



THIBARMY

Powered by

BALLISTIC MANAGEMENT

POWER BUILDING TRAINING (PBT)

© 2017 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

"Thibarmy" and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

PHASE I - ACCUMULATION

The phase of this training program uses a more traditional hypertrophy set-up. Each muscle will be hit to some extent twice per week but each main lift is only trained once a week. More volume will be performed and the average intensity will be lower. We will also include more slower tempo lifting for several reasons:

1. to build more muscle mass
2. to strengthen tendons prior to focusing more on heavy lifting
3. to perfect lifting form
4. to develop mind muscle connection.

Basically this first phase is there to initiate the muscle-building process but mostly to prepare your body to handle the strength work to come.

FREQUENCY	Low
VOLUME	High
INTENSITY	Low
DENSITY	High

PHASE II - INTENSIFICATION

In the second phase of training you will see frequency increase with each of the key movement patterns being trained twice per week. This will lead to a reduction in the amount of assistance work to allow you to handle the greater demand of the workouts. The average intensity will increase on the main lifts. The assistance work will be done utilizing exercises with a low CNS impact and will still use rep ranges and methods focusing on building muscle mass.

FREQUENCY	Medium
VOLUME	Medium
INTENSITY	Medium
DENSITY	Medium

PHASE III - REALIZATION

The last phase of the program is aimed at maximizing performance in the basic movement patterns. As such, the frequency will be increased to three times per week for each key pattern. We will also utilize various types of muscle contractions so that you are not only efficient at the movement pattern themselves but also in every type of muscle actions. Assistance work will be decreased to a minimum since the volume will already be high due to the high number of main lifts at every workout. The average intensity will stay medium; although we will have max effort days we also have lighter days where we use slower tempos, so if the peak intensity is higher (leading to more strength gains) the average will be about the same as the last phase.

FREQUENCY	High
VOLUME	Medium
INTENSITY	Medium
DENSITY	Low(er)

PHASE I – ACCUMULATION

BLOCK 1 (2 WEEKS)

WEEKS 1 & 2 – DAY 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
Hip external rotation 1 min/side
Thoracic extension 1 min
Thoracic extension/rotation 1min/side

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	BACK SQUAT	5	8	4010	90 sec
A2	GLUTE-HAM RAISE	5	8	3010	120 sec
B1	FRANKENSTEIN SQUAT	4	5	5050	75 sec
B2	LYING LEG CURL	4	6	6010	90 sec
C1	SPLIT SQUAT	3	8 per side	2010	60 sec
C2	LYING LEG CURL 2/1 TECHNIQUE	3	6 per side (alternate)	5010	75 sec

WEEKS 1 & 2 – DAY 2

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
Chin-to-clavicle 1 min
Thoracic extension/rotation 1 min/side
Forearm wall slides 2x30s with short rest
Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Battle ropes 45 seconds alternating arms
2 sets Overhead medicine ball throw 10 reps
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	MILITARY PRESS	5	8	4010	90 sec
A2	BEHIND THE NECK LAT PULLDOWN	5	8	4032	90 sec
B1	SAVICKAS PRESS WITH DUMBBELLS	4	5	5050	75 sec
B2	PRONATED SEATED ROW	4	8	3012	75 sec
C1	DB LATERAL RAISE	3	10	2010	60 sec
C2	BENT OVER LATERAL RAISE	3	10	3020	60 sec
D1	BARBELL FRONT RAISE	3	10	2020	60 sec
D2	STRAIGHT-ARM PULLDOWN	3	10	4010	60 sec

WEEKS 1 & 2 – DAY 3

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
Hip external rotation 1 min/side
Thoracic extension 1 min
Chin-to-chest 1min
Supine Scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Romanian deadlift with hip hand (light) x 10

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	DEADLIFT (OR SUMO DEADLIFT)	5	6	2010	90 sec
A2	PAUSED TALL CLEAN DRILL	5	6	N/A	120 sec
B1	ROMANIAN DEADLIFT WITH HIP BAND	4	8	5012	75 sec
B2	LEG EXTENSION	4	8	3012	90 sec
C1	LEG PRESS (45 DEGREES)	3	20	2010	60 sec
C2	BACK EXTENSION	3	10-12	3022	60 sec

WEEKS 1 & 2 – DAY 4

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
Chin-to-clavicle 1 min
Thoracic extension/rotation 1 min/side
Forearm wall slides 2x30s with short rest
Supine Scaption 2x30s with short rest

ACTIVATION:

2 sets Bear crawl x 30m
2 sets Resistance band over-and-back 15 reps
2 sets Pulley straight bar shoulder external rotations 10 reps
2 sets Swiss ball chest squeeze (squeeze 2- 3 sec) 10 reps

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	BENCH PRESS	5	8	4010	90 sec
A2	PENDLAY ROW	5	8	3012	90 sec
B1	INCLINE DUMBBELL BENCH PRESS	4	5	5050	75 sec
B2	SUPINATED SEATED ROW	4	8	3012	75 sec
C1	CABLE CROSS-OVER	3	10	3012	60 sec
C2	CABLE FACE PULL	3	10	3012	60 sec
D1	DUMBBELL FLIES OR PEC DECK MACHINE	3	10	3030	45 sec
D2	DUAL PULLEY REAR DELTS	3	10	2102	45 sec

WEEKS 1 & 2 – DAY 5 – OPTION 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-clavicle 1 min
 Forearm wall slides 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Romanian deadlift with hip hand (light) x 10

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	PAUSED TALL CLEAN DRILL	4	6	N/A	75 sec
A2	BOX JUMP	4	6	N/A	75 sec
B1	HANG (ABOVE KNEES) POWER CLEAN	5	5	N/A	90 sec
B2	PLYO PUSH UPS ON INCLINE BENCH	5	5	N/A	90 sec
C1	KB SWING (RUSSIAN) WITH HIP BAND	4	10	N/A	75 sec
C2	MEDICINE BALL THROW OVERHEAD	4	10	N/A	75 sec

WEEKS 1 & 2 – DAY 5 – OPTION 2

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension/rotation 1 min/side

ACTIVATION:

2 sets Battle ropes hammer curl style x 45 sec
2 sets KB micro-oscillation walks with 5 stops x 30m
2 sets Medicine ball scoop throw and catch x 10
2 sets Curl overcoming isometrics x 12 seconds

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	BARBELL CURL	10	10	3010	60 sec
A2	LYING BARBELL TRICEPS EXTENSION	10	10	4010	60 sec
B1	PREACHER CURL	4	8	5010	75 sec
B2	V-BAR TRICEPS PRESSDOWN	4	8	4022	75 sec
C1	DUMBBELL HAMMER CURL	3	15	2012	60 sec
C2	ROPE TRICEPS PRESSDOWN	3	12	3022	60 sec

PHASE I – ACCUMULATION

BLOCK 2 [2 WEEKS]

WEEKS 3 & 4 – DAY 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
Hip external rotation 1 min/side
Thoracic extension 1 min
Thoracic extension/rotation 1min/side

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	BACK SQUAT	6	6	4010	90 sec
A2	LYING LEG CURL YIELDING ISOMETRICS	6	30-45 seconds Hold top position	N/A	120 sec
B1	PAUSED FRANKENSTEIN SQUAT	4	5 3 sec. pause bottom	5310	90 sec
B2	LYING LEG CURL ISO-DYNAMICS	4	6 Hold mid range 20 sec then do 6 reps	3010 (for the reps)	90 sec
C1	BACKWARD STATIC LUNGE	3	8 per side	2010	60 sec
C2	LYING LEG CURL	3	5	90X2	75 sec

WEEKS 3 & 4 – DAY 2

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension/rotation 1 min/side
 Forearm wall slides 2x30s with short rest
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Battle ropes 45 seconds alternating arms
2 sets Overhead medicine ball throw 10 reps
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	MILITARY PRESS	6	6	4010	90 sec
A2	BEHIND THE NECK LAT PULLDOWN YIELDING ISOMETRICS	6	30-45 seconds Hold bottom position	N/A	90 sec
B1	PAUSED SAVICKAS PRESS WITH DUMBBELLS	4	5 3 sec. pause in concentric, mid range	4010	75 sec
B2	SUPINATED LAT PULLDOWN ISO-DYNAMIC	4	6 Hold peak 20 sec then do 6 reps	3010	75 sec
C1	DB SEATED INCLINE LATERAL RAISE	4	10+ max	2010	60 sec
C2	BENT OVER LATERAL RAISE	4	10+ max	3020	60 sec

WEEKS 3 & 4 – DAY 3

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-clavicle 1 min

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Romanian deadlift with hip hand (light) x 10

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	DEADLIFT (OR SUMO DEADLIFT)	5	5	2010	90 sec
A2	HANG (ABOVE KNEES) POWER CLEAN	5	5	N/A	120 sec
B1	SWEEPING ROY DEADLIFT	4	6	2013	90 sec
B2	LEG EXTENSION ISO-DYNAMICS	4	6 Hold peak 20 sec then do 6 reps	3012 (for the reps)	120 sec
C1	LONG STEP FORWARD STATIC LUNGE	3	8 per leg	2010	60 sec
C2	BACK EXTENSION	3	10-12	3022	60 sec

WEEKS 3 & 4 - DAY 4

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension/rotation 1 min/side
 Forearm wall slides 2x30s with short rest
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Bear crawl x 30m
2 sets Resistance band over-and-back 15 reps
2 sets Pulley straight bar shoulder external rotations 10 reps
2 sets Swiss ball chest squeeze (squeeze 2- 3 sec) 10 reps

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	BENCH PRESS	6	6	4010	90 sec
A2	CHEST SUPPORTED DB ROW YIELDING ISOMETRICS	6	30-45 seconds Hold peak contraction	N/A	90 sec
B1	DECLINE DB PRESS ISO-DYNAMICS	4	6 Hold bottom 20 sec then do 6 reps	4010	75 sec
B2	SUPINATED SEATED ROW ISO-DYNAMICS	4	6 Hold peak 20 sec then do 6 reps	3012	75 sec
C1	CABLE CROSS-OVER	3	10+ max	3012	60 sec
C2	CABLE FACE PULL	3	10+ max	3012	60 sec

WEEKS 3 & 4 – DAY 5 – OPTION 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-clavicle 1 min
 Forearm wall slides 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Romanian deadlift with hip hand (light) x 10

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	PAUSED TALL CLEAN DRILL	4	5	N/A	75 sec
A2	DEPTH LANDING WITH 5 SEC HOLD	4	5	N/A	75 sec
B1	HANG (ABOVE KNEES) POWER CLEAN	4	4	N/A	90 sec
B2	MEDICINE BALL THROW FROM CHEST	4	5	N/A	90 sec
C1	HANG (BELOW KNEES) POWER CLEAN	4	4	N/A	90 sec
C2	MEDICINE BALL BACKWARD TOSS	4	6	N/A	90 sec

WEEKS 3 & 4 – DAY 5 – OPTION 2

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension 1 min
 Forearm wall slides 2x30s with short rest
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Battle ropes hammer curl style x 45 sec
2 sets KB micro-oscillation walks with 5 stops x 30m
2 sets Medicine ball scoop throw and catch x 10
2 sets Curl overcoming isometrics x 12 seconds

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	BARBELL CURL ISO-DYNAMICS	10	6 Hold midrange 20 sec then do 6 reps	3010	60 sec
A2	LYING BARBELL TRICEPS EXTENSION ISO-DYNAMICS	10	6 Hold midrange 20 sec then do 6 reps	4010	60 sec
B1	SUPINATED CHIN-UP HOLD	4	30-45 sec Hold top position	N/A	75 sec
B2	DIPS (ONLY BODY WEIGHT)	4	Max unbroken reps	2010	75 sec
C1	NEUTRAL CHIN-UP HOLD	3	30-45 sec Hold top position	N/A	60 sec
C2	CLOSE-GRIP PUSH-UPS	3	Max unbroken reps	2010	60 sec

PHASE II – INTENSIFICATION

BLOCK 3 [2 WEEKS]

WEEKS 5 & 6 – DAY 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-chest 1 min
 Supine Scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BACK SQUAT	6	6/4/2/ 6/4/2	4010	180 sec
B	DEADLIFT (OR SUMO)	6	6/4/2/ 6/4/2	3010	180 sec
C1	LEG PRESS ISO-DYNAMICS	4	10 Hold mid range 20 sec then do 8 reps	3010	90 sec
C2	BACK EXTENSION ISO-DYNAMICS	4	10 Hold top 20 sec then do 8 reps	3010 (for the reps)	120 sec
D1	BACKWARD WALKING LUNGES	3	8 per side	2010	75 sec
D2	LYING LEG CURL	3	5 cluster reps (10 sec rest between reps)	5010	90 sec

WEEKS 5 & 6 – DAY 2

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension/rotation 1 min/side
 Forearm wall slides 2x30s with short rest
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Battle ropes 45 seconds alternating arms
2 sets Overhead medicine ball throw 10 reps
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BENCH PRESS	6	6/4/2/ 6/4/2	4010	180 sec
B	MILITARY PRESS	6	6/4/2/ 6/4/2	3010	180 sec
C1	INCLINE DB PRESS 1 & ¼ REP	4	6	4010	90 sec
C2	NEUTRAL GRIP CHIN-UP	4	6	3012	90 sec
D1	DIPS ISO-DYNAMICS	3	Max Hold mid-range 20 sec then do max reps	3010	75 sec
D2	BENT OVER DB ROW ISO-DYNAMICS	3	6 Hold peak 20 sec then do 6 reps	3012	75 sec

WEEKS 5 & 6 – DAY 3

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-chest 1 min
 Supine Scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Romanian deadlift with hip hand (light) x 10

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BACK SQUAT SUPERSLOW ECCENTRIC	5	3	9010	180 sec
B	PAUSED DEADLIFT (OR SUMO)	5	5 3 sec pause during eccentric at knee level	3310	180 sec
C1	FRANKENSTEIN SQUAT YIELDING ISOMETRICS	4	20-40 sec Hold mid range	N/A	120 sec
C2	ROMANIAN DEADLIFT YIELDING ISOMETRICS	4	20-40 sec Hold mid range	N/A	120 sec
D1	STATIONARY BIKE WITH HIGH RESISTANCE	3	30 seconds	N/A	90 sec
D2	LYING LEG CURL	3	5-4-3-2-1 rest/pause (5 reps/15 sec/4 reps /15 sec/etc.)	3010	90 sec

WEEKS 5 & 6 – DAY 4

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
Chin-to-clavicle 1 min
Thoracic extension/rotation 1 min/side
Forearm wall slides 2x30s with short rest
Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Battle ropes 45 seconds alternating arms
2 sets Overhead medicine ball throw 10 reps
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BENCH PRESS SUPERSLOW ECCENTRICS	5	3	9010	180 sec
B	MILITARY PRESS SUPERSLOW ECCENTRICS	5	3	9010	180 sec
C1	DB BENCH PRESS YIELDING ISOMETRICS	4	20-40 sec Hold bottom position	N/A	90 sec
C2	NEUTRAL GRIP CHIN-UP SUPERSLOW ECCENTRICS	4	3	9010	90 sec
D1	DIPS YIELDING ISOMETRICS	4	Hold mid 20 sec Hold bottom 20-30 sec	N/A	75 sec
D2	DB PULLOVER WITH ADDED BAND SUPERSLOW ECCENTRIC	4	5	9010	75 sec

WEEKS 5 & 6 – DAY 5 – OPTION 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-chest 1 min
 Supine Scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Romanian deadlift with hip hand (light) x 10

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	HANG (BELOW KNEES) POWER CLEAN	6	3	N/A	120 sec
A2	DEPTH JUMPS	6	5	N/A	90 sec
B1	POWER CLEAN	4	3	N/A	120 sec
B2	PLYO PUSH UP FROM LOW BOX	4	5	N/A	90 sec
C1	POWER CLEAN + FRONT SQUAT	4	3 (clean/front squat/clean/front squat/etc.)	N/A	120 sec
C2	MEDICINE BALL BACKWARD TOSS	4	6	N/A	90 sec

WEEKS 5 & 6 – DAY 5 – OPTION 2

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension/rotation 1 min/side

ACTIVATION:

2 sets Battle ropes hammer curl style x 45 sec
2 sets KB micro-oscillation walks with 5 stops x 30m
2 sets Medicine ball scoop throw and catch x 10
2 sets Curl overcoming isometrics x 12 seconds

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	BARBELL CURL	6	4	3010	75 sec
A2	DECLINE DB TRICEPS EXTENSION	6	4	4010	75 sec
B1	PREACHER CURL	4	5 Cluster (10 sec between reps)	5010	75 sec
B2	DIPS (ADDED WEIGHT IF POSSIBLE)	4	5 Cluster (10 sec between reps)	5010	75 sec
C1	DB HAMMER CURL	3	6+max+max (double rest/pause)	3010	75 sec
C2	ROPE TRICEPS PRESSDOWN	3	6+max+max (double rest/pause)	2010	75 sec

PHASE II – INTENSIFICATION

BLOCK 4 [2 WEEKS]

WEEKS 7 & 8 – DAY 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-chest 1 min
 Supine Scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BACK SQUAT	6	5/3/1 /5/3/1	4010	180 sec
B	DEADLIFT (OR SUMO)	6	5/3/1 /5/3/1	3010	180 sec
C1	GOBLET SQUAT ISO-DYNAMICS II**	4	See note Hold mid-range	3010	90 sec
C2	CABLE PULL-THROUGH ISO-DYNAMICS II	4	Hold top, squeezing glutes	3010	120 sec
D1	BULGARIAN SPLIT SQUAT ISO-DYNAMICS II	3	Hold bottom position	3010	90 sec
D2	LYING LEG CURL	3	5 cluster reps (10 sec rest between reps)	5010	90 sec

** Iso-dynamics II = hold 20 sec / do 3 reps /hold 15 sec/ do 3 reps / hold 10 sec / do 3 reps

WEEKS 7 & 8 – DAY 2

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension 1 min
 Forearm wall slides 2x30s with short rest
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Battle ropes 45 seconds alternating arms
2 sets Overhead medicine ball throw 10 reps
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BENCH PRESS	6	5/3/1 /5/3/1	4010	180 sec
B	MILITARY PRESS	6	5/3/1 /5/3/1	3010	180 sec
C1	CLOSE-GRIP BENCH PRESS ISO-DYNAMICS II	4	Hold mid-range	4010	90 sec
C2	NEUTRAL GRIP CHIN-UP	4	Maximum reps	2010	90 sec
D1	DIPS ISO-DYNAMICS II	3	Hold mid-range	3010	75 sec
D2	SUPINATED CHIN-UP	3	Maximum reps	2010	75 sec

Iso-dynamics II = hold 20 sec / do 3 reps /hold 15 sec/ do 3 reps / hold 10 sec / do 3 reps

WEEKS 7 & 8 – DAY 3

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-chest 1 min
 Forearm wall slides 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Romanian deadlift with hip hand (light) x 10

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BACK SQUAT MULTI-PAUSES*	5	3	N/A	180 sec
B	DEADLIFT MULTI-PAUSES	5	3	N/A	180 sec
C	BACK SQUAT OVERCOMING ISOMETRICS	6	6 seconds Push at mid-range	N/A	90 sec
D	DEADLIFT OVERCOMING ISOMETRICS	6	6 seconds Pull from below knees	N/A	90 sec
E1	OVERHEAD SQUAT	3	6	3010	90 sec
E2	KB SWING [RUSSIAN]	3	20	N/A	90 sec

*Multi-pauses: 3 pauses of 2-3 seconds during the eccentric. A few inches from the top, mid-range and near bottom

WEEKS 7 & 8 – DAY 4

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension/rotation 1 min/side
 Forearm wall slides 2x30s with short rest
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Bear crawl x 30m
2 sets Resistance band over-and-back 15 reps
2 sets Pulley straight bar shoulder external rotations 10 reps
2 sets Swiss ball chest squeeze (squeeze 2- 3 sec) 10 reps

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BENCH PRESS MULTI-PAUSES	5	3	N/A	180 sec
B	MILITARY PRESS MULTI-PAUSES	5	3	N/A	180 sec
C	BENCH PRESS OVERCOMING ISOMETRICS	4	6 seconds Push at mid-range	N/A	90 sec
D	MILITARY PRESS OVERCOMING ISOMETRICS	4	6 seconds Push at mid-range	N/A	90 sec
D1	SINGLE ARM SAVICKAS PRESS	4	12	4010	75 sec
D2	SINGLE ARM ROW WITH ADDED BAND	4	8 per arm	3012	75 sec

*Multi-pauses: 3 pauses of 2-3 seconds during the eccentric. A few inches from the top, mid-range and near bottom

WEEKS 7 & 8 – DAY 5 – OPTION 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-chest 1 min
 Supine Scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Catch drill Iso-dynamic vertical jumps (15 sec/jump/15 sec/jump/15 sec/jump)
2 sets X Band walks 8-10 per side
2 sets Romanian deadlift with hip hand (light) x 10

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	POWER CLEAN FROM BLOCKS ABOVE KNEES	6	3	N/A	120 sec
A2	BROAD JUMPS WITH RESET	6	5	N/A	90 sec
B1	POWER CLEAN	5	3	N/A	120 sec
B2	PLYO PUSH UP FROM FLOOR	5	3	N/A	90 sec
C	POWER CLEAN + FRONT SQUAT	5	3 (clean/front squat/clean/front squat/etc.)	N/A	120 sec

WEEKS 7 & 8 – DAY 5 – OPTION 2

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension/rotation 1 min/side
 Supine Scaption 2x30s with short rest

ACTIVATION:

2 sets Battle ropes hammer curl style x 45 sec
2 sets KB micro-oscillation walks with 5 stops x 30m
2 sets Medicine ball scoop throw and catch x 10
2 sets Curl overcoming isometrics x 12 seconds

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	BARBELL CURL	8	3	3010	75 sec
A2	DECLINE DB TRICEPS EXTENSION	8	3	4010	75 sec
B1	PREACHER CURL (NARROW GRIP)	4	5 Cluster (10 sec between reps)	5010	75 sec
B2	DECLINE CLOSE-GRIP BENCH PRESS	4	5 Cluster (10 sec between reps)	5010	75 sec
C1	ROPE HAMMER CURL	3	6+max+max (double rest/pause)	3010	75 sec
C2	V-BAR TRICEPS PRESSDOWN	3	6+max+max (double rest/pause)	2010	75 sec

PHASE III – REALIZATION

BLOCK 5 [2 WEEKS]

WEEKS 9 & 10 – DAY 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
Hip external rotation 1 min/side
Thoracic extension 1 min
Chin-to-chest 1 min
Forearm wall slides 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	HANG POWER CLEAN (ABOVE KNEES)	4	5	N/A	120 sec
B	BACK SQUAT WITH HANGING BAND TECHNIQUE	4	5	4010	120 sec
C	BENCH PRESS WITH HANGING BAND TECHNIQUE	4	5	4010	120 sec
D	MILITARY PRESS WITH HANGING BAND TECHNIQUE	4	5	4010	120 sec

WEEKS 9 & 10 – DAY 2

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
Hip external rotation 1 min/side
Thoracic extension 1 min
Chin-to-chest 1 min
Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BACK SQUAT	6-12	3/2/1 waves	3010	180 sec
B	BENCH PRESS	6-12	3/2/1 waves	3010	180 sec
C	LEG PRESS	2	15-20 light pump	3010	120 sec
D	DB INCLINE BENCH PRESS	2	15-20 light pump	3010	120 sec

WEEKS 9 & 10 – DAY 3

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension/rotation 1 min/side
 Forearm wall slides 2x30s with short rest
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Band pull apart 10 reps
2 sets Straight arm pulldown with band 10 reps
2 sets Resistance band over-and-back 15 reps

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	STRAIGHT-ARM PULLDOWN	4	10	3010	None
A2	SUPINATED CHIN UP YIELDING ISOMETRICS	4	30-45 sec Hold at the top	N/A	120 sec
B1	DB PULLOVER WITH ADDED BAND	4	10	4010	None
B2	PRONATED CHIN UP YIELDING ISOMETRICS	4	30-45 sec Hold at the top	N/A	120 sec
C1	BENT OVER LATERAL RAISE	4	12	2010	None
C2	SEATED ROW NEUTRAL GRIP	4	10	3012	120 sec

WEEKS 9 & 10 – DAY 4

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension/rotation 1 min/side
 Forearm wall slides 2x30s with short rest
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	HANG (BELOW KNEES) POWER CLEAN	5	2 (moderate weight focus on speed)	N/A	120 sec
B	GOBLET JUMP SQUAT	5	5 16-24kg KB	N/A	120 sec
C	SPEED BENCH PRESS	5	3 45-50% of maximum	N/A	120 sec
D	PUSH PRESS	5	3 About 90% of best military press	N/A	120 sec

WEEKS 9 & 10 – DAY 5

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
Hip external rotation 1 min/side
Thoracic extension/rotation 1 min/side
Forearm wall slides 2x30s with short rest
Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	DEADLIFT (OR SUMO)	6-12	3/2/1 waves	3010	180 sec
B	MILITARY PRESS	6-12	3/2/1 waves	3010	180 sec
C	GOBLET SQUAT	2	15-20 light pump	3010	120 sec
D	DIPS (BODY WEIGHT ONLY)	2	About 3-4 reps short of max	3010	120 sec

PHASE III – REALIZATION

BLOCK 6 [2 WEEKS]

WEEKS 11 & 12 – DAY 1

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Chin-to-chest 1 min
 Forearm wall slides 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	POWER CLEAN FROM BLOCKS	5	3	N/A	120 sec
B	FRONT SQUAT WITH HANGING BAND TECHNIQUE	4	5	4010	120 sec
C	CLOSE-GRIP BENCH PRESS WITH HANGING BAND TECHNIQUE	4	5	4010	120 sec
D	CLOSE-GRIP MILITARY PRESS WITH HANGING BAND TECHNIQUE	4	5	4010	120 sec

WEEKS 11 & 12 – DAY 2

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension 1 min
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	BACK SQUAT	6-10	Ramp up to 2RM	3010	180 sec
B	BENCH PRESS	6-10	Ramp up to 2RM	3010	180 sec
C	LEG PRESS	2	15-20 light pump	3010	120 sec
D	DB INCLINE BENCH PRESS	2	15-20 light pump	3010	120 sec

WEEKS 11 & 12 – DAY 3

Workout preparation

MOBILITY WORK:

Chin-to-chest 1 min
 Chin-to-clavicle 1 min
 Thoracic extension/rotation 1 min/side
 Forearm wall slides 2x30s with short rest
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets Band pull apart 10 reps
2 sets Straight arm pulldown with band 10 reps
2 sets Resistance band over-and-back 15 reps

	EXERCISE	SETS	REPS	TEMPO*	REST
A1	STRAIGHT-ARM PULLDOWN	4	10	3010	None
A2	SUPINATED CHIN UP YIELDING ISOMETRICS	4	30-45 sec Hold at the top	N/A	120 sec
B1	DB PULLOVER WITH ADDED BAND	4	10	4010	None
B2	PRONATED CHIN UP YIELDING ISOMETRICS	4	30-45 sec Hold at the top	N/A	120 sec
C1	BENT OVER LATERAL RAISE	4	12	2010	None
C2	SEATED ROW NEUTRAL GRIP	4	10	3012	120 sec

WEEKS 11 & 12 – DAY 4

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
 Hip external rotation 1 min/side
 Thoracic extension/rotation 1 min/side
 Supine scaption 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	POWER CLEAN	5	2 (moderate weight focus on speed)	N/A	120 sec
B	BARBELL JUMP SQUAT	5	5 20-30% of squat 2RM	N/A	120 sec
C	SPEED BENCH PRESS	5	3 45-50% of maximum	N/A	120 sec
D	PUSH PRESS	5	3 About 90% of best military press	N/A	120 sec

WEEKS 11 & 12 – DAY 5

Workout preparation

MOBILITY WORK:

Hip internal rotation 1 min/side
Hip external rotation 1 min/side
Thoracic extension 1 min
Chin-to-chest 1 min
Forearm wall slides 2x30s with short rest

ACTIVATION:

2 sets Prowler, light, for speed (ideal) or Stationary bike sprints with resistance 30m (prowler) / 30 sec (bike)
2 sets X Band walks 8-10 per side
2 sets Bodyweight squats with hip circle (or band around knees) 10-12 slow reps focusing on glutes
2 sets Resistance band over-and-back 15 reps
2 sets Single arm band press with spiral tension 10 reps per arm

	EXERCISE	SETS	REPS	TEMPO*	REST
A	DEADLIFT (OR SUMO)	6-10	Ramp up to 2RM	2010	180 sec
B	MILITARY PRESS	6-10	Ramp up to 2RM	3010	180 sec
C	GOBLET SQUAT	2	15-20 light pump	3010	120 sec
D	DIPS (BODY WEIGHT ONLY)	2	About 3-4 reps short of max	3010	120 sec