

## **Explosive Power Athletic Performance: Phase 12**

**In this last phase of the post-activation potentiation cycle, we are going to add a FOURTH point on the force-velocity curve to train in sequence for better strength, explosive power, and reactive ability. 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. We will taper the volume down from the highest volume in week 1 to the lowest volume in week 4 to allow for progressively more peaked performance. This is the final cycle with this structure (for now) so make the most of it before we transition to a different training stimulus and perform BIG in week 4!**



## Explosive Power Athletic Performance Phase 12: Day 1 - Upper Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Bench Press Heavy Supports	1	4	1 (6-8 sec)	ISO	120	Unrack a weight that is well over your max and hold in an isometric contraction at lockout to prime the CNS.
		2	4	1 (6-8 sec)	ISO	120	
		3	5	1 (6-8 sec)	ISO	120	
		4	2	1 (6-8 sec)	ISO	120	
A2	Bench Press	1	4	2	20X0	60	Perform these reps as heavy as possible with no grinding. These should be smooth doubles that move well.
		2	4	2	20X0	60	
		3	5	2	20X0	60	
		4	2	2	20X0	60	
A3	Clap Push Up	1	4	3	X	60	
		2	4	3	X	60	
		3	5	3	X	60	
		4	3	3	X	60	
A4	Supine Light Medball Power Drop	1	4	5	X	60	Use the lightest medball you can find. Have a partner drop it into your outstretched hands. Catch and reverse as quickly as possible.
		2	4	5	X	60	
		3	5	5	X	60	
		4	2	5	X	60	
A5	Cable Face Pull	1	4	12-15	2012	120	
		2	4	10-12	2012	120	
		3	5	8-10	2012	120	
		4	2	8-10	2012	120	



## Explosive Power Athletic Performance Phase 12: Day 2 - Lower Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Heavy Squat Supports	1	6	1 (6-8 sec)	ISO	120	Unrack a weight that is well over your max and hold in an isometric contraction at lockout to prime the CNS.
		2	4	1 (6-8 sec)	ISO	120	
		3	3	1 (6-8 sec)	ISO	120	
		4	2	1 (6-8 sec)	ISO	120	
A2	Back Squat	1	6	2	20X0	60	Perform these reps as heavy as possible with no grinding. These should be smooth doubles that move well.
		2	4	2	20X0	60	
		3	3	2	20X0	60	
		4	2	2	20X0	60	
A3	18" Depth Jump to Overhead Target	1	6	3	X	60	Drop off of a 12" box and rebound up as high and as quickly as possible.
		2	4	3	X	60	
		3	3	3	X	60	
		4	2	3	X	60	
A4	Band Assisted Rocket Jumps	1	6	5	X	120	Loop bands overhead and under your armpits to decrease your bodyweight. Jump as high and as fast as possible while keeping ground contact time as short as possible. DO NOT HIT YOUR HEAD ON THE OVERHEAD SUPPORT!
		2	4	5	X	120	
		3	3	5	X	120	
		4	2	5	X	120	
A5	Incline Garhammer Raise	1	6	8-10	3020	120	
		2	4	8-10	3020	120	
		3	3	8-10	3020	120	
		4	2	8-10	3020	120	

## Explosive Power Athletic Performance Phase 12: Day 4 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Wide Pronated Grip Partial Pull ISOs	1	6	1 (6-8 sec)	ISO	120	Load a heavier weight than you can do a full pull up with. Pull as high as you can and hold for 6-8 seconds in a partial ISO
		2	4	1 (6-8 sec)	ISO	120	
		3	3	1 (6-8 sec)	ISO	120	
		4	2	1 (6-8 sec)	ISO	120	
A2	Mid Pronated Grip Pull Up	1	6	2	X	60	Perform these reps as heavy as possible with no grinding. These should be smooth doubles that move well.
		2	4	2	X	60	
		3	3	2	X	60	
		4	2	2	X	60	
A3	Heavy Medball OH Slam to Ground	1	6	3	X	60	Use the heaviest medball you can find
		2	4	3	X	60	
		3	3	3	X	60	
		4	2	3	X	60	
A4	Supine Power Drop Overhead Throw	1	6	5	20X0	120	Use the lightest medball you can find. Have a partner drop the ball into your hands which are all the way overhead. Reverse quickly and throw as high as you can.
		2	4	5	20X0	120	
		3	3	5	20X0	120	
		4	2	5	20X0	120	
A5	Push Up Plank Shoulder Taps	1	6	4-6 ea	1015	120	Protract the down arm hard into the ground.
		2	4	4-6 ea	1015	120	
		3	3	4-6 ea	1015	120	
		4	2	4-6 ea	1015	120	

## Explosive Power Athletic Performance Phase 12: Day 5 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Snatch Grip Deadlift from Below Knee	1	6	1	X	120	VERY heavy! Bar on pins or boxes to get barbell just below patella
		2	4	1	X	120	
		3	3	1	X	120	
		4	2	1	X	120	
A2	Power Snatch from the Floor	1	6	2	X	60	As heavy as you can go within the rep bracket
		2	4	2	X	60	
		3	3	2	X	60	
		4	2	2	X	60	
A3	Close Grip Hang Power Snatch	1	6	5	X	60	Very light and fast
		2	4	5	X	60	
		3	3	5	X	60	
		4	2	5	X	60	
A4	12" Depth Jump to 3-bound Long Jump	1	6	3 ea	30X0	120	Drop off a 12-inch box and immediately bounce into a 3-bound standing long jump, going as far as you can and getting off the ground as quickly as you can.
		2	4	3 ea	30X0	120	
		3	3	3 ea	30X0	120	
		4	2	3 ea	30X0	120	
A5	Half-Kneeling Pallof Press	1	6	4-6 ea	1014	120	
		2	4	4-6 ea	1014	120	
		3	3	4-6 ea	1014	120	
		4	2	4-6 ea	1014	120	