

Explosive Power Athletic Performance: Phase 9

This is a reactive power training cycle. We are going to take the strength we built in the cluster phase in the last cycle and transform it into quick reversal strength in this cycle. We want to take advantage of rapid eccentrics and short amortization phases in this cycle, so everything should have a high degree of "bounce" or elasticity. For your strength lifts in this phase (like squats and bench presses), you will use a very light weight (40-50% of 1RM) and do them banded for speed. Drop the bar down as fast as possible while still remaining in control, and then reverse quickly and accelerate the bar back to lockout. You want the bands set up so that there is tension in the band in both the stretched and contracted positions of the movement (no band laxity). Bands actually accelerate the bar towards the floor at an acceleration rate FASTER than gravity (greater than 9.8m/s^2), so you will experience an overload that you can't possibly experience without bands. There will be no heavy squats or presses in this cycle; there is only speed and plyo work, so you should feel more and more explosive and fresh with each passing week of this cycle!



Explosive Power Athletic Performance Phase 9: Day 1 - Upper Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Rapid Fire Medball Chest Throw to Wall	1	3	10	X	90	
		2	4	10	X	90	
		3	1	8	X	90	
		4	5	8	X	90	
B	Speed Bench Press with Bands	1	6	3	X	90	Start at 40% of 1RM and build up over the course of 4 weeks to 50% of 1RM. This should be light and snappy!
		2	8	2	X	90	
		3	3	2	X	90	
		4	10	2	X	90	
C	Reactive 1-Arm Medball Throw - 30 Deg Incline	1	3	7 ea	X	90	Lie on a 30 degree incline bench with a weighted ball in one hand. Punch the ball up quickly, and catch and reverse quickly when it comes down. Go for max height with max reversal speed.
		2	4	6 ea	X	90	
		3	2	5 ea	X	90	
		4	4	5 ea	X	90	
D	Prone Incline 2-Arm DB Row	1	4	8-10	4012	120	
		2	4	7-9	3012	120	
		3	2	7-9	20X0	120	
		4	5	6-8	20X0	120	



Explosive Power Athletic Performance Phase 9: Day 2 - Lower Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Reactive Barbell Squat Jumps	1	3	10	X	90	Empty bar
		2	4	8	X	90	
		3	1	8	X	90	
		4	5	6	X	90	
B	5-Bound Forward Long Jump	1	4	5	X	90	Jump forward 5 times in a row as far as possible and with as short ground contact time as possible
		2	5	5	X	90	
		3	2	5	X	90	
		4	6	5	X	90	
C	Speed Back Squat with Bands	1	6	5	X	90	Start at 40% of 1RM and build up over the course of 4 weeks to 50% of 1RM. This should be light and snappy!
		2	8	2	X	90	
		3	3	2	X	90	
		4	10	2	X	90	
D	Glute Ham Raise	1	4	8-10	30X0	120	
		2	4	7-9	30X0	120	
		3	2	7-9	30X0	120	
		4	5	6-8	30X0	120	

Explosive Power Athletic Performance Phase 9: Day 4 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Reactive Power Push Up	1	3	10	X	90	Reverse directions quickly and keep ground contact time to a minimum
		2	4	8	X	90	
		3	1	8	X	90	
		4	5	6	X	90	
B	Reactive Medball Shoulder Press	1	3	10	X	90	Throw for max height and maximum reversal speed.
		2	4	8	X	90	
		3	1	8	X	90	
		4	5	6	X	90	
C	Overhead Reactive Medball Slam to Ground	1	3	10	X	90	Catch and reverse quickly
		2	4	8	X	90	
		3	1	8	X	90	
		4	5	6	X	90	
D	Cable Face Pull with External Rotation	1	4	8-10	2012	120	Use rope handles if you have them
		2	4	7-9	2012	120	
		3	2	7-9	2012	120	
		4	5	6-8	2012	120	

Explosive Power Athletic Performance Phase 9: Day 5 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Depth Jump from 18" Box	1	4	3	X	120	Jump to overhead target
		2	5	3	X	120	
		3	1	3	X	120	
		4	6	3	X	120	
B	Hurdle Jumps to High Box Jump	1	4	5	X	90	Go for max height and minimal ground contact time
		2	5	5	X	90	
		3	1	5	X	90	
		4	6	5	X	90	
C	Reactive Hang Power Snatch	1	4	3	X	240	Do the next rep as you drop the bar from overhead. Use the eccentric to pre-load the fast reversal into the next rep. Use 60-75% of 1RM and wear wrist straps
		2	5	3	X	240	
		3	1	3	X	240	
		4	6	3	X	240	
D	Hanging Garhammer Raise	1	3	Max reps	3020	90	Start and end each rep with the hips flexed to 90 degrees.
		2	4	Max reps	3020	90	
		3	2	6-8	3020	90	
		4	5	Max reps	3020	90	