

Advanced Triphasic Training Methods

CSCCa 2015

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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

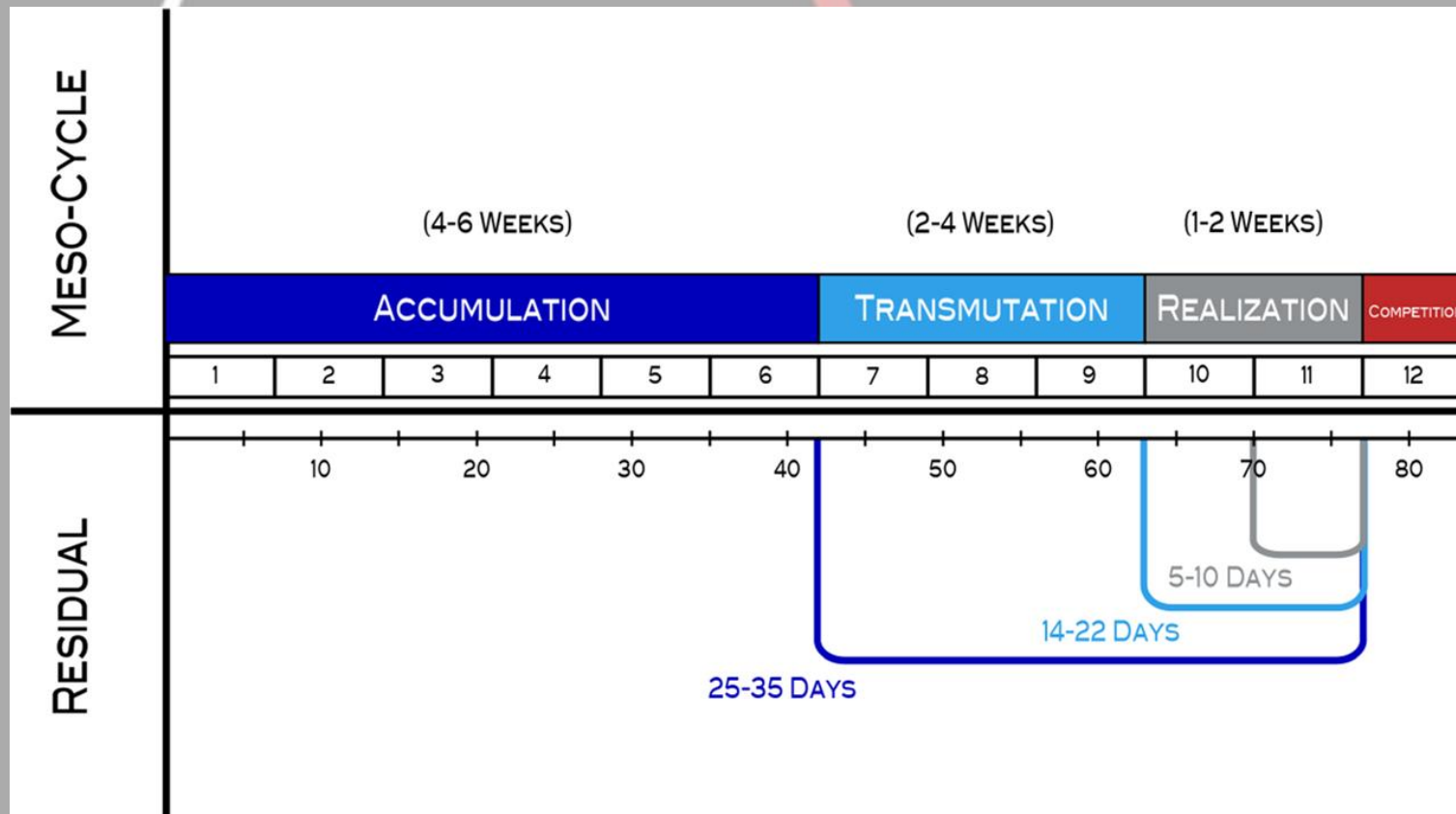
- Accumulation
 - Aimed at developing basic motor qualities
 - Aerobic system
 - Max strength
 - Longest Phase
- Transmutation
 - Aimed at developing specific motor abilities to competition
 - Strength-specific endurance
 - Power
 - Adaptation peaks after 3 week block
- Realization
 - Develops pre-competition 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 \pm 5	INCREASED NUMBER OF AEROBIC ENZYMES, MITOCHONDRIA, CAPILLARY DENSITY, HEMOGLOBIN CAPACITY, GLYCOGEN STORAGE, HIGHER RATE OF FAT METABOLISM
	MAXIMAL STRENGTH	30 \pm 5	IMPROVEMENT OF NEURAL MECHANISM MUSCLE HYPERTROPHY
TRANSMUTATION	ANAEROBIC GLYCOLYTIC ENDURANCE	18 \pm 4	INCREASED ANAEROBIC ENZYMES, BUFFERING CAPACITY, AND GLYCOGEN STORAGE, HIGHER POSSIBILITY OF LACTATE ACCUMULATION
	STRENGTH ENDURANCE	15 \pm 5	MUSCLE HYPERTROPHY, IMPROVED AEROBIC/ANAEROBIC ENZYMES, IMPROVED LOCAL BLOOD CIRCULATION AND LACTATE TOLERANCE, REPEAT SPRINT ABILITY
REALIZATION	MAXIMAL SPEED	5 \pm 3	IMPROVED NEUROMUSCULAR INTERACTIONS AND MOTOR CONTROL, INCREASED ANAEROBIC POWER

Block Training Model

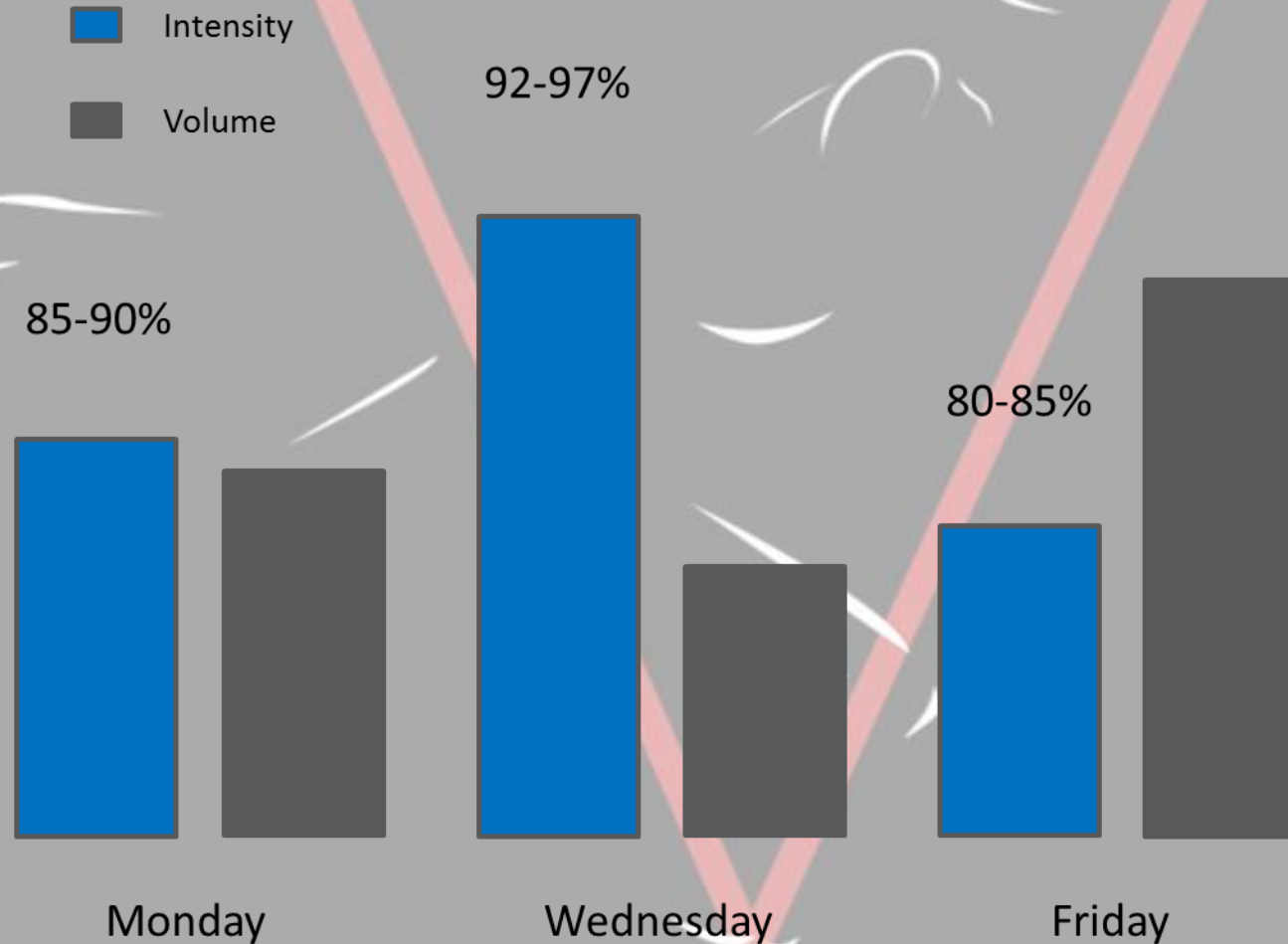
- Multiple peaks in a smaller training period
 - All qualities peaked simultaneously
 - Maximized performance



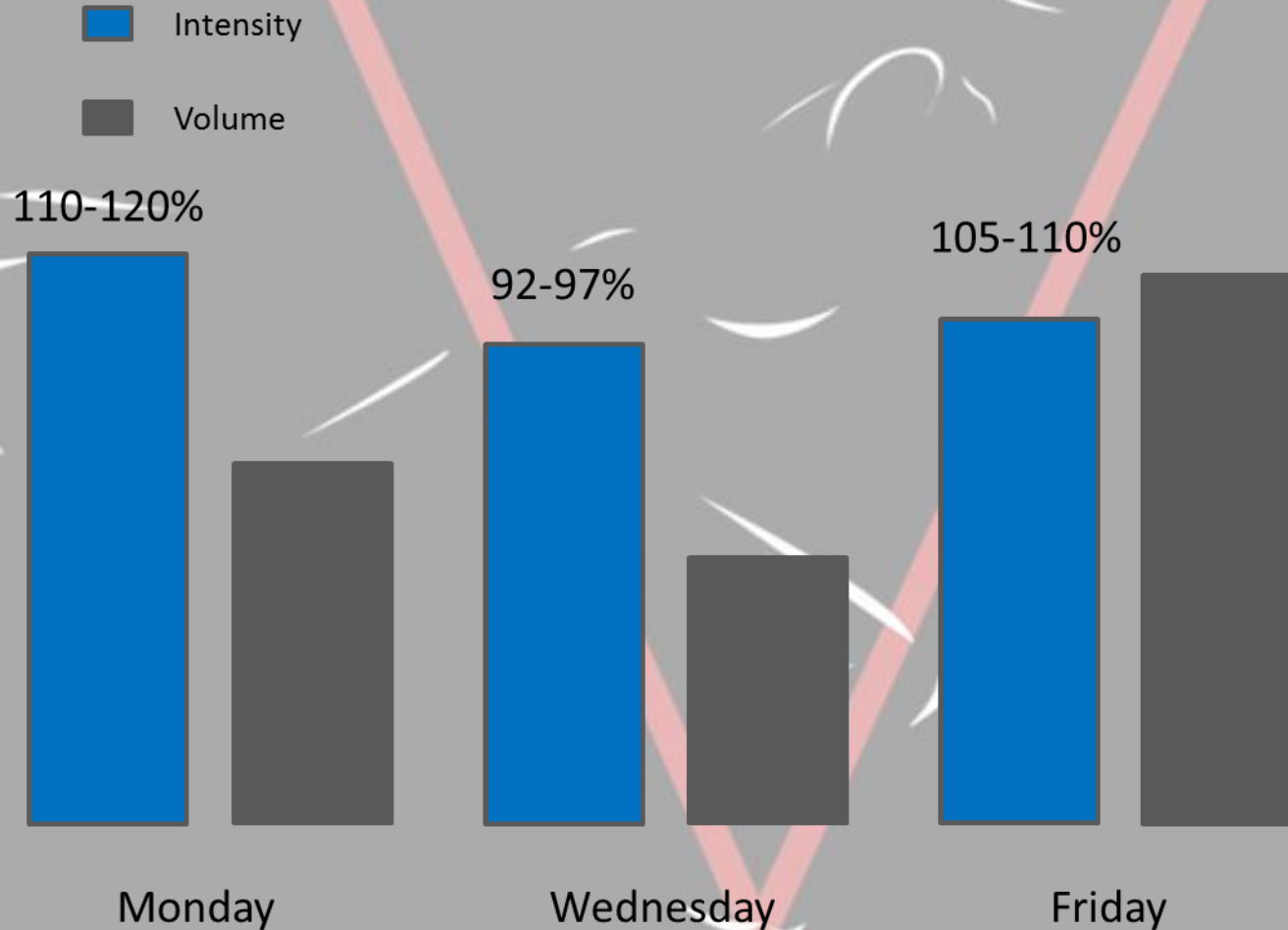
Modified Undulated Training

- 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

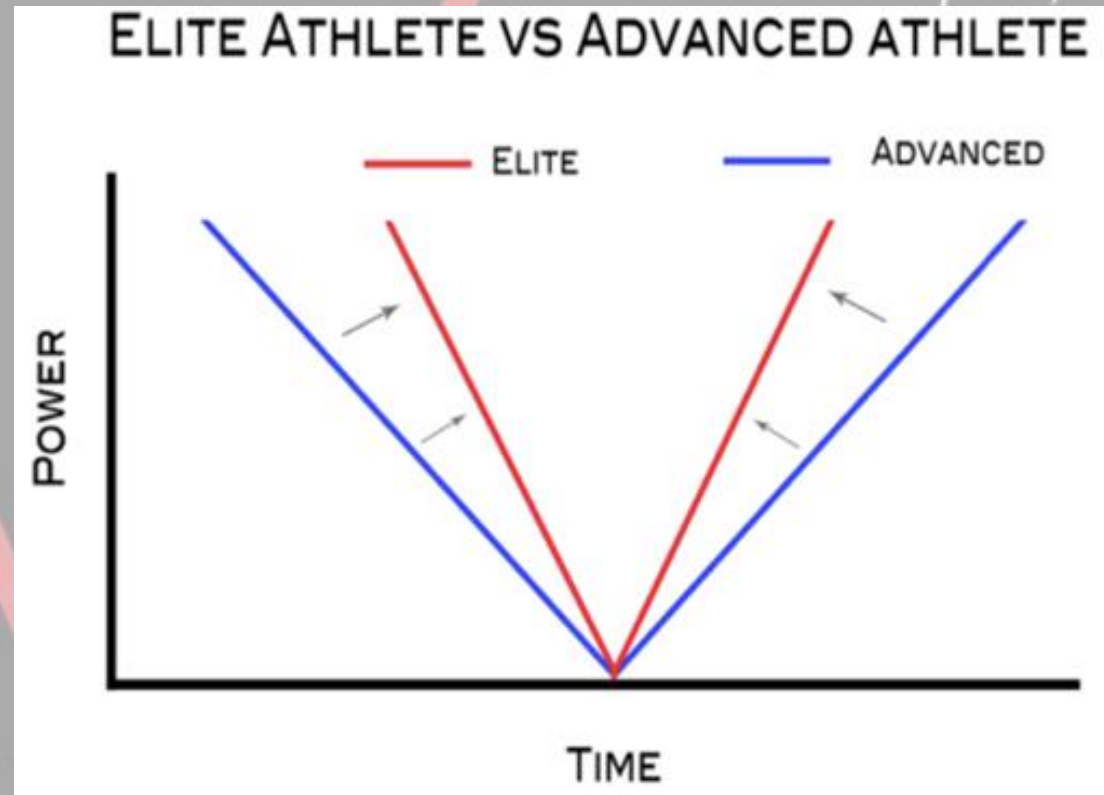


Supramaximal Modified Undulated Training



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

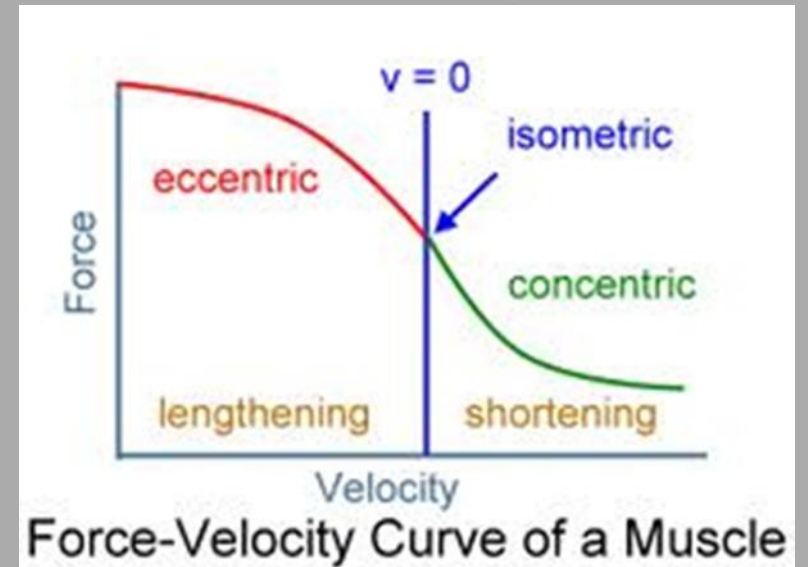


Eccentric Training Phase

- 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

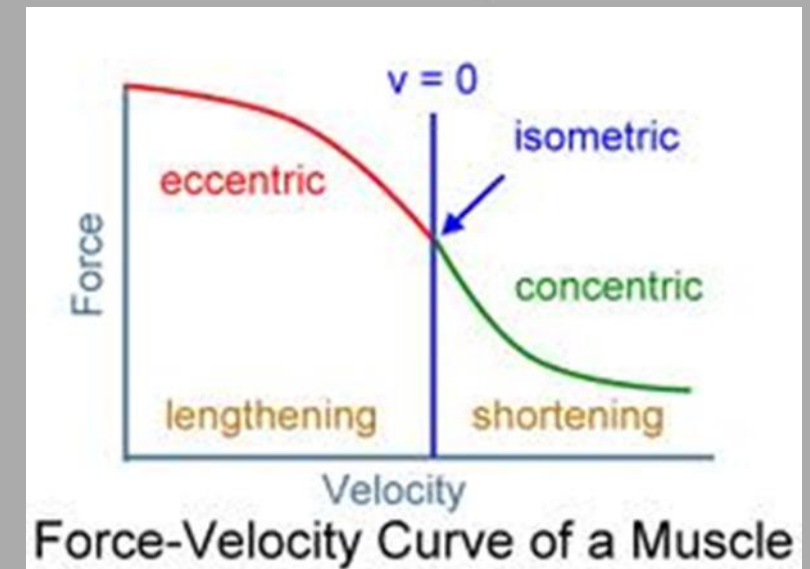
- Slow and controlled motion for duration of set
- [Hands Assisted-Safety Bar Split Squat](#)
- [Partner Pull Up](#)
- [Manual Bench Adduction](#)
- [Manual Hip Flex Prone](#)

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

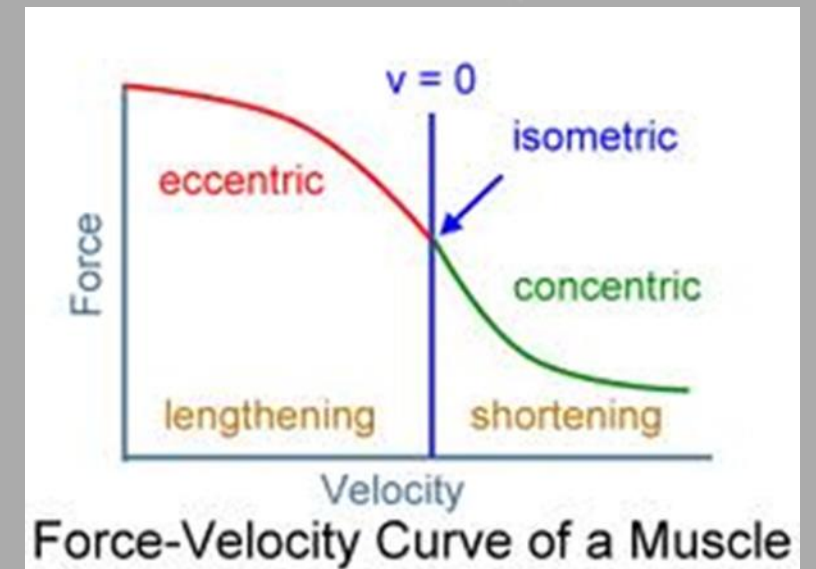


Isometric Example Exercises

- 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

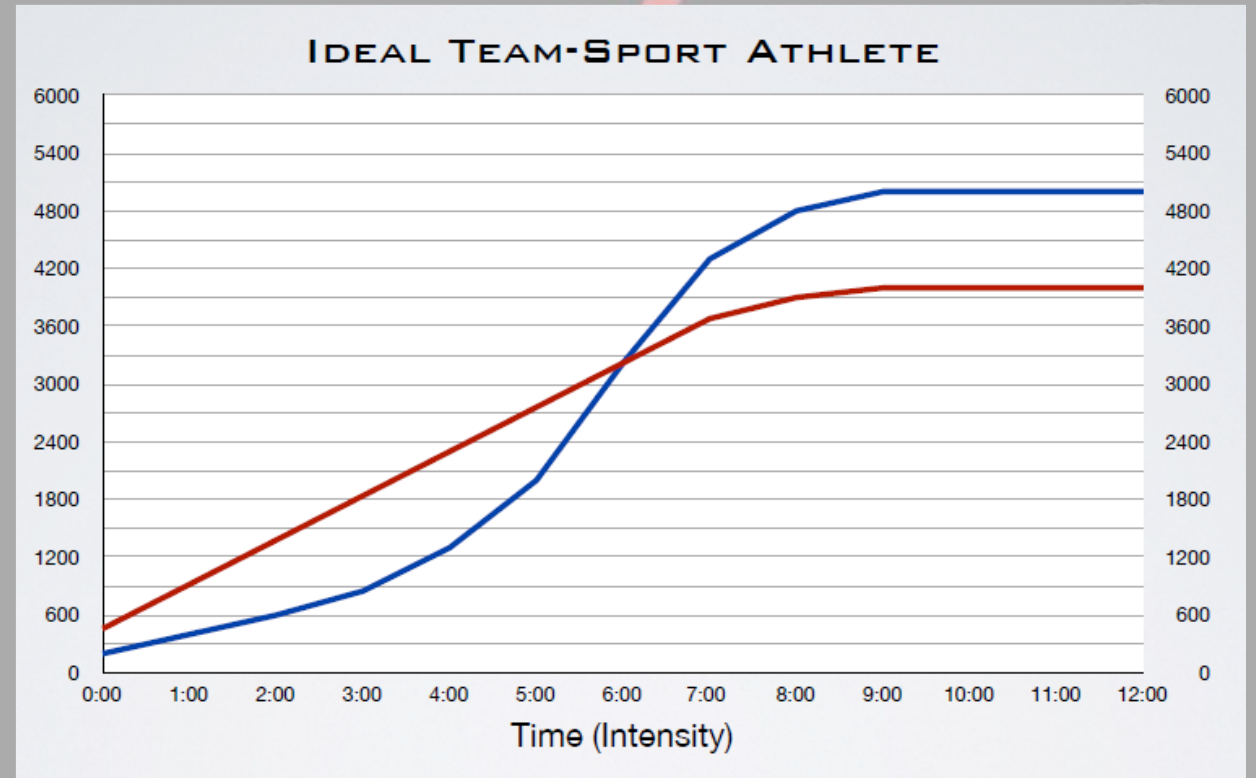
- HIIT Circuit Style
- Contralateral

2. Glycolysis Block

- 30 sec. on 10 off
- SA/SL to prevent systemic metabolite accumulation

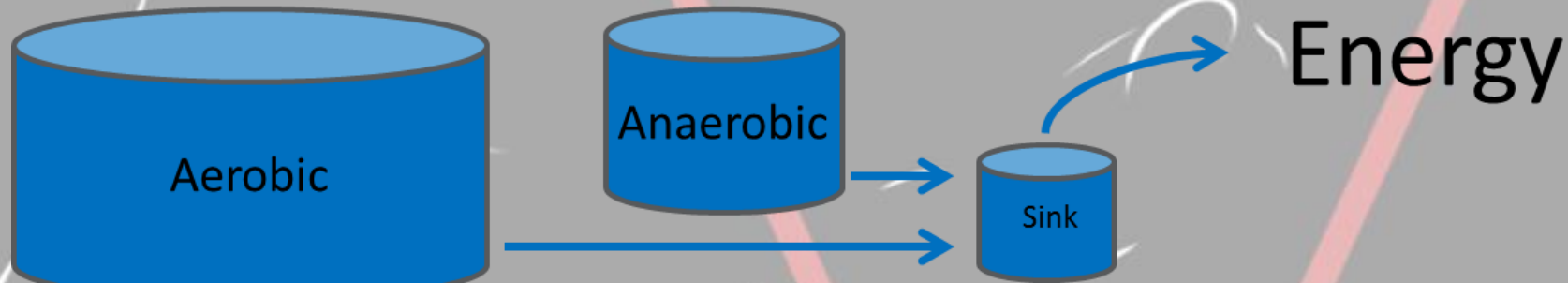
3. Alactic/Myelination Block

- 10 sec. on 30 off
- Max Iso

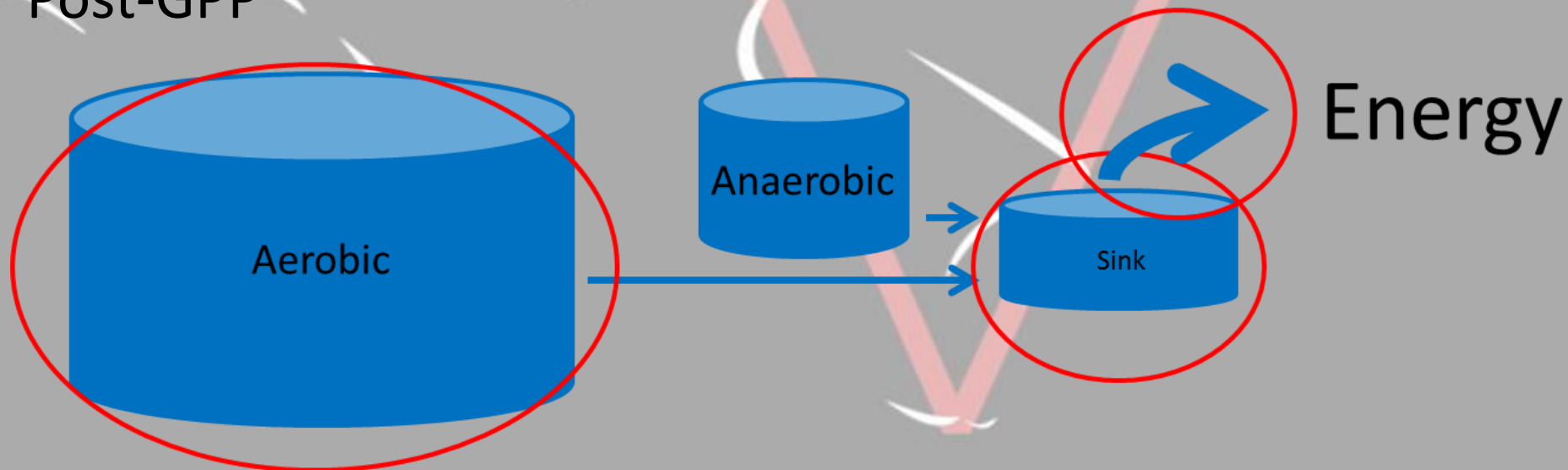


Effects of GPP Training on Repeat Sprints

Pre-GPP



Post-GPP

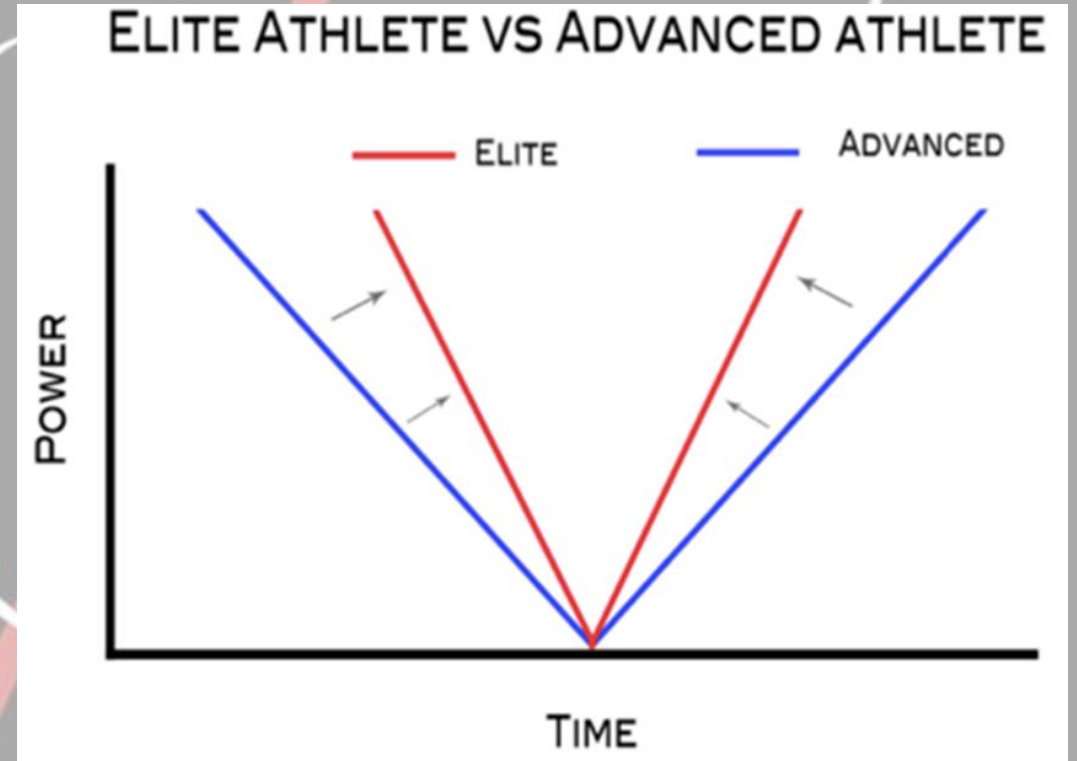


Block Training Model – 3 Phases

- 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 – [Hurdle Hops](#)
 - Slightly weighted – [Weighted Squat Jump with Pause](#)
 - Accelerated – [Accelerated Band Jump](#)
- 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

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-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 ISOMETRIC CONCENTRIC	CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC/OC	ECCENTRIC ISOMETRIC CONCENTRIC
PERCENTAGE	PERCENTAGE	PERCENTAGE
85-90 110-120	92-97 92-97	80-85 105-110
TIME	TIME	TIME
7 SECONDS	5 SECONDS	10 SECONDS

5 DAY ABOVE 80 & SUPRAMAXIMAL TRAINING BLOCK

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

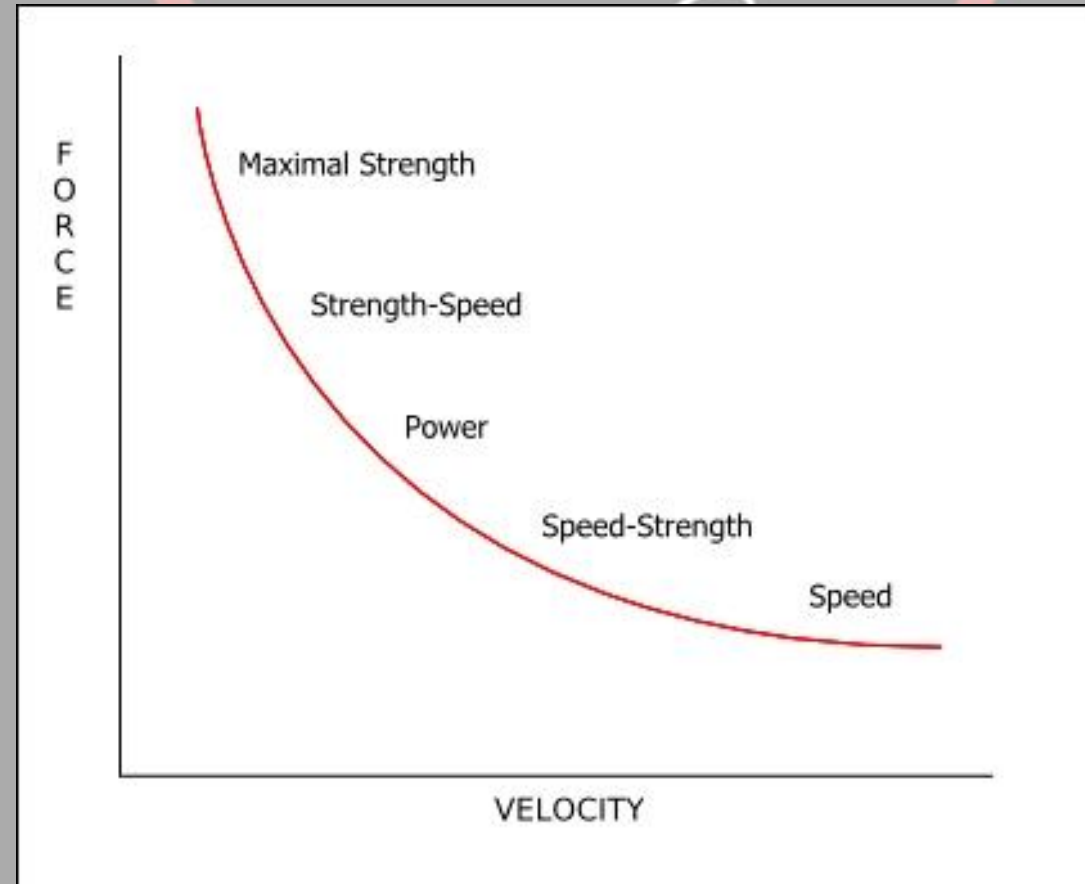
Block Training Model – 3 Phases

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 - Aimed at developing basic motor qualities
 - ~~Aerobic system~~
 - ~~Max strength~~
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 - Power
- Realization
 - Develops pre-competition readiness levels (peaking)
 - Max Speed

High-Velocity, High-Load Power Block

- Designed to maximize power
 - $\text{Power} = \text{Force} \times \text{Velocity}$
- 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/OC	CONCENTRIC/AFSM
PERCENTAGE	PERCENTAGE	PERCENTAGE
65-70	72-80	55-62
TIME	TIME	TIME
7 SECONDS	5 SECONDS	10 SECONDS

5 DAY POWER 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
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

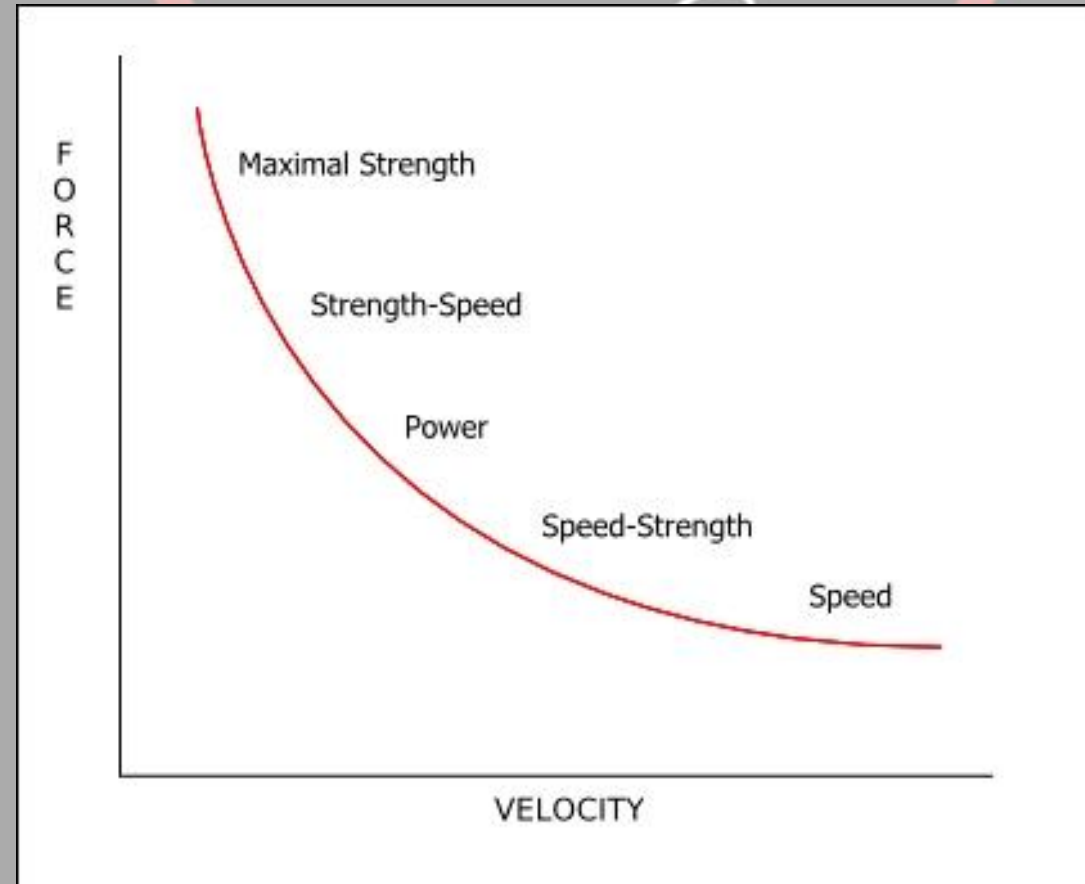
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 - ~~Strength specific endurance~~
 - ~~Power~~
- Realization
 - Develops pre-competition readiness levels (peaking)
 - Max Speed

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

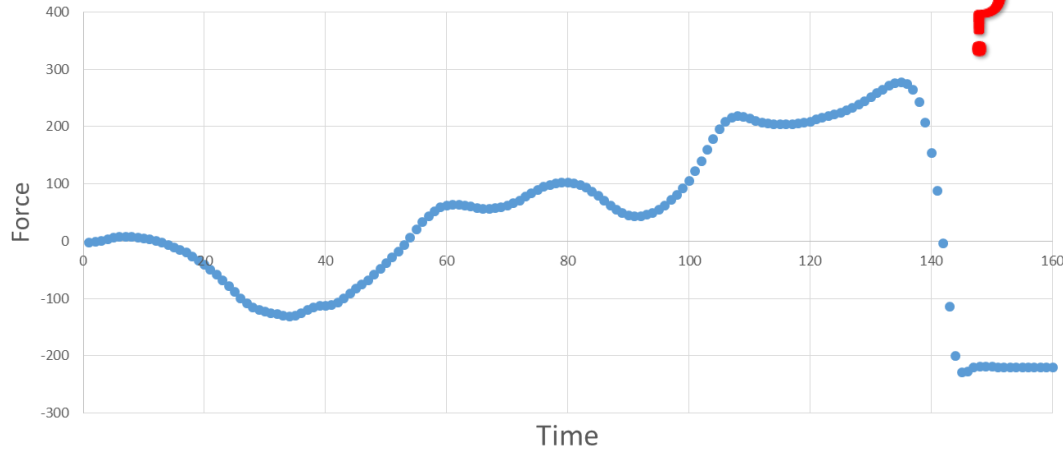


RFD in Athletics

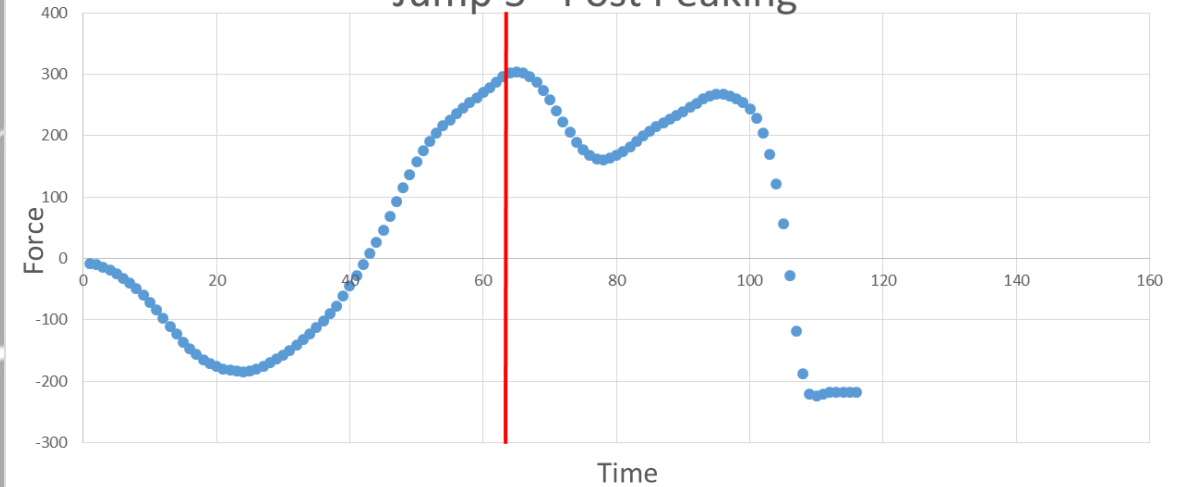
- Success predicted by which athlete can produce greatest force in time allotted
- Not enough time to produce max force
 - Most athletic movements executed in under 250 ms
 - 300 to 400 ms to reach peak force
 - Max force plays role, but not most important
- Dependent on multiple factors
 - Neural &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

Force Curve Changes Due to Training

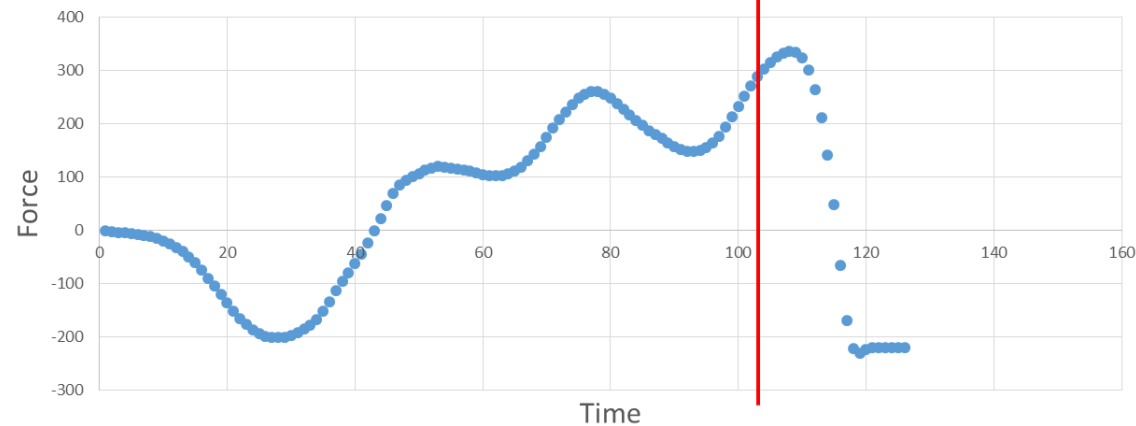
Jump 1 - Pre Triphasic



Jump 3 - Post Peaking



Jump 2 - Post Triphasic Above 80



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

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

3 DAY PEAKING TRAINING BLOCK

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

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	7 SECONDS	5 SECONDS	5 SECONDS	10 SECONDS

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 - 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~~
- **All Qualities Now Peaked Simultaneously!**

Triphasic Program Phases

TRIPHASIC WEEKLY PLAN																									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23		
Download																									
GPP	Aerobic		Glycolytic		Myelination																				
High-Intensity (Above 80%)							Eccentric			Isometric			Dynamic												
High-Intensity (55-80%)																Power									
Peaking (Below 55%)																				Peaking					

- 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

[illegible]

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		
	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

Questions?



Lift Examples



Eccentric Lower Training Block Example

LOWER BODY ECCENTRIC BLOCK																						
MONDAY - ECCENTRIC						WEDNESDAY - DYNAMIC						FRIDAY - ECCENTRIC										
100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes	100%		Reps	Load		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			
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	Safety Bar Split Squat	1,1	105	110	4	7:0:0:10	115	Hex Bar Deadlift	T	100	105	8	0:0:5:0	130	Safety Bar Split Squat	1	100	105	4	10:0:0:10		
	pair w/												1:30 Rest		pair w/							
	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. 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/					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	T			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	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/					Partner Push			pair w/				Bottom 1/2		pair w/					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/								pair w/					OC-D+1	pair w/					Partner Push			
Ant. Tib. Band	2			4	3:0:0:0		Bench Groin	T			3	0:0:5:10	SL Hip Flex ECC Prone	2			4	5:0:0:10				
75	SL RDL to Pins	1	50	55	5	7:0:0:10	100	Glute Bar Lift	T	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	T	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	T			3	0:0:5:10		Cuban Press	2			5	5:0:0:10		
60	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		
	35	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

UPPER BODY ECCENTRIC BLOCK													
TUESDAY - ECCENTRIC							THURSDAY - DYNAMIC						
100%		Reps	Load		Sets	Notes	100%		Reps	Load		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/							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							
	pair w/					Pull-Pause	30	DB Incline Press	T	25	25	3	0:0:5:10
	EXT. Rotation Band	1			4	7:0:0:10		pair w/					OC-D+1
	pair w/					Partner Pull	35	DB BO Row	T	30	30	3	0:0:5:10
	Wrist Uln & Rad	1			4	7:0:0:0		pair w/					OC-D+1
	pair w/					Partner Pull		MB OH Slams	4			3	
	Cuban EXT Band	1			4	7:0:0:10							
						Partner Pull		OC Push Up	T			3	0:0:5:10
								pair w/					OC-D+1
35	DB BO Row	1	25	25	5	7:0:0:10		Chin Up	T			3	0:0:5:0
	pair w/							pair w/		Partner Pull			Bottom 1/2
	Pull Up	1			5	7:0:0:0		Stiff Leg Ankle Hops	T			3	0:0:5:0
	pair w/					Partner Pull							
25	Straight Arm Lat Pull	1	15	20	5	7:0:0:0	50	Tri Push Down	T	45	50	3	0:0:5:0
						Partner Pull		pair w/					OC-D+1
							40	Bar Curl	T	35	40	3	0:0:5:0
	Chin Up	1			4	7:0:0:0		pair w/					OC-D+1
	pair w/					Partner Pull		Wrist Uln & Rad	T			3	0:0:5:10
50	Tri Push Down	1	30	35	4	7:0:0:0							
	pair w/					Partner Push		Wrist Pro & Sup	1			3	0:0:5:10
40	Bar Curl	1	25	30	4	7:0:0:10		pair w/					
						Partner Push		Farmers Carry	1			3	
								pair w/					1 Arm
	Wrist Pro & Sup	1			3	7:0:0:10		Partner Band Abs	1			3	0:30:0:10
	pair w/					Partner Push							
	Farmers Carry	1			3								
	pair w/					1 Arm							
	SWB Band Twist	1			3	7:0:0:10							

Isometric Lower Training Block Example

LOWER BODY ISOMETRIC BLOCK																						
MONDAY - ISOMETRIC						WEDNESDAY - DYNAMIC						FRIDAY - ISOMETRIC										
100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes	100%		Reps	Load		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	Safety Bar Split Squat	1,1	105	110	4	0:7:0:10	115	Hex Bar Deadlift	T	100	105	8	0:0:5:0 1:30 Rest	130	Safety Bar Split Squat	1	100	105	4	0:10:0:10		
	pair w/														pair w/							
	Hurdle Hop	4			4	Height		75	SL Leg Press	T	65	70	3		0:0:5:10 OC-D+1	Hurdle Hop	4			4	Height	
	pair w/															pair w/						
	SQ Jump Wt. Pause	4			4	0:1:0:0			35	DB RDL	T	30	30		3	0:0:5:0 OC-D+1	SQ Jump Wt. Pause	4			4	0:1:0:0
	pair w/					Pull-Pause											pair w/					Pull-Pause
	Acc. Band Jump Pause	4			4	0:1:0:0											Acc. Band Jump Pause	4			4	0:1:0:0
	pair w/					Pull-Pause											pair w/					Pull-Pause
	Manual neck F/R	1			4	0:7:0:10		25	DB Step Up	T	15	20	3		0:0:5:10 Bottom 1/2	Lateral Manual Neck	2			4	0:5:0:10	
	pair w/					Partner Push										pair w/					Partner Push	
	Wrist Curl Flexion	1			4	0:7:0:0										Bench Glute	2			4	0:5:0:10	
	pair w/															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	T	85	90	3	0:0:5:0 AFSM	75	SL RDL	2	55	60	5	0:5:0:10		
	pair w/					Pins @ 4									pair w/					Pins @ 4		
	Cuban Press Inc. Fig 8	1			5	0:7:0:0		35	Psoas SL Squat	T	30	30	3		0:0:5:10 OC-D+1	Psoas SL Squat	2	25	25	5	0:5:0:10	
	pair w/															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	Bench Press	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

UPPER BODY ISOMETRIC BLOCK													
TUESDAY - ISOMETRIC							THURSDAY - DYNAMIC						
100%		Reps	Load		Sets	Notes	100%		Reps	Load		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	T	25	25	3	0:0:5:10
	pair w/					Pull-Pause		pair w/					OC-D+1
	EXT. Rotation Band	1			4	0:7:0:10	35	DB BO Row	T	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	T			3	0:0:5:10
						Partner Pull		pair w/					OC-D+1
35	DB BO Row	1	25	25	5	0:7:0:10		Chin Up	T			3	0:0:5:0
	pair w/							pair w/			Partner Pull		Bottom 1/2
	Pull Up	1			5	0:7:0:0		Stiff Leg Ankle Hops	T			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	T	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	T	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	T			3	0:0:5:10
	pair w/					Partner Push							
40	Bar Curl	1	25	30	4	0:7:0:0		Wrist Pro & Sup	1			3	0:0:5:10
						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							
	SWB Band Twist	1			3	0:7:0:0							

Concentric Lower Training Block Example

LOWER BODY CONCENTRIC BLOCK																				
MONDAY - DYNAMIC						WEDNESDAY - DYNAMIC						FRIDAY - DYNAMIC								
100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes	100%		Reps	Load		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	
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	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/											1:30 Rest	pair w/							
	Hurdle Hop	4			4	Height	75	SL Leg Press	T	65	70	3	0:0:5:10		Hurdle Hop	4			4	Height
	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/											OC-D+1	pair w/							
	Acc. Band Jump	4			4							0:0:5:10	Acc. Band Jump		4			4		
	pair w/											OC-D+1	pair w/							
	Manual neck F/R	T			4	0:0:7:10	25	DB Step Up	T	15	20	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	T			4	0:0:7:0		GH Hyper EXT	T			3	0:0:5:10	Bench Glute	T			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	T			3	0:0:5:10	SL Hip Flex Prone	T			4	0:0:10:10		
75	SL RDL	T	50	55	5	0:0:7:10	100	Glute Bar Lift	T	85	90	3	0:0:5:0	75	SL RDL	T	55	60	5	0:0:10:10
	pair w/											AFSM	pair w/							
	Cuban Press Inc. Fig 8	T			5	0:0:7:0	35	Psoas SL Squat	T	30	30	3	0:0:5:10		Psoas SL Squat	T	25	25	5	0:0:10:10
	pair w/											OC-D+1	pair w/							
	Ankle Band Work	T			5	0:0:7:10		Bench Glute	T			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
	pair w/												pair w/						AFSM	
	35	Psoas SL Squat	T	20	25	5	0:0:7:10								Inverted Row	T			3	0:0:10:0
	pair w/													pair w/					AFSM	
	Bench Groin	T			5	0:0:7:10								50	Tri Push Down	T	35	20	3	0:0:10:0
																			AFSM	

Concentric Upper Training Block Example

[illegible]

Power Lower Example

LOWER BODY POWER BLOCK																				
MONDAY - DYNAMIC						WEDNESDAY - DYNAMIC						FRIDAY - DYNAMIC								
100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes	100%		Reps	Load		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		70	SL Hex Bar Deadlift	5	25	30	1		130	Safety Bar Split Squat	5	60	65	1	
130	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	
130	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	
130	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	
130	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/											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/											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	T	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	T			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		
						AFSM						AFSM							OC-D+1	
75	SL DB RDL	T	50	55	5	0:0:7:10	100	Glute Bar Lift	T	70	80	3	0:0:5:0	75	SL DB RDL	T	40	45	5	0:0:10:10
	pair w/					OC-D+1		pair w/				OC-D+1	pair w/						OC-D+1	
	Cuban Press Inc. Fig 8	T			5	0:0:7:0	35	Psoas SL Squat	T	25	30	3	0:0:5:10		Speed Cycle Lunge	T			5	0:0:10:10
	pair w/					AFSM		pair w/				OC-D+1	pair w/						AFSM	
	Ankle Band Work	T			5	0:0:7:10		Band Glute	T			3	0:0:5:10	Cuban Press	T			5	0:0:10:0	
						AFSM						AFSM								
100	Glute Bar Lift	T	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	T			5	0:0:7:10							Inverted Row		T			3	0:0:10:0	
	pair w/					AFSM							pair w/						AFSM	
	Band Groin	T			5	0:0:7:10								50	Tri Push Down	T	25	25	3	0:0:10:0
						AFSM													AFSM	

Power Upper Example

UPPER BODY POWER BLOCK													
TUESDAY - DYNAMIC							THURSDAY - DYNAMIC						
100%		Reps	Load		Sets	Notes	100%		Reps	Load		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	C-1	65	70	4	3% Drop	100	Bench Press	T-1,1	70	80	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	T	25	25	3	0:0:5:10
	pair w/					Pull		pair w/					OC-D+1
	EXT. Rotation Band	T			4	0:0:7:10	35	DB BO Row	T	30	30	3	0:0:5:10
	pair w/							pair w/					OC-D+1
	Wrist Pro & Sup	T			4	0:0:7:0		MB OH Slams	4			3	
	pair w/												
	Cuban EXT Band	T			4	0:0:7:10	45	DB Bench Press	T	30	35	3	0:0:5:10
								pair w/					OC-D+1
35	DB BO Row	T	20	25	5	0:0:7:10		Chin Up	T			3	0:0:5:0
	pair w/					AFSM		pair w/					OC-D+1
	Pull Up	T			5	0:0:7:0		Stiff Leg Ankle Hops	T			3	0:0:5:0
	pair w/					OC-D+1							
25	Straight Arm Lat Pull	T	15	20	5	0:0:7:0	50	Tri Push Down	T	35	40	3	0:0:5:0
						AFSM		pair w/					OC-D+1
	Chin Up	T			4	0:0:7:0	40	Bar Curl	T	30	35	3	0:0:5:0
	pair w/					OC-D+1		pair w/					OC-D+1
50	Tri Push Down	T	25	30	4	0:0:7:0		Wrist Uln & Rad	T			3	0:0:5:10
	pair w/					AFSM							
40	Bar Curl	T	20	25	4	0:0:7:10		Wrist Pro & Sup	T			3	0:0:5:10
						AFSM		pair w/					
	Wrist Uln & Rad	T			3	0:0:7:10		Farmers Carry + Skip	1			3	
	pair w/							pair w/					1 Arm
	Farmers Carry + Skip	1			3			Partner Band Abs	T			3	0:30:0:10
	pair w/					1 Arm							
	SWB Band Twist	T			3	0:0:7:10							

Peaking Lower Example

LOWER BODY PEAKING BLOCK																					
MONDAY - DYNAMIC						WEDNESDAY - DYNAMIC						FRIDAY - DYNAMIC									
100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes	100%		Reps	Load		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		
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	T			3	0:0:7:10	30	DB Split Squat	T	15	20	4	0:0:5:0		Lunge OC Hops	T			3	0:0:10:10	
	pair w/											Drop Jump									
	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	T	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	T	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	T			3	0:0:10:10			
pair w/					AFSM		pair w/					OC-D+1	pair w/					OC-D+1			
Hip Flexor Band Pull	T			3	0:0:7:0		Bench Groin	T			3	0:0:5:10	Ankle Band Work	T			3	0:0:10:10			
													OC-D+1						AFSM		
	Acc. Speed Cycle Lunge	T			3	0:0:7:10	100	Glute Bar Lift	T	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	T			3	0:0:7:0		Speed Cycle Lunge	T			3	0:0:5:10		Acc. Speed Cycle Lunge	T			3	0:0:10:10	
	pair w/					AFSM		pair w/					AFSM		pair w/					AFSM	
	Stiff Leg Ankle Hops	T			3	0:0:7:10		Bench Glute	T			3	0:0:5:10		Band Paw Back	T			3	0:0:10:0	
													OC-D+1						AFSM		
100	Glute Bar Lift	T	35	40	3	0:0:7:10								100	Bench Press	T	25	30	3	0:0:10:0	
	pair w/					AFSM									pair w/						OC-D+1
	Speed Switch Lunge	T			3	0:0:7:10									Inverted Row	T			3	0:0:10:0	
	pair w/					AFSM									pair w/						OC-D+1
	Band Speed Groin	T			3	0:0:7:10										Tri Push Down	T	10	15	3	0:0:10:0
																				OC-D+1	

Peaking Upper Example

[illegible]