

Name _____

Squat Max (SQ) _____

TBDL Max (TB) _____

Bench Max (BP) _____

Heavy Day

Heavy Day

		WEEK 1				WEEK 2				WEEK 3			
Seq	Exercise	Sets	Reps		Load	Sets	Reps		Load	Sets	Reps		Load
A1	Neutral Grip Lat Pulldown	Rx	3	×	6-8 @ 55%BP	Rx	3	×	5-7 @ 60%BP	Rx	3	×	4-6 @ 65%BP
		Act		×	@	Act		×	@	Act		×	@
A2	Plyo Pushup (on lower bench or box)	Rx	3	×	7 @ --	Rx	3	×	7 @ --	Rx	3	×	7 @ --
		Act		×	@	Act		×	@	Act		×	@
B1	Bench Press (barbell or dumbbell), <i>move it fast</i>	Rx	3	×	5 @ 80%	Rx	3	×	4 @ 80%	Rx	3	×	4 @ 80%
		Act		×	@	Act		×	@	Act		×	@
B2	Goblet Reverse Lunge	Rx	3	×	6ea @ 25%SQ	Rx	3	×	8 @ 25%SQ	Rx	3	×	8 @ 25%SQ
		Act		×	@	Act		×	@	Act		×	@
C2	Squat Jump (<i>squat to parallel then launch up</i>)	Rx	3	×	6 @ 25%BW	Rx	3	×	5 @ 20%BW	Rx	3	×	6 @ 15%BW
		Act		×	@	Act		×	@	Act		×	@
C1	Box Squat (<i>down under control, up FAST</i>)	Rx	3	×	8 @ 70%SQ	Rx	3	×	6 @ 75%SQ	Rx	4	×	4 @ 80%SQ
		Act		×	@	Act		×	@	Act		×	@

FAST DAY

FAST DAY

		WEEK 1				WEEK 2				WEEK 3			
Seq	Exercise	Sets	Reps	Load	Sets	Reps	Load	Sets	Reps	Load	Sets	Reps	Load
A1	Split Squat Iso Hold	Rx	2	x :20ea @ 30%BW	Rx	2	x :20ea @ 40%BW	Rx	2	x :20ea @ 50%BW			
		Act		x @	Act		x @	Act		x @			
A2	Drop Jump (20") <i>fall off, bounce up as high and fast as possible</i>	Rx	2	x 4 @ --	Rx	2	x 4 @ --	Rx	2	x 4 @ --			
		Act		x @	Act		x @	Act		x @			
B1	Trap Bar Jump	Rx	3	x 4 @ 30%TB	Rx	3	x 4 @ 35%TB	Rx	3	x 4 @ 40%TB			
		Act		x @	Act		x @	Act		x @			
B2	Hanging Leg Raise	Rx	3	x 15 @ --	Rx	3	x 15 @ --	Rx	3	x 20 @ --			
		Act		x @	Act		x @	Act		x @			
C1	Hamstring Iso (<i>lying on floor, heel on bench</i>)	Rx	2	x :20ea @ --	Rx	2	x :20ea @ --	Rx	2	x :20ea @ --			
		Act		x @	Act		x @	Act		x @			
C2	Lateral Lunge (<i>lunge to the side, push yourself back to standing FAST</i>)	Rx	2	x 5ea @ 10%BW	Rx	4	x 5 @ 12%BW	Rx	4	x 5 @ 15%BW			
		Act		x @	Act		x @	Act		x @			
D1	Single Leg Standing Calf Raise (<i>on wall in A pos.</i>)	Rx	2	x 15ea @ --	Rx	2	x 20ea @ --	Rx	2	x 20ea @ --			
		Act		x @	Act		x @	Act		x @			