Session L-Lower Body Focus

Winter Off Season Phase II-Block 0/Beginner

Session L-Lower Body Focus

	Warm Up	WEEK 4		WEEK 5		WEEK 6	
	Squat Mobility	Wt	Reps	Wt	Reps	Wt	Reps
	Tier 1 Lower Body Movement MAX EFFORT STRENGTH						
1a.	PVC Back Squat to box Feet Shoulder width Push butt back-get deep	5x12		5x12		5x12	
1b.	Single Leg Glute Bridge	3x8e		3x8e		3x8e	
	Donkey Kicks	2x5e		2x5e		2x5e	
1c.	Seated Glute Stretch	5x:25e		5x:25e		5x:25e	
	Tier 2 Upper Body Movement DYNAMIC EFFORT SPEED						
2a.	Inverted Rows	5x10		5x10		5x10	
2b.	Rest						
2a.	Pushups Chest to cone Touch chest and explode	5x8		5x8		5x8	
2b.	Rest						
	This will run on a :45 second clock. Each athlete has to complete their reps in the :45 seconds that is allotted. This will be two groups of 2. After the first 5x:45 seconds is up the groups will rotate to the other lift.						
	Tier 3 Total Body Movement REPETITIVE EFFORT VOLUME						
3a.	Trap Bar Deadlift Reset after each rep	3x8		3x8		3x8	
3b.	OVD Squat to Box Inside Rack-PVC Pipe only	3x10		3x10		3x10	
3c.	Piriformis Stretch On Bench	3x:20e		3x:20e		3x:20e	

Winter Off Season Phase II-Block 1/Intermediate

Session L-Lower Body Focus

	Warm Up	WEEK 4		WEEK 5		WEEK 6	
	Squat Mobility	Wt	Reps	Wt	Reps	Wt	Reps
	Tier 1 Lower Body Movement MAX EFFORT STRENGTH						
1a.	Goblet Squat to box DB chin height Push butt back-get deep	5x10		5x10		5x10	
1b.	Single Leg Glute Bridge	3x8e		3x8e		3x8e	
	Donkey Kicks	2x5e		2x5e		2x5e	
1c.	Seated Glute Stretch	5x:25e		5x:25e		5x:25e	
	Tier 2 Upper Body Movement DYNAMIC EFFORT SPEED						
2a.	Inverted Rows	5x10		5x10		5x10	
2b.	Rest						
2a.	Rotational Pushups Chest to Cone Touch chest and explode	5x6e		5x6e		5x6e	
2b.	Rest						
	This will run on a :45 second clock. Each athlete has to complete their reps in the :45 seconds that is allotted. This will be two groups of 2. After the first 5x:45 seconds is up the groups will rotate to the other lift.						
	Tier 3 Total Body Movement REPETITIVE EFFORT VOLUME						
3a.	Trap Bar Deadlift Reset after each rep	3x8		3x8		3x8	
3b.	OVD Squat to Box Inside Rack-PVC Pipe only	3x10		3x10		3x10	
3c.	Piriformis Stretch On Bench	3x:20e		3x:20e		3x:20e	

Winter Off Season Phase II-Block 2/Advanced

Session L-Lower Body Focus

	Warm Up	WEEK 4		WEEK 5		WEEK 6	
	Squat Mobility	Wt	Reps	Wt	Reps	Wt	Reps
	Tier 1 Lower Body Movement MAX EFFORT STRENGTH						
1a.	Front Squat to box APRE 8 Elbows High Push butt back-get deep	See APRE Chart		See APRE Chart		See APRE Chart	
1b.	Single Leg Glute Bridge	3x8e		3x8e		3x8e	
	Donkey Kicks	2x5e		2x5e		2x5e	
1c.	Seated Glute Stretch	5x:25e		5x:25e		5x:25e	
	Tier 2 Upper Body Movement DYNAMIC EFFORT SPEED						
2a.	Inverted Rows	5x10		5x10		5x10	
2b.	Rest						
2a.	Plyo Pushups Clapping Pushups Touch chest and explode	5x8		5x8		5x8	
2b.	Rest						
	This will run on a :45 second clock. Each athlete has to complete their reps in the :45 seconds that is allotted. This will be two groups of 2. After the first 5x:45 seconds is up the groups will rotate to the other lift.						
	Tier 3 Total Body Movement REPETITIVE EFFORT VOLUME						
3a.	Trap Bar Deadlift Reset after each rep	3x6 @ 75% TBDL Max		3x6 @ 75% TBDL Max		3x6 @ 75% TBDL Max	
3b.	OVD Squat to Box Inside Rack-PVC/25/45 lb	3x10		3x10		3x10	
3c.	Piriformis Stretch On Bench	3x:20e		3x:20e		3x:20e	

Session U-Upper Body Focus

Summer Off Season Phase II-Block 0/Beginner

Session U-Upper Body Focus

Warm Up		WEEK 4		WEEK 5		WEEK 6	
Shoulder Prehab		Wt	Reps	Wt	Reps	Wt	Reps
Tier 1 Upper Body Movement MAX EFFORT STRENGTH							
1a.	Push Ups Core Tight Chest to Cone	5x12		5x12		5x12	
1b.	Kneeling Shoulder Flexion Raise arm Overhead Thrib up-Pause at top	5x8e		5x8e		5x8e	
1c.	PVC Over and Back	5x6		5x6		5x6	
Tier 2 Total Body Movement DYNAMIC EFFORT SPEED							
2a.	Jump Shrugs TECHNIQUE-BAR ONLY	5x6		5x6		5x6	
2b.	Rest						
2a.	Squat Jumps Inside Rack-no bench Reset after each jump	5x5		5x5		5x5	
2b.	Rest						
This will run on a :45 second clock. Each athlete has to complete their reps in the :45 seconds that is allotted. This will be two groups of 2. After the first 5x:45 seconds is up the groups will rotate to the other lift.							
Tier 3 Lower Body Movement REPETITIVE EFFORT VOLUME							
3a.	BW Lunges Hands behind head	3x8e		3x8e		3x8e	
3b.	DB RDL to mid shin Push hips back	3x6		3x6		3x6	
3c.	Straight Bar Curls Add weight	3x10		3x10		3x10	

Summer Off Season Phase II-Block 1/Intermediate

Session U-Upper Body Focus

Warm Up		WEEK 4		WEEK 5		WEEK 6	
Shoulder Prehab		Wt	Reps	Wt	Reps	Wt	Reps
Tier 1 Upper Body Movement MAX EFFORT STRENGTH							
1a.	TRX Pushups Core Tight	5x10		5x10		5x10	
1b.	Kneeling Shoulder Flexion Raise arm Overhead Thrib up-Pause at top	5x8e		5x8e		5x8e	
1c.	PVC Over and Back	5x6		5x6		5x6	
Tier 2 Total Body Movement DYNAMIC EFFORT SPEED							
2a.	Hang Clean High Pull TECHNIQUE	5x6		5x6		5x6	
2b.	Rest						
2a.	Squat Jumps Inside Rack-no bench Reset after each jump	5x5		5x5		5x5	
2b.	Rest						
This will run on a :45 second clock. Each athlete has to complete their reps in the :45 seconds that is allotted. This will be two groups of 2. After the first 5x:45 seconds is up the groups will rotate to the other lift.							
Tier 3 Lower Body Movement REPETITIVE EFFORT VOLUME							
3a.	Bar Lunges Bar Only	3x8e		3x8e		3x8e	
3b.	DB RDL to mid shin Push hips back	3x6		3x6		3x6	
3c.	Straight Bar Curls Add weight	3x10		3x10		3x10	

Summer Off Season Phase II-Block 2/Advanced

Session U-Upper Body Focus

Warm Up		WEEK 4		WEEK 5		WEEK 6	
Shoulder Prehab		Wt	Reps	Wt	Reps	Wt	Reps
Tier 1 Upper Body Movement MAX EFFORT STRENGTH							
1a.	Bench Bress APRE 8 5 Point Contact Keep butt on bench	See APRE Chart		See APRE Chart		See APRE Chart	
1b.	Kneeling Shoulder Flexion Raise arm Overhead Thrib up-Pause at top	5x8e		5x8e		5x8e	
1c.	PVC Over and Back	5x6		5x6		5x6	
Tier 2 Total Body Movement DYNAMIC EFFORT SPEED							
2a.	Hang Cleans Catch in Front Squat Speed-reset after each rep	5x4 @ 50% of PC Max		5x4 @ 50% of PC Max		5x4 @ 50% of PC Max	
2b.	Rest						
2a.	DB Squat Jumps Inside Rack-no bench Reset after each jump	5x5 20lbs Max		5x5 20lbs Max		5x5 20lbs Max	
2b.	Rest						
This will run on a :45 second clock. Each athlete has to complete their reps in the :45 seconds that is allotted. This will be two groups of 2. After the first 5x:45 seconds is up the groups will rotate to the other lift.							
Tier 3 Lower Body Movement REPETITIVE EFFORT VOLUME							
3a.	Bar Lunges Load bar up	3x8e		3x8e		3x8e	
3b.	DB RDL to mid shin Push hips back	3x6		3x6		3x6	
3c.	Straight Bar Curls Add weight	3x10		3x10		3x10	

Session T-Total Body Focus

Winter Off Season Phase II-Block 0/Beginner

Session T-Total Body Focus

	Warm Up	WEEK 4		WEEK 5		WEEK 6	
	Shoulder Prehab/Squat Mobility	Wt	Reps	Wt	Reps	Wt	Reps
	Tier 1 Total Body Movement MAX EFFORT STRENGTH						
1a.	Deadlift-Light Butt down/Back Flat Everything moves together	5x5		5x5		5x5	
1b.	Single Arm DB Shoulder Press Inside Rack Opposite Hand on hip	5x5e		5x5e		5x5e	
1c.	DB Assisted Saigon Stretch	5x:30		5x:30		5x:30	
	Tier 2 Lower Body Movement DYNAMIC EFFORT SPEED						
2a.	Back Squat to Box PVC PIPE Only Touch and Go-Technique	5x8		5x8		5x8	
2b.	Rest						
2a.	Lateral Bounds Land single leg with a touch with opposite hand	5x5e		5x5e		5x5e	
2b.	Rest						
	This will run on a :45 second clock. Each athlete has to complete their reps in the :45 seconds that is allotted. This will be two groups of 2. After the first 5x:45 seconds is up the groups will rotate to the other lift.						
	Tier 3 Upper Body Movement REPETITIVE EFFORT VOLUME						
3a.	Inverted Rows Regular-Technique	3x12		3x12		3x12	
3b.	Incline DB Bench Regular-Technique	3x10		3x10		3x10	
3c.	PVC Over and Back	3x6		3x6		3x6	

Winter Off Season Phase II-Block 1/Intermediate

Session T-Total Body Focus

	Warm Up	WEEK 4		WEEK 5		WEEK 6	
	Shoulder Prehab/Squat Mobility	Wt	Reps	Wt	Reps	Wt	Reps
	Tier 1 Total Body Movement MAX EFFORT STRENGTH						
1a.	Deadlift to Jump Shrug Light-Technique Reset after each rep	5x5		5x5		5x5	
1b.	Single Arm DB Shoulder Press Inside Rack Opposite Hand on hip	5x5e		5x5e		5x5e	
1c.	DB Assisted Saigon Stretch	5x:30		5x:30		5x:30	
	Tier 2 Lower Body Movement DYNAMIC EFFORT SPEED						
2a.	Back Squat to Box Bar Only Touch and Go-Speed!!	5x6		5x6		5x6	
2b.	Rest						
2a.	Lateral Bounds Land single leg with a touch with opposite hand	5x5e		5x5e		5x5e	
2b.	Rest						
	This will run on a :45 second clock. Each athlete has to complete their reps in the :45 seconds that is allotted. This will be two groups of 2. After the first 5x:45 seconds is up the groups will rotate to the other lift.						
	Tier 3 Upper Body Movement REPETITIVE EFFORT VOLUME						
3a.	Inverted Rows Tempo 3/1/1	3x12		3x12		3x12	
3b.	Incline DB Bench Tempo 3/1/1	3x10		3x10		3x10	
3c.	PVC Over and Back	3x6		3x6		3x6	

Winter Off Season Phase II-Block 2/Advanced

Session T-Total Body Focus

	Warm Up	WEEK 4		WEEK 5		WEEK 6	
	Shoulder Prehab/Squat Mobility	Wt	Reps	Wt	Reps	Wt	Reps
	Tier 1 Total Body Movement MAX EFFORT STRENGTH						
1a.	Power Cleans Athletic Catch On Platform Reset after each rep	See APRE Chart		See APRE Chart		See APRE Chart	
1b.	Single Arm DB Shoulder Press Inside Rack Opposite Hand on hip	5x5e		5x5e		5x5e	
1c.	Saigon Stretch	5x:30		5x:30		5x:30	
	Tier 2 Lower Body Movement DYNAMIC EFFORT SPEED						
2a.	Back Squat to Box Touch and go Speed!!	5x4@60% of Front Squat		5x4@60% of Front Squat		5x4@60% of Front Squat	
2b.	Rest						
2a.	Lateral Bounds-MB Land single leg with a touch with opposite hand	5x5e		5x5e		5x5e	
2b.	Rest						
	This will run on a :45 second clock. Each athlete has to complete their reps in the :45 seconds that is allotted. This will be two groups of 2. After the first 5x:45 seconds is up the groups will rotate to the other lift.						
	Tier 3 Upper Body Movement REPETITIVE EFFORT VOLUME						
3a.	Inverted Rows Tempo 3/1/1	3x12		3x12		3x12	
3b.	Incline DB Bench Tempo 3/1/1	3x10		3x10		3x10	
3c.	PVC Over and Back	3x6		3x6		3x6	