

Explosive Power Athletic Performance: Phase 6

Now we are going to make an investment in your FUTURE strength and power with a phase of eccentric-focused training. By increasing the amount of strength you have when lowering heavy weights under control, you give your central nervous system permission to get stronger in all phases of the movement. Now, it takes 4-6 weeks to realize these gains in strength because eccentric work is very taxing and hard to recover from. The explosive work in this cycle will be minimal just for maintenance. If you have access to weight releasers (eccentric hooks), then you will want to use them for this cycle so that you can apply an overloaded eccentric, using as heavy of a weight as you can control for the prescribed tempo, and lifting back up with a very light weight. If you do not have eccentric hooks, you can either lower the weight down and lift it up with the assistance of a spotter, or lower the bar to the safety pins, strip the weight off, and re-set before the next rep. For some of the assistance work, we will be doing the 4+2 eccentric method where you do 4 full range of motion reps to failure, before using a HEAVIER load, and doing 2 eccentric-only repetitions under control.

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Standing Medball Chest Throw to Ground	1	3	8	X	90	
		2	3	8	X	90	
		3	1	8	X	90	
		4	3	8	X	90	
B1	Eccentric Barbell Bench Press	1	5	3	60X0	120	Use eccentric hooks if you have them.
		2	7	2	80X0	120	
		3	3	2	80X0	120	
		4	8	1	10-0X0	120	
B2	Eccentric Wide Pronated Pull Ups	1	5	3	60X0	120	Hold a heavy dumbbell between your knees or feet for the lowering.
		2	7	2	80X0	120	
		3	3	2	80X0	120	
		4	8	1	10-0X0	120	
C1	1-Arm DB Concentration Curl	1	3	4+2 ea	40X0	90	For the eccentric reps, use your off-hand for assistance in getting the heavier load to the top of the curl.
		2	3	4+2 ea	40X0	90	
		3	1	4+2 ea	40X0	90	
		4	3	4+2 ea	40X0	90	
C2	EZ Bar Triceps Extension to Nose	1	3	4+2	41X0	90	For the eccentric reps, lower the bar in a controlled triceps extension then drop your elbows to pull over to your chest and press it back to lockout.
		2	3	4+2	41X0	90	
		3	1	4+2	41X0	90	
		4	3	4+2	41X0	90	

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	Eccentric Back Squat	1	5	3	60X0	120	Use eccentric hooks if you have them.
		2	7	2	80X0	120	
		3	3	2	80X0	120	
		4	8	1	10-0X0	120	
B2	Eccentric Lying Leg Curl - toes PF and IN	1	5	3 ea	60X0	120	Lift with 2 legs, lower with 1
		2	7	2 ea	80X0	120	
		3	3	2 ea	80X0	120	
		4	8	1 ea	10-0X0	120	
C1	Eccentric Good Morning Squats	1	3	4-6	60X0	75	Do a slow tempo eccentric good morning, then in the stretched position, bend your knees to squat down and stand up before starting the next rep.
		2	3	4-6	60X0	75	
		3	1	4-6	60X0	75	
		4	3	4-6	60X0	75	
C2	AB Wheel Rollout	1	3	Max reps	3020	75	If you can do more than 20 reps from a kneeling position, then do the rollouts from your feet. Use a curl bar with small plates on it if you do not have access to an AB wheel.
		2	3	Max reps	3020	75	
		3	1	Max reps	3020	75	
		4	3	Max reps	3020	75	

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Rotational 1-Arm Push Throw to Wall	1	3	3 ea side	X	90	
		2	3	3 ea side	X	90	
		3	1	3 ea side	X	90	
		4	4	3 ea side	X	90	
B1	Eccentric Barbell Shoulder Press	1	5	3	60X0	120	Use leg drive to lift the weight and then lower with just the upper body.
		2	7	2	80X0	120	
		3	3	2	80X0	120	
		4	8	1	10-0X0	120	
B2	Eccentric Supinated Chin Ups	1	5	3	60X0	120	Reps listed are for each arm
		2	7	2	80X0	120	
		3	3	2	80X0	120	
		4	8	1	10-0X0	120	
C1	L-Style Extended Eccentric Lateral Raise	1 2 3	3	4-6	60X0	75	Bend the elbow to 90 degrees and lift the weights up to shoulder height. Then extend the arms out before lowering down under control on the eccentric.
			3	4-6	60X0	75	
			1	4-6	60X0	75	
		4	3	4-6	60X0	75	
C2	DB External Rotation - elbow on knee	1	3	4-6 ea	80X0	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	4-6 ea	80X0	60	
		3	1	4-6 ea	80X0	60	
		4	4	4-6 ea	80X0	60	

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Eccentric Snatch Grip High Pulls	1	5	3	60X0	90	Use as heavy of a weight as you can control eccentrically in good snatch positions.
		2	7	2	80X0	90	
		3	3	2	80X0	90	
		4	8	1	10-0X0	90	
A2	Eccentric Hang Snatch Grip Jumps	1	5	3	60X0	120	Starting from the high hang (pocket) position, lower the barbell with a slow eccentric to just above the knee before jumping as high as possible. Re-set on each rep.
		2	7	2	80X0	120	
		3	3	2	80X0	120	
		4	8	1	10-0X0	120	
B1	Eccentric 45 Degree Back Extension	1	3	4-6	60X0	60	Lift up holding a weight under your chin. In the contracted position, raise the weight all the way overhead and lower under control.
		2	3	4-6	60X0	60	
		3	1	4-6	60X0	60	
		4	3	4-6	60X0	60	
B2	Eccentric Decline Sit Up	1	3	4-6	60X0	60	Sit up holding a weight under your chin. Press the weight overhead and lower down eccentrically under control.
		2	3	4-6	60X0	60	
		3	1	4-6	60X0	60	
		4	4	4-6	60X0	60	
B3	Eccentric Standing Calf Raise	1	3	4-6 ea	4110	60	Lift with 2 legs, lower with 1.
		2	3	4-6 ea	4110	60	
		3	1	4-6 ea	4110	60	
		4	3	4-6 ea	4110	60	