Advanced Triphasic Training Methods

CSCCa 2015

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Goals of Triphasic Training

- Transfer of training is ultimate goal
 - Every movement or action is a learned skill
 - Must "teach" athletes proper skills required
- Stress the body optimally
 - Must be completed with a purpose
 - Quality of work
 - Specific to high-intensity requirements
- Prevent body from being pulled in too many directions
 - Number of qualities trained
 - Per day and per block
 - Triathlete example

3 Components of Triphasic Training

1. Block Training Model

- Based on residual effects
- Allows multiple peaks per year

2. Modified Undulated Training

- Based on day
- Keeps organism from being "pulled" in too many directions

3. Triphasic Muscle Action

- 3 muscle actions of every dynamic movement
 - Eccentric
 - Isometric
 - Concentric

Block Training Model – 3 Phases

- Accumulation
 - Aimed at developing basic motor qualities
 - Aerobic system
 - Max strength
 - Longest Phase
- Transmutation
 - Aimed at developing specific motor abilities to competition
 - Strength-specific endurance
 - Power
 - Adaptation peaks after 3 week block
- Realization
 - Develops pre-competition readiness levels (peaking)
 - Max Speed and RFD
 - Completed as close to competition as possible

Block Training Model

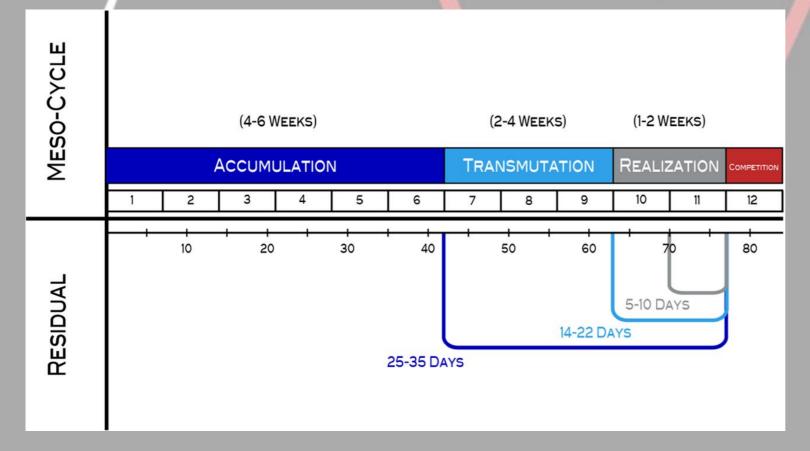
DURATION OF RESIDUAL TRAINING EFFECTS (RTE) ON MOTOR ABILITIES

MESOCYCLE	MESOCYCLE MOTOR ABILITY		PHYSIOLOGICAL BACKGROUND
ACCUMULATION	AEROBIC ENDURANCE	30 <u>+</u> 5	INCREASED NUMBER OF AEROBIC ENZYMES, MITOCHONDRIA, CAPILLARY DENSITY, HEMOGLOBIN CAPACITY, GLYCOGEN STORAGE, HIGHER RATE OF FAT METABOLISM
ACCOMULATION	MAXIMAL STRENGTH	30 <u>+</u> 5	IMPROVEMENT OF NEURAL MECHANISM MUSCLE HYPERTROPHY
TRANSMUTATION	ANAEROBIC GLYCOLYTIC ENDURANCE	18 <u>+</u> 4	INCREASED ANAEROBIC ENZYMES, BUFFERING CAPACITY, AND GLYCOGEN STORAGE, HIGHER POSSIBILITY OF LACTATE ACCUMULATION
TRANSIVIOTATION	STRENGTH ENDURANCE	15 <u>+</u> 5	MUSCLE HYPERTROPHY, IMPROVED AEROBIC/ANAEROBIC ENZYMES, IMPROVED LOCAL BLOOD CIRCULATION AND LACTATE TOLERANCE, REPEAT SPRINT ABILITY
REALIZATION	MAXIMAL SPEED 5 <u>+</u> 3		IMPROVED NEUROMUSCULAR INTERACTIONS AND MOTOR CONTROL, INCREASED ANAEROBIC POWER

Block Training Model

- Multiple peaks in a smaller training period
 - All qualities peaked simultaneously

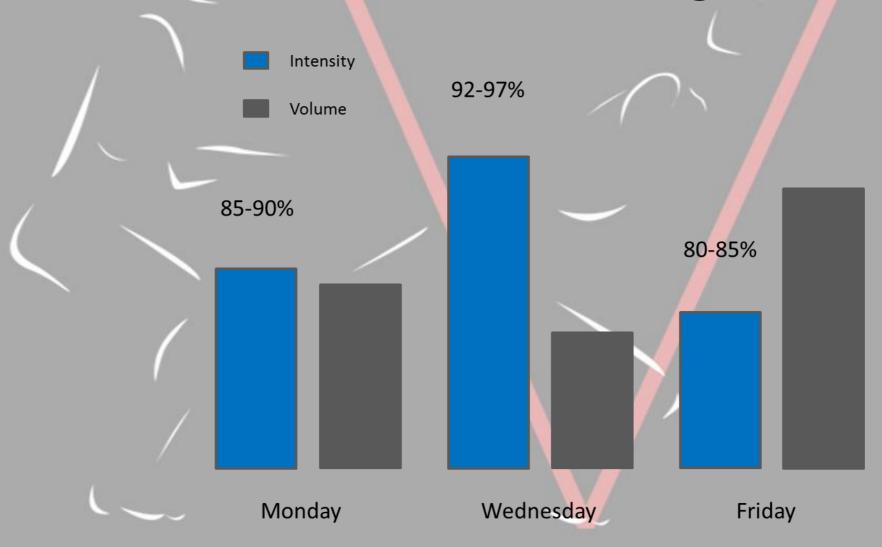
Maximized performance



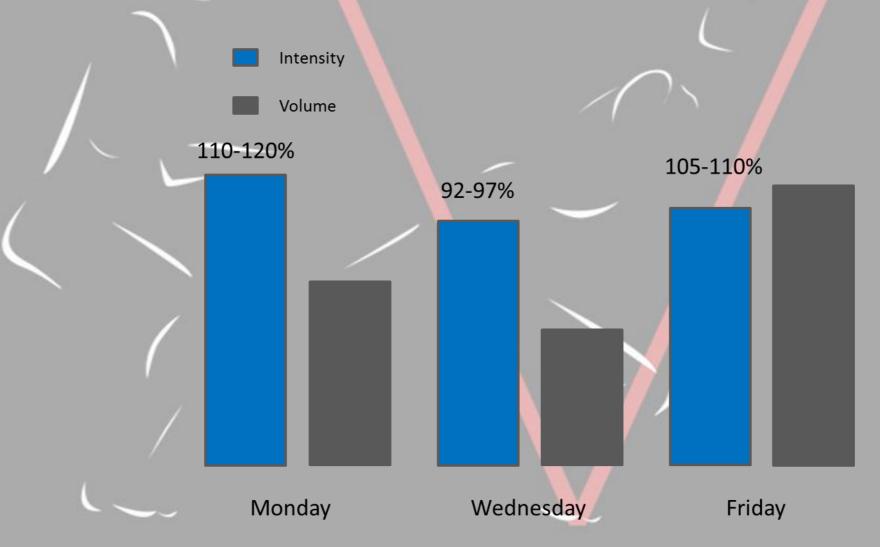
Modified Undulated Training

- Training percent and volume based on day
 - Ensures organism is "pulled" or adapts in the desired direction
- Timed sets
 - Train specifically for competitive event
 - Right at competition time
 - Just above
 - Just below

Modified Undulated Training

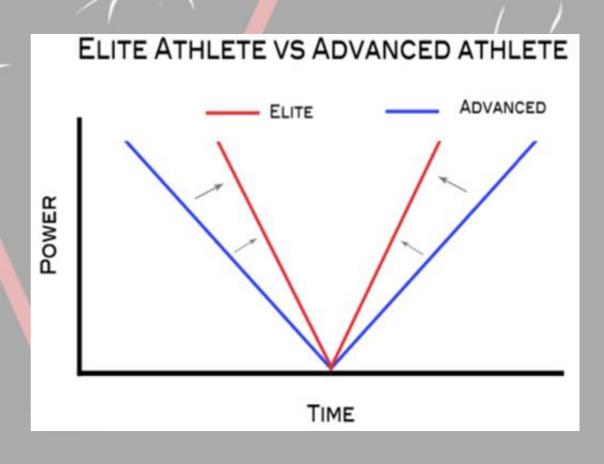


Supramaximal Modified Undulated Training



Triphasic Muscle Action

- Every movement contains 3 phases
 - Eccentric
 - Muscle lengthening
 - Isometric
 - No length change
 - Most commonly missed action
 - Concentric
 - Muscle shortening
- Ultimate goal is improving efficiency and power of SSC



Eccentric Training Phase

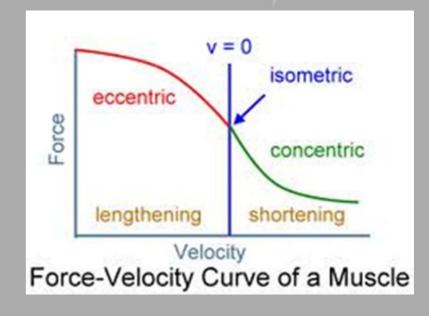
- Vital for deceleration
 - Stresses muscle fibers and tendons with slow movements
- Cannot produce what you cannot absorb
 - Concentric portion of "V" never steeper than eccentric portion
- Tissue remodeling
 - Myosin "forcefully ripped" from actin binding site
 - Microscopic damage
 - Fewer attachment sites used so greater stress on each myosin head
 - Body adapts and rebuilds stronger attachment site

Eccentric Training Phase

Forces correct technique

Focus on exploding concentrically at end of set

- Supramaximal training
 - Force-velocity curve of muscle
 - Eccentric is strongest muscle phase
 - Only with advanced athletes
 - Have a spotter on both sides of the bar



Hands Assisted-Safety Bar Split Squat

- Unilateral movement for advanced athletes
 - Most specific
- Safety bar frees hands
 - Maximizes stress on body and nervous system
 - Core training
 - Transferring force through the entire kinetic chain
- Ensure legs are around 90-90
 - Back leg extension means hips pulled out of alignment
- Belly breathing throughout rep is encouraged

Eccentric Example Exercises

- Slow and controlled motion for duration of set
- Hands Assisted-Safety Bar Split Squat
- Partner Pull Up
- Manual Bench Adduction
- Manual Hip Flex Prone

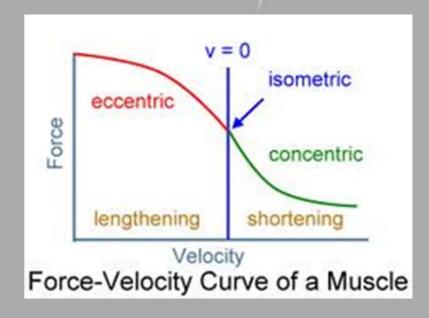
Isometric Training Phase

• Brief transition from eccentric to concentric

- Commonly missed phase
 - Not easily seen in "V" of muscle actions
- Eccentric improved absorption, isometric must now withstand increased forces
 - \ / vs. V
 - If left untrained, athlete will "bleed" power

Isometric Training Phase

- Continued tissue remodeling
 - Strengthen attachment sites
 - Fewer attachment sites used so still greater stress than concentric
 - Improve ability to "anchor on"
 - Increases stretching of tendons
 - Maximizes "free-energy" of SSC
- Train similar to joint angle in competition
- Focus on exploding concentrically at end of set
- Supramaximal training
 - Isometric still stronger than concentric
 - Only with advanced athletes
 - Use spotters



Isometric Example Exercises

 Pull down with high-velocity, yet under control, and immediately halt movement

Hands Assisted-Safety Bar Split Squat

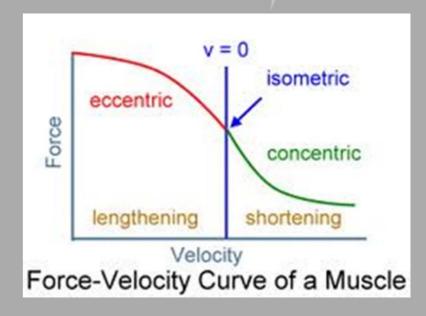
- Partner Pull Up
- Manual Bench Adduction
- Manual Hip Flex Prone

Concentric Muscle Action

"Typical" strength training

Combines all 3 phases of dynamic movement

- Timed sets competition specific
 - Maximize work completed
- Supramaximal training not possible



4 Blocks of Triphasic Training

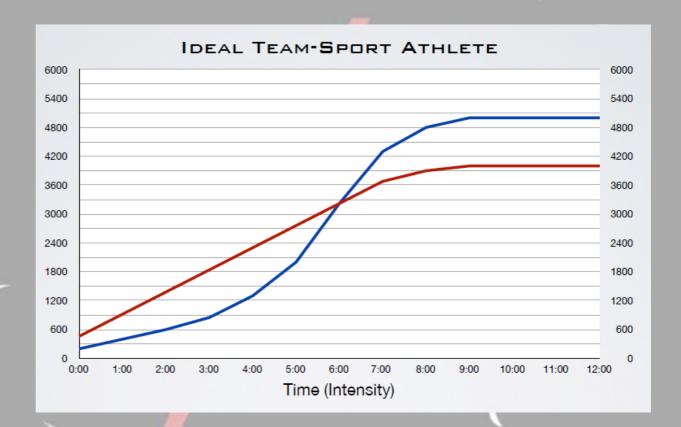
- GPP (General Physical Preparedness)
 - Basic preparation
- Triphasic Muscle Action Training
 - Above 80%
 - Supramaximal
- High-Velocity, High-Load Phase
 - 55-80%
- High-Velocity, Low-Load Phase
 - Below 55%

GPP Training

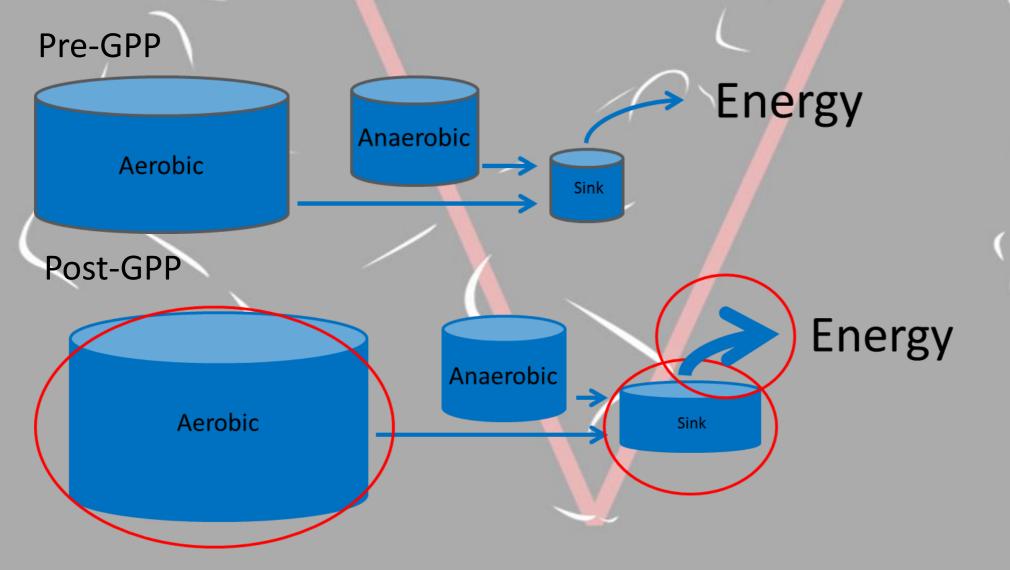
- Maximize oxygen intake by body and kinetics to muscles
- Optimize clearance of metabolites produced at high-intensities
- Aerobic system is vital for repeat sprint ability
 - Improve Cr-P ATP re-synthesis abilities.
 - Removal of metabolic waste
- Glycolysis
 - 10-120 seconds
 - Prepares athletes for high-intensity repeat bouts
- Alactic Training
 - 0-10 seconds
- Training not "sport specific"

GPP Blocks

- 1. Aerobic Block
 - HIIT Circuit Style
 - Contralateral
- 2. Glycolysis Block
 - 30 sec. on 10 off
 - SA/SL to prevent systemic metabolite accumulation
- 3. Alactic/Myelination Block
 - 10 sec. on 30 off
 - Max Iso



Effects of GPP Training on Repeat Sprints

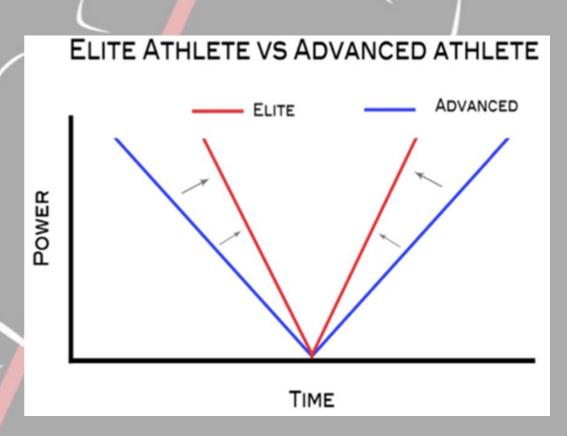


Block Training Model – 3 Phases

- Accumulation
 - Aimed at developing basic motor qualities
 - GPP Training
 - Max strength
- Transmutation
 - Aimed at developing specific motor abilities to competition
 - Strength-specific endurance
 - Power
- Realization
 - Develops pre-competition readiness levels (peaking)
 - Max Speed

Triphasic Muscle Action Block

- Most well known for this block
- Every movement contains 3 phases
 - Eccentric
 - Isometric
 - Concentric
- Only block that utilizes these muscle actions in sequencing
- Training still not "sport specific"
 - Preparing for optimal transfer of training



French Contrast Method

- Potentiation effect of Above 80/Supramaximal Training
- Consists of 3 Jumps
 - Body weight <u>Hurdle Hops</u>
 - Slightly weighted Weighted Squat Jump with Pause
 - Accelerated <u>Accelerated Band Jump</u>
- Based on competition like timed sets
 - Just at competition speed body weight
 - Just below slightly weighted
 - Just above accelerated

French Contrast Example

• Lower Ecc. and Iso. Phases

	FRENCH CONTRAST - ECC & ISO				
	Hurdle Hop	4		4	Height
	pair w/				
	SQ Jump Wt. Pause	4		4	0:1:0:0
	pair w/				Pull-Pause
	Acc. Band Jump Pause	4		4	0:1:0:0
	pair w/				Pull-Pause

Upper Ecc. and Iso. Phases

I	FRENCH CONTRAST - ECC & ISO						
ı	100	Speed Bench Press	5	20	25	4	5 Reps AFSM
ı		pair w/					
ı	30	DB Incline Press	5	15	15	4	5 Reps AFSM
١		pair w/					
ı		Rack Band Push Up	5			4	5 Reps AFSM
ı		pair w/					Pull-Pause

Lower Conc. Power and Peak

FRENCH CONTRAST - POWER & PEAK				
Hurdle Hop	4		4	Distance
pair w/				
SQ Jump Wt.	4		4	Pull
pair w/				
Acc. Band Jump	4		4	Pull
pair w/				

Upper Conc. Power and Peak

	FRENCH CONTRAST - ECC & ISO						
	100	Speed Bench Press	5	20	25	4	5 Reps AFSM
٩		pair w/					
	30	DB Incline Press	5	15	15	4	5 Reps AFSM
ı		pair w/					
		Rack Band Push Up	5			4	5 Reps AFSM
		pair w/					Pull

3 DAY ABOVE 80 & SUPRAMAXIMAL TRAINING BLOCK

DAY 1 TOTAL	DAY 2 TOTAL	DAY 3 TOTAL	
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION	
ECCENTRIC	CONCENTRIC/OC	ECCENTRIC	
ISOMETRIC	CONCENTRIC/OC	ISOMETRIC	
CONCENTRIC	CONCENTRIC/OC	CONCENTRIC	
PERCENTAGE	PERCENTAGE	PERCENTAGE	
85-90	92-97	80-85	
110-120	92-97	105-110	
TIME	TIME	TIME	
7 SECONDS	5 SECONDS	10 SECONDS	

5 DAY ABOVE 80 & SUPRAMAXIMAL TRAINING BLOCK DAY 1 LOWER DAY 2 UPPER DAY 4 UPPER DAY 5 TOTAL DAY 3 LOWER MUSCLE ACTION **MUSCLE ACTION** MUSCLE ACTION **MUSCLE ACTION** MUSCLE ACTION ECCENTRIC **ECCENTRIC** CONCENTRIC/OC CONCENTRIC/OC **ECCENTRIC** ISOMETRIC ISOMETRIC CONCENTRIC/OC CONCENTRIC/OC ISOMETRIC CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC CONCENTRIC CONCENTRIC PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE 85-90 85-90 92-97 92-97 80-85 110-120 110-120 92-97 92-97 105-110 TIME TIME TIME TIME TIME 7 SECONDS 7 SECONDS 5 SECONDS 5 SECONDS 10 SECONDS

Block Training Model – 3 Phases

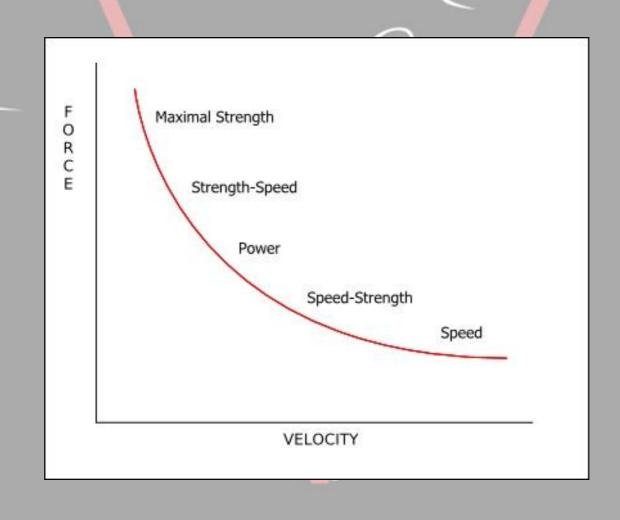
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High-Velocity, High-Load Power Block

- Designed to maximize power
 - Power=Force x Velocity

- Exercises progress "down the force curve"
- Produce the most force possible with the highest velocity
 - Entire block occurs between 55 and 80%
 - Load still heavy, but athlete is able to increase velocity

Force Velocity Curve - Power



Biometric Drop-Off Training

- Designed to maximize training on an individual basis
 - Ensures athlete is stimulated appropriately
 - Never overtrained or undertrained
- Repeat Sprint Ability
- Change drop-off percentage based on how often you desire to train specific quality
 - 10% drop requires 3-5 days rest typically
 - 3% drop can be trained nearly every day
 - Maximal speed effort after warm up

3 DAY POWER TRAINING BLOCK DAY 1 TOTAL DAY 2 TOTAL DAY 3 TOTAL **MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION** CONCENTRIC/AFSM CONCENTRIC/AFSM CONCENTRIC/OC PERCENTAGE PERCENTAGE PERCENTAGE 65-70 72-80 55-62 TIME TIME TIME 7 SECONDS 5 SECONDS 10 SECONDS

5 DAY POWER TRAINING BLOCK DAY 5 TOTAL DAY 1 LOWER DAY 2 UPPER DAY 3 LOWER DAY 4 UPPER **MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION** CONCENTRIC/AFSM CONCENTRIC/AFSM CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC/AFSM PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE 65-70 65-70 72-80 72-80 55-62 TIME TIME TIME TIME TIME 7 SECONDS 7 SECONDS 5 SECONDS 5 SECONDS 10 SECONDS

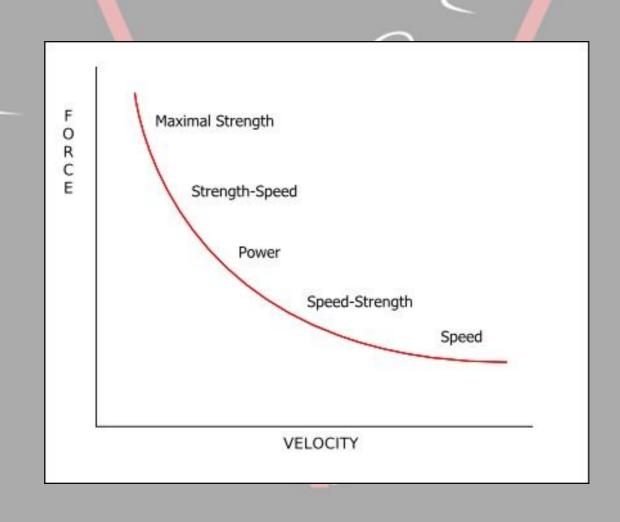
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 - Max Speed

High-Velocity, Low-Load Peaking Block

- Training at velocities most closely related to athletic event
- Maximizes transfer of training
 - Allows realization of strength improvements from earlier blocks
 - Continues using exercises that have been used through all cycles
 - Hands-assisted safety bar split squat to Lunge OC Hops
- Targets explosive type II fibers

Force Velocity Curve – Maximal Speed



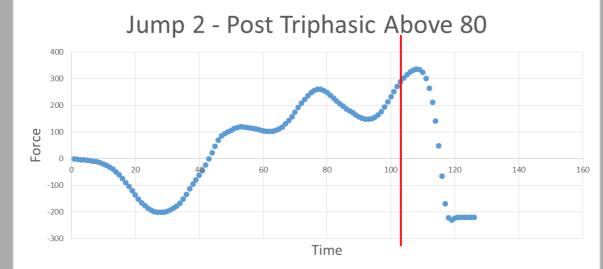
RFD in Athletics

- Success predicted by which athlete can produce greatest force in time allotted
- Not enough time to produce max force
 - Most athletic movements executed in under 250 ms
 - 300 to 400 ms to reach peak force
 - Max force plays role, but not most important
- Dependent on multiple factors
 - Neural & Mechanical
 - Recruitment
 - Rate coding
 - Skill learning
 - Antagonist co-activation

Force Curve Changes Due to Training







RFD Changes Due to Training



AFSM and Oscillatory (OC) Training

- Elite athletes not only contract muscles faster, but also relax faster.
 - Co-activation of antagonist reduced
 - Increased RFD
- AFSM
 - Full range of motion movement
 - Push away and pull implement
- OC
 - Small range of motion
 - 3-4 inch
 - Completed in advantageous or disadvantageous position
 - Adv. for max speed
 - Dis. for acceleration

AFSM and OC Examples

Lunge OC Hops

GH Hyper OC

DB OC Row

Speed Band Adduction

• Speed Cycle Jump Lunge – Can make accelerated

PEAK LOADING TIMES BASED ON COMPETITION EVENT

		DAY 1	DAY 2	DAY 3
PARAMETER	APPLIED PEAKING EVENT	SET DURATION	SET DURATION	SET DURATION
		(SECONDS)	(SECONDS)	(SECONDS)
STRENGTH	SHOT PUT			
SPEED	FOOTBALL: LINEMAN	5	3	7
31 220	VOLLEYBALL			
	FOOTBALL: SKILL			
SPEED	BASEBALL	7	5	10
STRENGTH	SOFTBALL	,	3	10
	100 M SPRINTER			
STRENGTH	HOCKEY	15	10	17
ENDURANCE	BASKETBALL	13	10	17
ENDURANCE	SOCCER			
STRENGTH	LACROSSE	25	17	32
STRENGTH	SWIMMING 50-200M			
ENDURANCE	SWIMMING 200M+	32	25	40
(MODERATE)	400M RUNNER	32	23	40
ENDURANCE	800M RUNNER			
(LONG)	DISTANCE SWIMMER	40	32	47
(LONG)	ROWING			

3 DAY PEAKING TRAINING BLOCK

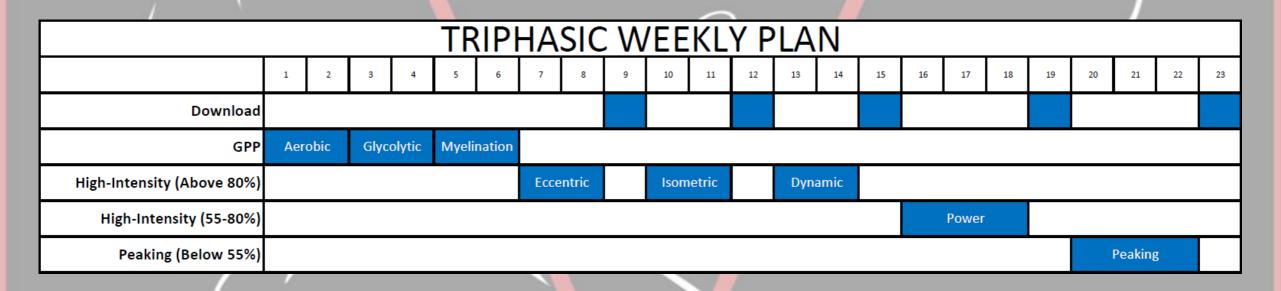
7 SECONDS	5 SECONDS	10 SECONDS
TIME	TIME	TIME
35-40	45-55	25-30
PERCENTAGE	PERCENTAGE	PERCENTAGE
CONCENTRIC/AFSM	CONCENTRIC/OC	CONCENTRIC/AFSM
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION
DAY 1 TOTAL	DAY 2 TOTAL	DAY 3 TOTAL

5 DAY PEAKING TRAINING BLOCK DAY 1 LOWER DAY 2 UPPER DAY 3 LOWER DAY 4 UPPER DAY 5 TOTAL **MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION MUSCLE ACTION** CONCENTRIC/AFSM CONCENTRIC/AFSM CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC/AFSM PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE PERCENTAGE 35-40 35-40 45-55 45-55 25-30 TIME TIME TIME TIME TIME 7 SECONDS 5 SECONDS 5 SECONDS 10 SECONDS 7 SECONDS

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- Realization
 - Develops pre-competition readiness levels (peaking)
 - Max Speed
- All Qualities Now Peaked Simultaneously!

Triphasic Program Phases



Not many coaches have 23 weeks to dedicate solely to training

Triphasic Training In-Season Model

- Once quality is originally trained, it is easily adapted again
 - Especially if residual effects are factored
- Allows muscle actions to be re-trained with less fatigue
 - Stay in 55-80% block generally
- Use block periodization to re-peak multiple times per season

Annual Football Triphasic Model



Max Speed Training and Conditioning

- Follow modified undulated block
 - Utilize same timed sets as used in weight room for each day
- Implement running day within training
 - Acceleration day
 - Hurdle hops for distance (angle used in acceleration)
 - Sled pulls can be used within French contrast as well
 - Always consider volume
- Train max speed while freshest
 - Give time for complete recovery
 - Must run fast to become faster
- Condition post-training if desired

French Contrast Method Based on Running Quality

Velocity	Acceleration	Max Velocity	Change of Direction
Same Velocity	Hurdle Hops for Distance	Hurdle Hops for Distance	Lateral Hurdle Hops
Lower Velocity	Sled Resisted Starts	Resisted Treadmill Run	Band Resisted Shuffle
Higher Velocity	Accelerated Band Bounds	Accelerated Partner Sprints	Accelerated Lateral Band Bounds

Progression Based on Block Training

Block Parameters		Quality Trained	
BIOCK Parameters	Acceleration	Maximal Velocity	Change of Direction
Above 80%	Lighter sleds for technique to start Increase weight to maximize strength	Resisted treadmill running	Resisted lateral training
55-80%	Lighten sled load to increase velocity of training	Flying 40's maintaining proper technique	Decreased resistance lateral training
Below 55%	Unloaded starts for mastery of acceleration technique	Overspeed training with partner	Unloaded lateral training with reactive response

Secrets to Success

- What am I trying to accomplish
- Does it do what I want?
 - Understanding adaptation principles
- The method of Completing Exercise
 - Natural
 - Kinematic Sequencing
 - Transferring force through body
- Skill is everything everything is a learned skill
- Quality vs. Quantity
 - Always low reps
 - Times based on competition event

Bringing it All Together

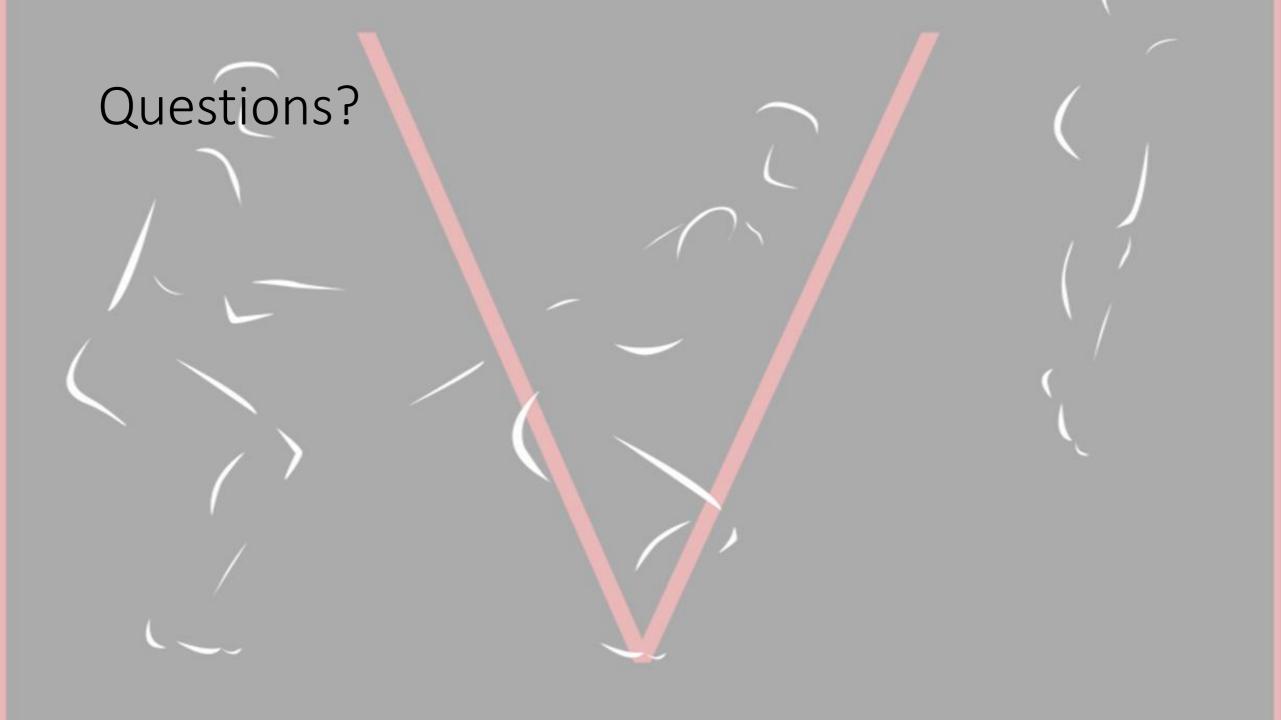
- Maximizing transfer of training is the ultimate key to successful training
 - Choose exercises that have high levels of transfer of training
- "Pull" Organism in one direction
- Quality of work is crucial to success in team sports
 - Repeat sprint ability always need max effort available
- Triphasic Training can be applied to any program currently run
 - Muscle actions
 - Block training method

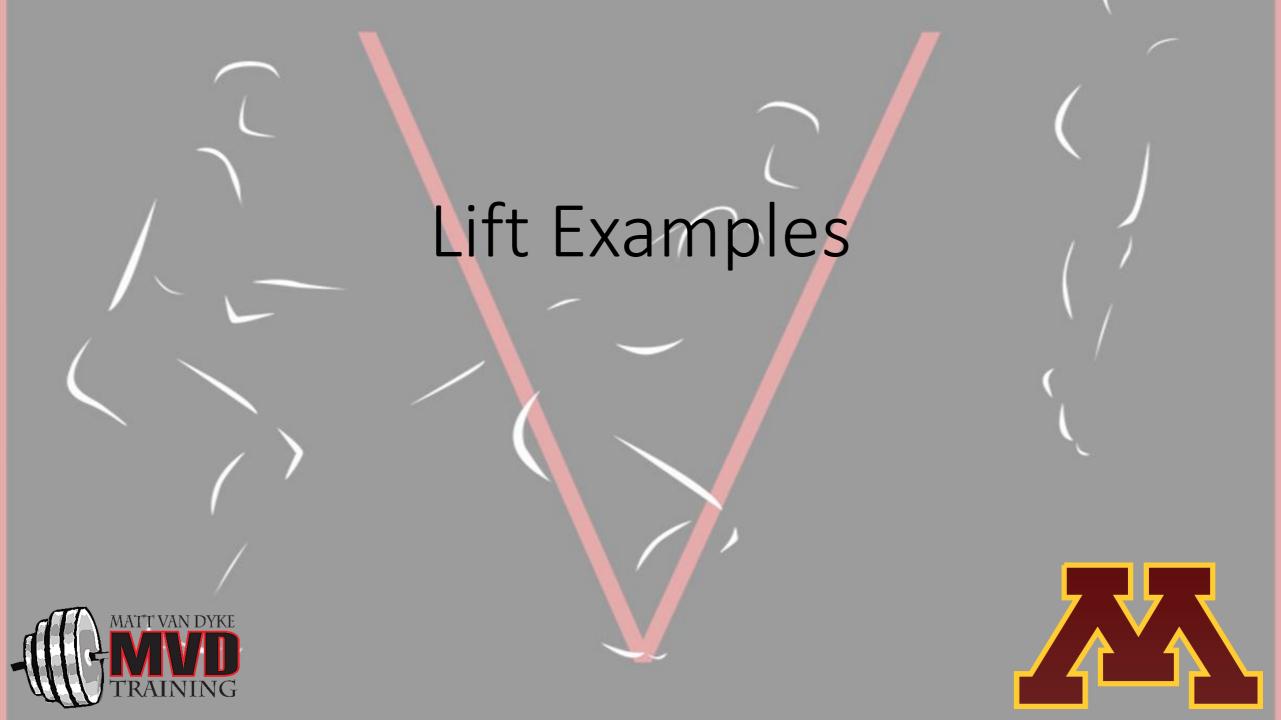
Future of Triphasic Training

- Advanced Principles of Triphasic Training
 - Supramaximal and other new methods explained in depth
 - By: Cal Dietz & Jonathan Janz
- Skill Learning and The Advanced Peaking Model in Competition
 - Advancements in peaking and how to maximize transfer of training
 - Progressions for each exercise through training blocks
 - By: Cal Dietz & myself
- GPP
 - P.C.S.P model
 - By: Cal Dietz & Ben Peterson

Special Thanks

- Cal Dietz
- Ben Peterson
- St. Cloud State University HPL
- Gary Boros
- Iowa State Football Staff





Eccentric Lower Training Block Example

Г							LOWER I	30D'	Y ECCEN	NTRI	C BL	OCK							
	10M	NDAY	' - ECCE	NTRI	2		WED	NESI	DAY - D	YNA	MIC			FRI	DAY ·	- ECC	ENTR	IC	
100	%	Reps	Load	Se	ts Notes	1009	6	Reps	Load		Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
	6 Way Shoulder	1		1	7:0:0:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	10:0:0:0
	pair w/						pair w/							pair w/					
	Infraspinatus	10		1	L		Infraspinatus	10			1			Infraspinatus	10			1	
130	Safety Bar Split Squat	5	60	65 1	L	115	Hex Bar Deadlift	5	50	65	1		130	Safety Bar Split Squat	5	60	65	1	
12/	Cofety Dee Calit Court		75	00 1		115	Hex Bar Deadlift	3	70	75	1		120	Cafaba Dan Calib Cassab		75	- 00	1	
130	Safety Bar Split Squat	3	/5	80 1	L	115	Hex Bar Deadlift	3	70	75	1		130	Safety Bar Split Squat	3	75	80	1	
130	Safety Bar Split Squat	1	85	90 :		115	Hex Bar Deadlift	1	75	80	1		130	Safety Bar Split Squat	1	85	90	1	
13(Safety bar Split Squat	1	83	90 .		113	nex bar Deadillt	1	/3	80	1		130	Salety Bar Split Squat	1	63	90	1	
130	Safety Bar Split Squat	1	90	95 1		115	Hex Bar Deadlift	1	80	85	1		130	Safety Bar Split Squat	1	90	95	1	
130	Safety Bar Split Squat	1,1	105	110	7:0:0:10	115	Hex Bar Deadlift	T	100	105	8	0:0:5:0	130	Safety Bar Split Squat	1	100	105	4	10:0:0:10
	pair w/											1:30 Rest		pair w/					
	Hurdle Hop	4		4	. Height	75	SL Leg Press	Т	65	70	3	0:0:5:10		Hurdle Hop	4			4	Height
	pair w/						pair w/					OC-D+1		pair w/					
	SQ Jump Wt. Pause	4		4	0:1:0:0	35	DB RDL	Т	30	30	3	0:0:5:0		SQ Jump Wt. Pause	4			4	0:1:0:0
	pair w/				Pull-Pause		pair w/					OC-D+1		pair w/					Pull-Pause
	Acc. Band Jump Pause	4		4	0:1:0:0		SL Hip Flex Prone	Т			3	0:0:5:10		Acc. Band Jump Pause	4			4	0:1:0:0
	pair w/				Pull-Pause							OC-D+1		pair w/					Pull-Pause
	Manual neck F/R	1		4	7:0:0:10	25	DB Step Up	Т	15	20	3	0:0:5:10		Lateral Manual Neck	2			4	5:0:0:10
	pair w/				Partner Push		pair w/					Bottom 1/2		pair w/					Partner Push
	Wrist Curl Flexion	1		4	7:0:0:0		GH Hyper EXT	Т			3	0:0:5:10		Bench Glute	2			4	5:0:0:10
	pair w/						pair w/					OC-D+1		pair w/					Partner Push
	Ant. Tib. Band	2		4	3:0:0:0		Bench Groin	Т			3	0:0:5:10		SL Hip Flex ECC Prone	2			4	5:0:0:10
75	SL RDL to Pins	1	50	55 5	7:0:0:10	100	Glute Bar Lift	Т	85	90	3	0:0:5:0	75	SL RDL to Pins	2	55	60	5	5:0:0:10
	pair w/				Pins @ 4		pair w/					AFSM		pair w/					Pins @ 4
	Cuban Press Inc. Fig 8	1			7:0:0:0	35		Т	30	30	3	0:0:5:10	35	Psoas SL Squat	2	25	25	5	5:0:0:10
	pair w/						pair w/					OC-D+1		pair w/					
	Ankle Band Work	1			7:0:0:10		Bench Glute	Т			3	0:0:5:10		Cuban Press	2			5	5:0:0:10
60		1	35	45 5	7:0:0:10								100		FFF	70	40	3	5:0:0:0
	pair w/													pair w/					F,F,F
35		2	20	25 5	3:0:0:10									Inverted Row	FFF			3	5:0:0:0
	pair w/													pair w/					F,F,F
	Bench Groin	1											50	Tri Push Down	FFF	35	20	3	5:0:0:0
					Partner Push														F,F,F

Eccentric Upper Training Block Example

Г					UPP	ER BODY E	CCE	NTRIC BLOCK					
Г	TUE	SDA	Y - EC	CENT	RIC			THU	RSD	AY - D	YNAI	MIC	
100	9%	Reps	Lo	ad	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
	TRX T Raise	1			1	7:0:0:0		TRX T Raise	8			1	
	pair w/							pair w/					
	Band OH Rainbow	8			1			Band OH Rainbow	8			1	
10	0 Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
10	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
10	0 Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
10	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
			00	0.5		7:0:0:0	100	- 1 -	7.1.1	05	00	+ + +	0:0:5:0
10	D C I I C I I I C I C I C I C I C I C I	1	80	85	4	7:0:0:0	100	Bench Press	T-1,1	85	90	4	0.0.5.0
10	pair w/	5	20	25	4	5 Reps AFSM		pair w/	4			4	
10		3	20	25	4	5 Neps Al Sivi		Med Ball Pass	4			4	1 Arm
3	pair w/	5	15	15	4	5 Reps AFSM		pair w/	4			4	IAIII
3	DB Incline Press pair w/	-	13	13	4	5 Neps Al Olivi		Delt BO Lat. Reb Drop	-4			-	1 Arm
	Rack Band Push Up	5			4	5 Reps AFSM	30	DB Incline Press	T	25	25	3	0:0:5:10
	pair w/	-			4	Pull-Pause	30	pair w/	'	23	23	3	OC-D+1
	EXT. Rotation Band	1			4	7:0:0:10	35	DB BO Row	T	30	30	3	0:0:5:10
	pair w/	-			-	Partner Pull	33	pair w/	<u> </u>	30	30		OC-D+1
	Wrist Uln & Rad	1			4	7:0:0:0		MB OH Slams	4			3	
	pair w/					Partner Pull		IVID OTT SIGITIS					
	Cuban EXT Band	1			4	7:0:0:10		OC Push Up	T			3	0:0:5:10
						Partner Pull		pair w/					OC-D+1
3	DB BO Row	1	25	25	5	7:0:0:10		Chin Up	Т			3	0:0:5:0
	pair w/							pair w/		Partne	er Pull		Bottom 1/2
	Pull Up	1			5	7:0:0:0		Stiff Leg Ankle Hops	Т			3	0:0:5:0
	pair w/					Partner Pull							
2	Straight Arm Lat Pull	1	15	20	5	7:0:0:0	50	Tri Push Down	Т	45	50	3	0:0:5:0
						Partner Pull		pair w/					OC-D+1
	Chin Up	1			4	7:0:0:0	40	Bar Curl	Т	35	40	3	0:0:5:0
	pair w/					Partner Pull		pair w/					OC-D+1
5	TITT USIT DOWN	1	30	35	4	7:0:0:0		Wrist Uln & Rad	Т			3	0:0:5:10
	pair w/					Partner Push							
4	Bar Curl	1	25	30	4	7:0:0:10		Wrist Pro & Sup	1			3	0:0:5:10
						Partner Push		pair w/					
	Wrist Pro & Sup	1			3	7:0:0:10		Farmers Carry	1			3	1.1
	pair w/					Partner Push		pair w/					1 Arm
	Farmers Carry	1			3	1.4		Partner Band Abs	1			3	0:30:0:10
	pair w/					1 Arm							
	SWB Band Twist	1			3	7:0:0:10							

Isometric Lower Training Block Example (

								LOWER B	ODY	' ISON	∕IETRI	C BL	.OCK							
Г	IOM	۷DA۱	/ - ISO	MET	RIC			WEDI	NESE	OAY -	DYNA	MIC			FRI	DAY -	- ISOI	METR	IC	
1009	6	Reps	Loa	ad	Sets	Notes	100%		Reps	L	oad	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
	6 Way Shoulder	1			1	0:7:0:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:10:0:0
	pair w/							pair w/							pair w/					
	Infraspinatus	10			1			Infraspinatus	10			1			Infraspinatus	10			1	
130	Safety Bar Split Squat	5	60	65	1		115	Hex Bar Deadlift	5	50	65	1		130	Safety Bar Split Squat	5	60	65	1	
130	Safety Bar Split Squat	3	75	80	1		115	Hex Bar Deadlift	3	70	75	1		130	Safety Bar Split Squat	3	75	80	1	
130	Safety Bar Split Squat	1	85	90	1		115	Hex Bar Deadlift	1	75	80	1		130	Safety Bar Split Squat	1	85	90	1	
130	Safety Bar Split Squat	1	90	95	1		115	Hex Bar Deadlift	1	80	85	1		130	Safety Bar Split Squat	1	90	95	1	
130	Safety Bar Split Squat	1,1	105	110	4	0:7:0:10	115	Hex Bar Deadlift	Т	100	105	8	0:0:5:0	130	Safety Bar Split Squat	1	100	105	4	0:10:0:10
	pair w/												1:30 Rest		pair w/					
	Hurdle Hop	4			4	Height	75	SL Leg Press	Т	65	70	3	0:0:5:10		Hurdle Hop	4			4	Height
	pair w/							pair w/					OC-D+1		pair w/					
	SQ Jump Wt. Pause	4			4	0:1:0:0	35	DB RDL	Т	30	30	3	0:0:5:0		SQ Jump Wt. Pause	4			4	0:1:0:0
	pair w/					Pull-Pause		pair w/					OC-D+1		pair w/					Pull-Pause
	Acc. Band Jump Pause	4			4	0:1:0:0		SL Hip Flex Prone	Т			3	0:0:5:10		Acc. Band Jump Pause	4			4	0:1:0:0
	pair w/					Pull-Pause							OC-D+1		pair w/					Pull-Pause
	Manual neck F/R	1			4	0:7:0:10	25	DB Step Up	Т	15	20	3	0:0:5:10		Lateral Manual Neck	2			4	0:5:0:10
	pair w/					Partner Push		pair w/					Bottom 1/2		pair w/					Partner Push
	Wrist Curl Flexion	1			4	0:7:0:0		GH Hyper EXT	Т			3	0:0:5:10		Bench Glute	2			4	0:5:0:10
	pair w/							pair w/					OC-D+1		pair w/					Partner Push
	Ant. Tib. Band	2			4	0:3:0:0		Bench Groin	Т			3	0:0:5:10		SL Hip Flex ISO Prone	2			4	0:5:0:10
75		1	50	55	5	0:7:0:10	100	Glute Bar Lift	T	85	90	3	0:0:5:0	75	SL RDL	2	55	60	5	0:5:0:10
	pair w/					Pins @ 4		pair w/					AFSM		pair w/					Pins @ 4
	Cuban Press Inc. Fig 8	1			5	0:7:0:0	35	Psoas SL Squat	T	30	30	3	0:0:5:10	35	Psoas SL Squat	2	25	25	5	0:5:0:10
	pair w/							pair w/					OC-D+1		pair w/					
	Ankle Band Work	1			5	0:7:0:0		Bench Glute	T			3	0:0:5:10		Cuban Press	2			5	0:5:0:10
60	SL Glute Bar Lift	1	35	45	5	0:7:0:10								100	Bench Press	FFF	70	40	3	0:5:0:0
	pair w/														pair w/					F,F,F
35	Psoas SL Squat	2	20	25	5	0:3:0:0									Inverted Row	FFF			3	0:5:0:0
	pair w/														pair w/					F,F,F
	Bench Groin	1			5	0:7:0:10								50	Tri Push Down	FFF	35	20	3	0:5:0:0
						Partner Push														F,F,F

Isometric Upper Training Block Example

Dair W D						UPP	ER BODY IS	OM	ETRIC BLOCK					
TEXT Rate		TUE	SDA	Y - ISC	MET	RIC			THU	RSD	AY - D	IANY	VIC	
Pair W/ Partner Pull Partner Pull Partner Pull Pair W/ Part	100%		Reps	Lo	ad	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
Band OH Rainbow 8 1		TRX T Raise	1			1	0:7:0:0		TRX T Raise	8			1	
100 Bench Press 5 45 50 1 100 Bench Press 3 55 60 1 100 Bench Press 3 55 60 1 100 Bench Press 3 55 60 1 100 Bench Press 1 65 70 1 100 Bench Press 1 65 70 1 100 Bench Press 1 65 70 1 100 Bench Press 1 75 80 1 100 Bench Press 1 75 8		pair w/							pair w/					
100 Bench Press 3 55 60 1 100 Bench Press 3 55 60 1 100 Bench Press 1 65 70 1 100 Bench Press 1 75 80 1 100 Bench Press 1 100		Band OH Rainbow	8			1			Band OH Rainbow	8			1	
100 Bench Press 3 55 60 1 100 Bench Press 3 55 60 1 100 Bench Press 1 65 70 1 100 Bench Press 1 65 70 1 100 Bench Press 1 75 80 1 100 Bench Press 1 75 8														
100 Bench Press 1 65 70 1 100 Bench Press 1 65 70 1 100 Bench Press 1 75 80 1 100 Bench Press 1 80 85 4 0.77.0.0 Bench Press 7.1,1 85 90 4 0.00.5.0 Bench Press 7.1,1 85 90 4 0	100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
100 Bench Press 1 65 70 1 100 Bench Press 1 65 70 1 100 Bench Press 1 75 80 1 100 Bench Press 1 80 85 4 0.77.010 Bench Press 7.1,1 85 90 4 0.00.510 Bench Press 5 20 25 4 5 Reps AFSM Dair W														
100 Bench Press 1 75 80 1 100 Bench Press 1 75 80 1 100 Bench Press 1 75 80 1 100 Bench Press 1 80 85 4 0:7:0:0 100 Bench Press T.1,1 85 90 4 0:0:5:0 Bench Press T.1,1 85 90 4	100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
100 Bench Press 1 75 80 1 100 Bench Press 1 75 80 1 100 Bench Press 1 75 80 1 100 Bench Press 1 75 80 1 100 Bench Press 1 75 80 1 100 Bench Press 1 75 80 1 100 Bench Press 1 75 80 1 100 Bench Press 1														
100 Bench Press 1 80 85 4 0.77:0:0 100 Bench Press T-1,1 85 90 4 0:0:5:0 Dair W/	100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
100 Bench Press 1 80 85 4 0.77:0:0 100 Bench Press T-1,1 85 90 4 0:0:5:0 Dair W/														
Dair W D	100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
Dair W D														
100 Speed Bench Press 5 20 25 4 5 Reps AFSM Dair W Delt Boltane Press 5 15 15 4 5 Reps AFSM Dair W Delt Boltane Press 5 15 15 4 5 Reps AFSM Dair W Delt Boltane Press 7 25 25 3 0.005:01 Dair W Delt Boltane Press 7	100	Bench Press	1	80	85	4	0:7:0:0	100	Bench Press	T-1,1	85	90	4	0:0:5:0
Dair W D		pair w/							pair w/					
DB Incline Press 5 15 15 4 5 Reps AFSM Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 4 1 Arm Delt BO Lat. Reb Drop 4 1 Arm Delt BO Lat. Reb Drop 4 1 Arm Delt BO Lat. Reb Drop 1	100	Speed Bench Press	5	20	25	4	5 Reps AFSM		Med Ball Pass	4			4	
Pair w/ Rack Band Push Up 5		pair w/							pair w/					1 Arm
Rack Band Push Up 5	30	DB Incline Press	5	15	15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4	
Dair W Pull-Pause EXT. Rotation Band 1		pair w/												1 Arm
Dair W EXT. Rotation Band 1		Rack Band Push Up	5			4	5 Reps AFSM	30	DB Incline Press	Т	25	25	3	0:0:5:10
EXT. Rotation Band 1							Pull-Pause							OC-D+1
Wrist Pro & Sup			1			4	0:7:0:10	35		Т	30	30	3	0:0:5:10
Pair w/ Cuban EXT Band 1		pair w/					Partner Pull		pair w/					OC-D+1
Cuban EXT Band 1 4 0:7:0:10 Partner Pull DB BO Row 1 25 25 5 0:7:0:10 Pair w/ Pull Up 1 5 0:7:0:0 Pair w/ Straight Arm Lat Pull 1 15 20 5 0:7:0:0 Pair w/ Chin Up 1 4 0:7:0:0 Partner Pull Chin Up 1 4 0:7:0:0 Pair w/ Pather Pull Chin Up 1 3 0:0:5:0 Partner Pull Pair w/ Chin Up 1 4 0:7:0:0 Pair w/ Tri Push Down 1 30 35 4 0:7:0:0 Pair w/ Wrist Uln & Rad 1 25 30 4 0:7:0:0 Partner Push Partner Push Pair w/ Wrist Uln & Rad 1 3 0:0:5:00 Partner Push Pair w/ Partner Band Abs 1 3 0:30:0:1		Wrist Pro & Sup	1			4	0:7:0:0		MB OH Slams	4			3	
Partner Pull Partner Pull Pair w/ Pair		pair w/												
Partner Pull Partner Pull Pair w/ Chin Up T 3 0:0:5:0		Cuban EXT Band	1			4	0:7:0:10		OC Push Up	Т			3	0:0:5:10
Description							Partner Pull							OC-D+1
Pair w/ Pull Up 1 5 0:7:0:0 Partner Pull Stiff Leg Ankle Hops T 3 0:0:5:0 Straight Arm Lat Pull 1 15 20 5 0:7:0:0 Partner Pull Pair w/ Partner Push Partner Push Partner Push Partner Push Pair w/ Partner Push Partner Push Pair w/ Pair w/	35	DB BO Row	1	25	25	5	0:7:0:10		Chin Up	Т			3	0:0:5:0
Partner Pull Partner Push Part											Partn	er Pull		Bottom 1/2
Pair w/ Partner Pull Straight Arm Lat Pull 1 15 20 5 0:7:0:0 Partner Pull Pair w/ Partner Pull Pair w/ Partner Pull Pair w/ Partner Pull Pair w/ Partner Push Pair w/ Partner Band Abs 1 3 0:30:0:1			1			5	0:7:0:0			Т			3	0:0:5:0
25 Straight Arm Lat Pull 1 15 20 5 0:7:0:0 Partner Pull Chin Up pair w/ Partner Pull Pair w/ Partner Pull Pair w/ Partner Push Par Curl 1 25 30 4 0:7:0:0 Partner Push Partner Push Pair w/ Partner Band Abs 1 3 0:30:0:1							Partner Pull							
Partner Pull Pair w/ Pair w	25		1	15	20	5	0:7:0:0	50	Tri Push Down	Т	45	50	3	0:0:5:0
Chin Up							Partner Pull							OC-D+1
Partner Pull Partner Pull Pair w/ Partner Pull Pair w/ Partner Push Pair w/ Partner Band Abs 1 3 0:30:0:1		Chin Up	1			4	0:7:0:0	40		Т	35	40	3	0:0:5:0
Tri Push Down 1 30 35 4 0:7:0:0 Wrist Uln & Rad T 3 0:0:5:10							Partner Pull							OC-D+1
pair w/ Partner Push 40 Bar Curl 1 25 30 4 0:7:0:0 Partner Push Wrist Pro & Sup pair w/ Wrist Uln & Rad pair w/ 1 3 0:7:0:0 Farmers Carry pair w/ 1 3 pair w/ Partner Push pair w/ Partner Push pair w/ Farmers Carry pair w/ 1 3 0:30:0:1 Partner Band Abs 1 3 0:30:0:1	50		1	30	35	4	0:7:0:0			Т			3	0:0:5:10
40 Bar Curl 1 25 30 4 0:7:0:0 Wrist Pro & Sup 1 3 0:0:5:10 Partner Push Wrist Uln & Rad 1 3 0:7:0:0 Partner Push pair w/ Farmers Carry 1 3 pair w/ Partner Band Abs 1 3 0:30:0:1							Partner Push							
Partner Push Pair w/ Partner Band Abs 1 3 0:30:0:1	40		1	25	30	4	0:7:0:0		Wrist Pro & Sup	1			3	0:0:5:10
Wrist Uln & Rad 1 3 0:7:0:0 Farmers Carry 1 3 pair w/ Partner Push pair w/ pair w/ 1 Arm Farmers Carry 1 3 0:30:0:1 pair w/ 1 Arm Partner Band Abs 1 3 0:30:0:1							Partner Push							
pair w/ Partner Push pair w/ 1 Arm Farmers Carry 1 3 Partner Band Abs 1 3 0:30:0:1 pair w/ 1 Arm 1 3 0:30:0:1		Wrist Uln & Rad	1			3				1			3	
Farmers Carry 1 3 Partner Band Abs 1 3 0:30:0:1 pair w/							Partner Push							1 Arm
pair w/ 1 Arm			1			3				1			3	0:30:0:10
pair it/							1 Arm		rararer bana Abb					
SWD Daliu TWISC 2			1			3								
		SAAD DUIN I MIST	1											

Concentric Lower Training Block Example

								LOWED	ODV	CONC	CNITE	NC D	LOCK							
╙								LOWER B	SODY	CONC	ENIF	KIC B	LUCK							
	MC	NDA	Y - D۱	YNAN	1IC		l	WED	ONESE	OAY -	DYNA	MIC			FR	RIDAY	- DY	NAMI	C	
1009	6	Reps	Lo	oad	Sets	Notes	100%	i	Reps	Lo	oad	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
	6 Way Shoulder	1			1	0:0:7:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:0:10:0
	pair w/							pair w/							pair w/					
	Infraspinatus	10			1			Infraspinatus	10			1			Infraspinatus	10			1	
130	Safety Bar Split Squat	5	60	65	1		115	Hex Bar Deadlift	5	50	65	1		130	Safety Bar Split Squat	5	60	65	1	
400	0.5 1. 0. 0.110 1				+ -									400	0.5 1. 0. 0.10.0					
130	Safety Bar Split Squat	3	75	80	1		115	Hex Bar Deadlift	3	70	75	1		130	Safety Bar Split Squat	3	75	80	1	
120	Safaty Par Salit Sauat	1	85	90	1		115	Hex Bar Deadlift	1	75	80	1		130	Safety Bar Split Squat	1	85	90	1	
130	Safety Bar Split Squat	1	63	90	1		113	nex bai Deadiiit	1	/3	80	1		130	Sarety bar Split Squat	1	63	30	1	
130	Safety Bar Split Squat	1	90	95	1		115	Hex Bar Deadlift	1	80	85	1		130	Safety Bar Split Squat	1	90	95	1	
130	sarety bar spirt squat	1	50	33	1		113	nex bar beaulit		00	65	-		130	sarety bar spirt squat	1	50	33	1	
130	Safety Bar Split Squat	T-1,1	105	110	4	0:0:7:10	115	Hex Bar Deadlift	T	100	105	8	0:0:5:0	130	Safety Bar Split Squat	T	100	105	4	0:0:10:10
	pair w/	,_						TICK Dair Dedaint					1:30 Rest		pair w/					
	Hurdle Hop	4			4	Height	75	SL Leg Press	Т	65	70	3	0:0:5:10	1	Hurdle Hop	4			4	Height
	pair w/							pair w/					OC-D+1		pair w/					
	SQ Jump Wt.	4			4		35	DB RDL	Т	30	30	3	0:0:5:0		SQ Jump Wt.	4			4	
	pair w/							pair w/					OC-D+1		pair w/					
	Acc. Band Jump	4			4			SL Hip Flex Prone	Т			3	0:0:5:10		Acc. Band Jump	4			4	
	pair w/												OC-D+1		pair w/					
	Manual neck F/R	Т			4	0:0:7:10	25	DB Step Up	T	15	20	3	0:0:5:10		Lateral Manual Neck	Т			4	0:0:10:10
	pair w/					Partner Push		pair w/					Bottom 1/2		pair w/					Partner Push
	Wrist Curl Flexion	Т			4	0:0:7:0		GH Hyper EXT	Т			3	0:0:5:10		Bench Glute	Т			4	0:0:10:10
	pair w/							pair w/					OC-D+1		pair w/					
	Ant. Tib. Band	T			4	0:0:7:0		Bench Groin	Т			3	0:0:5:10		SL Hip Flex Prone	T			4	0:0:10:10
75	SL RDL	Т	50	55	5	0:0:7:10	100	Glute Bar Lift	Т	85	90	3	0:0:5:0	75	SL RDL	Т	55	60	5	0:0:10:10
	pair w/							pair w/					AFSM		pair w/					
	Cuban Press Inc. Fig 8	T			5	0:0:7:0	35	Psoas SL Squat	Т	30	30	3	0:0:5:10	35	Psoas SL Squat	Т	25	25	5	0:0:10:10
	pair w/							pair w/					OC-D+1		pair w/					
	Ankle Band Work	Т			5	0:0:7:10		Bench Glute	Т			3	0:0:5:10		Cuban Press	T			5	0:0:10:0
60	SL Glute Bar Lift	Т	35	45	5	0:0:7:10								100	Bench Press	Т	70	40	3	0:0:10:0
	pair w/														pair w/					AFSM
35	Psoas SL Squat	Т	20	25	5	0:0:7:10									Inverted Row	Т			3	0:0:10:0
	pair w/														pair w/					AFSM
	Bench Groin	Т			5	0:0:7:10								50	Tri Push Down	T	35	20	3	0:0:10:0
																				AFSM

Concentric Upper Training Block Example

Г					U	PPE	R BODY CO	NCI	NTRIC BLOC	K				
Г		TUE	SD/	\Y - D'	YNAN	1IC			THU	RSD	AY - D	YNAI	ИIC	
10	0%		Reps	Lo	ad	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
		TRX T Raise	1			1	0:0:7:0		TRX T Raise	8			1	
		pair w/							pair w/					
		Band OH Rainbow	8			1			Band OH Rainbow	8			1	
1	00	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
1	00	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
1	00	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
1	00	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
1	00	Bench Press	1	80	85	4	0:0:7:0	100	Bench Press	T-1,1	85	90	4	0:0:5:0
		pair w/							pair w/					
1	00	Speed Bench Press	5	20	25	4	5 Reps AFSM		Med Ball Pass	4			4	4.4
		pair w/					5.0		pair w/					1 Arm
	30	DB Incline Press	5	15	15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4	4.4
		pair w/					5 D 4 5014							1 Arm
		Rack Band Push Up	5			4	5 Reps AFSM	30	DB Incline Press	Т	25	25	3	0:0:5:10 OC-D+1
		pair w/					0:0:7:10		pair w/	-				0:0:5:10
		EXT. Rotation Band	1			4	0:0:7:10	35	DB BO Row	Т	30	30	3	0:0:5:10 OC-D+1
		pair w/					0:0:7:0		pair w/					0C-D+1
		Wrist Pro & Sup	1			4	0.0.7.0		MB OH Slams	4			3	
		pair w/	1			4	0:0:7:10		!	T			3	0:0:5:10
		Cuban EXT Band	1			4	0.0.7.10		OC Push Up	-			3	OC-D+1
	35	00.00.0	1	25	25	5	0:0:7:10		pair w/	Т			3	0:0:5:0
•	55	DB BO Row	1	23	25	3	0.0.7.10		Chin Up	-	Partne	or Dull	3	Bottom 1/2
		pair w/ Pull Up	1			5	0:0:7:0		pair w/ Stiff Leg Ankle Hops	T	Fartit	i Full	3	0:0:5:0
		pair w/	-				51517.15		Suit Leg Ankie Hops	<u> </u>			3	5151515
	25	Straight Arm Lat Pull	1	15	20	5	0:0:7:0	50	Tri Push Down	T	45	50	3	0:0:5:0
		ou digitt Attit Edt Pull		10	20			50	pair w/			30	,	OC-D+1
		Chin Up	1			4	0:0:7:0	40	Bar Curl	Т	35	40	3	0:0:5:0
		pair w/				-		70	pair w/		33	70		OC-D+1
	50	Tri Push Down	1	30	35	4	0:0:7:0		Wrist Uln & Rad	T			3	0:0:5:10
		pair w/							WHISE OILL OC NO.					
	10	Bar Curl	1	25	30	4	0:0:7:10		Wrist Pro & Sup	1			3	0:0:5:10
									pair w/					
		Wrist Uln & Rad	1			3	0:0:7:10		Farmers Carry	1			3	
		pair w/							pair w/					1 Arm
		Farmers Carry	1			3			Partner Band Abs	1			3	0:30:0:10
		pair w/					1 Arm							
		SWB Band Twist	1			3	0:0:7:10							

Power Lower Example

								LOWER	RBO	OY PO	OWER	BLO	CK							
	MO	NDA	Y - DYN	IAMI	С			WED	NES	DAY -	DYNA	MIC			FR	IDAY	′ - DY	NAMI	С	
1009	6	Reps	Load	9	Sets	Notes	100%		Reps	l	.oad	Sets	Notes	100%		Reps	Lo	oad	Sets	Notes
	6 Way Shoulder	1			1	0:0:7:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:0:10:0
	pair w/							pair w/							pair w/					
	Infraspinatus	10			1			Infraspinatus	10			1			Infraspinatus	10			1	
130	Safety Bar Split Squat	5	60	65	1		70	SL Hex Bar Deadlift	5	25	30	1		130	Safety Bar Split Squat	5	60	65	1	
120	Co-Soto Boo Colib Course		75	00			70	CL Have Base Daniellich		20	25	-		420	Code to Book College		75		+	
130	Safety Bar Split Squat	3	/5	80	1		70	SL Hex Bar Deadlift	3	30	35	1		130	Safety Bar Split Squat	3	75	80	1	
130	Safety Bar Split Squat	1	85	90	1		70	SL Hex Bar Deadlift	1	35	40	1		130	Safety Bar Split Squat	1	85	90	1	
150	Salety bar Split Squat	1	63	90	1		//	St nex bar Deadilit	1	33	40	1		130	Safety bar Split Squat	1	65	90	1	
130	Safety Bar Split Squat	1	90	95	1		70	SL Hex Bar Deadlift	1	40	45	1		130	Safety Bar Split Squat	1	90	95	1	
														1						
130	Safety Bar Split Squat	C-1	80	90	4	3% Drop	70	SL Hex Bar Deadlift	Т	40	45	8	0:0:5:0	130	Safety Bar Split Squat	C-2	70	80	4	3% Drop
	pair w/												1:30 Rest		pair w/					
٠,	Hurdle Hop	4			4	Distance	75	SL Leg Press	T	55	60	3	0:0:5:10		Hurdle Hop	4			4	Distance
	pair w/							pair w/					OC-D+1		pair w/					
	SQ Jump Wt.	4			4	Pull	35	DB RDL	T	25	30	3	0:0:5:0		SQ Jump Wt.	4			4	Pull
	pair w/							pair w/					OC-D+1		pair w/					
	Acc. Band Jump	4			4	Pull		SL Hip Flex Prone	T			3	0:0:5:10		Acc. Band Jump	4			4	Pull
	pair w/												OC-D+1		pair w/					
	Manual neck F/R	T			4	0:0:7:10	25	DB Step Up	T	15	15	3	0:0:5:10		Lateral Manual Neck	Т			4	0:0:10:10
	pair w/					Partner Push		pair w/					Bottom 1/2		pair w/					Partner Push
	Wrist Curl Flexion	T			4	0:0:7:0		GH Hyper EXT	T			3	0:0:5:10		Band Glute	Т			4	0:0:10:10
	pair w/					AFSM		pair w/					OC-D+1		pair w/					AFSM
	Ant. Tib. Band	T			4	0:0:7:0		Band Groin	T			3	0:0:5:10		SL Hip Flex Prone	T			4	0:0:10:10
						AFSM							AFSM						\perp	OC-D+1
75	SL DB RDL	Т	50	55	5	0:0:7:10	100	Glute Bar Lift	Т	70	80	3	0:0:5:0	75	SL DB RDL	Т	40	45	5	0:0:10:10
	pair w/				_	OC-D+1	-	pair w/	1			+	OC-D+1		pair w/	+			+	OC-D+1
	Cuban Press Inc. Fig 8	T			5	0:0:7:0	35	Psoas SL Squat	Т	25	30	3	0:0:5:10		Speed Cycle Lunge	T			5	0:0:10:10
	pair w/	1			-	AFSM 0:0:7:10		pair w/	1				0C-D+1		pair w/	1			+	AFSM 0:0:10:0
	Ankle Band Work	T			5	0:0:7:10 AFSM		Band Glute	T			3	0:0:5:10 AFSM		Cuban Press	T			5	0:0:10:0
100	Clute Par Lift	T	65	70	-	0:0:7:10							AFSIVI	100	Panch Dross	-	E F		9	0:0:10:0
100	Glute Bar Lift	'	65	70	5	0:0:7:10 AFSM								100	Bench Press	T	55	60	3	AFSM
	pair w/	Т			5	0:0:7:10									pair w/	-			2	0:0:10:0
	Speed Cycle Lunge pair w/	'			5	0:0:7:10 AFSM									Inverted Row pair w/	T			3	AFSM
		т			5	0:0:7:10								50	Tri Push Down	-	25	25	2	0:0:10:0
	Band Groin	<u>'</u>			2	0:0:7:10 AFSM								50	III Push Down	T	25	25	3	AFSM
						AFSIVI														MESIVI

Power Upper Example

				UF	PER BODY	PO	WER BLOCK					
	TUE	SDA	Y - DYNA	MIC			THU	RSD	AY - D	YNAI	MIC	
100%		Reps	Load	Sets	Notes	100%		Reps	Lo	ad	Sets	Notes
	TRX T Raise	1		1	0:0:7:0		TRX T Raise	8			1	
	pair w/						pair w/					
	Band OH Rainbow	8		1			Band OH Rainbow	8			1	
100	Bench Press	5	45 50	1		100	Bench Press	5	45	50	1	
100	belleti i ress		45 50			100	Deficit Tess		-13			
100	Bench Press	3	55 60	1		100	Bench Press	3	55	60	1	
100	Bench Press	1	65 70	1		100	Bench Press	1	65	70	1	
100	Bench Press	1	75 80	1		100	Bench Press	1	75	80	1	
100	Bench Press	C-1	65 70) 4	3% Drop	100	Bench Press	T-1.1	70	80	4	0:0:5:0
100	pair w/	C-1	05 /0	, 4	376 DTOP	100	pair w/	1-1,1	70	00	4	0.0.3.0
100	Speed Bench Press	5	20 25	4	5 Reps AFSM		Med Ball Pass	4			4	
100	pair w/		20 23	, ,	S Heps Hill Sill		pair w/					1 Arm
30	DB Incline Press	5	15 15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4	
	pair w/											1 Arm
	Rack Band Push Up	5		4	5 Reps AFSM	30	DB Incline Press	Т	25	25	3	0:0:5:10
	pair w/				Pull		pair w/					OC-D+1
	EXT. Rotation Band	Т		4	0:0:7:10	35	DB BO Row	Т	30	30	3	0:0:5:10
	pair w/						pair w/					OC-D+1
	Wrist Pro & Sup	Т		4	0:0:7:0		MB OH Slams	4			3	
	pair w/	-			0:0:7:10			-		0.5		0:0:5:10
	Cuban EXT Band	Т		4	0:0:7:10	45	DB Bench Press	Т	30	35	3	0:0:5:10 OC-D+1
35	DB BO Row	т	20 25	5	0:0:7:10		pair w/ Chin Up	Т			3	0:0:5:0
33	pair w/	_	20 25) 5	AFSM		pair w/	<u> </u>			3	OC-D+1
	Pull Up	т		5	0:0:7:0		Stiff Leg Ankle Hops	т			3	0:0:5:0
	pair w/				OC-D+1		2007					
25	Straight Arm Lat Pull	Т	15 20	5	0:0:7:0	50	Tri Push Down	Т	35	40	3	0:0:5:0
					AFSM		pair w/					OC-D+1
	Chin Up	Т		4	0:0:7:0	40	Bar Curl	Т	30	35	3	0:0:5:0
	pair w/				OC-D+1		pair w/					OC-D+1
50	Tri Push Down	Т	25 30	4	0:0:7:0		Wrist Uln & Rad	Т			3	0:0:5:10
	pair w/				AFSM							
40	Bar Curl	Т	20 25	4	0:0:7:10		Wrist Pro & Sup	Т			3	0:0:5:10
					AFSM		pair w/					
	Wrist Uln & Rad	Т		3	0:0:7:10		Farmers Carry + Skip	1			3	1 Arm
	pair w/ Farmers Carry + Skip	1		3			pair w/ Partner Band Abs	T			3	0:30:0:10
	pair w/	1		3	1 Arm		rai tilet banu Abs	'			3	0.30.0.10
	SWB Band Twist	т		3	0:0:7:10							
	SVVD DANG TWISE			,	0.0.7.20							

Peaking Lower Example

LOWER BODY PEAKING BLOCK																				
Г	MOI	1IC			WEDNESDAY - DYNAMIC							FRIDAY - DYNAMIC								
100	100% Reps Load Sets Notes		100%	5	Reps Load			Sets Notes		100%		Reps	Lo	Load Se		Notes				
	6 Way Shoulder	1			1	0:0:7:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:0:10:0
	pair w/							pair w/							pair w/					
	Infraspinatus	10			1			Infraspinatus	10			1			Infraspinatus	10			1	
30	DB Split Squat	5	15	20	1		30	DB Split Squat	5	15	20	1		30	DB Split Squat	5	15	20	1	
30	DB Split Squat	3	20	20	1		30	DB Split Squat	3	20	20	1		30	DB Split Squat	3	20	20	1	
30	DB Split Squat	1	20	20	1		30	DB Split Squat	1	20	20	1		30	DB Split Squat	1	20	20	1	
,																				
30	DB Split Squat	1	20	25	1		30	DB Split Squat	1	20	25	1		30	DB Split Squat	1	20	25	1	
	Lunge OC Hops	Т			3	0:0:7:10	30	DB Split Squat	Т	15	20	4	0:0:5:0		Lunge OC Hops	Т			3	0:0:10:10
	pair w/									Dro	p Jump		1:30 Rest		pair w/					
	Hurdle Hop	4			3	Distance	75	SL Leg Press	T	35	40	3	0:0:5:10		Hurdle Hop	4			3	Distance
	pair w/							pair w/					OC-D+1		pair w/					
	SQ Jump Wt.	4			3	Pull	35	DB RDL	Т	15	20	3	0:0:5:0		SQ Jump Wt.	4			3	Pull
	pair w/							pair w/					OC-D+1		pair w/					
	Acc. Band Jump	4			3	Pull		Speed Switch Lunge	T			3	0:0:5:10		Acc. Band Jump	4			3	Pull
	pair w/												AFSM		pair w/					
	Manual neck F/R	T			3	0:0:7:10	25	DB Step Up	Т	10	15	3	0:0:5:10		Lateral Manual Neck	T			3	0:0:10:10
	pair w/					Partner Push		pair w/					Bottom 1/2		pair w/					Partner Push
	Wrist Curl Flexion	Т			3	0:0:7:0		GH Hyper EXT	Т			3	0:0:5:10		Ball Groin Squeeze	Т			3	0:0:10:10
	pair w/					AFSM		pair w/					OC-D+1		pair w/					OC-D+1
	Hip Flexor Band Pull	Т			3	0:0:7:0		Bench Groin	Т			3	0:0:5:10		Ankle Band Work	T			3	0:0:10:10
						AFSM							OC-D+1							AFSM
	Acc. Speed Cycle Lunge	T			3	0:0:7:10	100	Glute Bar Lift	Т	70	80	3	0:0:5:0		Hip Flexor Band Pull	T			3	0:0:10:10
	pair w/					AFSM		pair w/					OC-D+1		pair w/					AFSM
	Band Paw Back	Т			3	0:0:7:0		Speed Cycle Lunge	Т			3	0:0:5:10		Acc. Speed Cycle Lunge	Т			3	0:0:10:10
	pair w/					AFSM		pair w/					AFSM		pair w/					AFSM
	Stiff Leg Ankle Hops	Т			3	0:0:7:10		Bench Glute	T			3	0:0:5:10 OC-D+1		Band Paw Back	T			3	0:0:10:0 AFSM
100	Glute Bar Lift	T	35	40	3	0:0:7:10							00-0+1	100	Bench Press	T .	25	30	3	0:0:10:0
100	pair w/	-	33	40	-	AFSM								100	pair w/		23	30	1	OC-D+1
	Speed Switch Lunge	т			3	0:0:7:10									Inverted Row	+ +			3	0:0:10:0
	pair w/				1 3	AFSM									pair w/				3	OC-D+1
	Band Speed Groin	т			3	0:0:7:10								50	Tri Push Down	T	10	15	3	0:0:10:0
	build speed oroin				1	AFSM								30	TITT GOILDOWII		10	10	1	OC-D+1
						ALSIN														00011

Peaking Upper Example

					UPI	PER BODY F	PEA	KING BLOCK								
	TU	ESDA	YY - D'	YNAN	/IIC			THURSDAY - DYNAMIC								
100%		Reps	Lo	ad	Sets	Notes	100%		Reps	L	oad	Sets	Notes			
	TRX T Raise	1			1	0:0:7:0		TRX T Raise	8			1				
	pair w/							pair w/								
	Band OH Rainbow	8			1			Band OH Rainbow	8			1				
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1				
							1									
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1				
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1				
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1				
	- 1-	-				0.0.7.0			-			+ . +	0.0.5.0			
100	Bench Press	Т	65	70	4	0:0:7:0	100	Bench Press	Т	70	80	4	0:0:5:0			
	pair w/							pair w/					OC-D+1			
100		5	20	25	4	5 Reps AFSM		Med Ball Pass	4			4				
	pair w/							pair w/					1 Arm			
30	DB Incline Press	5	15	15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4				
	pair w/												1 Arm			
	Rack Band Push Up	5			4	5 Reps AFSM	30	DB Incline Press	Т	15	15	3	0:0:5:10			
	pair w/					Pull		pair w/					OC-D+1			
	OH Lat. React. Drop	Т			4	0:0:7:10	35	DB BO Row	Т	15	15	3	0:0:5:10			
	pair w/							pair w/					OC-D+1			
	Wrist Pro & Sup	Т			4	0:0:7:0		MB OH Slams	4			3				
	pair w/															
	Cuban EXT Band	Т			4	0:0:7:10	45	DB Bench Press	Т	20	25	3	0:0:5:10			
								pair w/					OC-D+1			
35	DB BO Row	Т	15	20	5	0:0:7:10		Bicep Shock Curls	Т			3	0:0:5:0			
	pair w/					AFSM		pair w/					OC-D+1			
	Bicep Shock Curls	Т			5	0:0:7:0		Stiff Leg Ankle Hops	Т			3	0:0:5:0			
	pair w/					1 Arm										
	OH Band Pull	Т			5	0:0:7:0		Tricep Band Press	Т			3	0:0:5:0			
						AFSM		pair w/					OC-D+1			
	Bicep Shock Curls	Т			4	0:0:7:0		Band Curls	Т			3	0:0:5:0			
	pair w/					AFSM		pair w/					AFSM			
	Band Tri Push Down	Т			4	0:0:7:0		Wrist Uln & Rad	Т			3	0:0:5:10			
	pair w/					AFSM							OC-D+1			
	Wrist Uln & Rad	Т			4	0:0:7:10		Wrist Pro & Sup	Т			3	0:0:5:10			
						AFSM		pair w/					OC-D+1			
	Wrist Uln & Rad	Т			3	0:0:7:10	4	Farmers Carry + Skip	1			3				
	pair w/ Farmers Carry + Skip					AFSM		pair w/					1 Arm			
					3			Partner Band Abs	т			3	0:30:0:10			
	pair w/					1 Arm										
	SWB Band Twist	T			3	0:0:7:10										
	OTTO DUNG 1 WISC															