  
Hurdle For/Bent Walk Over 1x60 ea  
Spiderman x10 yds

OPTIONAL GET RIGHT

BB Curt DDT Set  
Trieps Pushdown DDT Set

FRIDAY

SESSION L

Front Squat

%

GR

WT

58.0%

x5

195

58.0%

x5

195

58.0%

x5

195

58.0%

x3

225

58.0%

x3

225

58.0%

x3

225

64.0%

x2

245

64.0%

x2

245

70.0%

x1

270

64.0%

x5

245

70.0%

x5

270

76.0%

x5

295

64.0%

x5

245

70.0%

x5

270

76.0%

x5

295

64.0%

x5

245

70.0%

x5

270

76.0%

x5

295

TIER 1(A) if applicable

64.0%

x5

245

70.0%

x5

270

76.0%

x5

295

G4 Bench Press

%

GR

WT

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

Pause and Punch - Double Chain

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

>60 Second Turn Around

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

TIER 2(A) if applicable

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

40.0%

x2

160

43.0%

x2

170

46.0%

x2

185

385

TIER 2

Block Clean to Push Press

%

GR

WT

40.0%

x5

120

43.0%

x5

130

46.0%

x5

140

43.0%

x5

130

46.0%

x5

140

49.0%

x5

145

46.0%

x5

140

48.0%

x5

145

52.0%

x5

155

46.0%

x5

140

48.0%

x5

145

52.0%

x5

155

46.0%

x5

140

48.0%

x5

145

52.0%

x5

155

46.0%

x5

140

48.0%

x5

145

52.0%

x5

155

From 7" Block

46.0%

x5

140

48.0%

x5

145

52.0%

x5

155

Reset Athletic Position Each Rep

46.0%

x5

140

48.0%

x5

145

52.0%

x5

155

Stick Press

46.0%

x5

140

48.0%

x5

145

52.0%

x5

155

300

TIER 3

BB Reverse Lunge

3x6

15K

3x6

15K

3x6

20K

Front Foot Elevated 3"

Stop Stabilize Drop Drive

WTD Push Up

x6/10

x6/10

x6/10

x6/10

x6/10

x6/10

x6/10

x6/10

x6/10

x6/10

x6/10

x6/10

Extended Set w/ Inverted Row x10

Tempo = X-1-2-1

Reverse Hyper Ext

3x10

3x10

3x10

"M" "L" "W" Raise

1x10 each

1x10 each

1x10 each

POOM

Coupled Tier 4-5

Notes