

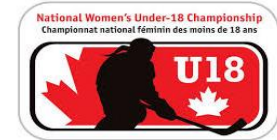
Name: _____

Program 3- Power & Unilateral Work

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 14 Session 1					Week 14 Session 2					Week 14 Session 3					Week 15 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	Drop Jump (12 inch) 3x5		60s (choose mob)	(be as quick off the ground as possible)	Jumps	Green Band Assisted Overspeed Jumps	3x6	60sec		Jumps	Drop Jump (12 inch) 3x5		60s (choose mob)	(be as quick off the ground as possible)	Jumps	Green Band Assisted Overspeed Jumps	3x6	60sec	
1	BB Jump Squat (30% of WS of back squat)	3x5	60s (choose mob)		Throw	Med Ball Reverse Scoop Throw (8-12lbs)	3x6	60sec		1	BB Jump Squat (30% of WS of back squat)	3x6	60s (choose mob)		Throw	Med Ball Reverse Scoop Throw (8-12lbs)	4x5	60sec	
2a	BB Deadlift	BS2	Wall Calf Mobility (60sec per side)		1	Clean Shrug	BES1	Couch Stretch (60s/es)		2a	BB Deadlift	BS2	Wall Calf Mobility (60sec per side)		1	Clean Shrug	BES1	Couch Stretch (60s/es)	
2b	Chin-up	BS2	Wall Calf Mobility (60sec per side)		2	Trapbar Deadlift	BS1	Wall Calf Mobility (60sec per side)		2b	Chin-up	BS2	Wall Calf Mobility (60sec per side)		2	Trapbar Deadlift	BS1	Wall Calf Mobility (60sec per side)	
3a	1DB SL RDL	3x11es	Wall Couch Stretch (30s/es)		3a	Bench Press	BS2	Band Lat stretch (30s/es)		3a	1DB SL RDL	3x12es	Wall Couch Stretch (30s/es)		3a	Bench Press	BS2	Band Lat stretch (30s/es)	
3b	Pistol Squat to box	3x11es	Wall Couch Stretch (30s/es)		3b	Cossack Squat	3x11es			3b	Pistol Squat to box	3x12es	Wall Couch Stretch (30s/es)		3b	Cossack Squat	3x12es		
4a	3/4 Turkish Get-up	3x6es	30s		4a	Straight Leg inverted row	3x11	30s		4a	3/4 Turkish Get-up	3x6es	30s		4a	Straight Leg inverted row	3x12	30s	
4b	Bilateral Landmine Rotation	3x11es			4b	Farmer Carry (80% BW b/w both hands)	2x30s			4b	Bilateral Landmine Rotation	3x12es			4b	Farmer Carry (85% BW b/w both hands)	2x30s		
Week 15 Session 2					Week 15 Session 3					Week 16 Session 1					Week 16 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	Drop Jump (12 inch) 3x5		60s (choose mob)	(be as quick off the ground as possible)	Jumps	Green Band Assisted Overspeed Jumps	4x5	60sec		Jumps	Drop Jump (12 inch) 3x5		60s (choose mob)	(be as quick off the ground as possible)	Jumps	Green Band Assisted Overspeed Jumps	4x5	60sec	
1	BB Jump Squat (30% of WS of back squat)	4x5	60s (choose mob)		Throw	Med Ball Reverse Scoop Throw (8-12lbs)	4x5	60sec		1	BB Jump Squat (30% of WS of back squat)	4x5	60s (choose mob)		Throw	Med Ball Reverse Scoop Throw (8-12lbs)	4x5	60sec	
2a	BB Deadlift	BS2	Wall Calf Mobility (60sec per side)		1	Clean Shrug	BES1	Couch Stretch (60s/es)		2a	BB Deadlift	BS2	Wall Calf Mobility (60sec per side)		1	Clean Shrug	BES1	Couch Stretch (60s/es)	
2b	Chin-up	BS2	Wall Calf Mobility (60sec per side)		2	Trapbar Deadlift	BS1	Wall Calf Mobility (60sec per side)		2b	Chin-up	BS2	Wall Calf Mobility (60sec per side)		2	Trapbar Deadlift	BS1	Wall Calf Mobility (60sec per side)	
3a	1DB SL RDL	3x13es	Wall Couch Stretch (30s/es)		3a	Bench Press	BS2	Band Lat stretch (30s/es)		3a	1DB SL RDL	3x14es	Wall Couch Stretch (30s/es)		3a	Bench Press	BS2	Band Lat stretch (30s/es)	
3b	Pistol Squat to box	3x13es	Wall Couch Stretch (30s/es)		3b	Cossack Squat	3x13es			3b	Pistol Squat to box	3x13es	Wall Couch Stretch (30s/es)		3b	Cossack Squat	3x14es		
4a	3/4 Turkish Get-up	3x6es	30s		4a	Straight Leg inverted row	3x13	30s		4a	3/4 Turkish Get-up	3x14es	30s		4a	Straight Leg inverted row	3x14	30s	
4b	Bilateral Landmine Rotation	3x13es			4b	Farmer Carry (90% BW b/w both hands)	2x30s			4b	Bilateral Landmine Rotation	3x14es			4b	Farmer Carry (95% BW b/w both hands)	2x30s		

Week 16 Session 3					Week 17 Session 1					Week 17 Session 2					Week 17 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
Jumps	Drop Jump (15 inch) 3x5		60s rest	(be as quick off the ground as possible)	Jumps	Green Band Assisted Overspeed Jumps	4x5	60sec		Jumps	Drop Jump (15 inch) 3x5		60s rest	(be as quick off the ground as possible)	Jumps	Green Band Assisted Overspeed Jumps	4x5	60sec	
1	BB Jump Squat (30% of WS of back squat)	4x5	60s (choose mob)		Throw	Med Ball Reverse Scoop Throw (8-12lbs)	4x5	60sec		1	BB Jump Squat (30% of WS of back squat)	4x5	60s (choose mob)		Throw	Med Ball Reverse Scoop Throw (8-12lbs)	4x5	60sec	
2a	BB Deadlift	BS2	Wall Calf Mobility (60sec per side)		1	Clean Shrug	BES1	Couch Stretch (60s/es)		2a	BB Deadlift	BS2	Wall Calf Mobility (60sec per side)		1	Clean Shrug	BES1	Couch Stretch (60s/es)	
2b	Chin-up	BS2			2	Trapbar Deadlift	BS1	Wall Calf Mobility (60sec per side)		2b	Chin-up	BS2			2	Trapbar Deadlift	BS1	Wall Calf Mobility (60sec per side)	
3a	1DB SL RDL	3x14es	Wall Couch Stretch (30s/es)		3a	Bench Press	BS2	Band Lat stretch (30s/es)		3a	1DB SL RDL	3x14es	Wall Couch Stretch (30s/es)		3a	Bench Press	BS2	Band Lat stretch (30s/es)	
3b	Pistol Squat to box	3x13es			3b	Cossack Squat	3x14es			3b	Pistol Squat to box	3x13es			3b	Cossack Squat	3x14es		
4a	3/4 Turkish Get-up	3x14es			4a	Straight Leg inverted row	3x14			4a	3/4 Turkish Get-up	3x14es			4a	Straight Leg inverted row	3x14		
4b	Bilateral Landmine Rotation	3x14es	30s		4b	Farmer Carry (100% BW b/w both hands)	2x30s			4b	Bilateral Landmine Rotation	3x14es	30s		4b	Farmer Carry (105% BW b/w both hands)	2x30s		
Week 18 Session 1					Week 18 Session 2 (Taper)					Week 18 Session 3 (Taper)					Week 19 Session 1 (Taper)				
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	Drop Jump (18 inch) 3x5		60s rest	(be as quick off the ground as possible)	Jumps	Green Band Assisted Overspeed Jumps	3x5	60sec		Jumps	Drop Jump (18 inch) 2x5		60s rest	(be as quick off the ground as possible)	Jumps	Green Band Assisted Overspeed Jumps	2x5	60sec	
1	BB Jump Squat (30% of WS of back squat)	4x5	60s (choose mob)		Throw	Med Ball Reverse Scoop Throw (8-12lbs)	3x5	60sec		1	BB Jump Squat (30% of WS of back squat)	2x5	60s (choose mob)		Throw	Med Ball Reverse Scoop Throw (8-12lbs)	2x5	60sec	
2a	BB Deadlift	BS2	Wall Calf Mobility (60sec per side)		1	Clean Shrug	BES1T1	Couch Stretch (60s/es)		2a	BB Deadlift	BS2T2	Wall Calf Mobility (60sec per side)		1	Clean Shrug	BES1T3	Couch Stretch (60s/es)	
2b	Chin-up	BS2			2	Trapbar Deadlift	BS1T1	Wall Calf Mobility (60sec per side)		2b	Chin-up	BS2T2			2	Trapbar Deadlift	BS1T3	Wall Calf Mobility (60sec per side)	
3a	1DB SL RDL	3x14es	Wall Couch Stretch (30s/es)		3a	Bench Press	BS2T1	Band Lat stretch (30s/es)		3a	1DB SL RDL	1x14es	Wall Couch Stretch (30s/es)		3	Bench Press	BS2T3	Band Lat stretch (30s/es)	
3b	Pistol Squat to box	3x14es			3b	Cossack Squat	2x14es			3b	Pistol Squat to box	1x14es							
4a	3/4 Turkish Get-up	3x6es			4a	Straight Leg inverted row	2x14			4a	3/4 Turkish Get-up	1x6es							
4b	Bilateral Landmine Rotation	3x14es	30s		4b	Farmer Carry (110% BW b/w both hands)	2x30s			4b	Bilateral Landmine Rotation	1x14es	30s						
Week 19 Session 2					Weight Tracker														
Order	Exercise	Loading	Rest	Workset/Next Time	The goal of physical training is to produce a stimulus that is more than the body can initially handle to elicit a change over time (supercompensation). Place the working set (WS) weights from week 1 in the left column and the final weight in week 5 to see your progress.														
1	BB Jump Squat (30% of WS of back squat)	2x5	60s (choose mob)		Exercise	Week 14 weight	Week 18 weight	Notes or Concerns to Submit											
2a	BB Deadlift	BS2T4	Wall Calf Mobility (60sec per side)		Deadlift														
2b	Chin-up	BS2T4			Chin-up														
					MB Scoop Throw														
					Clean Shrug														
					Trapbar Deadlift														
					Bench Press														

