

# **Explosive Power Athletic Performance: Phase 11**

**In this cycle, we are going to continue on with the theme of post-activation-potential work, but this time with 3 exercises in a sequence instead of two. In the last phase, we worked at opposite ends of the force-velocity curve, and now we are adding an intermediate point in the curve to further your overall abilities.**

**Remember, training for improved performance at one part of the force-velocity curve has the ability to positively impact ALL aspects of the force-velocity curve, so this phase adds another component to train for optimal explosive strength and performance. As with the previous cycle, your fourth week will be a low-volume deloading week where you will keep intensity high and just do a low number of work sets to help with recovery.**

## Explosive Power Athletic Performance Phase 11: Day 1 - Upper Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Mid Grip Bench Press	1	4	3	20X0	60	Lower fast but under control and focus on a quick reversal
		2	4	3	20X0	60	
		3	5	3	20X0	60	
		4	2	3	20X0	60	
A2	Box Drop Plyo Push Up	1	4	2	X	60	Start with your hands on boxes that are 6-12" high. Drop off the box and then quickly rebound back up to the box going as fast and as high as possible.
		2	4	2	X	60	
		3	5	2	X	60	
		4	2	2	X	60	
A3	Rapid Fire Medball Chest Throw to Wall	1	4	5	40X0	120	Use a very light medicine ball and focus on speed and quick reversal.
		2	4	5	40X0	120	
		3	5	5	40X0	120	
		4	3	5	40X0	120	
B1	Heavy Weighted Wide Grip Pull Up	1	4	3	20X0	60	Lower fast, but under control
		2	4	3	20X0	60	
		3	5	3	20X0	60	
		4	2	3	20X0	60	
B2	Mid Pronated Plyo Pull Up (BW only)	1	4	2	X	60	Pull violently and aim to get "air time" above the bar if possible. If that's not possible, just pull as fast as possible.
		2	4	2	X	60	
		3	5	2	X	60	
		4	2	2	X	60	
B3	Forward OH Medball Throw to Wall	1	4	5	X	120	Use a very light medball
		2	4	5	X	120	
		3	5	5	X	120	
		4	3	5	X	120	

## Explosive Power Athletic Performance Phase 11: Day 2 - Lower Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Power Clean from the Floor	1	4	3	X	60	
		2	4	3	X	60	
		3	5	3	X	60	
		4	2	3	X	60	
A2	Trap Bar Jump	1	4	2	X	60	Load 30% of your trap bar DL 1RM on the bar. Get tight and jump as high as you can in the air holding the bar. Re-set on the ground on each rep.
		2	4	2	X	60	
		3	5	2	X	60	
		4	2	2	X	60	
A3	12" Depth Jump to Overhead Target	1	4	3	X	120	Drop off of a 12" box and rebound up as high and as quickly as possible.
		2	4	3	X	120	
		3	5	3	X	120	
		4	3	3	X	120	
B1	Front Squat	1	4	2	20X0	60	Lower quickly but under control and reverse quickly out of the hole
		2	4	2	20X0	60	
		3	5	2	20X0	60	
		4	2	2	20X0	60	
B2	Barbell Squat Jumps (20-60kg total)	1	4	5	X	60	Keep ground contact time short. This is not a full squat, just deep enough to jump as high as possible with a short ground contact time.
		2	4	5	X	60	
		3	5	5	X	60	
		4	2	5	X	60	
B3	Forward Hurdle Jumps	1	4	5	X	120	
		2	4	5	X	120	
		3	5	5	X	120	
		4	2	5	X	120	

## Explosive Power Athletic Performance Phase 11: Day 4 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	60 Degree Incline Barbell Bench Press	1	4	3	20X0	60	Lower fast but under control and focus on a quick reversal
		2	4	3	20X0	60	
		3	5	3	20X0	60	
		4	2	3	20X0	60	
A2	60 Deg Inc. Barbell Speed Bench Press	1	4	2	X	60	30% of 1RM on bar + 1-2 chains ea side
		2	4	2	X	60	
		3	5	2	X	60	
		4	2	2	X	60	
A3	Clap Push Ups	1	4	5	X	120	Go for max height and rapid reversal
		2	4	5	X	120	
		3	5	5	X	120	
		4	2	5	X	120	
B1	Landmine 1-Arm Meadows Row	1	4	3 ea	20X0	60	
		2	4	3 ea	20X0	60	
		3	5	3 ea	20X0	60	
		4	2	3 ea	20X0	60	
B2	Standing 1-Arm Pulley Speed Twist Row	1	4	2 ea	20X0	60	Stand with a staggered stance facing a pulley unit. Row violently toward your body while rotating your hips and turning on the balls of your feet.
		2	4	2 ea	20X0	60	
		3	5	2 ea	20X0	60	
		4	2	2 ea	20X0	60	
B3	Backwards Overhead MB Throw	1	4	3	31X0	120	Use upper body only, keep hips and knees still.
		2	4	3	31X0	120	
		3	5	3	31X0	120	
		4	2	3	31X0	120	

## Explosive Power Athletic Performance Phase 11: Day 5 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Snatch Grip Deadlift	1	4	3	X	60	
		2	4	3	X	60	
		3	5	3	X	60	
		4	2	3	X	60	
A2	Hang Power Snatch	1	4	2	X	60	
		2	4	2	X	60	
		3	5	2	X	60	
		4	2	2	X	60	
A3	5-Bound Standing Long Jump	1	4	5	X	120	Track your total distance across 5 consecutive jumps and improve each week. Be fast and reactive off the ground.
		2	4	5	X	120	
		3	5	5	X	120	
		4	2	5	X	120	
B1	Triple Jumpers Step Up	1	2	3 ea	30X0	60	This is a very high step up where the front leg is elevated so much that the back leg can only touch by the ball of the foot on the ground.
		2	3	3 ea	30X0	60	
		3	1	3 ea	30X0	60	
		4	3	3 ea	30X0	60	
B2	Speed DB Drop Lunge	1	2	3 ea	X	60	Step off of a 4" box and directly into a deep lunge position. Power off and return to start. Use 10-15RM load
		2	3	3 ea	X	60	
		3	1	3 ea	X	60	
		4	3	3 ea	X	60	
B3	1-leg High Box Jump	1	2	2 ea	1111	120	Jump high and land soft. Height of the box does not matter, it's the height of the jump that you should focus on.
		2	3	2 ea	1111	120	
		3	1	2 ea	1111	120	
		4	3	2 ea	1111	120	