

Explosive Power Athletic Performance: Phase 2

Now that we've increased your work capacity, it's time to shift to functional hypertrophy work to lay a foundation for the relative strength work to follow in future phases. The goal of this cycle is to create hypertrophy in the fast-twitch fibers, the ones that you can call on to produce strength and power. You will have a decrease in volume on week 3 to allow for supercompensation and recovery for a hard fourth week of training. Two of your workouts will also contain fast-twitch drop sets to help you take your sets beyond failure to increase motor unit recruitment and build muscle.

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Medicine Ball Standing Chest Throw	1	5	6	X	120	This is a single response throw, re-set each rep and give max effort. Each week, aim to throw the ball with more power.
		2	5	5	X	120	
		3	2	5	X	120	
		4	6	4	X	120	
B1	30 Degree Barbell Incline Press	1	6	8,6,4,8,6,4	30X0	120	
		2	6	7,5,3,7,5,3	30X0	120	
		3	2	5-7	30X0	120	
		4	6	6,4,2,6,4,2	30X0	120	
B2	Mid Supinated Grip Chin Up, 1 and 1/4 Quarter rep in fully stretched position on each rep	1	6	8,6,4,8,6,4 ea	31X0	120	
		2	6	7,5,3,7,5,3 ea	31X0	120	
		3	2	5-7 ea	31X0	120	
		4	6	6,4,2,6,4,2 ea	31X0	120	
C1	Paused, Seated DB Hammer Curl	1	3	5-7	32X0	45	Pause for 2 seconds at 30 degrees of elbow flexion on the concentric portion of each rep.
		2	3	5-7	32X0	45	
		3	1	4-6	32X0	45	
		4	4	4-6	32X0	45	
C2	Paused, Decline DB Triceps Extension	1	3	5-7	32X0	45	Pause for 2 seconds in the first 30 degrees of the concentric movement (at approx 120 degrees elbow flexion) on each rep.
		2	3	5-7	32X0	45	
		3	1	4-6	32X0	45	
		4	4	4-6	32X0	45	
D	45 Degree Shoulder External 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 2: Day 2 - Lower Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Knee Tuck Jumps to Box Jump	1	5	3	X	120	Jump your max height, no matter the height of the box. Step down, don't jump down
		2	5	2	X	120	
		3	2	2	X	120	
		4	6	1	X	120	
3 knee tuck jumps + 1 box jump = 1 rep							
B	Front Squat	1	6	8,6,4,8,6,4	30X0	150	
		2	6	7,5,3,7,5,3	30X0	150	
		3	2	5-7	30X0	150	
		4	6	6,4,2,6,4,2	30X0	150	
C1	1-Leg Lying Leg Curl - toes PF and IN	1	3	4,2,2	30X1	90	Fast twitch drop set - 10 sec between drops
		2	3	4,1,1	30X1	90	
		3	1	4,1,1	30X1	90	
		4	3	3,1,1	30X1	90	
Equipment substitutions - seated leg curl / swiss ball leg curl							
C2	Paused DB Split Squat - FFE 6"	1	3	4,2,2	32X0	90	Fast twitch drop set - 10 sec between drops
		2	3	4,1,1	32X0	90	
		3	1	4,1,1	32X0	90	
		4	3	3,1,1	32X0	90	
D	Heavy 1-Arm Farmer's Carry	1	3	30 sec ea	Slow walk	90	
		2	3	25 sec ea	Slow walk	90	
		3	1	25 sec ea	Slow walk	90	
		4	4	20 sec ea	Slow walk	90	



Explosive Power Athletic Performance Phase 2: Day 4 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Overhead Medball Slam to Ground	1	5	6	X	120	This is a single response throw. Re-set after each rep and throw with max power
		2	5	5	X	120	
		3	2	5	X	120	
		4	6	4	X	120	
B1	Standing BB Shoulder Press	1	6	8,6,4,8,6,4	30X1	120	
		2	6	7,5,3,7,5,3	30X1	120	
		3	2	5-7	30X1	120	
		4	6	6,4,2,6,4,2	30X1	120	
B2	Dead Stop 1-Arm DB Arc Row to Hip	1	6	8,6,4,8,6,4 ea	41X1	120	
		2	6	7,5,3,7,5,3 ea	41X1	120	
		3	2	5-7 ea	41X1	120	
		4	6	6,4,2,6,4,2 ea	41X1	120	
C1	Incline DB Zottman Curl	1	3	4,2,2	30X1	90	Fast twitch drop set - 10 sec between drops
		2	3	4,1,1	30X1	90	
		3	1	4,1,1	30X1	90	
		4	3	3,1,1	30X1	90	
C2	EZ Bar Triceps Extension to Chin	1	3	4,2,2	30X0	90	Fast twitch drop set - 10 sec between drops
		2	3	4,1,1	30X0	90	
		3	1	4,1,1	30X0	90	
		4	3	3,1,1	30X0	90	
C3	Bent Over 1-Arm DB Lateral Raise	1	3	10-12 ea	4010	90	
		2	3	10-12 ea	4010	90	
		3	1	8-10 ea	4010	90	
		4	3	8-10 ea	4010	90	

Explosive Power Athletic Performance Phase 2: Day 5 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Paused Hang Snatch High Pull	1	5	6	22X0	120	Pause for 2 seconds just above the knees on each rep
		2	5	5	22X0	120	
		3	2	5	22X0	120	
		4	6	4	22X0	120	
A2	3-Bound Standing Long Jump	1	5	4	X	120	3 jumps in a row = 1 rep, then reset for next reps -- Be elastic and keep ground contact time as short as possible while still going for max distance
		2	5	3	X	120	
		3	2	3	X	120	
		4	6	2	X	120	
B	Snatch Grip Deadlift from Podium	1	6	8,6,4,8,6,4	41X0	150	
		2	6	7,5,3,7,5,3	41X0	150	
		3	2	5-7	41X0	150	
		4	6	6,4,2,6,4,2	41X0	150	
C	Seated Calf Raise	1	3	20-25	1111	90	
		2	3	15-20	1111	90	
		3	1	15-20	1111	90	
		4	4	12-15	1111	90	