

## **Explosive Power Athletic Performance: Phase 7**

**In this cycle, we are going to do a LOW volume of strength work to help you recover from your last phase of eccentrics. Eccentric work is very hard on the central nervous system and soft tissue structures of the body, so there is a "delayed transformation effect" associated with them. In order to fully realize this effect, it's important to maximize recovery in the phase that follows the eccentric work. You should feel better and better with each passing week in this training cycle as you progressively recover with the lower volume stimulus. For your main lifts, you will have 3 work sets. In this cycle instead of using true "RM" intensity, you should think of the 3 sets the following way: First set = Easy; Second set = Moderate; Third set = Hard (but NOT to complete failure). Think of the first 2 sets as progressively heavier warm up sets that lead to a stimulating final set. For example, if you plan to use 315 pounds for 6 reps in the thick bar bench press, your workout could look like this: Set 1: 245lbs x 8 reps (easy); 285lbs x 8 reps (moderate); 315lbs x 6 reps (hard, but not to failure). For unilateral exercises, the reps listed are for EACH side.**



## Explosive Power Athletic Performance Phase 7: Day 1 - Upper Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	MB Standing Chest Throw for Distance	1	3	3	X	90	
		2	3	3	X	90	
		3	1	3	X	90	
		4	3	3	X	90	
B1	Mid Grip Thick Bar Bench Press	1	3	6-8	30X0	120	
		2	3	5-7	30X0	120	
		3	1	5-7	30X0	120	
		4	3	4-6	30X0	120	
B2	Mid Pronated Grip Pull Ups	1	3	6-8	30X0	120	
		2	3	5-7	30X0	120	
		3	1	5-7	30X0	120	
		4	3	4-6	30X0	120	
C1	EZ Preacher Curl	1	3	8-10	40X0	90	
		2	3	7-9	40X0	90	
		3	1	7-9	40X0	90	
		4	3	6-8	40X0	90	
C2	Triceps Pressdown	1	3	8-10	3011	90	
		2	3	7-9	3011	90	
		3	1	7-9	3011	90	
		4	3	6-8	3011	90	

## Explosive Power Athletic Performance Phase 7: Day 2 - Lower Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	1-Leg 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	3	3	X	90	
B1	Back Squat	1	3	6-8	30X0	120	
		2	3	5-7	30X0	120	
		3	1	5-7	30X0	120	
		4	3	4-6	30X0	120	
B2	Lying Leg Curl - toes PF and NEUTRAL	1	3	6-8	30X0	120	
		2	3	5-7	30X0	120	
		3	1	5-7	30X0	120	
		4	3	4-6	30X0	120	
C1	Horizontal Back Extension	1	3	8-10	2012	90	
		2	3	7-9	2012	90	
		3	1	7-9	2012	90	
		4	3	6-8	2012	90	
C2	Tall Kneeling 2-Arm Landmine Torso	1	3	8-10	2020	90	Kneel on both knees and keep your knees, hips, and shoulders aligned and upright. Move the bar side to side with your arms, keeping your torso braced and stable.
		2	3	7-9	2020	90	
		3	1	7-9	2020	90	
		4	3	6-8	2020	90	

## Explosive Power Athletic Performance Phase 7: Day 4 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Clap Push Up	1	3	3	X	90	
		2	3	3	X	90	
		3	1	3	X	90	
		4	3	3	X	90	
B1	1-Arm Landmine Shoulder Press	1	3	6-8	3011	100	Standing with feet parallel and torso braced tight
		2	3	5-7	3011	100	
		3	1	5-7	3011	100	
		4	3	4-6	3011	100	
B2	1-Arm DB Row	1	3	6-8	3011	100	
		2	3	5-7	3011	100	
		3	1	5-7	3011	100	
		4	3	4-6	3011	100	
C1	DB Lateral Raise	1	3	8-10	2010	10	
		2	3	7-9	2010	10	
		3	1	7-9	2010	10	
		4	3	6-8	2010	10	
C2	Cable Face Pull with External Rotation	1	3	8-10	2012	60	Use rope handle
		2	3	7-9	2012	60	
		3	1	7-9	2012	60	
		4	3	6-8	2012	60	



## Explosive Power Athletic Performance Phase 7: Day 5 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Power Snatch	1	3	3	X	120	Keep load between 75-85% of 1RM
		2	3	2	X	120	
		3	3	2	X	120	
		4	4	1	X	120	
B	Front Rack Barbell Split Squat	1	3	6-8	30X0	180	
		2	3	5-7	30X0	180	
		3	1	5-7	30X0	180	
		4	3	4-6	30X0	180	
C	Seated Barbell Good Morning	1	3	8-10	4010	100	
		2	3	7-9	4010	100	
		3	1	7-9	4010	100	
		4	3	6-8	4010	100	
D1	Swiss Ball Pike Jacknife	1	3	Max reps	3011	60	
		2	3	Max reps	3011	60	
		3	1	Max reps	3011	60	
		4	3	Max reps	3011	60	
D2	Standing Calf Raise	1	3	8-10	1111	60	
		2	3	7-9	1111	60	
		3	1	7-9	1111	60	
		4	3	6-8	1111	60	