

Explosive Power Athletic Performance: Phase 5

After focusing on power output and elastic reactivity with the last intense cycle, we are going to make a shift back to functional hypertrophy for an accumulation phase before getting back into super heavy weights and more explosive work. The explosive work in this cycle will be minimal just for maintenance. We are going to implement a few heavy sets followed by a single high-rep back-off set in our main exercises. The goal of this back off set is to fully tax the type 1 muscle fibers and create more time-under-tension for a greater hypertrophic effect across a wide array of motor units. In the same way that a bigger engine creates the foundation for a race car to go fast, having more muscle mass creates a foundation for maximal strength and explosiveness down the road!

Explosive Power Athletic Performance Phase 5: Day 1 - Upper Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Single Response Power Push Up	1	3	3	X	90	Lower down into a push up under control and then explode up as quickly and as high as possible. Re-set on each rep.
		2	3	3	X	90	
		3	1	3	X	90	
		4	4	3	X	90	
B1	10 Degree Incline Barbell Bench Press	1	4; 1	6-8; 25	32X0	90	Use a thick bar or fat gripz if available
		2	4; 1	5-7; 25	32X0	90	
		3	2	5-7 (no back off)	32X0	90	
		4	5	4-6; 25	32X0	90	
B2	Supinated Chin Ups	1	4; 1	6-8; 25	30X0	90	On the back off set, you will do rest-pause reps wth just your bodyweight until you get 25 total reps. Rest 30 seconds between mini-sets.
		2	4; 1	5-7; 25	30X0	90	
		3	2	5-7 (no back off)	30X0	90	
		4	5	4-6; 25	30X0	90	
C1	Thick Bar Scott Curl	1	3	10-12	40X0	60	
		2	3	9-11	40X0	60	
		3	1	9-11	40X0	60	
		4	4	8-10	40X0	60	
C2	EZ Bar Triceps Extension to Chin	1	3	10-12	41X0	60	
		2	3	9-11	41X0	60	
		3	1	9-11	41X0	60	
		4	4	8-10	41X0	60	
D	High Pulley Shoulder External Rotation	1	2	10-12 ea	4010	60	Arm Abducted - 90/90 position
		2	2	9-11 ea	4010	60	
		3	1	9-11 ea	4010	60	
		4	3	8-10 ea	4010	60	

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	High Box Jump	1	3	3	X	90	Jump high / land soft / step down
		2	3	3	X	90	
		3	1	3	X	90	
		4	4	3	X	90	
B1	Heels Elevated Back Squat	1	4; 1	6-8; 25	40X0	100	
		2	4; 1	5-7; 25	40X0	100	
		3	2	5-7 (no back off)	40X0	100	
		4	5	4-6; 25	40X0	100	
B2	Lying Leg Curl - toes DF and NEUT	1	4; 1	6-8; 25	40X0	100	
		2	4; 1	5-7; 25	40X0	100	
		3	2	5-7 (no back off)	40X0	100	
		4	5	4-6; 25	40X0	100	
C1	DB Lateral Step Up	1	3	8-10 ea	20X0	75	
		2	3	7-9 ea	20X0	75	
		3	1	7-9 ea	20X0	75	
		4	4	6-8 ea	20X0	75	
C2	Push Up Plank Drag Throughs	1	3	8-10 ea	SLOW	75	Start in a push up position with a KB / DB or plate just outside one hand. Keeping your torso braced, reach under your body with the opposite arm and drag the implement to your other side. Alternate for reps listed
		2	3	7-9 ea	SLOW	75	
		3	1	7-9 ea	SLOW	75	
		4	4	6-8 ea	SLOW	75	



Explosive Power Athletic Performance Phase 5: Day 3 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Diagonal Overhead MB Slam to Ground	1	3	3 ea side	X	90	Single response throw - re-set after each rep
		2	3	3 ea side	X	90	
		3	1	3 ea side	X	90	
		4	4	3 ea side	X	90	
B1	1-Arm Standing DB Shoulder Press	1	4; 1	6-8; 25	4011	90	Reps listed are for each arm
		2	4; 1	5-7; 25	4011	90	
		3	2	5-7 (no back off)	4011	90	
		4	5	4-6; 25	4011	90	
B2	1-Arm DB Row - Elbow In	1	4; 1	6-8; 25	4010	90	Reps listed are for each arm
		2	4; 1	5-7; 25	4010	90	
		3	2	5-7 (no back off)	4010	90	
		4	5	4-6; 25	4010	90	
C1	Incline Powell Raise	1	3	10-12 ea	4010	60	
		2	3	9-11 ea	4010	60	
		3	1	9-11 ea	4010	60	
		4	4	8-10 ea	4010	60	
C2	KB Front Rack 1-Sided Carry	1	3	60 sec ea	SLOW	60	Use farmer's carry handle or DB if you don't have a KB. Keep torso braced and pelvis neutral as you walk smoothly.
		2	3	60 sec ea	SLOW	60	
		3	1	60 sec ea	SLOW	60	
		4	4	60 sec ea	SLOW	60	

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Hover Pause Snatch Pulls from floor	1	3	6	31X0	90	Perform these 20-40kg heavier than your next set of A2 Progressive Range Power Snatch. Do not set the bar down on the ground between reps, hover for 1-second with the plates barely off the ground before starting next rep.
		2	4	6	31X0	90	
		3	2	6	31X0	90	
		4	4	6	31X0	90	
A2	Progressive Range Power Snatch	1	3	6	X	120	Starting from the high hang (pocket) position, lower the barbell a little bit lower on each successive rep until the last rep is off of the floor. 6 positions
		2	4	6	X	120	
		3	2	6	X	120	
		4	4	6	X	120	
B	Standing Barbell Good Morning	1	4; 1	6-8; 25	4010	120	
		2	4; 1	5-7; 25	4010	120	
		3	2	5-7 (no back off)	4010	120	
		4	5	4-6; 25	4010	120	
C1	High Pulley Woodchop Abs	1	3	12-15	4010	60	Reps listed are for each side
		2	3	10-12	4010	60	
		3	1	10-12	4010	60	
		4	4	8-10	4010	60	
C2	Leg Press Calf Raise	1	3	12-15	1313	60	
		2	3	10-12	1313	60	
		3	1	10-12	1313	60	
		4	4	8-10	1313	60	