

Explosive Power Athletic Performance: Phase 3

The goal of this cycle is to build starting strength and the ability to overcome inertia, which are critical aspects of explosive power sports. To train these capacities, you will do your lifts starting on pins in the stretched position, pausing each rep back on the pins before you begin your next rep. Get tight, develop tension, and then explode with as much force as possible, always aiming to move the weight as quickly as possible while maintaining proper body positions for each lift.



Explosive Power Athletic Performance Phase 3: Day 1 - Upper Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Hand Release Plyo Push Up	1	5	5	X	120	Lower down, rest your chest on 1-2 airex pads, lift your hands off the ground with your upper back and then push up into the air as high as you can
		2	6	4	X	120	
		3	2	4	X	120	
		4	7	3	X	120	
B1	Inertia Barbell Bench Press from Pins	1	8	4-6	22X0	120	
		2	8	5,3,2,5,3,2,2,2	22X0	120	
		3	2	3-5	22X0	120	
		4	8	3,2,1,3,2,1,1,1	22X0	120	
B2	Dead Hang Chin Ups	1	8	4-6	22X0	120	
		2	8	5,3,2,5,3,2,2,2	22X0	120	
		3	2	3-5	22X0	120	
		4	8	3,2,1,3,2,1,1,1	22X0	120	
D	DB External Shoulder Rotation	1	4	8-10 ea	40X0	90	Elbow on knee
		2	4	7-9 ea	40X0	90	
		3	2	7-9 ea	40X0	90	
		4	5	6-8 ea	40X0	90	



Explosive Power Athletic Performance Phase 3: Day 2 - Lower Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Knee Tuck Jumps to Box Jump 3 knee tuck jumps + 1 box jump = 1 rep	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	
B	Inertia Front Squat from Pins	1	8	4-6	22X0	180	
		2	8	5,3,2,5,3,2,2,2	22X0	180	
		3	2	3-5	22X0	180	
		4	8	3,2,1,3,2,1,1,1	22X0	180	
C	Snatch Grip 45 Deg Back Extension	1	5	6-8	2012	150	
		2	5	5-7	2012	150	
		3	2	5-7	2012	150	
		4	5	4-6	2012	150	
D	Landmine Torso Rotations	1	3	8-10 ea	30X0	90	Pivot your feet and move your hips and shoulders, but keep your torso braced tight
		2	4	7-9 ea	30X0	90	
		3	2	7-9 ea	30X0	90	
		4	4	6-8 ea	30X0	90	



Explosive Power Athletic Performance Phase 3: Day 4 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Overhead Forward Medball Throw	1	5	6	X	120	Throw to wall or forward target. Reset after each rep
		2	5	5	X	120	
		3	2	5	X	120	
		4	6	4	X	120	
B1	80 Deg Inertia BB Press from Pins Seated - Pins at chin height	1	8	4-6	22X0	180	
		2	8	5,3,2,5,3,2,2,2	22X0	180	
		3	2	3-5	22X0	180	
		4	8	3,2,1,3,2,1,1,1	22X0	180	
B2	Dead Stop 1-Arm DB Row - Elbow out	1	8	4-6 ea	22X0	180	
		2	8	5,3,2,5,3,2,2,2	22X0	180	
		3	2	3-5 ea	22X0	180	
		4	8	3,2,1,3,2,1,1,1	22X0	180	
C3	Bent Over 1-Arm DB Trap 3 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 3: Day 5 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Hang Power Snatch From Blocks	1	6	4	22X0	120	
		2	6	3	22X0	120	
		3	2	3	22X0	120	
		4	6	2	22X0	120	
A2	ISO Hold Barbell Squat Jump	1	6	5	13X1	120	Squat down and hold for 3 seconds before powering up in the air as high as possible. Land softly and re-set before the next rep.
		2	6	4	13X1	120	
		3	2	4	13X1	120	
		4	6	3	13X1	120	
B	Heavy 1/4 Squat from Pins	1	8	4-6	22X0	180	
		2	8	5,3,2,5,3,2,2,2	22X0	180	
		3	2	3-5	22X0	180	
		4	8	3,2,1,3,2,1,1,1	22X0	180	
C	Lying Leg Curl - Toes PF and OUT	1	3	4+2+2	30X0	10	Fast twitch drop set - 10 sec between drops
		2	3	3+2+2	30X0	10	
		3	1	3+2+1	30X0	10	
		4	3	3+1+1	30X0	10	