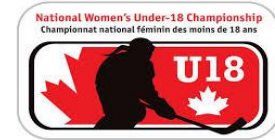


Name: **Program 2- Force Development and Hypertrophy**

**Program Notes**

If you finish the exercise w/ perfect form you must go up for the work set next time regardless. If you do not finish the exercise w/ perfect form you stay at the same weight. If you are stuck at the same weight for 3 sessions in a row let me know. The goal of the program is to increase Lower body and Power movements by 2-5 kg a session and upper body movements 2-3 kg per session.



**YOU MUST RECORD WORKSET WEIGHTS AND NEXT TIME WEIGHTS. THIS WILL BE CHECKED**

Week 7 Session 1				Week 7 Session 2				Week 7 Session 3				Week 8 Session 1							
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps				Jumps				Jumps				Jumps							
Single leg Box Land (12 inch) 2x5es				Single leg Box Land (12 inch) 3x5es				Single leg Box Land (15 inch) 3x5es				Single leg Box Land (15 inch) 3x5es							
1	BB Squat Jump (50% final work set of front squat week 6)	3x6	60s (choose mob)	/	1	Hang from hip Clean Shrug	BES1T2	45s	/	1	BB Squat Jump (50% final work set of front squat week 6)	3x6	60s (choose mob)	/	1	Hang from hip Clean Shrug	BES1T1	45s	/
2a	Back Squat	BS1T2	Wall Calf Mobility (60sec per side)	/	2	Trapbar Jump (Find WS weight in this session) last should you should just leave the ground	BES1T1	Couch Stretch (60s/es)	/	2a	Back Squat	BS1	Wall Calf Mobility (60sec per side)	/	2	Trapbar Jump	BES1	Couch Stretch (60s/es)	/
2b	Bench Press	BS1T2	/	/	3a	BB Deadlift	BS1T1	Wall Calf Mobility (60sec per side)	/	2b	Bench Press	BS1	/	/	3a	BB Deadlift	BS1	Wall Calf Mobility (60sec per side)	/
3a	Recon Ron Chin-Up Protocol	Read sheet	Wall Couch Stretch (30s/es)	/	3b	1/2 Kneeling Landmine Press	3x6es	/	/	3a	Recon Ron Chin-Up Protocol	Progress stage each session	Wall Couch Stretch (30s/es)	/	3b	1/2 Kneeling Landmine Press	3x6es	/	/
3b	DB Single Leg RDL	3x11es	/	/	4a	Pendlay Row	BS1T1	/	/	3b	DB Single Leg RDL	3x11es	/	/	4a	Pendlay Row	BS1	/	/
4a	1/2 Kneeling Cable Chop	3x11es	30s	/	4b	Kneeling Cable Paloff Press	3x11es	Groin Rock (60s)	/	4a	1/2 Kneeling Cable Chop	3x11es	/	/	4b	Kneeling Cable Paloff Press	3x11es	Groin Rock (60s)	/
4b	Bird Dog	3x11es		/	4c	SB Leg Curl	3x11		/	4b	Bird Dog	3x12es	/	/	4c	SB Leg Curl	3x11		/
Week 8 Session 2				Week 8 Session 3				Week 9 Session 1				Week 9 Session 2							
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps				Jumps				Jumps				Jumps							
Single leg Box Land (18 inch) 3x4es				Single leg Box Land (18 inch) 3x4es				Single leg Box Land (21 inch) 4x3es				Single leg Box Land (21 inch) 4x3es							
1	BB Squat Jump (50% final work set of front squat week 6)	4x6	60s (choose mob)	/	1	Hang Above Knee Clean Shrug	BES1T1	45s	/	1	BB Squat Jump (50% final work set of front squat week 6)	4x6	60s (choose mob)	/	1	Hang from hip Clean Shrug	BES1	45s	/
2a	Back Squat	BS1	Wall Calf Mobility (60sec per side)	/	2	Trapbar Jump	BES1	Couch Stretch (60s/es)	/	2a	Back Squat	BS1	Wall Calf Mobility (60sec per side)	/	2	Trapbar Jump	BES1	Couch Stretch (60s/es)	/
2b	Bench Press	BS1	/	/	3a	BB Deadlift	BS1	Wall Calf Mobility (60sec per side)	/	2b	Bench Press	BS1	/	/	3a	BB Deadlift	BS1	Wall Calf Mobility (60sec per side)	/
3a	Recon Ron Chin-Up Protocol	Progress stage each session	Wall Couch Stretch (30s/es)	/	3b	1/2 Kneeling Landmine Press	3x7es	/	/	3a	Recon Ron Chin-Up Protocol	Progress stage each session	Wall Couch Stretch (30s/es)	/	3b	1/2 Kneeling Landmine Press	3x7es	/	/
3b	DB Single Leg RDL	3x12es	/	/	4a	Pendlay Row	BS1	/	/	3b	DB Single Leg RDL	3x13es	/	/	4a	Pendlay Row	BS1	/	/
4a	1/2 Kneeling Cable Chop	3x12es	30s	/	4b	Kneeling Cable Paloff Press	3x12es	Groin Rock (60s)	/	4a	1/2 Kneeling Cable Chop	3x13es	/	/	4b	Kneeling Cable Paloff Press	3x13es	Groin Rock (60s)	/
4b	Bird Dog	3x13es		/	4c	SB Leg Curl	3x12		/	4b	Bird Dog	3x14es	/	/	4c	SB Leg Curl	3x13		/

Week 9 Session 3					Week 10 Session 1					Week 10 Session 2					Week 10 Session 3																		
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time														
Single leg Box Land (21 inch) 4x3es					Lateral Hop and Stick 2x8es					Lateral Hop and Stick 2x8es					Lateral Hop and Stick 2x8es																		
1	BB Squat Jump (50% final work set of front squat week 6)	4x6	60s (choose mob)		1	Hang Below Knee Clean Shrug	BES1	45s		1	BB Squat Jump (50% final work set of front squat week 6)	4x6	60s (choose mob)		1	Hang Above Knee Clean Shrug	BES1	45s															
2a	Back Squat	B51	Wall Calf Mobility (60sec per side)		2	Trapbar Jump	BES1	Couch Stretch (60s/es)		2a	Back Squat	B51	Wall Calf Mobility (60sec per side)		2	Trapbar Jump	BES1	Couch Stretch (60s/es)															
2b	Bench Press	B51			3a	BB Deadlift	B51	Wall Calf Mobility (60sec per side)		2b	Bench Press	B51			3a	BB Deadlift	B51	Wall Calf Mobility (60sec per side)															
3a	Recon Ron Chin-Up Protocol	Progress stage each session	Wall Couch Stretch (30s/es)		3b	1/2 Kneeling Landmine Press	3x9es			3a	Recon Ron Chin-Up Protocol	Progress stage each session	Wall Couch Stretch (30s/es)		3b	1/2 Kneeling Landmine Press	3x10es																
3b	DB Single Leg RDL	3x14es			4a	Pendlay Row	B51			3b	DB Single Leg RDL	3x14es		4a	Pendlay Row	B51																	
4a	1/2 Kneeling Cable Chop	3x14es			4b	Kneeling Cable Paloff Press	3x14es	Groin Rock (60s)		4a	1/2 Kneeling Cable Chop	3x14es		4b	Kneeling Cable Paloff Press	3x14es																	
4b	Bird Dog	3x14es	30s		4c	SB Leg Curl	3x14			4b	Bird Dog	3x14es	30s	4c	SB Leg Curl	3x14																	
Week 11 Session 1 (Taper)					Week 11 Session 2					Week 11 Session 3					Week 12 Session 1 (Taper)																		
Lateral Hop and Stick 3x3es (further distance)					Lateral Hop and Stick 2x3es (further distance)					Lateral Hop and Stick 2x3es (further distance)					Lateral Hop Continuous 3x5es																		
1	BB Jump Squat (35% of Back Squat WS)	BES1T1	60s		1	Hang Below Knee Clean Shrug	BES1T2	45s		1	BB Jump Squat (35% of Back Squat WS)	BES1T3	60s		1	Hang Below Knee Clean Shrug	BES1	45s															
2a	Back Squat	B51T1	Wall Calf Mobility (60sec per side)		2	Trapbar Jump	BES1T2	Couch Stretch (60s/es)		2a	Back Squat	B51T3	Wall Calf Mobility (60sec per side)		2	Trapbar Jump	BES1T1	Couch Stretch (60s/es)															
2b	Bench Press	B51T1			3a	BB Deadlift	B51T2	Wall Calf Mobility (60sec per side)		2b	Bench Press	B51T3			3a	BB Deadlift	B51T1	Wall Calf Mobility (60sec per side)															
3a	Recon Ron Chin-Up Protocol	Progress stage each session	Wall Couch Stretch (30s/es)		3b	1/2 Kneeling Landmine Press	2x6es			3a	Recon Ron Chin-Up Protocol	2 sets at current stage	Groin Rock Stretch 60sec		3b	1/2 Kneeling Landmine Press	3x9es																
3b	DB Single Leg RDL	2x10es			4a	Pendlay Row	B51T2			3b	Band Pull-Aparts	1x15		4a	Pendlay Row	B51T1																	
4a	1/2 Kneeling Cable Chop	2x10es			4b	Kneeling Cable Paloff Press	1x10es	Groin Rock (60s)		Mobility time					4b	Kneeling Cable Paloff Press	2x14es	Groin Rock (60s)															
4b	Bird Dog	2x10es	30s		4c	SB Leg Curl	1x10		4c						SB Leg Curl	2x14																	
Week 12 Session 1 (Taper)					Week 13 Session 2 (Ramp back up after Provincial Camp)					Week 13 Session 3 (Ramp back up after Provincial Camp)					Weight Tracker																		
Lateral Hop and Stick 1x3es					Lateral Hop Continuous 2x5es					Lateral Hop Continuous 2x5es					Exercise	Week 7	Max weight	Notes or Concerns to Submit															
1	BB Jump Squat (35% of Back Squat WS)	BES1T4	60s		1	Hang Below Knee Clean Shrug	BES1T2	45s		1	BB Jump Squat (35% of Back Squat WS)	BES1T1	60s		Clean Shrug																		
2a	Back Squat	B51T4	Wall Calf Mobility (60sec per side)		2	Trapbar Jump	BES1T2	Couch Stretch (60s/es)		2a	Back Squat	B51T1	Wall Calf Mobility (60sec per side)		Back Squat																		
2b	Bench Press	B51T4			3a	BB Deadlift	B51T2	Wall Calf Mobility (60sec per side)		2b	Bench Press	B51T1			Bench Press																		
3a	Banded Chin-up (feel good before testing)	2x8 (practice great form)	90sec		3b	Pendlay Row	B51T2			3a	Recon Ron Chin-Up Protocol	4 sets of current stage	Groin Rock Stretch 60sec		Trapbar Jump																		
Mobility Time															3b	Band Pull-Aparts	2x15																
																														Pendlay Row			

