



WEEK 1 - Introductory Phase		
Goal/Outcome: Learn technique, develop coordination, and improve general work capacity		
READY: General Warmup for sport and facility		
AIM: Explosive Warmup specific for workout's focus and equipment		
FIRE: Focus of the Workout		
<u>MONDAY</u> Linear Speed - 1st Step Lift - Lower Body Emphasis Conditioning - Light	<u>WEDNESDAY</u> 360° Speed - Lateral/Deceleration Linear Speed - Max Velocity Lift - Upper Body Emphasis	<u>FRIDAY</u> Sport Skills Lift - Total Body Conditioning - Medium
CLEAR: Cooldown activities to include stretching and light movement		

Monday Lift				
Lower Body Emphasis				
Perform each lift slow and in control				
Exercise	Sets	Reps	Effort	Rest
Air Squat	3	10	BW	1m
Back Squat	3	5	Bar	1m
RDL	3	5	Bar	1m
Shoulder Press	3	5	Bar	1m
Angled Chin-ups	3	5	BW	1m

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Wednesday Lift				
Upper Body Emphasis				
Perform each lift slow and in control				
Exercise	Sets	Reps	Effort	Rest
Pushups	3	10	BW	1m
Bench	3	5	Bar	1m
Angled Chin-ups	2	10	BW	1m
Split Squat	3	5e	BW	1m
RDL	3	5	Bar	1m

Friday Lift				
Total Body				
Perform each lift slow and in control				
Exercise	Sets	Reps	Effort	Rest
Air Squat	2	15	BW	1m
Pushups	2	15	BW	1m
Back Squat	2	10	Bar	1m
Bench	2	10	Bar	1m
Split Squat	2	5e	Bar	1m
Shoulder Press	2	10	Bar	1m

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WEEK 2 - Introductory Phase		
Goal/Outcome: Learn technique, develop coordination, and improve general work capacity		
READY: General Warmup for sport and facility		
AIM: Explosive Warmup specific for workout's focus and equipment		
FIRE: Focus of the Workout		
<u>MONDAY</u> Linear Speed - 1st Step Lift - Lower Body Emphasis Conditioning - Light	<u>WEDNESDAY</u> 360° Speed - Lateral/Deceleration Linear Speed - Max Velocity Lift - Upper Body Emphasis	<u>FRIDAY</u> Sport Skills Lift - Total Body Conditioning - Medium
CLEAR: Cooldown activities to include stretching and light movement		

Monday Lift				
Lower Body Emphasis				
Perform each lift slow and in control				
Exercise	Sets	Reps	Effort	Rest
Air Squat	3	15	BW	45s
Hang Clean Pull	3	5	Bar	90s
Back Squat	3	12	65%	1m
Shoulder Press	3	12	65%	1m
Angled Chin-ups	3	12	65%	1m

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Wednesday Lift				
Upper Body Emphasis				
Perform each lift slow and in control				
Exercise	Sets	Reps	Effort	Rest
Pushups	3	15	BW	45s
Bench	3	12	65%	1m
(Angled)Chin-ups	3	12	BW	1m
RDL	3	12	65%	1m
Split Squat	3	12e	BW	1m

Friday Lift				
Total Body				
Perform each lift slow and in control				
Exercise	Sets	Reps	Effort	Rest
Hang Clean Pull	3	5	Bar	90s
Air Squat	2	20	BW	30s
Pushups	2	20	BW	30s
Front Squat	3	5	Bar	1m
Bench	2	12	65%	1m
Back Squat	2	12	65%	1m

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WEEK 3 - Introductory Phase		
Goal/Outcome: Learn technique, develop coordination, and improve general work capacity		
READY: General Warmup for sport and facility		
AIM: Explosive Warmup specific for workout's focus and equipment		
FIRE: Focus of the Workout		
<u>MONDAY</u> Linear Speed - 1st Step Lift - Lower Body Emphasis Conditioning - Light	<u>WEDNESDAY</u> 360° Speed - Lateral/Deceleration Linear Speed - Max Velocity Lift - Upper Body Emphasis	<u>FRIDAY</u> Sport Skills Lift - Total Body Conditioning - Medium
CLEAR: Cooldown activities to include stretching and light movement		

Monday Lift				
Lower Body Emphasis				
Lift at normal pace, lower weight slowly				
Exercise	Sets	Reps	Effort	Rest
Air Squat	3	20	BW	45s
Hang Clean Pull	3	3	50%	90s
Back Squat	4	10	75%	1m
Shoulder Press	3	10	75%	1m
Angled Chin-ups	3	10	BW	1m

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Wednesday Lift				
Upper Body Emphasis				
Lift at normal pace, lower weight slowly				
Exercise	Sets	Reps	Effort	Rest
Push-ups	3	20	BW	45s
Bench	4	10	75%	1m
(Angled)Chin-ups	4	10	BW	1m
Back Squat	3	10	75%	1m
RDL	3	10	75%	1m

Friday Lift				
Total Body				
Lift at normal pace, lower weight slowly				
Exercise	Sets	Reps	Effort	Rest
Hang Clean Pull	3	5	65%	2m
Front Squat	3	10	75%	1m
Bench	3	10	75%	1m
Split Squat	3	10e	Bar	1m
Push-ups	4	15	BW	45s
Air Squat	4	15	BW	45s

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WEEK 4 - Strength Phase		
Goal/Outcome: Enhance total body strength, solidify technique, and improve general work capacity		
READY: General Warmup for sport and facility		
AIM: Explosive Warmup specific for workout's focus and equipment		
FIRE: Focus of the Workout		
<u>MONDAY</u> Linear Speed - Acceleration Lift - Lower Body Emphasis Conditioning - Light	<u>WEDNESDAY</u> 360° Speed - Agility/COD Conditioning - Speed Endurance Lift - Upper Body Emphasis	<u>FRIDAY</u> Sport Skills Lift - Total Body Conditioning - Medium
CLEAR: Cooldown activities to include stretching and light movement		

Monday Lift				
Lower Body Emphasis				
Lift explosively, lower weight controlled				
Exercise	Sets	Reps	Effort	Rest
Hang Clean Pull	4	3	85%	2m
Back Squat	4	6	85%	2m
RDL	4	6	85%	2m
Shoulder Press	3	8	75%	90s
(Angled)Chin-ups	3	12	BW	1m

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Wednesday Lift				
Upper Body Emphasis				
Lift explosively, lower weight controlled				
Exercise	Sets	Reps	Effort	Rest
Overhead Squat	3	5	Bar	1m
Bench	4	6	85%	90s
Angled Pull-ups	4	8	BW	1m
Front Squat	3	8	75%	2m
Split Squat	3	8e	50%	1m

Friday Lift				
Total Body				
Lift explosively, lower weight controlled				
Exercise	Sets	Reps	Effort	Rest
Air Squat	2	25	BW	45s
Pushups	2	25	BW	45s
Back Squat	3	12	65%	1m
Bench	3	12	65%	1m
Split Squat	2	12e	BW	1m
Shoulder Press	2	12	65%	1m

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WEEK 5 - Strength Phase		
Goal/Outcome: Enhance total body strength, solidify technique, and improve general work capacity		
READY: General Warmup for sport and facility		
AIM: Explosive Warmup specific for workout's focus and equipment		
FIRE: Focus of the Workout		
<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
Linear Speed - Acceleration Lift - Lower Body Emphasis Conditioning - Light	360° Speed - Agility/COD Conditioning - Speed Endurance Lift - Upper Body Emphasis	Sport Skills Lift - Total Body Conditioning - Medium
CLEAR: Cooldown activities to include stretching and light movement		

Monday Lift				
Lower Body Emphasis				
Lift explosively, lower weight controlled				
Exercise	Sets	Reps	Effort	Rest
Hang Clean	3	5	Bar	1m
Back Squat	4	4	90%	2m
RDL	4	4	90%	2m
Shoulder Press	3	6	85%	90s
Chin-ups	3	8	BW	1m

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Wednesday Lift				
Upper Body Emphasis				
Lift explosively, lower weight controlled				
Exercise	Sets	Reps	Effort	Rest
Overhead Squat	2	10	Bar	1m
Bench	4	4	90%	2m
Angled Pull-ups	4	12	BW	1m
RDL	3	6	85%	2m
Split Squat	3	6e	65%	1m

Friday Lift				
Total Body				
Lift explosively, lower weight controlled				
Exercise	Sets	Reps	Effort	Time
Hang Clean Pull	4	4	90%	2m
Front Squat	3	8	80%	2m
Bench	3	8	80%	90s
Split Squat	2	15e	BW	1m
Angled Chin-ups	2	15	BW	1m
Air Squat	2	15	BW	1m

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WEEK 6 - Strength Phase		
Goal/Outcome: Enhance total body strength, solidify technique, and improve general work capacity		
READY: General Warmup for sport and facility		
AIM: Explosive Warmup specific for workout's focus and equipment		
FIRE: Focus of the Workout		
<u>MONDAY</u> Linear Speed - Acceleration Lift - Lower Body Emphasis Conditioning - Light	<u>WEDNESDAY</u> 360° Speed - Agility/COD Conditioning - Speed Endurance Lift - Upper Body Emphasis	<u>FRIDAY</u> Sport Skills Lift - Total Body Conditioning - Medium
CLEAR: Cooldown activities to include stretching and light movement		

Monday Lift				
Lower Body Emphasis				
Lift explosively, lower weight controlled				
▲ =Start w/ 90% + add 5-10# every set				
Exercise	Sets	Reps	Effort	Rest
Hang Clean	3	3	50%	90s
Back Squat - ▲	4	5432	90%	2m
RDL - ▲	4	5432	90%	2m
Shoulder Press	3	5	80%	2m
Chin-ups	3	10	BW	1m

Wednesday Lift				
Upper Body Emphasis				
Lift explosively, lower weight controlled				
▲ =Start w/ 90% + add 5-10# every set				
Exercise	Sets	Reps	Effort	Rest
Push Press	3	5	Bar	90s
Bench - ▲	4	5432	90%	2m
(Angled)Pull-ups	4	8	BW	1m
Back Squat	3	5	80%	2m
RDL	3	5	80%	2m

Friday Lift				
Total Body				
Lift explosively, lower weight controlled				
▲ =Start w/ 90% + add 5-10# every set				
Exercise	Sets	Reps	Effort	Rest
Overhead Squat	2	10	Bar	1m
HangCleanPull- ▲	4	5432	90%	2m
Front Squat	3	10	75%	1m
Bench	3	10	75%	1m
Split Squat	3	10e	Bar	1m
Angled Chin-ups	3	10	BW	1m

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WEEK 7 - Power Phase		
Goal/Outcome: Optimize total body power and speed, master technique, and maintain work capacity		
READY: General Warmup for sport and facility		
AIM: Explosive Warmup specific for workout's focus and equipment		
FIRE: Focus of the Workout		
<i>MONDAY</i>	<i>WEDNESDAY</i>	<i>FRIDAY</i>
Linear Speed - Accel + Max V Lift - Lower Body Emphasis Conditioning - Light	360° Speed - Reactive COD Conditioning - Sport Specific Lift - Upper Body Emphasis	Position Skills Lift - Total Body Conditioning - Heavy
CLEAR: Cooldown activities to include stretching and light movement		

Monday Lift				
Lower Body Emphasis				
Lift as fast as possible, lower in control				
Exercise	Sets	Reps	Effort	Rest
Hang Clean	5	5	85%	2m
Back Squat	3	6	85%	2m
RDL	3	6	85%	2m
Shoulder Press	2	8	65%	1m
(Angled) Pull-ups	2	8	BW	1m

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Wednesday Lift				
Upper Body Emphasis				
Lift as fast as possible, lower in control				
Exercise	Sets	Reps	Effort	Rest
Push Press	3	5	50%	2m
Bench	3	6	85%	2m
Chin-ups	3	12	BW	1m
RDL	2	12	65%	1m
Split Squat	2	6e	65%	1m

Friday Lift				
Total Body				
Lift as fast as possible, lower in control				
Exercise	Sets	Reps	Effort	Rest
Hang Clean Pull	3	5	85%	2m
Shoulder Press	2	8	50%	1m
Front Squat	2	8	50%	1m
(Angled) Pull-ups	2	8	BW	1m
Split Squat	2	8e	BW	1m
Pushups	2	12	BW	1m

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WEEK 8 - Power Phase		
Goal/Outcome: Optimize total body power and speed, master technique, and maintain work capacity		
READY: General Warmup for sport and facility		
AIM: Explosive Warmup specific for workout's focus and equipment		
FIRE: Focus of the Workout		
<i>MONDAY</i>	<i>WEDNESDAY</i>	<i>FRIDAY</i>
Linear Speed - Accel + Max V Lift - Lower Body Emphasis Conditioning - Light	360° Speed - Reactive COD Conditioning - Sport Specific Lift - Upper Body Emphasis	Position Skills Lift - Total Body Conditioning - Heavy
CLEAR: Cooldown activities to include stretching and light movement		

Monday Lift				
Lower Body Emphasis				
Lift as fast as possible, lower in control				
Exercise	Sets	Reps	Effort	Rest
Hang Clean	4	2	95%	3m
Back Squat	5	2	95%	2m
RDL	5	2	95%	2m
Shoulder Press	3	4	85%	2m
(Angled) Pull-ups	3	10	BW	1m

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Wednesday Lift				
Upper Body Emphasis				
Lift as fast as possible, lower in control				
Exercise	Sets	Reps	Effort	Rest
Push Press	3	3	85%	2m
Bench	5	2	95%	2m
Chin-ups	4	8	BW	1m
RDL	3	4	85%	2m
Split Squat	3	4e	75%	90s

Friday Lift				
Total Body				
Lift as fast as possible, lower in control				
Exercise	Sets	Reps	Effort	Rest
Hang Clean Pull	4	2	95%	3m
Front Squat	4	4	50%	1m
Bench	4	4	50%	1m
Split Squat	3	6e	BW	1m
Angled Chin-ups	2	15	BW	1m
Overhead Squat	2	15	Bar	1m

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WEEK 9 - Power Phase		
Goal/Outcome: Optimize total body power and speed, master technique, and maintain work capacity		
READY: General Warmup for sport and facility		
AIM: Explosive Warmup specific for workout's focus and equipment		
FIRE: Focus of the Workout		
<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
Linear Speed - Accel + Max V Lift - Lower Body Emphasis Conditioning - Light	360° Speed - Reactive COD Conditioning - Sport Specific Lift - Upper Body Emphasis	Position Skills Lift - Total Body Conditioning - Heavy
CLEAR: Cooldown activities to include stretching and light movement		

Monday Lift					
Lower Body Emphasis					
Lift as fast as possible, lower in control					
▲ =Start w/ 95% + add 5-10# every set					
Exercise	Sets	Reps	Effort	Rest	
HangCleanPull- ▲	4	4321	95%	3m	
Back Squat - ▲	4	4321	95%	2m	
RDL	4	6	85%	2m	
Shoulder Press	3	6	85%	2m	
Chin-ups	3	10	BW	1m	

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Wednesday Lift					
Upper Body Emphasis					
Lift as fast as possible, lower in control					
▲ =Start w/ 95% + add 5-10# every set					
Exercise	Sets	Reps	Effort	Rest	
Push Press	5	5	85%	2m	
Bench - ▲	4	4321	95%	2m	
Pull-ups	4	8	BW	1m	
Front Squat	3	6	85%	2m	
Split Squat	2	6e	80%	2m	

Friday Lift					
Total Body					
Lift as fast as possible, lower in control					
Exercise	Sets	Reps	Effort	Rest	
Overhead Squat	2	10	Bar	1m	
Hang Clean	5	3	50%	1m	
Bench	5	3	50%	1m	
Back Squat	5	3	50%	1m	
Angled Pull-ups	5	6	BW	1m	
Split Squat	3	3e	BW	1m	

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