

## **Explosive Power Athletic Performance: Phase 8**

**In this phase, we are going to utilize one of Charles's most popular protocols for improving strength and performance: cluster training! With this model, you will complete your repetitions as single repetitions in a "cluster" for each set, with 15-20 seconds rest between each single repetition, and then complete recovery between sets. You'll start the phase with around 87.5% of your 1RM and aim to get stronger with each workout of the cycle by gradually progressing your loads. Don't be surprised if you actually get stronger within the workout when your central nervous system kicks into high gear to recruit the high threshold motor units! Charles typically used sets of 5 single reps for clusters, but we will venture into even lower rep territories with even heavier weights. Clusters are written as follows: 5x5(1). This would indicate 5 sets of 5 single repetitions for 25 total single repetitions for the workout! You would take 15-20 seconds rest (re-rack the barbell) between the 5 single repetitions and then rest for 4 minutes between the 5 cluster sets. For the Olympic lifts, you are NOT to maximal weights. The goal here is to use the intra-set rest to move a moderately heavy weight FASTER and MORE EXPLOSIVELY. Stick with 80-90% of 1RM for the clusters on Olympic lifts, and 87.5-97.5% of 1RM for your heavy barbell lifts. Because of the high recovery demand of clusters, there will be very little assistance work in this cycle.**



## Explosive Power Athletic Performance Phase 8: Day 1 - Upper Body A

| Order | Exercise                              | Cycle | Sets | Reps             | Tempo | Rest (s) | Notes |
|-------|---------------------------------------|-------|------|------------------|-------|----------|-------|
| A     | MB Standing Overhead Throw for Height | 1     | 3    | 3                | X     | 90       |       |
|       |                                       | 2     | 3    | 3                | X     | 90       |       |
|       |                                       | 3     | 1    | 3                | X     | 90       |       |
|       |                                       | 4     | 3    | 3                | X     | 90       |       |
| B1    | Cluster Bench Press                   | 1     | 5    | 5(1)             | 30X0  | 120      |       |
|       |                                       | 2     | 5    | 4(1)             | 30X0  | 120      |       |
|       |                                       | 3     | 2    | 4-6 (no cluster) | 30X0  | 120      |       |
|       |                                       | 4     | 6    | 3(1)             | 30X0  | 120      |       |
| B2    | Cluster Mid Neutral Grip Pull Ups     | 1     | 5    | 5(1)             | 30X0  | 120      |       |
|       |                                       | 2     | 5    | 4(1)             | 30X0  | 120      |       |
|       |                                       | 3     | 2    | 4-6 (no cluster) | 30X0  | 120      |       |
|       |                                       | 4     | 6    | 3(1)             | 30X0  | 120      |       |

## Explosive Power Athletic Performance Phase 8: Day 2 - Lower Body A

| Order | Exercise                                | Cycle | Sets | Reps             | Tempo | Rest (s) | Notes  |
|-------|---|-------|------|------------------|-------|----------|--|
| A     | Static Hold High Box Jump               | 1     | 3    | 3                | X     | 90       | Squat down and hold for 3 seconds before jumping up as high as possible onto a box. Land softly. |
|       |   | 2     | 3    | 3                | X     | 90       |  |
|       |   | 3     | 1    | 3                | X     | 90       |  |
|       |   | 4     | 3    | 3                | X     | 90       |  |
| B1    | Cluster Back Squat with Chains          | 1     | 5    | 5(1)             | 30X0  | 120      |  |
|       |   | 2     | 5    | 4(1)             | 30X0  | 120      |  |
|       |   | 3     | 2    | 4-6 (no cluster) | 30X0  | 120      |  |
|       |   | 4     | 6    | 3(1)             | 30X0  | 120      |  |
| B2    | Cluster Lying Leg Curl - Toes DF and IN | 1     | 5    | 5(1)             | 30X0  | 120      |  |
|       |   | 2     | 5    | 4(1)             | 30X0  | 120      |  |
|       |   | 3     | 2    | 4-6 (no cluster) | 30X0  | 120      |  |
|       |   | 4     | 6    | 3(1)             | 30X0  | 120      |  |



## Explosive Power Athletic Performance Phase 8: Day 4 - Upper Body B

| Order | Exercise                                | Cycle | Sets | Reps             | Tempo | Rest (s) | Notes  |
|-------|---|-------|------|------------------|-------|----------|--|
| A     | Static Hold Power Push Up               | 1     | 3    | 3                | X     | 90       | Drop down and hold in the bottom position of a push up for 3 seconds before exploding with maximal force off of the floor. |
|       |   | 2     | 3    | 3                | X     | 90       |  |
|       |   | 3     | 1    | 3                | X     | 90       |  |
|       |   | 4     | 3    | 3                | X     | 90       |  |
| B1    | Cluster Standing Barbell Shoulder Press | 1     | 5    | 5(1)             | 30X0  | 120      |  |
|       |   | 2     | 5    | 4(1)             | 30X0  | 120      |  |
|       |   | 3     | 2    | 4-6 (no cluster) | 30X0  | 120      |  |
|       |   | 4     | 6    | 3(1)             | 30X0  | 120      |  |
| B2    | Cluster Dead-Stop 1-Arm DB Row          | 1     | 5    | 5(1)             | 30X0  | 120      |  |
|       |   | 2     | 5    | 4(1)             | 30X0  | 120      |  |
|       |   | 3     | 2    | 4-6 (no cluster) | 30X0  | 120      |  |
|       |   | 4     | 6    | 3(1)             | 30X0  | 120      |  |



## Explosive Power Athletic Performance Phase 8: Day 5 - Lower Body B

| Order | Exercise  | Cycle | Sets | Reps             | Tempo | Rest (s) | Notes                           |
|-------|---|-------|------|------------------|-------|----------|---------------------------------|
| A     | Depth Jump from 12" Box<br>rather than me try to demo a horrible<br>depth jump, here they are from the<br>man himself | 1     | 3    | 3                | X     | 120      | Jump to overhead target         |
|       |   | 2     | 3    | 3                | X     | 120      |                                 |
|       |   | 3     | 1    | 3                | X     | 120      |                                 |
|       |   | 4     | 3    | 3                | X     | 120      |                                 |
| B     | Cluster Power Snatch  | 1     | 5    | 5(1)             | X     | 240      | Keep load between 80-90% of 1RM |
|       |   | 2     | 5    | 4(1)             | X     | 240      |                                 |
|       |   | 3     | 2    | 4-6 (no cluster) | X     | 240      |                                 |
|       |   | 4     | 6    | 3(1)             | X     | 240      |                                 |
| C     | Cluster Front Squat   | 1     | 5    | 5(1)             | 30X0  | 240      |                                 |
|       |   | 2     | 5    | 4(1)             | 30X0  | 240      |                                 |
|       |   | 3     | 2    | 4-6 (no cluster) | 30X0  | 240      |                                 |
|       |   | 4     | 6    | 3(1)             | 30X0  | 240      |                                 |