

Explosive Power Athletic Performance: Phase 10

This cycle is the beginning of a new 12-week block designed to improve your explosive power and athletic performance. We've created a tremendous foundation of strength and power in previous phases, and now it's time to really push to the next level. This cycle is going to use a technique called "post-activation-potential." In simple terms, you'll complete a heavy lift followed by a few reps of a plyometric or speed-strength exercise. The heavy lift activates fast-twitch, high threshold motor units which you'll then be able to use in the faster speed lift. We are basically working both ends of the force-velocity curve. You'll work with complete recovery between exercises and sets so that you can express your maximal power optimally. In this cycle, your fourth week is an unloading week where you will still work at a high intensity, but decrease the volume.

Explosive Power Athletic Performance Phase 10: Day 1 - Upper Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Close Grip Bench Press	1	4	5	40X0	120	
		2	4	4	40X0	120	
		3	5	3	40X0	120	
		4	3	2	40X0	120	
A2	Lying Medball Power Chest Throw	1	4	5	X	120	Go for max height of the medicine ball AND max reversal speed from eccentric to concentric
		2	4	4	X	120	
		3	5	3	X	120	
		4	3	3	X	120	
B1	Mid Neutral Grip Chin ups	1	4	5	40X0	120	
		2	4	4	40X0	120	
		3	5	3	40X0	120	
		4	3	2	40X0	120	
B2	Overhead 2-Arm Medball Slam to Ground	1	4	5	X	120	
		2	4	4	X	120	
		3	5	3	X	120	
		4	3	3	X	120	
C1	DB on Knee External Rotation	1	2	12-15	3010	60	
		2	3	10-12	3010	60	
		3	1	10-12	3010	60	
		4	3	8-10	3010	60	
C2	Bent Over 1-Arm DB Trap 3 Raise	1	2	12-15	3011	60	
		2	3	10-12	3011	60	
		3	1	10-12	3011	60	
		4	3	8-10	3011	60	

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Heavy Clean Pull from the floor	1	4	4	X	120	Plus 20-30kg over what next set of A2 will be
		2	4	3	X	120	
		3	5	3	X	120	
		4	3	2	X	120	
A2	Hang Power Clean	1	4	4	X	120	
		2	4	3	X	120	
		3	5	3	X	120	
		4	3	2	X	120	
B1	Back Squat	1	4	5	40X0	120	
		2	4	4	40X0	120	
		3	5	3	40X0	120	
		4	3	3	40X0	120	
B2	Knee Tuck Jump	1	4	5	X	90	Go for max height AND max reversal
		2	4	4	X	90	
		3	5	3	X	90	
		4	3	3	X	90	
C1	Unilateral Lying Leg Curl - toes PF and IN	1	2	6-8	30X0	90	
		2	2	5-7	30X0	90	
		3	2	4-6	30X0	90	
		4	2	4-6	30X0	90	
C2	Half Kneeling Pallof Press	1	2	6-8	2012	120	
		2	2	5-7	2012	120	
		3	2	4-6	2012	120	
		4	2	4-6	2012	120	



Explosive Power Athletic Performance Phase 10: Day 4 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Standing Barbell Shoulder Press	1	4	5	40X0	120	
		2	4	4	40X0	120	
		3	5	3	40X0	120	
		4	3	3	40X0	120	
A2	Standing Medball Push Press Throw	1	4	5	X	120	Hold ball under your chin and throw for max height and max reversal speed
		2	4	4	X	120	
		3	5	3	X	120	
		4	3	3	X	120	
B1	1-Arm DB Row	1	4	5	40X0	120	
		2	4	4	40X0	120	
		3	5	3	40X0	120	
		4	3	3	40X0	120	
B2	Prone Incline 2-Arm DB Shoulder Press	1	4	10	3131	120	Also known as "Eric Serrano Press"
		2	4	8	3131	120	
		3	5	6	3131	120	
		4	3	6	3131	120	
C1	Thick DB 30 Deg Inc Zottman Curl	1	2	12-15	3011	90	
		2	3	10-12	3011	90	
		3	1	10-12	3011	90	
		4	3	8-10	3011	90	
C2	30 Deg Incline DB Triceps Ext	1	2	12-15	31X0	90	
		2	3	10-12	31X0	90	
		3	1	10-12	31X0	90	
		4	3	8-10	31X0	90	

Explosive Power Athletic Performance Phase 10: Day 5 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Heavy Snatch Pulls	1	4	3	X	120	Plus 10-30kg over what next set of A2 will be
		2	5	3	X	120	
		3	1	3	X	120	
		4	6	3	X	120	
A2	Hang Power Snatch	1	4	5	X	90	
		2	5	5	X	90	
		3	1	5	X	90	
		4	6	5	X	90	
B1	Barbell Step Up	1	4	3	X	240	
		2	5	3	X	240	
		3	1	3	X	240	
		4	6	3	X	240	
B2	Lunge Scissor Jumps on Box	1	4	3	X	240	Start with 1 foot on the box. Jump up as high as you can, switching legs in mid air. Always decelerate with the foot that is on the box instead of crashing onto the foot that is on the ground.
		2	5	3	X	240	
		3	1	3	X	240	
		4	6	3	X	240	
C1	Russian Twist with Medball	1	2	10-12	X	90	Keep your torso braced and move the medball side to side violently, resisting rotation with your torso
		2	3	10-12	X	90	
		3	1	12-15	X	90	
		4	3	15-20	X	90	
C2	Standing Calf Raise	1	2	12-15	1111	90	
		2	3	10-12	1111	90	
		3	1	10-12	1111	90	
		4	3	8-10	1111	90	