



Group C

Phase 4: Day 1

	Load	Week 1	Week 2	Week 3	Week 4
A1) Hang Clean Technique	<50%	3 x 5	3 x 5	3 x 5	3 x 5
A2) 1/2 Kneeling Hip Flexor Mobilization w/ Int. Rot.		2 x (8x2s)/side	2 x (8x2s)/side	2 x (8x2s)/side	2 x (8x2s)/side
B1) DB Step-Up	62.5-70%	3 x 4	3 x 4	3 x 3	3 x 3
B2) DB Chest Press	62.5-70%	3 x 4	3 x 4	3 x 3	3 x 3
B3) Prone W's		2 x (8x2s)	2 x (8x2s)	2 x (8x2s)	2 x (8x2s)
C1) DB SLDL	62.5-70%	3 x 6	3 x 6	3 x 5	3 x 5
C2) Suspended Row		3 x 6	3 x 6	3 x 5	3 x 4
C3) Wide Stance Chops		2 x 8/side	2 x 8/side	2 x 8/side	2 x 8/side
D1) Lying Chin Tuck w/ Oblique Crunch		2 x (5x2s)/side	2 x (5x2s)/side	2 x (5x2s)/side	2 x (5x2s)/side
D2) DB Farmer's Walk		3 x 25 yards	3 x 25 yards	3 x 25 yards	3 x 25 yards

**All concentrics are fast*

Phase 4: Day 2

	Load	Week 1	Week 2	Week 3	Week 4
A1) Vertical/Broad Jump w/ Stiff Landing*		2 x 3	2 x 3	2 x 3	2 x 3
A2) Rectus Femoris Mobilization		2 x (8x2s)/side	2 x (8x2s)/side	2 x (8x2s)/side	2 x (8x2s)/side
A3) Lateral MiniBand Walk		2 x 10/side	2 x 10/side	2 x 10/side	2 x 10/side
B1) 1-Leg Goblet Squat Off Bench	72-80%	3 x 4/side	3 x 4/side	3 x 3/side	3 x 3/side
B2) 1-Arm DB Row	72-80%	3 x 4/side	3 x 4/side	3 x 3/side	3 x 3/side
B3) Landmine Diagonal Snatch		2 x 8/side	2 x 8/side	2 x 8/side	2 x 8/side
C1) 1/2 Kneeling DB Overhead Press	72-80%	3 x 4/side	3 x 4/side	3 x 3/side	3 x 3/side
C2) 1-Leg 1-Arm SLDL		2 x 6/side	2 x 6/side	2 x 6/side	2 x 6/side
D1) Quadraped Chin Tuck w/ Rotations		2 x 8	2 x 8	2 x 8	2 x 8
D2) Bird Dog		2 x (6x2s)/side	2 x (6x2s)/side	2 x (6x2s)/side	2 x (6x2s)/side

**Reactive drop start*

***All concentrics are fast*