

Off-Season 2011- Phase 3																	
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	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps
Day 1 Core Activation, Movement Prep, Plyo, Speed									Day 3 Core Activation, Movement Prep, Plyo, Speed								
KettleBell Swing	Exp	3min		x10		x12		x15	Hang Clean	Exp	3min		x5		x5		x5
Tri Set W/Hip Flexor Stretch				x10		x12		x15	Tri Set W/Hip Flexor Stretch				x5		x5		x5
And Quad W/Alt. Arm/Leg Ext- 2x5/8/10ea.				x10		x12		x15	And Quad W/Alt. Arm/Leg Ext- 2x5/8/10ea.				x5		x5		x5
						x12		x15						x5			x5
Rear Foot Elevated	2/P/2	1 min		x8ea.		x8ea.		x8ea.	1-Leg Box Squat	2/0/2	1 min		x8ea.		x8ea.		x8ea.
Split Squat				x8ea.		x8ea.		x8ea.	Quad Set W/				x8ea.		x8ea.		x8ea.
Quad Set W/				x8ea.		x8ea.		x8ea.					x8ea.		x8ea.		x8ea.
04 Eccentric Chin Up	4/0/4	1 min		x5		x6		x7	Pull Up	2/0/2	2 min		x8		x8		x8
And				x5		x6		x7	And				x8		x8		x8
Wheel Roll Out				x5		x6		x7					x8		x8		x8
And				x10		x12		x15	Wheel Roll Out				x10		x12		x15
Chest Stretch				x10		x12		x15	And Chest Stretch				x10		x12		x15
1-Arm/1-Leg DB SLDL		1 min		x8		x8		x8	3-Way Ball Hamstring	2/0/2			x8ea		x10ea		x12ea
Quad Set W/				x8		x8		x8	Quad Set W/				x8ea		x10ea		x12ea
				x8		x8		x8					x8ea		x10ea		x12ea
DB Row	2/0/2	1 min		x10 ea		x10 ea		x10 ea	1-Arm/1- Leg Cable Row	2/0/2	1 min		x8		x8		x8
And				x10 ea		x10 ea		x10 ea	(unstable)				x8		x8		x8
				x10 ea		x10 ea		x10 ea	And				x8		x8		x8
Get Up To Hip Extension				x5ea		x8ea.		x10ea.	Turkish Get Up To Hip Extension				x5ea		x8ea.		x10ea.
and Hamstring Stretch				x5		x8		x10	and Hamstring Stretch				x5		x8		x10
Day 2 Core Activation, Movement Prep, Plyo, Speed									Day 4 Core Activation, Movement Prep, Plyo, Speed								
Bench Press	2/0/2	1 min		x10		x10		x10	Core Board Rotational	2/0/2	1 min		x10 ea		x12 ea		x14 ea
10 REP CLUSTER Tri Set W/				x10		x10		x10	Push Up Tri Set W/				x10 ea		x12 ea		x14 ea
Plank W/				x10		x10		x10	Plank W/				x10 ea		x12 ea		x14 ea
DB Row				x5		x8		x10	DB Row				x5		x8		x10
And Lat Stretch				x5		x8		x10	And Lat Stretch				x5		x8		x10
DB Curl And Press	2/0/2	1 min		x8		x8		x8	Alt DB Shoulder Press	2/0/2	1 min		x6ea.		x6ea.		x6ea.
Tri Set W/				x8		x8		x8	Tri Set W/				x6		x6		x6
				x8		x8		x8					x6		x6		x6
Straddle Side Bridge				x:30		x:45		x1:00	Straddle Side Bridge				x:30		x:45		x1:00
And Quad Stretch				x:30		x:45		x1:00	And Quad Stretch				x:30		x:45		x1:00
Y.T.,W,L	2/0/2			x8		x10		x12	Y.T.,W,L	2/0/2			x8		x10		x12
Pair W/				x8		x10		x12	Pair W/				x8		x10		x12
				x8		x10		x12					x8		x10		x12
Zottman Curl	2/0/2			x10		x10		x10	Zottman Curl	2/0/2			x10		x10		x10
				x10		x10		x10					x10		x10		x10
				x10		x10		x10					x10		x10		x10