

Explosive Power Athletic Performance: Phase 1

The goal for this initial phase of training is to improve your anaerobic capacity with an increasing volume of repeated power efforts with incomplete recovery. This builds a foundation for the strength and power training that you'll experience in future mesocycles. You will increase your set volume for each exercise over the course of the cycle, with a decrease in volume on week 3 to allow for supercompensation and recovery for a hard fourth week of training.

Explosive Power Athletic Performance Phase 1: Day 1 - Upper Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Medicine Ball Kneeling Chest Throw	1	5	8	X	40	Be elastic and focus on a quick reversal and maximum power
		2	8	8	X	35	
		3	2	8	X	30	
		4	10	8	X	25	
B1	15 Deg Incline Barbell Press w/ chains	1	8	3	20X0	40	Use a bi-acromial grip / Use 60-70% of 1RM for all sets + chains
		2	10	3	20X0	35	
		3	4	3	20X0	30	
		4	15	3	20X0	25	
B2	Wide Pronated Grip Pull Up	1	8	3	20X0	40	Use 70-75% of 1RM for all sets
		2	10	3	20X0	35	
		3	4	3	20X0	30	
		4	15	3	20X0	25	
C1	Standing Mid Reverse Grip EZ Curl	1	3	6-8	40X0	45	
		2	3	6-8	40X0	45	
		3	1	5-7	40X0	45	
		4	4	5-7	40X0	45	
C2	30 Deg Incline DB Triceps Ext	1	3	6-8	40X0	45	
		2	3	6-8	40X0	45	
		3	1	5-7	40X0	45	
		4	4	5-7	40X0	45	
C3	30 Deg External Shoulder Rotation	1	3	10-12	4010	45	Low Pulley
		2	3	10-12	4010	45	
		3	1	8-10	4010	45	
		4	4	8-10	4010	45	

Explosive Power Athletic Performance Phase 1: Day 2 - Lower Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Box Jump	1	8	5	X	40	Jump your max height, no matter the height of the box. Step down, don't jump down
		2	10	5	X	35	
		3	4	5	X	30	
		4	15	5	X	25	
B	Front Squat with Chains	1	8	3	20X0	40	Use 60-70% of 1RM for all sets + chains
		2	10	3	20X0	35	
		3	4	3	20X0	30	
		4	15	3	20X0	25	
C1	Kneeling Leg Curl - toes DF and neutral	1	3	6-8 ea	30X1	75	Use 70-75% of 1RM for all sets
		2	3	5-7 ea	30X1	75	
		3	1	5-7 ea	30X1	75	
		4	4	4-6 ea	30X1	75	
Equipment substitutions - 1-leg Lying leg curl / 1-leg seated leg curl							
C2	Hanging Garhammer Raise	1	3	15-20	3020	75	Hold a DB Between your feet if you can do more than 20 quality reps
		2	3	15-20	3020	75	
		3	1	15-20	3020	75	
		4	4	15-20	3020	75	



Explosive Power Athletic Performance Phase 1: Day 4 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Overhead Medball Slam to Ground	1	5	5	X	40	Catch the ball on the rebound and reverse quickly into the next rep
		2	8	5	X	35	
		3	2	5	X	30	
		4	10	5	X	25	
B	Standing BB Shoulder Press w/ chains	1	8	3	20X0	40	Use 60-70% of 1RM for all sets + chains
		2	10	3	20X0	35	
		3	4	3	20X0	30	
		4	15	3	20X0	25	
C	Mid Neutral Grip Pull Up	1	8	3	20X0	40	
		2	10	3	20X0	35	
		3	4	3	20X0	30	
		4	15	3	20X0	25	
D1	Incline DB Hammer Curl	1	3	6-8	40X0	45	
		2	3	6-8	40X0	45	
		3	1	5-7	40X0	45	
		4	4	5-7	40X0	45	
D2	Flat DB Triceps Extension	1	3	6-8	40X0	45	
		2	3	6-8	40X0	45	
		3	1	5-7	40X0	45	
		4	4	5-7	40X0	45	
D3	Flat Powell Raise	1	3	10-12 ea	4010	45	
		2	3	10-12 ea	4010	45	
		3	1	8-10 ea	4010	45	
		4	4	8-10 ea	4010	45	

Explosive Power Athletic Performance Phase 1: Day 5 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Snatch Grip High Pull from the floor	1	10	2	20X0	40	Use 70-75% of 1RM for all sets
		2	12	2	20X0	35	
		3	4	2	20X0	30	
		4	16	2	20X0	25	
A2	Standing Long Jump	1	10	2	X	40	Single response jumps - jump and re-set after each jump
		2	12	2	X	35	
		3	4	2	X	30	
		4	16	2	X	25	
B1	Rack Pull Deadlift from Mid Shin	1	3	6-8	22X0	40	
		2	3	5-7	22X0	35	
		3	1	5-7	22X0	30	
		4	4	4-6	22X0	25	
B2	Paused Standing Calf Raise	1	3	6-8	22X2	75	
		2	3	5-7	22X2	75	
		3	1	5-7	22X2	75	
		4	4	4-6	22X2	75	