

Power Training Manual						
Pre-Training, Multi-Dimensional Warm-Up						
Block 1		General Dynamic Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Jog w/ Arm Circles	1	x	10Y		
B	Shuffle w/ Arm Circles	1	x	10Y EA		
C	Carioca	1	x	10Y EA		
D	Skipping for Height	1	x	10Y		
Perform A-D as a General Dynamic Warm-Up Series						
Block 2		Multi-Dimensional Movement Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Spiderman-Reach-Hamstring	1	x	5 EA		Eyes Follow Reach
B	Kneel. 3-Way Hip Flex + OH Reach	1	x	5 EA		Max Hip ROM
C	Standing T-Up Rotation	1	x	5 EA		Max Hip ROM, Knee Locked Out
D	Staggered Stance Squat	1	x	5 EA		Toes Straight Ahead, Drive Back Knee
E	Staggered Stance 3-Way RDL	1	x	3 EA		3-FWD, 3-RT, 3-LT, EA Leg
F	Lateral to Cross-Under Lunge	1	x	5 EA		Keep Feet Flat, Hips Square
G	45° Glute Hydrant	1	x	30s EA	Green/Blue	Glutes in all three planes
Perform A-G as a Multi-Dimensional Movement Warm-Up Series						
Block 3		Neural Prep. Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Tuck Jump	1	x	5		Max Height
Perform A as a Neural Prep. Warm-Up Series Prior to Training						
Block 4		Post-Activation Potentiation Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Pin Pull	3	x	5s	Maximal	Low Position
Perform A as a Post-Activation Potentiation Warm-Up Prior to Training						

Figure 3.1: Possible warm up sequence to “prime” an athlete for power training. Each exercise is hyperlinked for simplicity