

Explosive Power Athletic Performance: Phase 4

The goal of this cycle is to develop the ability to use elastic energy and switch quickly from an eccentric to a concentric contraction. We will use a version of stretched position 1 and 1/4 lifts to train this, but they MUST be done properly to get the desired effect. Using the "Reactive 1 and 1/4 Front Squat w/ Bands" at a 32X0 tempo as an example, you will take 3 seconds to lower all the way down into a full front squat. At that point, you will come up 1/4 of the way and PAUSE for 2 full seconds. After the pause, you will purposefully drop quickly back to the bottom of the squat, aiming to "bounce" out of the hole and reverse direction as quickly as possible, driving as hard as possible to lockout. This stretched "bounce" from the 1/4 position trains you to shift quickly between an eccentric and concentric contraction, and it does so in a safe range of motion.



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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Med Ball Reactive Lying Chest Throw	1	4	10	X	120	Lie on your back on the floor and throw a medicine ball as high as you can. Keep your arms fully outstretched and rapidly reverse direction and throw again on the catch.
		2	5	8	X	120	
		3	2	8	X	120	
		4	5	6	X	120	
Go for max height - heavier medball each week							
B1	Reactive 1 and 1/4 Bench Press w/Bands	1	6	3	32X0	120	
		2	6	2	32X0	120	
		3	2	2	32X0	120	
		4	8	1	32X0	120	
B2	Reactive 1 and 1/4 Neutral Grip Pull Ups	1	6	3	32X0	120	
		2	6	2	32X0	120	
		3	2	2	32X0	120	
		4	8	1	32X0	120	
D	Low Pulley Shoulder External Rotation	1	3	10-12 ea	40X0	90	Arm in front
		2	3	8-10 ea	40X0	90	
		3	1	8-10 ea	40X0	90	
		4	3	7-9 ea	40X0	90	

Explosive Power Athletic Performance Phase 4: Day 2 - Lower Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Forward Reactive Hurdle Jumps	1	4	10	X	120	Keep ground contact time short
		2	5	8	X	120	
		3	2	8	X	120	
		4	5	6	X	120	
B	Reactive 1 and 1/4 Front Squat w/ Bands	1	6	3	32X0	180	
		2	6	2	32X0	180	
		3	2	2	32X0	180	
		4	8	1	32X0	180	
C	Glute Ham Raise from Parallel	1	3	5-7	31X0	120	
		2	4	4-6	31X0	120	
		3	2	4-6	31X0	120	
		4	5	3-5	31X0	120	
D	Standing Pulley Pallof Press	1	3	5-7 ea	1013	90	Stand perpendicular to the pulley cable. Step out and keep the handle at your chest. Bracing your abs tight, press the pulley to arms length and resist the lateral pull of the cable.
		2	4	4-6 ea	1013	90	
		3	2	4-6 ea	1013	90	
		4	5	3-5 ea	1013	90	
	Feet parallel						

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Lying Reactive Overhead Medball Throw	1	4	10	X	120	Start with ball at arm's length overhead while lying on the end of a flat bench. With straight arms, throw the ball as high as possible and quickly reverse on the catch.
		2	5	8	X	120	
		3	2	8	X	120	
		4	5	6	X	120	
	Use a heavier medball each week						
B1	Reactive 1 and 1/4 Standing BB Shoulder Press	1	6	3	32X0	120	
		2	6	2	32X0	120	
		3	2	2	32X0	120	
		4	8	1	32X0	120	
B2	Reactive 1 and 1/4 Seated Cable Row	1	6	3	32X0	120	Mid neutral grip
		2	6	2	32X0	120	
		3	2	2	32X0	120	
		4	8	1	32X0	120	
C	1-Arm Side Pulley Scapular Retraction	1	3	5-7 ea	1013	90	Pulley to the side (frontal plane)
		2	4	4-6 ea	1013	90	
		3	2	4-6 ea	1013	90	
		4	5	3-5 ea	1013	90	



Explosive Power Athletic Performance Phase 4: Day 5 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Hang Power Snatch	1	4	6	22X0	120	Reverse quickly from eccentric to concentric
		2	5	5	22X0	120	
		3	2	5	22X0	120	
		4	6	3	22X0	120	
A2	5-Bound Reactive Broad Jumps	1	4	5	13X1	120	Jump forward 5 times in a row with as short of a ground contact time as possible while still jumping far on each jump.
		2	5	5	13X1	120	
		3	2	5	13X1	120	
		4	6	5	13X1	120	
B	Clean Grip Deadlift	1	6	3	12X0	240	Do not emphasize the eccentric or be reactive on this one, just lower the bar fast but under control and pause each rep on the ground to re-set
		2	6	2	12X0	240	
		3	2	2	12X0	240	
		4	8	1	12X0	240	
C	Paused, Reactive 1-Leg DB Calf Raise	1	3	5-7 ea	X0X3	90	From the contracted position on each rep, drop to the deep stretched position and reverse
		2	4	4-6 ea	X0X3	90	
		3	2	4-6 ea	X0X3	90	
		4	5	3-5 ea	X0X3	90	