# Advanced Triphasic Training Methods

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Matt Van Dyke





### Goals of Triphasic Training

- Transfer of training is ultimate goal
  - Every movement or action is a learned skill
    - Must "teach" athletes proper skills required
- Stress the body optimally
  - Must be completed with a purpose
    - Quality of work
      - Specific to high-intensity requirements
- Prevent body from being pulled in too many directions
  - Number of qualities trained
    - Per day and per block
    - Triathlete example

#### 3 Components of Triphasic Training

#### 1. Block Training Model

- Based on residual effects
- Allows multiple peaks per year

#### 2. Modified Undulated Training

- Based on day
- Keeps organism from being "pulled" in too many directions

#### 3. Triphasic Muscle Action

- 3 muscle actions of every dynamic movement
  - Eccentric
  - Isometric
  - Concentric

#### Block Training Model – 3 Phases

- Accumulation
  - Aimed at developing basic motor qualities
    - Aerobic system
    - Max strength
  - Longest Phase
- Transmutation
  - Aimed at developing specific motor abilities to competition
    - Strength-specific endurance
    - Power
  - Adaptation peaks after 3 week block
- Realization
  - Develops pre-competition readiness levels (peaking)
    - Max Speed and RFD
  - Completed as close to competition as possible

### **Block Training Model**

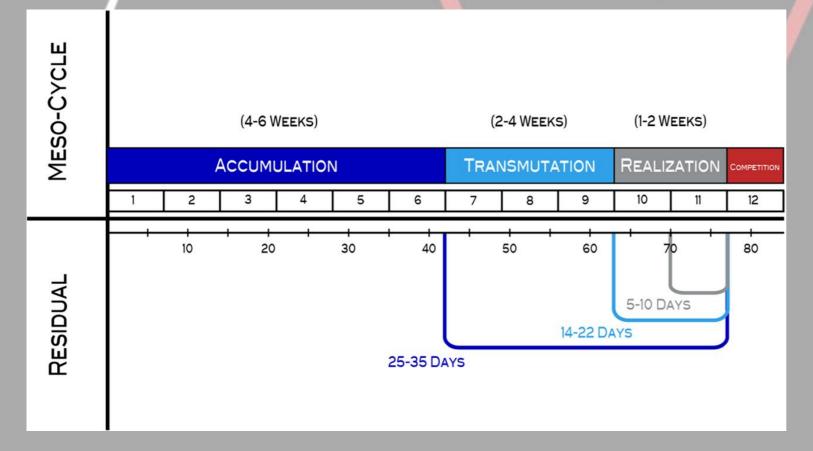
#### DURATION OF RESIDUAL TRAINING EFFECTS (RTE) ON MOTOR ABILITIES

MESOCYCLE	MOTOR ABILITY	RTE (DAYS)	PHYSIOLOGICAL BACKGROUND			
ACCUMULATION	AEROBIC ENDURANCE	30+5	INCREASED NUMBER OF AEROBIC ENZYMES, MITOCHONDRIA, CAPILLARY DENSITY, HEMOGLOBIN CAPACITY, GLYCOGEN STORAGE, HIGHER RATE OF FAT METABOLISM			
	MAXIMAL STRENGTH	30+5	IMPROVEMENT OF NEURAL MECHANISM MUSCLE HYPERTROPHY			
TRANSMUTATION	ANAEROBIC GLYCOLYTIC ENDURANCE	18+4	INCREASED ANAEROBIC ENZYMES, BUFFERING CAPACITY, AND GLYCOGEN STORAGE, HIGHER POSSIBILITY OF LACTATE ACCUMULATION			
	STRENGTH ENDURANCE	15+5	MUSCLE HYPERTROPHY, IMPROVED AEROBIC/ANAEROBIC ENZYMES, IMPROVED LOCAL BLOOD CIRCULATION AND LACTATE TOLERANCE, REPEAT SPRINT ABILITY			
REALIZATION	MAXIMAL SPEED	5+3	IMPROVED NEUROMUSCULAR INTERACTIONS AND MOTOR CONTROL, INCREASED ANAEROBIC POWER			

#### **Block Training Model**

- Multiple peaks in a smaller training period
  - All qualities peaked simultaneously

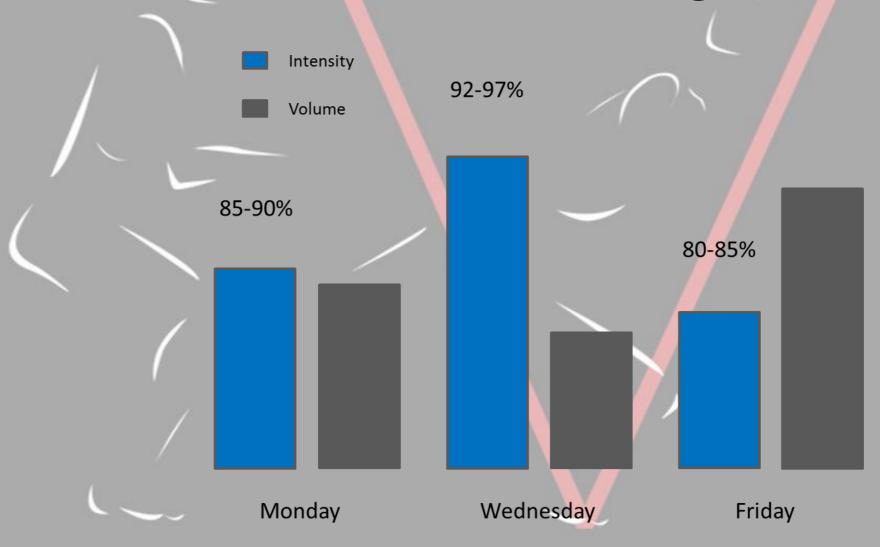
Maximized performance



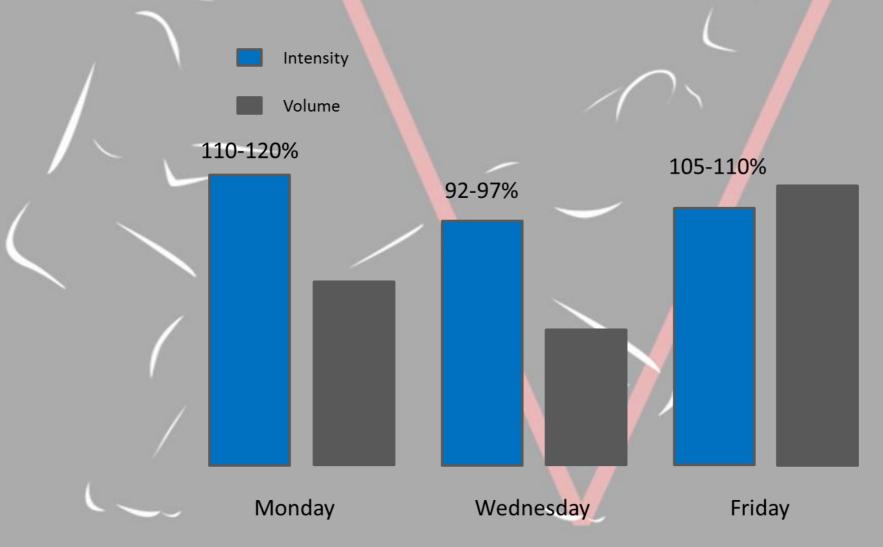
#### Modified Undulated Training

- Training percent and volume based on day
  - Ensures organism is "pulled" or adapts in the desired direction
- Timed sets
  - Train specifically for competitive event
    - Right at competition time
    - Just above
    - Just below

### Modified Undulated Training

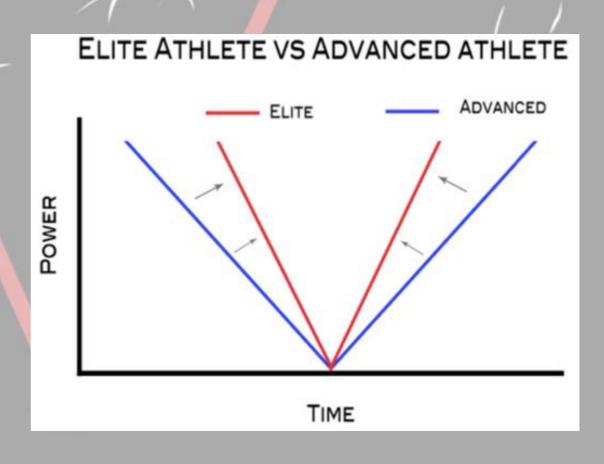


## Supramaximal Modified Undulated Training



#### Triphasic Muscle Action

- Every movement contains 3 phases
  - Eccentric
    - Muscle lengthening
  - Isometric
    - No length change
    - Most commonly missed action
  - Concentric
    - Muscle shortening
- Ultimate goal is improving efficiency and power of SSC



#### **Eccentric Training Phase**

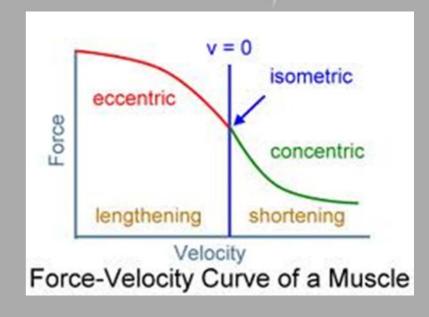
- Vital for deceleration
  - Stresses muscle fibers and tendons with slow movements
- Cannot produce what you cannot absorb
  - Concentric portion of "V" never steeper than eccentric portion
- Tissue remodeling
  - Myosin "forcefully ripped" from actin binding site
    - Microscopic damage
    - Fewer attachment sites used so greater stress on each myosin head
  - Body adapts and rebuilds stronger attachment site

#### **Eccentric Training Phase**

Forces correct technique

Focus on exploding concentrically at end of set

- Supramaximal training
  - Force-velocity curve of muscle
  - Eccentric is strongest muscle phase
  - Only with advanced athletes
  - Have a spotter on both sides of the bar



#### Hands Assisted-Safety Bar Split Squat

- Unilateral movement for advanced athletes
  - Most specific
- Safety bar frees hands
  - Maximizes stress on body and nervous system
  - Core training
  - Transferring force through the entire kinetic chain
- Ensure legs are around 90-90
  - Back leg extension means hips pulled out of alignment
- Belly breathing throughout rep is encouraged

#### Eccentric Example Exercises

- Slow and controlled motion for duration of set
- Hands Assisted-Safety Bar Split Squat
- Partner Pull Up
- Manual Bench Adduction
- Manual Hip Flex Prone

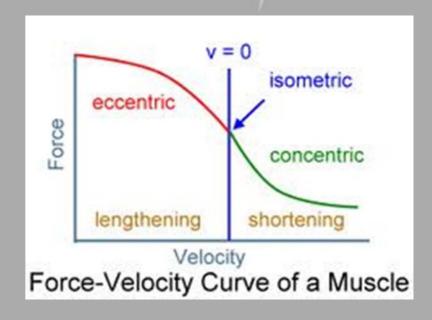
#### Isometric Training Phase

• Brief transition from eccentric to concentric

- Commonly missed phase
  - Not easily seen in "V" of muscle actions
- Eccentric improved absorption, isometric must now withstand increased forces
  - \ / vs. V
  - If left untrained, athlete will "bleed" power

#### Isometric Training Phase

- Continued tissue remodeling
  - Strengthen attachment sites
    - Fewer attachment sites used so still greater stress than concentric
  - Improve ability to "anchor on"
    - Increases stretching of tendons
    - Maximizes "free-energy" of SSC
- Train similar to joint angle in competition
- Focus on exploding concentrically at end of set
- Supramaximal training
  - Isometric still stronger than concentric
  - Only with advanced athletes
  - Use spotters



#### Isometric Example Exercises

 Pull down with high-velocity, yet under control, and immediately halt movement

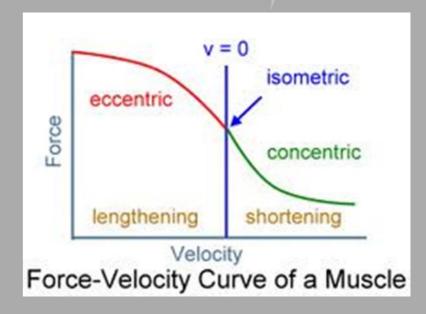
- Hands Assisted-Safety Bar Split Squat
- Partner Pull Up
- Manual Bench Adduction
- Manual Hip Flex Prone

#### Concentric Muscle Action

"Typical" strength training

Combines all 3 phases of dynamic movement

- Timed sets competition specific
  - Maximize work completed
- Supramaximal training not possible



## 4 Blocks of Triphasic Training

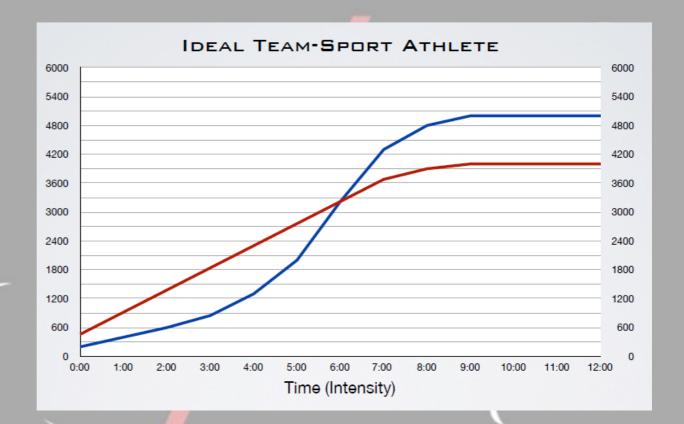
- GPP (General Physical Preparedness)
  - Basic preparation
- Triphasic Muscle Action Training
  - Above 80%
  - Supramaximal
- High-Velocity, High-Load Phase
  - 55-80%
- High-Velocity, Low-Load Phase
  - Below 55%

#### **GPP Training**

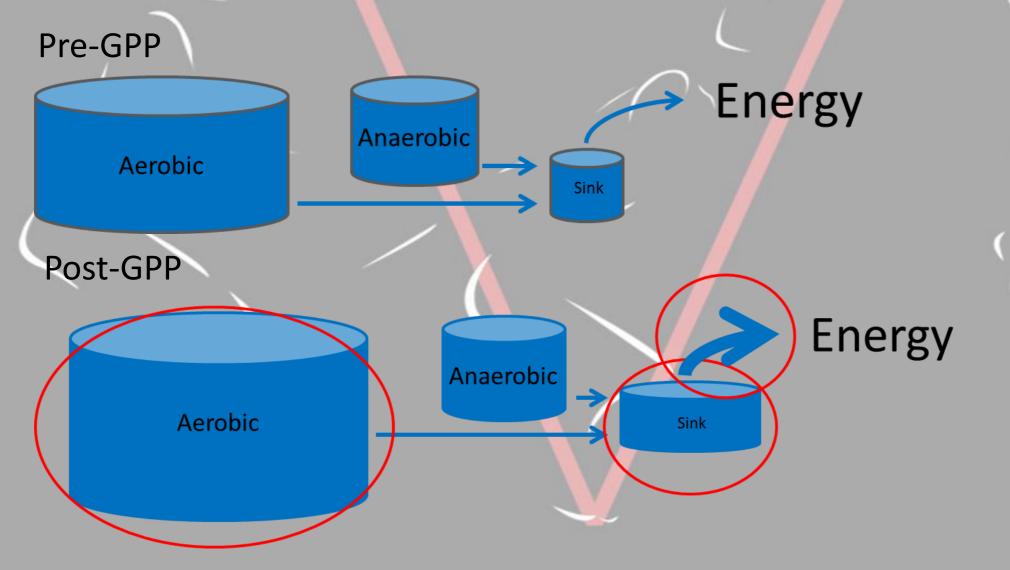
- Maximize oxygen intake by body and kinetics to muscles
- Optimize clearance of metabolites produced at high-intensities
- Aerobic system is vital for repeat sprint ability
  - Improve Cr-P ATP re-synthesis abilities.
  - Removal of metabolic waste
- Glycolysis
  - 10-120 seconds
  - Prepares athletes for high-intensity repeat bouts
- Alactic Training
  - 0-10 seconds
- Training not "sport specific"

#### **GPP Blocks**

- 1. Aerobic Block
  - HIIT Circuit Style
  - Contralateral
- 2. Glycolysis Block
  - 30 sec. on 10 off
  - SA/SL to prevent systemic metabolite accumulation
- 3. Alactic/Myelination Block
  - 10 sec. on 30 off
  - Max Iso



# Effects of GPP Training on Repeat Sprints

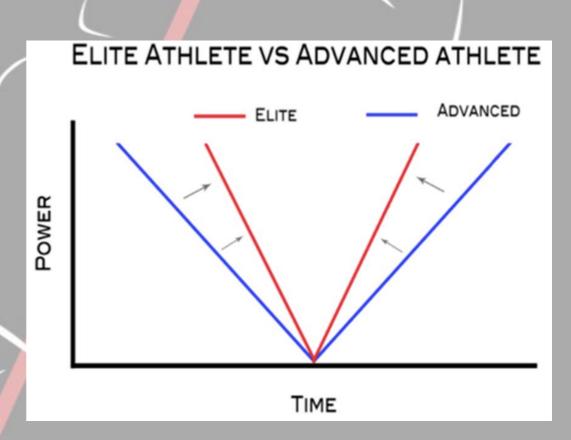


#### Block Training Model – 3 Phases

- Accumulation
  - Aimed at developing basic motor qualities
    - GPP Training
    - Max strength
- Transmutation
  - Aimed at developing specific motor abilities to competition
    - Strength-specific endurance
    - Power
- Realization
  - Develops pre-competition readiness levels (peaking)
    - Max Speed

#### Triphasic Muscle Action Block

- Most well known for this block
- Every movement contains 3 phases
  - Eccentric
  - Isometric
  - Concentric
- Only block that utilizes these muscle actions in sequencing
- Training still not "sport specific"
  - Preparing for optimal transfer of training



#### French Contrast Method

- Potentiation effect of Above 80/Supramaximal Training
- Consists of 3 Jumps
  - Body weight <u>Hurdle Hops</u>
  - Slightly weighted Weighted Squat Jump with Pause
  - Accelerated <u>Accelerated Band Jump</u>
- Based on competition like timed sets
  - Just at competition speed body weight
  - Just below slightly weighted
  - Just above accelerated

### French Contrast Example

• Lower Ecc. and Iso. Phases

FRENCH CONTRAST - ECC & ISO					
Hurdle Hop	4		4	Height	
pair w/					
SQ Jump Wt. Pause	4		4	0:1:0:0	
pair w/				Pull-Pause	
Acc. Band Jump Pause	4		4	0:1:0:0	
pair w/				Pull-Pause	

Upper Ecc. and Iso. Phases

I	FRENCH CONTRAST - ECC & ISO						
I	100	Speed Bench Press	5	20	25	4	5 Reps AFSM
ı		pair w/					
ı	30	DB Incline Press	5	15	15	4	5 Reps AFSM
		pair w/					
ı		Rack Band Push Up	5			4	5 Reps AFSM
ı		pair w/					Pull-Pause

Lower Conc. Power and Peak

FRENCH CONTRAST - POWER & PEAK					
Hurdle Hop	4		4	Distance	
pair w/					
SQ Jump Wt.	4		4	Pull	
pair w/					
Acc. Band Jump	4		4	Pull	
pair w/					

Upper Conc. Power and Peak

FRENCH CONTRAST - ECC & ISO						
100	Speed Bench Press	5	20	25	4	5 Reps AFSM
	pair w/					
30	DB Incline Press	5	15	15	4	5 Reps AFSM
	pair w/					
	Rack Band Push Up	5			4	5 Reps AFSM
	pair w/					Pull

#### 3 DAY ABOVE 80 & SUPRAMAXIMAL TRAINING BLOCK

DAY 1 TOTAL	DAY 2 TOTAL	DAY 3 TOTAL
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION
ECCENTRIC	CONCENTRIC/OC	ECCENTRIC
ISOMETRIC	CONCENTRIC/OC	ISOMETRIC
CONCENTRIC	CONCENTRIC/OC	CONCENTRIC
PERCENTAGE	PERCENTAGE	PERCENTAGE
85-90	92-97	80-85
110-120	92-97	105-110
TIME	TIME	TIME
7 SECONDS	5 SECONDS	10 SECONDS

#### 5 DAY ABOVE 80 & SUPRAMAXIMAL TRAINING BLOCK DAY 1 LOWER DAY 2 UPPER DAY 4 UPPER DAY 5 TOTAL DAY 3 LOWER MUSCLE ACTION **MUSCLE ACTION** MUSCLE ACTION **MUSCLE ACTION** MUSCLE ACTION ECCENTRIC **ECCENTRIC** CONCENTRIC/OC CONCENTRIC/OC **ECCENTRIC** ISOMETRIC ISOMETRIC CONCENTRIC/OC CONCENTRIC/OC ISOMETRIC CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC CONCENTRIC CONCENTRIC PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE 85-90 85-90 92-97 92-97 80-85 110-120 110-120 92-97 92-97 105-110 TIME TIME TIME TIME TIME 7 SECONDS 7 SECONDS 5 SECONDS 5 SECONDS 10 SECONDS

#### Block Training Model – 3 Phases

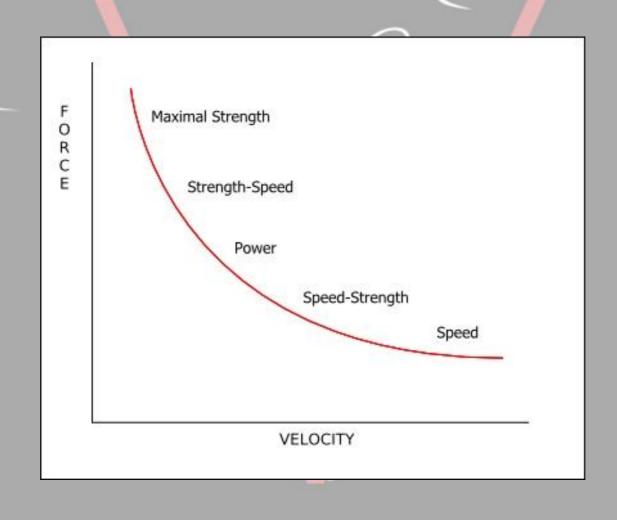
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  - Develops pre-competition readiness levels (peaking)
    - Max Speed

#### High-Velocity, High-Load Power Block

- Designed to maximize power
  - Power=Force x Velocity

- Exercises progress "down the force curve"
- Produce the most force possible with the highest velocity
  - Entire block occurs between 55 and 80%
  - Load still heavy, but athlete is able to increase velocity

# Force Velocity Curve - Power



#### Biometric Drop-Off Training

- Designed to maximize training on an individual basis
  - Ensures athlete is stimulated appropriately
    - Never overtrained or undertrained
- Repeat Sprint Ability
- Change drop-off percentage based on how often you desire to train specific quality
  - 10% drop requires 3-5 days rest typically
  - 3% drop can be trained nearly every day
    - Maximal speed effort after warm up

#### 3 DAY POWER TRAINING BLOCK DAY 1 TOTAL DAY 2 TOTAL DAY 3 TOTAL **MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION** CONCENTRIC/AFSM CONCENTRIC/AFSM CONCENTRIC/OC PERCENTAGE PERCENTAGE PERCENTAGE 65-70 72-80 55-62 TIME TIME TIME 7 SECONDS 5 SECONDS 10 SECONDS

#### 5 DAY POWER TRAINING BLOCK DAY 5 TOTAL DAY 1 LOWER DAY 2 UPPER DAY 3 LOWER DAY 4 UPPER **MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION** CONCENTRIC/AFSM CONCENTRIC/AFSM CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC/AFSM PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE 65-70 65-70 72-80 72-80 55-62 TIME TIME TIME TIME TIME 7 SECONDS 7 SECONDS 5 SECONDS 5 SECONDS 10 SECONDS

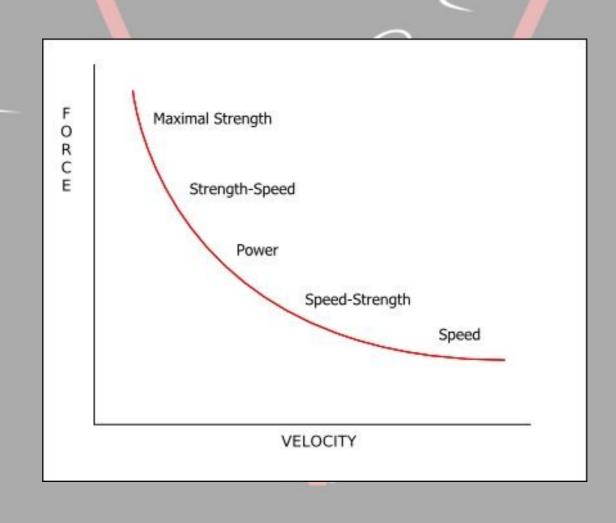
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    - Power
- Realization
  - Develops pre-competition readiness levels (peaking)
    - Max Speed

### High-Velocity, Low-Load Peaking Block

- Training at velocities most closely related to athletic event
- Maximizes transfer of training
  - Allows realization of strength improvements from earlier blocks
  - Continues using exercises that have been used through all cycles
    - Hands-assisted safety bar split squat to Lunge OC Hops
- Targets explosive type II fibers

### Force Velocity Curve – Maximal Speed



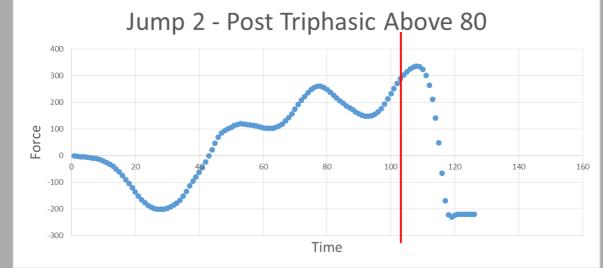
### RFD in Athletics

- Success predicted by which athlete can produce greatest force in time allotted
- Not enough time to produce max force
  - Most athletic movements executed in under 250 ms
  - 300 to 400 ms to reach peak force
  - Max force plays role, but not most important
- Dependent on multiple factors
  - Neural & Mechanical
    - Recruitment
    - Rate coding
    - Skill learning
      - Antagonist co-activation

### Force Curve Changes Due to Training







### RFD Changes Due to Training



### AFSM and Oscillatory (OC) Training

- Elite athletes not only contract muscles faster, but also relax faster
  - Co-activation of antagonist reduced
    - Increased RFD
- AFSM
  - Full range of motion movement
  - Push away and pull implement
- OC
  - Small range of motion
    - 3-4 inch
  - Completed in advantageous or disadvantageous position
    - Adv. for max speed
    - Dis. for acceleration

### AFSM and OC Examples

Lunge OC Hops

GH Hyper OC

DB OC Row

Speed Band Adduction

• Speed Cycle Jump Lunge – Can make accelerated

#### PEAK LOADING TIMES BASED ON COMPETITION EVENT

		DAY 1	DAY 2	DAY 3
PARAMETER	APPLIED PEAKING EVENT	SET DURATION	SET DURATION	SET DURATION
		(SECONDS)	(SECONDS)	(SECONDS)
STRENGTH	SHOT PUT			
SPEED	FOOTBALL: LINEMAN	5	3	7
31 220	VOLLEYBALL			
	FOOTBALL: SKILL			
SPEED	BASEBALL	7	5	10
STRENGTH	SOFTBALL	,	3	10
	100 M SPRINTER			
STRENGTH	HOCKEY	15	10	17
ENDURANCE	BASKETBALL	13	10	17
ENDURANCE	SOCCER			
STRENGTH	LACROSSE	25	17	32
STRENGTH	SWIMMING 50-200M			
ENDURANCE	SWIMMING 200M+	32	25	40
(MODERATE)	400M RUNNER	32	23	40
ENDURANCE	800M RUNNER			
(LONG)	DISTANCE SWIMMER	40	32	47
(LONG)	ROWING			

#### 3 DAY PEAKING TRAINING BLOCK

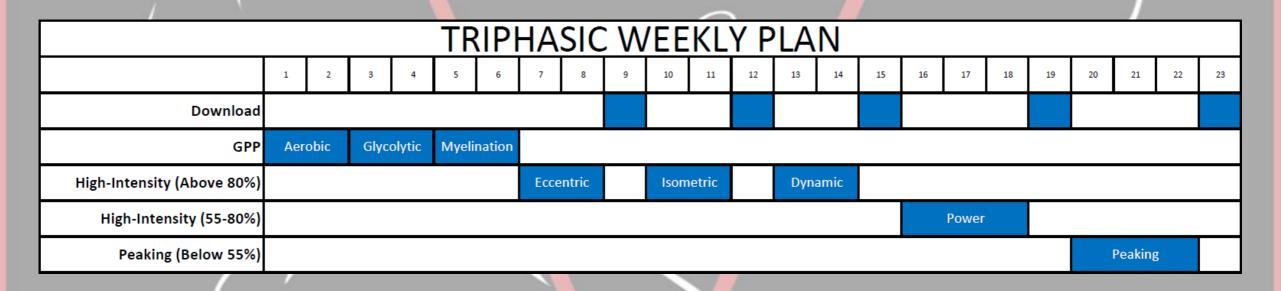
7 SECONDS	5 SECONDS	10 SECONDS
TIME	TIME	TIME
35-40	45-55	25-30
PERCENTAGE	PERCENTAGE	PERCENTAGE
CONCENTRIC/AFSM	CONCENTRIC/OC	CONCENTRIC/AFSM
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION
DAY 1 TOTAL	DAY 2 TOTAL	DAY 3 TOTAL

#### 5 DAY PEAKING TRAINING BLOCK DAY 1 LOWER DAY 2 UPPER DAY 3 LOWER DAY 4 UPPER DAY 5 TOTAL **MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION** CONCENTRIC/AFSM CONCENTRIC/AFSM CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC/AFSM PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE 35-40 35-40 45-55 45-55 25-30 TIME TIME TIME TIME TIME 7 SECONDS 5 SECONDS 5 SECONDS 10 SECONDS 7 SECONDS

### Block Training Model – 3 Phases

- Accumulation
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- Realization
  - Develops pre-competition readiness levels (peaking)
    - Max Speed
- All Qualities Now Peaked Simultaneously!

### Triphasic Program Phases

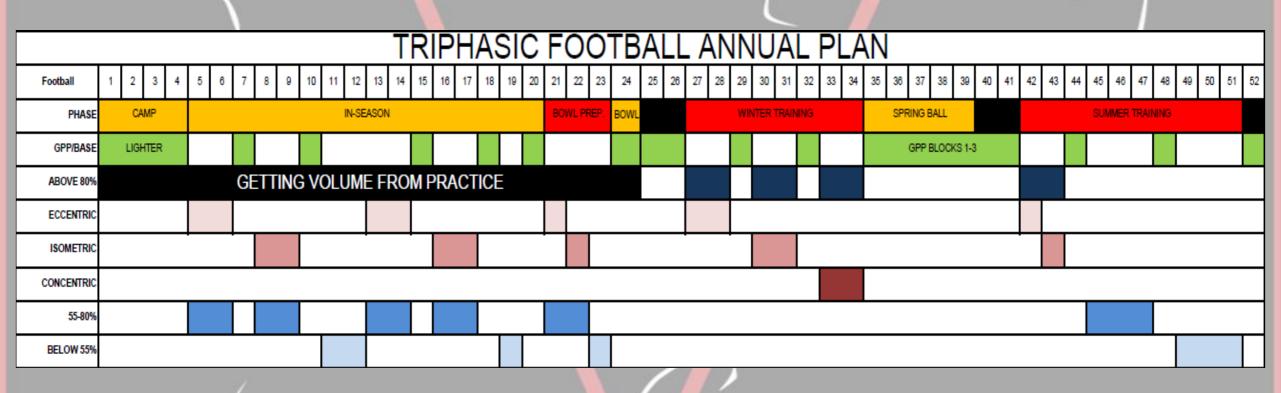


Not many coaches have 23 weeks to dedicate solely to training

### Triphasic Training In-Season Model

- Once quality is originally trained, it is easily adapted again
  - Especially if residual effects are factored
- Allows muscle actions to be re-trained with less fatigue
  - Stay in 55-80% block generally
- Use block periodization to re-peak multiple times per season

## Annual Football Triphasic Model



### Max Speed Training and Conditioning

- Follow modified undulated block
  - Utilize same timed sets as used in weight room for each day
- Implement running day within training
  - Acceleration day
    - Hurdle hops for distance (angle used in acceleration)
    - Sled pulls can be used within French contrast as well
      - Always consider volume
- Train max speed while freshest
  - Give time for complete recovery
  - Must run fast to become faster
- Condition post-training if desired

#### French Contrast Method Based on Running Quality

Velocity	Acceleration	Max Velocity	Change of Direction
Same Velocity	Hurdle Hops for Distance	Hurdle Hops for Distance	Lateral Hurdle Hops
Lower Velocity	Sled Resisted Starts	Resisted Treadmill Run	Band Resisted Shuffle
Higher Velocity	Accelerated Band Bounds	Accelerated Partner Sprints	Accelerated Lateral Band Bounds

#### Progression Based on Block Training

Block Parameters		Quality Trained	
BIOCK Parameters	Acceleration	Maximal Velocity	Change of Direction
Above 80%	Lighter sleds for technique to start Increase weight to maximize strength	Resisted treadmill running	Resisted lateral training
55-80%	Lighten sled load to increase velocity of training	Flying 40's maintaining proper technique	Decreased resistance lateral training
Below 55%	Unloaded starts for mastery of acceleration technique	Overspeed training with partner	Unloaded lateral training with reactive response

### Secrets to Success

- What am I trying to accomplish
- Does it do what I want?
  - Understanding adaptation principles
- The method of Completing Exercise
  - Natural
  - Kinematic Sequencing
    - Transferring force through body
- Skill is everything everything is a learned skill
- Quality vs. Quantity
  - Always low reps
  - Times based on competition event

### Bringing it All Together

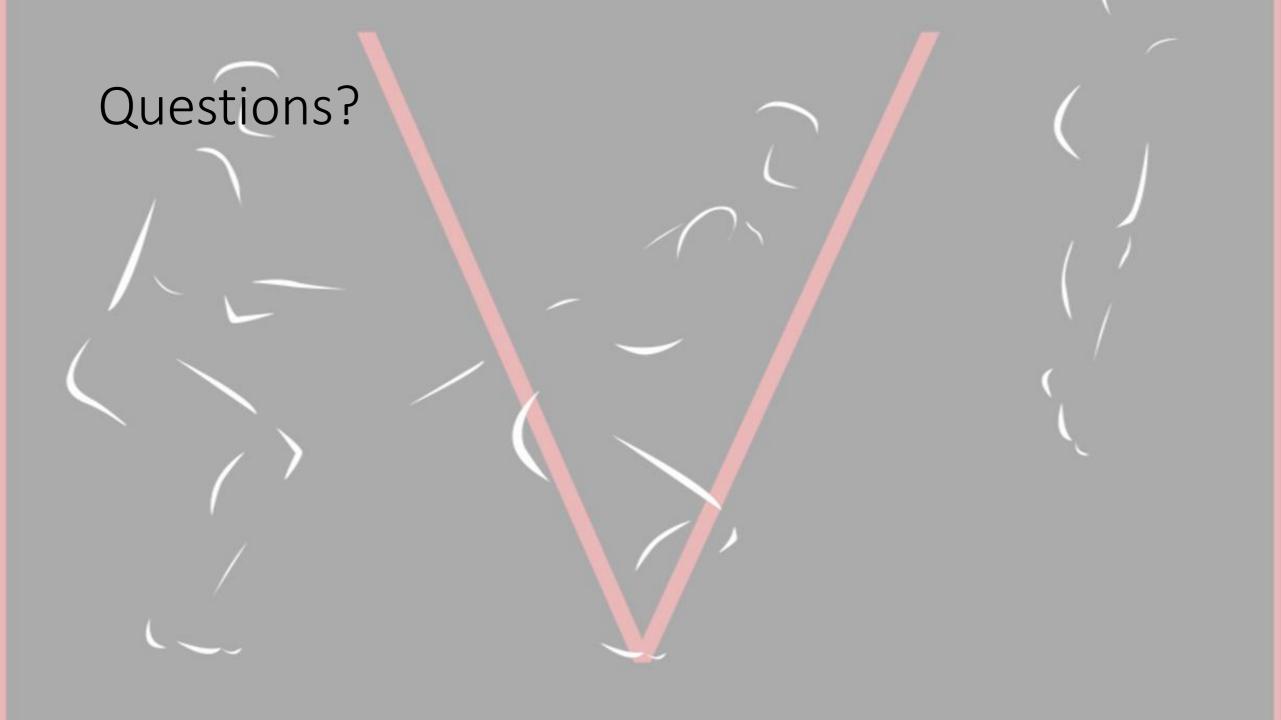
- Maximizing transfer of training is the ultimate key to successful training
  - Choose exercises that have high levels of transfer of training
- "Pull" Organism in one direction
- Quality of work is crucial to success in team sports
  - Repeat sprint ability always need max effort available
- Triphasic Training can be applied to any program currently run
  - Muscle actions
  - Block training method

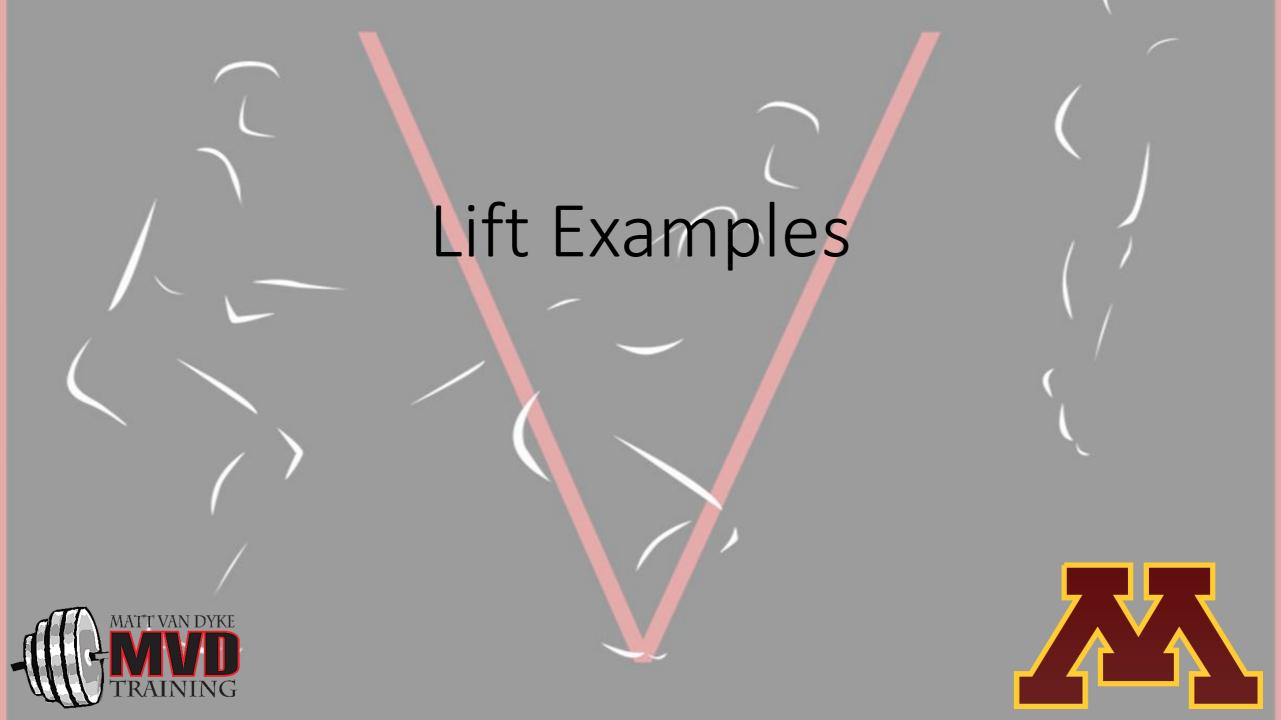
### Future of Triphasic Training

- Advanced Principles of Triphasic Training
  - Supramaximal and other new methods explained in depth
  - By: Cal Dietz & Jonathan Janz
- Skill Learning and The Advanced Peaking Model in Competition
  - Advancements in peaking and how to maximize transfer of training
  - Progressions for each exercise through training blocks
  - By: Cal Dietz & myself
- GPP
  - P.C.S.P model
  - By: Cal Dietz & Ben Peterson

### Special Thanks

- Cal Dietz
- Ben Peterson
- St. Cloud State University HPL
- Gary Boros
- Iowa State Football Staff





### Eccentric Lower Training Block Example

Е								LOWER B	OD'	/ ECCE	NTRI	C BL	OCK							
	IOM	NDAY	/ - EC(	CENT	RIC			WEDI	NESI	DAY - I	DYNA	MIC			FRI	DAY	- ECC	ENTR	IC	
100	0%	Reps	Lo	ad	Sets	Notes	100%	6	Reps	Lo	ad	Sets	Notes	100%		Reps	L	oad	Sets	Notes
	6 Way Shoulder	1			1	7:0:0:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	10:0:0:0
	pair w/							pair w/							pair w/					
	Infraspinatus	10			1			Infraspinatus	10			1			Infraspinatus	10			1	
13	Safety Bar Split Squat	5	60	65	1		115	Hex Bar Deadlift	5	50	65	1		130	Safety Bar Split Squat	5	60	65	1	
		-			-											-				
13	Safety Bar Split Squat	3	75	80	1		115	Hex Bar Deadlift	3	70	75	1		130	Safety Bar Split Squat	3	75	80	1	
		1			+ - +			U D D U()		7.				400	0.51.0.0.000	1			+ -	
13	Safety Bar Split Squat	1	85	90	1		115	Hex Bar Deadlift	1	75	80	1		130	Safety Bar Split Squat	1	85	90	1	
13	Safety Bar Split Squat	1	90	95	1		115	Hex Bar Deadlift	1	80	85	1		130	Safety Bar Split Squat	1	90	95	1	
12	O Safety Bar Split Squat	1,1	105	110	4	7:0:0:10	115	Hex Bar Deadlift	<del> </del>	100	105	8	0:0:5:0	130	Safety Bar Split Squat	1	100	105	4	10:0:0:10
1.5	pair w/	1,1	103	110	+	7.0.0.10	113	nex ball Deduliit	H.	100	103	0	1:30 Rest	130	pair w/	1	100	103	4	10.0.0.10
٧.	Hurdle Hop	4			4	Height	75	SL Leg Press	T	65	70	3	0:0:5:10		Hurdle Hop	4			4	Height
	pair w/	+			+	rieight	/3	pair w/	<u> </u>	03	70	3	OC-D+1		pair w/					ricigiic
	SQ Jump Wt. Pause	4			4	0:1:0:0	35	DB RDL	T	30	30	3	0:0:5:0		SQ Jump Wt. Pause	4			4	0:1:0:0
	pair w/	-			1	Pull-Pause	33	pair w/	<u> </u>	30	30	-	OC-D+1		pair w/	-			-	Pull-Pause
	Acc. Band Jump Pause	4			4	0:1:0:0		SL Hip Flex Prone	T			3	0:0:5:10		Acc. Band Jump Pause	4			4	0:1:0:0
	pair w/	1			1	Pull-Pause		3E TIIP FICK Fronc	-			-	OC-D+1		pair w/	-			1	Pull-Pause
	Manual neck F/R	1			4	7:0:0:10	25	DB Step Up	T	15	20	3	0:0:5:10		Lateral Manual Neck	2			4	5:0:0:10
	pair w/				1	Partner Push	2.5	pair w/	<u> </u>	13	20	-	Bottom 1/2		pair w/	-			1	Partner Push
	Wrist Curl Flexion	1			4	7:0:0:0		GH Hyper EXT	T			3	0:0:5:10		Bench Glute	2			4	5:0:0:10
	pair w/				1			pair w/	<u> </u>				OC-D+1		pair w/					Partner Push
	Ant. Tib. Band	2			4	3:0:0:0	1	Bench Groin	Т			3	0:0:5:10		SL Hip Flex ECC Prone	2			4	5:0:0:10
7:	5 SL RDL to Pins	1	50	55	5	7:0:0:10	100	Glute Bar Lift	Т	85	90	3	0:0:5:0	75	SL RDL to Pins	2	55	60	5	5:0:0:10
	pair w/					Pins @ 4		pair w/					AFSM		pair w/					Pins @ 4
	Cuban Press Inc. Fig 8	1			5	7:0:0:0	35	Psoas SL Squat	Т	30	30	3	0:0:5:10	35	Psoas SL Squat	2	25	25	5	5:0:0:10
	pair w/							pair w/					OC-D+1		pair w/					
	Ankle Band Work	1			5	7:0:0:10		Bench Glute	Т			3	0:0:5:10		Cuban Press	2			5	5:0:0:10
6	SL Glute Bar Lift	1	35	45	5	7:0:0:10								100	Bench Press	FFF	70	40	3	5:0:0:0
	pair w/														pair w/					F,F,F
3	Psoas SL Squat	2	20	25	5	3:0:0:10									Inverted Row	FFF			3	5:0:0:0
	pair w/														pair w/					F,F,F
	Bench Groin	1			5	7:0:0:10								50	Tri Push Down	FFF	35	20	3	5:0:0:0
						Partner Push														F,F,F

### Eccentric Upper Training Block Example

					UPPI	ER BODY E	CCE	NTRIC BLOCK					
	TUE	SDA'	Y - EC	CENT	RIC			THU	RSD	AY - D	YNA	MIC	
100%		Reps	Lo	ad	Sets	Notes	100%		Reps	Lo	oad	Sets	Notes
	TRX T Raise	1			1	7:0:0:0		TRX T Raise	8			1	
	pair w/							pair w/					
	Band OH Rainbow	8			1			Band OH Rainbow	8			1	
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
100	Bench Press	1	80	85	4	7:0:0:0	100	Bench Press	T-1,1	85	90	4	0:0:5:0
	pair w/							pair w/					
100	Speed Bench Press	5	20	25	4	5 Reps AFSM		Med Ball Pass	4			4	
	pair w/					5 Daniel A 5014		pair w/					1 Arm
30	DB Incline Press	5	15	15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4	
	pair w/												1 Arm
	Rack Band Push Up	5			4	5 Reps AFSM	30	DB Incline Press	Т	25	25	3	0:0:5:10
	pair w/					Pull-Pause		pair w/					OC-D+1
	EXT. Rotation Band	1			4	7:0:0:10	35	DB BO Row	Т	30	30	3	0:0:5:10
	pair w/					Partner Pull 7:0:0:0		pair w/					OC-D+1
	Wrist Uln & Rad	1			4			MB OH Slams	4			3	
	pair w/					Partner Pull							0.0.5.10
	Cuban EXT Band	1			4	7:0:0:10 Partner Pull		OC Push Up	Т			3	0:0:5:10 OC-D+1
								pair w/					
35	DB BO Row	1	25	25	5	7:0:0:10		Chin Up	Т	Doute	er Pull	3	0:0:5:0 Bottom 1/2
	pair w/				+ - +	7:0:0:0		pair w/	+ -	Partn	er Pull	+ -	0:0:5:0
	Pull Up	1			5	Partner Pull		Stiff Leg Ankle Hops	Т			3	0:0:5:0
25	pair w/		45	20	-	7:0:0:0	50		1	45			0:0:5:0
25	Straight Arm Lat Pull	1	15	20	5	Partner Pull	50	Tri Push Down	Т	45	50	3	0:0:5:0 OC-D+1
	-1	-				7:0:0:0	40	pair w/	1	25	40	1	0:0:5:0
	Chin Up	1			4	Partner Pull	40	Bar Curl	Т	35	40	3	0:0:5:0 OC-D+1
50	pair w/	1	30	35	4	7:0:0:0		pair w/	Т			3	0:0:5:10
50	Tri Push Down	1	30	30	4	Partner Push		Wrist Uln & Rad	-			3	0.0.3.10
40	pair w/	1	25	30	4	7:0:0:10		Minist Dec 9 Com	4			3	0:0:5:10
40	Bar Curl	1	25	30	4	Partner Push		Wrist Pro & Sup	1			3	0.0.3.10
	144-1-4 D 0 O	1			3	7:0:0:10		pair w/	1			3	
	Wrist Pro & Sup	1			3	Partner Push		Farmers Carry	1			3	1 Arm
	pair w/	1			3	i di tilei Fusil		pair w/	1			3	0:30:0:10
	Farmers Carry	1			3	1 Arm		Partner Band Abs	1			3	0.30.0.10
	pair w/	1			3	7:0:0:10							
	SWB Band Twist	1			3	7.0.0.10							

### Isometric Lower Training Block Example (

								LOWER B	ODY	/ ISO	METR	IC BL	OCK							
Г	MOI	NDAY	′ - ISO	MET	RIC			WEDI	NESE	DAY -	DYNA	MIC			FRI	DAY	- ISOI	METR	IC	
100	%	Reps	Loa	ad	Sets	Notes	100%	i	Reps		Load	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
	6 Way Shoulder	1			1	0:7:0:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:10:0:0
	pair w/							pair w/							pair w/					
	Infraspinatus	10			1			Infraspinatus	10			1			Infraspinatus	10			1	
130	Safety Bar Split Squat	5	60	65	1		115	Hex Bar Deadlift	5	50	65	1		130	Safety Bar Split Squat	5	60	65	1	
130	Safety Bar Split Squat	3	75	80	1		115	Hex Bar Deadlift	3	70	75	1		130	Safety Bar Split Squat	3	75	80	1	
130	Safety Bar Split Squat	1	85	90	1		115	Hex Bar Deadlift	1	75	80	1		130	Safety Bar Split Squat	1	85	90	1	
130	Safety Bar Split Squat	1	90	95	1		115	Hex Bar Deadlift	1	80	85	1		130	Safety Bar Split Squat	1	90	95	1	
130	Salety Bai Split Squat	1	30	33	1		113	Hex Bai Deadillt	1	80	85	1		130	Safety Bar Split Squat	1	30	33	1	
130	Safety Bar Split Squat	1,1	105	110	4	0:7:0:10	115	Hex Bar Deadlift	Т	100	105	8	0:0:5:0	130	Safety Bar Split Squat	1	100	105	4	0:10:0:10
	pair w/												1:30 Rest		pair w/					
	Hurdle Hop	4			4	Height	75	SL Leg Press	Т	65	70	3	0:0:5:10		Hurdle Hop	4			4	Height
	pair w/							pair w/					OC-D+1		pair w/					
	SQ Jump Wt. Pause	4			4	0:1:0:0	35	DB RDL	Т	30	30	3	0:0:5:0		SQ Jump Wt. Pause	4			4	0:1:0:0
	pair w/					Pull-Pause		pair w/					OC-D+1		pair w/					Pull-Pause
	Acc. Band Jump Pause	4			4	0:1:0:0		SL Hip Flex Prone	Т			3	0:0:5:10		Acc. Band Jump Pause	4			4	0:1:0:0
	pair w/					Pull-Pause							OC-D+1		pair w/					Pull-Pause
	Manual neck F/R	1			4	0:7:0:10	25	DB Step Up	Т	15	20	3	0:0:5:10		Lateral Manual Neck	2			4	0:5:0:10
	pair w/					Partner Push		pair w/					Bottom 1/2		pair w/					Partner Push
	Wrist Curl Flexion	1			4	0:7:0:0		GH Hyper EXT	Т			3	0:0:5:10		Bench Glute	2			4	0:5:0:10
	pair w/							pair w/					OC-D+1		pair w/					Partner Push
	Ant. Tib. Band	2			4	0:3:0:0		Bench Groin	T			3	0:0:5:10		SL Hip Flex ISO Prone	2			4	0:5:0:10
75	SL RDL	1	50	55	5	0:7:0:10	100	Glute Bar Lift	Т	85	90	3	0:0:5:0	75	SL RDL	2	55	60	5	0:5:0:10
	pair w/					Pins @ 4		pair w/					AFSM		pair w/					Pins @ 4
	Cuban Press Inc. Fig 8	1			5	0:7:0:0	35	Psoas SL Squat	Т	30	30	3	0:0:5:10	35	Psoas SL Squat	2	25	25	5	0:5:0:10
	pair w/							pair w/					OC-D+1		pair w/					
	Ankle Band Work	1			5	0:7:0:0		Bench Glute	T			3	0:0:5:10		Cuban Press	2			5	0:5:0:10
60	SL Glute Bar Lift	1	35	45	5	0:7:0:10								100		FFF	70	40	3	0:5:0:0
	pair w/														pair w/					F,F,F
35	Psoas SL Squat	2	20	25	5	0:3:0:0									Inverted Row	FFF			3	0:5:0:0
	pair w/														pair w/					F,F,F
	Bench Groin	1			5	0:7:0:10								50	Tri Push Down	FFF	35	20	3	0:5:0:0
						Partner Push														F,F,F

### Isometric Upper Training Block Example

					JPP	EK RODY IS	OIV	ETRIC BLOCK					
	TUE	SDA	Y - ISC	OMET	RIC			THU	RSD	AY - D	YNAI	MIC	
100%		Reps	Lo	oad	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
	TRX T Raise	1			1	0:7:0:0		TRX T Raise	8			1	
	pair w/							pair w/					
	Band OH Rainbow	8			1			Band OH Rainbow	8			1	
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
100	Bench Press	1	80	85	4	0:7:0:0	100	Bench Press	T-1,1	85	90	4	0:0:5:0
	pair w/							pair w/					
100	Speed Bench Press	5	20	25	4	5 Reps AFSM		Med Ball Pass	4			4	
	pair w/							pair w/					1 Arm
30	DB Incline Press	5	15	15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4	
	pair w/												1 Arm
	Rack Band Push Up	5			4	5 Reps AFSM	30	DB Incline Press	Т	25	25	3	0:0:5:10
	pair w/					Pull-Pause	1	pair w/					OC-D+1
	EXT. Rotation Band	1			4	0:7:0:10	35	DB BO Row	Т	30	30	3	0:0:5:10
	pair w/					Partner Pull		pair w/					OC-D+1
	Wrist Pro & Sup	1			4	0:7:0:0		MB OH Slams	4			3	
	pair w/												
	Cuban EXT Band	1			4	0:7:0:10		OC Push Up	Т			3	0:0:5:10
						Partner Pull		pair w/					OC-D+1
35	DB BO Row	1	25	25	5	0:7:0:10	7	Chin Up	Т			3	0:0:5:0
	pair w/							pair w/		Partne	er Pull		Bottom 1/2
	Pull Up	1			5	0:7:0:0		Stiff Leg Ankle Hops	Т			3	0:0:5:0
	pair w/					Partner Pull							
25	Straight Arm Lat Pull	1	15	20	5	0:7:0:0	50	Tri Push Down	Т	45	50	3	0:0:5:0
						Partner Pull		pair w/					OC-D+1
	Chin Up	1			4	0:7:0:0	40	Bar Curl	Т	35	40	3	0:0:5:0
	pair w/					Partner Pull		pair w/					OC-D+1
50	Tri Push Down	1	30	35	4	0:7:0:0		Wrist Uln & Rad	Т			3	0:0:5:10
	pair w/					Partner Push		THE CHI CHICA					
40	Bar Curl	1	25	30	4	0:7:0:0		Wrist Pro & Sup	1			3	0:0:5:10
	Dui Cull					Partner Push		pair w/	-				
	Wrist Uln & Rad	1			3	0:7:0:0		Farmers Carry	1			3	
	pair w/					Partner Push		pair w/					1 Arm
	Farmers Carry	1			3			Partner Band Abs	1			3	0:30:0:10
	pair w/				_	1 Arm		rai thei ballu Abs	-				
		1			3	0:7:0:0							
	SWB Band Twist	_			3	0171010							

### Concentric Lower Training Block Example

								LOWED	0001	60N6	ENITE	10 D	1.0.01/							
								LOWER B	SODY	CONC	ENIF	KIC B	LOCK							
Г	MO	NDA	Y - DY	YNAN	1IC			WED	NESI	DAY -	DYNA	MIC			FR	IDAY	' - DYI	NAMI	С	
1009	6	Reps	Lo	ad	Sets	Notes	100%	5	Reps	Lo	ad	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
	6 Way Shoulder	1			1	0:0:7:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:0:10:0
	pair w/							pair w/							pair w/					
	Infraspinatus	10			1			Infraspinatus	10			1			Infraspinatus	10			1	
130	Safety Bar Split Squat	5	60	65	1		115	Hex Bar Deadlift	5	50	65	1		130	Safety Bar Split Squat	5	60	65	1	
130	Safety Bar Split Squat	3	75	80	1		115	Hex Bar Deadlift	3	70	75	1		130	Safety Bar Split Squat	3	75	80	1	
400	0.5.4	-	05		+ + +		445	U P II:0	-	75		+ + +		400	O. C. L. D O. P. O I	-	05			
130	Safety Bar Split Squat	1	85	90	1		115	Hex Bar Deadlift	1	75	80	1		130	Safety Bar Split Squat	1	85	90	1	
130	Safety Bar Split Squat	1	90	95	1		115	Hex Bar Deadlift	1	80	85	1		120	Safety Bar Split Squat	1	90	95	1	
130	salety bar split squat	1	30	33	1		113	nex bar Deadillt	1	80	63	1		130	sarety bar split squat	1	90	30	1	
130	Safety Bar Split Squat	T-1.1	105	110	4	0:0:7:10	115	Hex Bar Deadlift	T	100	105	8	0:0:5:0	130	Safety Bar Split Squat	T	100	105	4	0:0:10:10
	pair w/	1 1/1	100	110				rick bur Deduiit		100	100	1	1:30 Rest	100	pair w/	<u> </u>	100	100	,	515.125.125
	Hurdle Hop	4			4	Height	75	SL Leg Press	T	65	70	3	0:0:5:10		Hurdle Hop	4			4	Height
	pair w/							pair w/					OC-D+1		pair w/					
	SQ Jump Wt.	4			4		35	DB RDL	T	30	30	3	0:0:5:0		SQ Jump Wt.	4			4	
	pair w/							pair w/					OC-D+1		pair w/					
	Acc. Band Jump	4			4			SL Hip Flex Prone	Т			3	0:0:5:10		Acc. Band Jump	4			4	
	pair w/												OC-D+1		pair w/					
	Manual neck F/R	Т			4	0:0:7:10	25	DB Step Up	Т	15	20	3	0:0:5:10		Lateral Manual Neck	Т			4	0:0:10:10
	pair w/					Partner Push		pair w/					Bottom 1/2		pair w/					Partner Push
	Wrist Curl Flexion	Т			4	0:0:7:0		GH Hyper EXT	Т			3	0:0:5:10		Bench Glute	Т			4	0:0:10:10
	pair w/							pair w/					OC-D+1		pair w/					
	Ant. Tib. Band	T			4	0:0:7:0		Bench Groin	Т			3	0:0:5:10		SL Hip Flex Prone	Т			4	0:0:10:10
75	SL RDL	Т	50	55	5	0:0:7:10	100		T	85	90	3	0:0:5:0	75	SL RDL	Т	55	60	5	0:0:10:10
	pair w/							pair w/					AFSM		pair w/					
	Cuban Press Inc. Fig 8	Т			5	0:0:7:0	35	Psoas SL Squat	Т	30	30	3	0:0:5:10	35	Psoas SL Squat	Т	25	25	5	0:0:10:10
	pair w/	_			+ - +	0.0.7.10		pair w/	_			+ +	OC-D+1		pair w/	-			-	0.0.10.0
	Ankle Band Work	Т			5	0:0:7:10		Bench Glute	Т			3	0:0:5:10		Cuban Press	T			5	0:0:10:0
60	SL Glute Bar Lift	T	35	45	5	0:0:7:10								100	Bench Press	T .	70	40	3	0:0:10:0
00	pair w/		33	40	1	0,0,7,120								100	pair w/		70		1	AFSM
35		Т	20	25	5	0:0:7:10									Inverted Row	T			3	0:0:10:0
33	pair w/		20			0.020									pair w/					AFSM
	Bench Groin	Т			5	0:0:7:10								50	Tri Push Down	T .	35	20	3	0:0:10:0
	2231 0.011																			AFSM

## Concentric Upper Training Block Example

				U	PPE	R BODY CO	NCI	ENTRIC BLOC	K				
	TU	ESDA	\Y - D'	YNAN	1IC			THU	RSD	AY - D	YNAI	MIC	
100%	i	Reps	Lo	ad	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
	TRX T Raise	1			1	0:0:7:0		TRX T Raise	8			1	
	pair w/							pair w/					
	Band OH Rainbow	8			1			Band OH Rainbow	8			1	
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
100		1	80	85	4	0:0:7:0	100	Bench Press	T-1,1	85	90	4	0:0:5:0
	pair w/							pair w/					
100		5	20	25	4	5 Reps AFSM		Med Ball Pass	4			4	
	pair w/					5.0		pair w/					1 Arm
30	DB Incline Press	5	15	15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4	4.4
	pair w/					5 D 4 501 4							1 Arm
	Rack Band Push Up	5			4	5 Reps AFSM	30	DB Incline Press	Т	25	25	3	0:0:5:10
	pair w/					0.0.7.40		pair w/					OC-D+1
	EXT. Rotation Band	1			4	0:0:7:10	35	DB BO Row	Т	30	30	3	0:0:5:10
	pair w/					0:0:7:0		pair w/					OC-D+1
	Wrist Pro & Sup	1			4	0:0:7:0		MB OH Slams	4			3	
	pair w/					0:0:7:10		·	-				0:0:5:10
	Cuban EXT Band	1			4	0:0:7:10		OC Push Up	T			3	0:0:5:10 OC-D+1
25		-	25	25	-	0:0:7:10		pair w/	+ -				0:0:5:0
35	DB BO Row	1	25	25	5	0.0.7.10		Chin Up	T	Partne	or Dull	3	Bottom 1/2
	pair w/	1			5	0:0:7:0		pair w/	T	Partiti	ei Puli	3	0:0:5:0
	Pull Up				3	0.0.7.0		Stiff Leg Ankle Hops	-			3	0.0.5.0
25	pair w/	1	15	20	5	0:0:7:0	50	Tel Dueb Device	T	45	50	3	0:0:5:0
23	Straight Arm Lat Pull	1	13	20	3	0.01710	30	Tri Push Down pair w/	'	43	30	3	OC-D+1
	Chin Un	1			4	0:0:7:0	40	Bar Curl	Т	35	40	3	0:0:5:0
	Chin Up pair w/	1			4	0.0.7.0	40	pair w/		33	40	3	OC-D+1
50	Tri Push Down	1	30	35	4	0:0:7:0		Wrist Uln & Rad	T			3	0:0:5:10
30	pair w/	_	30	35	-	5.5.7.15		WITSL UIN & Kau	<u> </u>			3	0.0.0.120
40	Bar Curl	1	25	30	4	0:0:7:10		Wrist Pro & Sup	1			3	0:0:5:10
40	Dai Cuii	_	2.3	30	1			pair w/	1			,	2.2.3.20
	Wrist Uln & Rad	1			3	0:0:7:10		Farmers Carry	1			3	
	pair w/				3	0.017120		pair w/	_			3	1 Arm
	Farmers Carry	1			3			Partner Band Abs	1			3	0:30:0:10
	pair w/					1 Arm		raitilei bailu ADS					
	SWB Band Twist	1			3	0:0:7:10							
	SAAD DUIN LAISE				,								

# Power Lower Example

									LOWER	RBO	OY PO	OWER	BLO	CK							
Г		IOM	NDA	Y - DY	NAM	IIC			WED	NESE	DAY -	DYNA	MIC	,		FR	IDAY	′ - DY	NAMI	С	
10	0%		Reps	Loa	ıd	Sets	Notes	100%		Reps	l	.oad	Sets	Notes	100%		Reps	L	oad	Sets	Notes
		6 Way Shoulder	1			1	0:0:7:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:0:10:0
		pair w/							pair w/							pair w/					
		Infraspinatus	10			1			Infraspinatus	10			1			Infraspinatus	10			1	
ш																					
1	30	Safety Bar Split Squat	5	60	65	1		70	SL Hex Bar Deadlift	5	25	30	1		130	Safety Bar Split Squat	5	60	65	1	
ш.	20	Co-forty Down Co-lin Course		75		-		70	OL Harr Barr Barrellite		20	25	+ .		420	Cofee Des Colle Course		75		+.+	
<b>.</b>	30	Safety Bar Split Squat	3	75	80	1		70	SL Hex Bar Deadlift	3	30	35	1		130	Safety Bar Split Squat	3	75	80	1	
١,	30	Safety Bar Split Squat	1	85	90	1		70	SL Hex Bar Deadlift	1	35	40	1		130	Safety Bar Split Squat	1	85	90	1	
. ^	~	ourcey but opine oquae		- 03				, · ·	SETIEX BUI DEBUILT		- 55	70			150	Sarcty but Spire Squar	1	- 05	- 50		
/ 1	30	Safety Bar Split Squat	1	90	95	1		70	SL Hex Bar Deadlift	1	40	45	1		130	Safety Bar Split Squat	1	90	95	1	
1	30	Safety Bar Split Squat	C-1	80	90	4	3% Drop	70	SL Hex Bar Deadlift	T	40	45	8	0:0:5:0	130	Safety Bar Split Squat	C-2	70	80	4	3% Drop
		pair w/												1:30 Rest		pair w/					
		Hurdle Hop	4			4	Distance	75	SL Leg Press	T	55	60	3	0:0:5:10		Hurdle Hop	4			4	Distance
		pair w/							pair w/					OC-D+1		pair w/					
		SQ Jump Wt.	4			4	Pull	35	DB RDL	T	25	30	3	0:0:5:0		SQ Jump Wt.	4			4	Pull
		pair w/							pair w/					OC-D+1		pair w/					
		Acc. Band Jump	4			4	Pull		SL Hip Flex Prone	T			3	0:0:5:10		Acc. Band Jump	4			4	Pull
		pair w/												OC-D+1		pair w/					
		Manual neck F/R	T			4	0:0:7:10	25	DB Step Up	Т	15	15	3	0:0:5:10		Lateral Manual Neck	T			4	0:0:10:10
		pair w/					Partner Push		pair w/					Bottom 1/2		pair w/					Partner Push
		Wrist Curl Flexion	Т			4	0:0:7:0		GH Hyper EXT	T			3	0:0:5:10		Band Glute	T			4	0:0:10:10
		pair w/					AFSM		pair w/					OC-D+1		pair w/					AFSM
		Ant. Tib. Band	T			4	0:0:7:0		Band Groin	T			3	0:0:5:10		SL Hip Flex Prone	T			4	0:0:10:10
			-	F0		+ -	AFSM	100	01 . 0 . 115	+ -	70			AFSM	75	0. 55.55	+	40	45	+ - +	OC-D+1
		SL DB RDL	T	50	55	5	0:0:7:10 OC-D+1	100	Glute Bar Lift	T	70	80	3	0:0:5:0 OC-D+1	/5	SL DB RDL	T	40	45	5	0:0:10:10 OC-D+1
		pair w/	Т			5	0:0:7:0	35	pair w/	T .	25	30	3	0:0:5:10		pair w/	T			5	0:0:10:10
		Cuban Press Inc. Fig 8 pair w/	'			)	AFSM	33	Psoas SL Squat pair w/		43	30	3	0.0.3.10 OC-D+1		Speed Cycle Lunge pair w/	-			3	AFSM
		Ankle Band Work	т			5	0:0:7:10		Band Glute	<del>     </del>			3	0:0:5:10		Cuban Press	T			5	0:0:10:0
		Alikie balla Wolk					AFSM		Dania Glate					AFSM		Cubuil FIESS				1	0.0.20.0
1	00	Glute Bar Lift	Т	65	70	5	0:0:7:10								100	Bench Press	T	55	60	3	0:0:10:0
		pair w/					AFSM									pair w/					AFSM
		Speed Cycle Lunge	Т			5	0:0:7:10									Inverted Row	T			3	0:0:10:0
		pair w/					AFSM									pair w/					AFSM
		Band Groin	Т			5	0:0:7:10								50	Tri Push Down	Т	25	25	3	0:0:10:0
							AFSM														AFSM

# Power Upper Example

100%  TRX T Raise pair w/ Band OH Rai  100 Bench Press  100 Bench Press pair w/  100 Speed Bench pair w/ Pair w/ Rack Band P Pair w/ EXT. Rotatio Pair w/ Wrist Pro & Pair w/	Rep 1 inbow 8		DYNAN Load	Sets 1	Notes 0:0:7:0	100%		Reps	AY - D		Sets	Notes
TRX T Raise pair w/ Band OH Rai  100 Bench Press  100 Bench Press  100 Bench Press  100 Bench Press  100 Bench Press pair w/ Speed Bench pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &	inbow 8	)S	Load	1		100%		_	Lo	ad	-	Notes
pair w/ Band OH Rai  100 Bench Press  pair w/ Speed Bench pair w/ Speed Bench pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &	inbow 8											
Band OH Rai  100 Bench Press  30 Dench Press  30 DB Incline Press  40 DB In	5						TRX T Raise	8			1	
100 Bench Press 100 Bench Pres	5						pair w/					
100 Bench Press 100 Bench Press 100 Bench Press pair w/ 100 Speed Bench pair w/ 30 DB Incline Press pair w/ Rack Band Peress pair w/ EXT. Rotatio pair w/ Wrist Pro &				1			Band OH Rainbow	8			1	
100 Bench Press 100 Bench Press 100 Bench Press pair w/ 100 Speed Bench pair w/ 30 DB Incline Press pair w/ Rack Band Peress pair w/ EXT. Rotatio pair w/ Wrist Pro &		45	50	1		100	Bench Press	5	45	50	1	
100 Bench Press 100 Bench Press pair w/ 100 Speed Bench pair w/ 30 DB Incline Pr pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &	3	43	30	_		100	Delicii Fiess		43	30	1	
100 Bench Press 100 Bench Press pair w/ 100 Speed Bench pair w/ 30 DB Incline Pr pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &		55	60	1		100	Bench Press	3	55	60	1	
100 Bench Press 100 Bench Press 30 Dench Press 100 Speed Bench pair w/ 30 DB Incline Pr pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &												
100 Bench Press pair w/ 100 Speed Bench pair w/ 30 DB Incline Pr pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &	1	65	70	1		100	Bench Press	1	65	70	1	
100 Bench Press pair w/ 100 Speed Bench pair w/ 30 DB Incline Pr pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &												
pair w/ speed Bench pair w/ 30 DB Incline Pr pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &	1	75	80	1		100	Bench Press	1	75	80	1	
pair w/ speed Bench pair w/ 30 DB Incline Pr pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &			70		29/ D	100	Danah Danas	7	70	60		0.0.5.0
100 Speed Bench pair w/ 30 DB Incline Pr pair w/ Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &	C-1	65	70	4	3% Drop	100	Bench Press	T-1,1	70	80	4	0:0:5:0
pair w/ 30 DB Incline Pripair w/ Rack Band Pipair w/ EXT. Rotation pair w/ Wrist Pro &	h Press 5	20	25	4	5 Reps AFSM		pair w/ Med Ball Pass	4			4	
30 DB Incline Pripair w/ Rack Band Pipair w/ EXT. Rotation pair w/ Wrist Pro &	3	20	43	-	2 INCP3 AT SIVE		pair w/	7			-	1 Arm
Rack Band P pair w/ EXT. Rotatio pair w/ Wrist Pro &	ress 5	15	15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4	
pair w/ EXT. Rotatio pair w/ Wrist Pro &												1 Arm
EXT. Rotatio pair w/ Wrist Pro &	ush Up 5			4	5 Reps AFSM	30	DB Incline Press	Т	25	25	3	0:0:5:10
pair w/ Wrist Pro &					Pull		pair w/					OC-D+1
Wrist Pro &	n Band T			4	0:0:7:10	35	DB BO Row	Т	30	30	3	0:0:5:10
							pair w/					OC-D+1
pair w/	Sup T			4	0:0:7:0		MB OH Slams	4			3	
					0.07.40							22742
Cuban EXT B	Band T			4	0:0:7:10	45	DB Bench Press	Т	30	35	3	0:0:5:10
95 BB BB B	_		25	+-	0:0:7:10		pair w/	-				OC-D+1 0:0:5:0
DB BO Row pair w/	Т	20	25	5	0:0:7:10 AFSM		Chin Up pair w/	T			3	OC-D+1
Pull Up	Т			5	0:0:7:0		Stiff Leg Ankle Hops	T			3	0:0:5:0
pair w/					OC-D+1		our seg rinke hops					
25 Straight Arm	n Lat Pull T	15	20	5	0:0:7:0	50	Tri Push Down	Т	35	40	3	0:0:5:0
					AFSM		pair w/					OC-D+1
Chin Up	Т			4	0:0:7:0	40	Bar Curl	Т	30	35	3	0:0:5:0
pair w/					OC-D+1		pair w/					OC-D+1
50 Tri Push Dov	wn T	25	30	4	0:0:7:0		Wrist Uln & Rad	Т			3	0:0:5:10
pair w/					AFSM							
40 Bar Curl	Т	20	25	4	0:0:7:10		Wrist Pro & Sup	Т			3	0:0:5:10
					AFSM		pair w/					
Wrist Uln &				3	0:0:7:10		Farmers Carry + Skip	1			3	1 4
pair w/	Rad T						pair w/ Partner Band Abs	T				1 Arm 0:30:0:10
pair w/				1 5								
SWB Band T	Rad T			3	1 Arm		raither ballu Abs	-			3	0.50.0.10
SWD DANG I	ry + Skip 1			3	1 Arm 0:0:7:10		raither balld Abs				3	0.50.0.10

# Peaking Lower Example

Г	LOWER BODY PEAKING BLOCK																			
Г	MOI	Y - D\	1IC			WEDNESDAY - DYNAMIC							FRIDAY - DYNAMIC							
100% Reps Load Sets		Notes 1		100%		Reps Load		Sets Notes		100%		Reps	Lo	Load		Notes				
	6 Way Shoulder	1			1	0:0:7:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:0:10:0
	pair w/							pair w/							pair w/					
	Infraspinatus	10			1			Infraspinatus	10			1			Infraspinatus	10			1	
30	DB Split Squat	5	15	20	1		30	DB Split Squat	5	15	20	1		30	DB Split Squat	5	15	20	1	
30	DB Split Squat	3	20	20	1		30	DB Split Squat	3	20	20	1		30	DB Split Squat	3	20	20	1	
30	DB Split Squat	1	20	20	1		30	DB Split Squat	1	20	20	1		30	DB Split Squat	1	20	20	1	
30	DB Split Squat	1	20	25	1		30	DB Split Squat	1	20	25	1		30	DB Split Squat	1	20	25	1	
	Lunge OC Hops	Т			3	0:0:7:10	30	DB Split Squat	Т	15	20	4	0:0:5:0		Lunge OC Hops	Т			3	0:0:10:10
	pair w/									Dro	p Jump		1:30 Rest		pair w/					
	Hurdle Hop	4			3	Distance	75	SL Leg Press	T	35	40	3	0:0:5:10		Hurdle Hop	4			3	Distance
	pair w/							pair w/					OC-D+1		pair w/					
	SQ Jump Wt.	4			3	Pull	35	DB RDL	Т	15	20	3	0:0:5:0		SQ Jump Wt.	4			3	Pull
	pair w/							pair w/					OC-D+1		pair w/					
	Acc. Band Jump	4			3	Pull		Speed Switch Lunge	T			3	0:0:5:10		Acc. Band Jump	4			3	Pull
	pair w/												AFSM		pair w/					
	Manual neck F/R	T			3	0:0:7:10	25	DB Step Up	Т	10	15	3	0:0:5:10		Lateral Manual Neck	T			3	0:0:10:10
	pair w/					Partner Push		pair w/					Bottom 1/2		pair w/					Partner Push
	Wrist Curl Flexion	T			3	0:0:7:0		GH Hyper EXT	T			3	0:0:5:10		Ball Groin Squeeze	Т			3	0:0:10:10
	pair w/					AFSM		pair w/					OC-D+1		pair w/					OC-D+1
	Hip Flexor Band Pull	Т			3	0:0:7:0		Bench Groin	Т			3	0:0:5:10		Ankle Band Work	Т			3	0:0:10:10
						AFSM							OC-D+1							AFSM
	Acc. Speed Cycle Lunge	T			3	0:0:7:10	100	Glute Bar Lift	Т	70	80	3	0:0:5:0		Hip Flexor Band Pull	T			3	0:0:10:10
	pair w/					AFSM		pair w/					OC-D+1		pair w/					AFSM
	Band Paw Back	Т			3	0:0:7:0		Speed Cycle Lunge	Т			3	0:0:5:10		Acc. Speed Cycle Lunge	Т			3	0:0:10:10
	pair w/					AFSM		pair w/					AFSM		pair w/					AFSM
	Stiff Leg Ankle Hops	Т			3	0:0:7:10		Bench Glute	T			3	0:0:5:10 OC-D+1		Band Paw Back	T			3	0:0:10:0 AFSM
10/	Glute Bar Lift	T	35	40	3	0:0:7:10							00-0+1	100	Bench Press	+	25	30	3	0:0:10:0
100	pair w/		33	40	3	AFSM								100	pair w/		23	30	3	OC-D+1
	Speed Switch Lunge	T			3	0:0:7:10									Inverted Row	+ +			3	0:0:10:0
	pair w/				1 3	AFSM									pair w/				3	OC-D+1
	Band Speed Groin	T			3	0:0:7:10								50	Tri Push Down	T	10	15	3	0:0:10:0
	band speed Groin				1 3	AFSM								30	III FUSII DOWII		10	13	3	OC-D+1
						ALOW														00 011

# Peaking Upper Example

					UPI	PER BOUT I	'EA	KING BLOCK								
	TUI	ESD/	4A - D,	YNAN	/IIC		THURSDAY - DYNAMIC									
00%	b	Reps	Lo	ad	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes			
	TRX T Raise	1			1	0:0:7:0		TRX T Raise	8			1				
	pair w/							pair w/								
	Band OH Rainbow	8			1			Band OH Rainbow	8			1				
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1				
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1				
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1				
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1				
100	Bench Press	Т	65	70	4	0:0:7:0	100	Bench Press	Т	70	80	4	0:0:5:0			
	pair w/							pair w/					OC-D+1			
100	Speed Bench Press	5	20	25	4	5 Reps AFSM		Med Ball Pass	4			4				
	pair w/							pair w/					1 Arm			
30	DB Incline Press	5	15	15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4				
	pair w/							- I I I I I I I I I I I I I I I I I I I					1 Arm			
	Rack Band Push Up	5			4	5 Reps AFSM	30	DB Incline Press	T	15	15	3	0:0:5:10			
	pair w/	+-			-	Pull	50	pair w/	+ -	1,5	- 13	-	OC-D+1			
	OH Lat. React. Drop	T			4	0:0:7:10	35	DB BO Row	T	15	15	3	0:0:5:10			
	pair w/	+ '				0.0.7.10	33	pair w/	+ -	13	13	3	OC-D+1			
	Wrist Pro & Sup	T			4	0:0:7:0		MB OH Slams	4			3	00 011			
		+ -				0.0.7.0		IVID ON SIGHTS	4			3				
	pair w/	T .			4	0:0:7:10	45	DD D	T	20	25	2	0:0:5:10			
	Cuban EXT Band	+-			4	0.0.7.10	45	DB Bench Press	<u>'</u>	20	25	3	OC-D+1			
								pair w/								
35	DB BO Row	Т	15	20	5	0:0:7:10		Bicep Shock Curls	Т			3	0:0:5:0			
	pair w/					AFSM		pair w/					OC-D+1			
	Bicep Shock Curls	Т			5	0:0:7:0		Stiff Leg Ankle Hops	Т			3	0:0:5:0			
	pair w/					1 Arm										
	OH Band Pull	Т			5	0:0:7:0		Tricep Band Press	Т			3	0:0:5:0			
						AFSM		pair w/					OC-D+1			
	Bicep Shock Curls	Т			4	0:0:7:0		Band Curls	Т			3	0:0:5:0			
	pair w/					AFSM		pair w/					AFSM			
	Band Tri Push Down	Т			4	0:0:7:0		Wrist Uln & Rad	Т			3	0:0:5:10			
	pair w/					AFSM							OC-D+1			
	Wrist Uln & Rad	Т			4	0:0:7:10		Wrist Pro & Sup	Т			3	0:0:5:10			
						AFSM		pair w/					OC-D+1			
	Wrist Uln & Rad	Т			3	0:0:7:10		Farmers Carry + Skip	1			3				
	pair w/					AFSM		pair w/					1 Arm			
	Farmers Carry + Skip	1			3			Partner Band Abs	Т			3	0:30:0:10			
	pair w/					1 Arm										
	SWB Band Twist	T			3	0:0:7:10										
	2.75 Sana I Wist	+							-			-				