



**Day 1 Phase 2** Date

A1) Anderson Squat- week 1- 6 x 1, week 2- 4 x 1 Sumo Deadlift- week 3- 7 x 1, week 4- 3 x 1

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

A2) Neutral Pull-ups Eccentric emphasis Wk 1- 4 x 4 (4s) Wk 2- 3 x 4(4s) Wk 3- 4 x 4(6s) Wk 4- 2 x 4(6s)

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B1) Goblet Bulgarians- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B2) Push-ups on DBs- week 1- 3 x fail, week 2- 2 x fail, week 3- 3 x fail, week 4- 1 x fail

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C1) Slide Board Leg Curls- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C2) Rack/Farmer Walk Combo- week 1- 3 x 40ft, week 2- 3 x 30 ft, week 3- 3 x 50 ft, week 4- 2 x 40ft

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

**Notes**

For max effort work use heavy singles but don't go past 95% effort. Stay between 85-95%





Day 2 Phase 2 Date

A1) One Board Press or Rack Dead Bench- wk 1- 6 x 1, wk 2- 4 x 1 Incline Press- wk 3- 5 x 3, wk 4- 3 x 3

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

A2) DB Reverse Lunges- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B1) One Arm DB Push Press- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B2) Pronated Pull-ups- Match 1/2 to 1/3 (if over 110) push-up reps on all weeks

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C1) Supinated Trap Bar Row- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C2) Superman Plank- week 1- 3 x :25, week 2- 3 x :20, week 2- 3 x :30, week 4- 2 x :35

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

Notes

For max effort work use heavy singles but don't go past 95% effort. Stay between 85-95%





**Day 3 Phase 2** Date

A1) DE Deadlifts- Wk 1- 6 x 2 @45%, Wk 2- 5 x 2 @ 50% DE Squats- Wk 3- 8 x 2- 50%, Wk 4- 4 x 2 @55%

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B1) Speed Bench- week 1- 9 x 3 @ 45%, week 2- 8 x 3 @ 50% Push Press- week 3- 10 x 3, week 4- 4 x 3

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C1) Anti-Rotation Press to OH Press- week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C2) One Arm DB Row- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

D1) Barbell Glute Bridge- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

D2) Supine Chin Tuck- week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

Notes

For speed work the goal is form and force production move the barbell as fast as possible w/ good form