

Week 1 (Explosive Athlete Pt. 2)

Day One - Explosive	Day Two - Power	Day Three - Explosive	Day Four - Power
<p>Workout</p> <ul style="list-style-type: none"> ☐ 3x8-10 *each leg* barbell split squats (with front foot on a bosu ball) into a step up *1-2sec pause on step up* https://www.instagram.com/p/CA_0KglgdBH/ ☐ 5x5-6 *each leg* single-leg step ups with a jump ☐ SUPERSET: 5x15sec explosive resistance band rows into 2-3 crow hop med ball throws *each way* ☐ 5x5 explosive barbell front squats with a press ☐ SUPERSET: 5x5 explosive kneeling med ball chest pass into 10 lying med ball chest passes as high as you can 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 5x5 barbell box squat ☐ 3x10-12 elevated barbell RDL's (toes/balls of your feet propped up onto plates. Adds extra stretch to hamstrings) ☐ SUPERSET: 3x10 decline bench press into 12-15 resistance band field goal raises (pinch scaps making the field goal sign, while keeping your scaps pinched raise your arms straight above you then back down) ☐ SUPERSET: 3x12-15 push ups on dumbbells (to get an extra stretch in your chest) *elevated/exercise ball optional* into 10-12 close grip incline barbell bench press 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 5x3-5 barbell knee jumps ☐ 3x5 explosive barbell burpees https://www.instagram.com/p/CBB7epugeb0/ (2nd slide) ☐ 5x5 *each arm* knee jump dumbbell snatches (all one motion) ☐ 3x8-10 barbell bench 1 ½ reps *optional: resistance bands holding plates off each side* ☐ 3x6-10 *each arm* single-arm med ball push ups (you are doing push ups on the med ball) *hand on bosu ball instead if the med ball is too hard* 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 3x12-15 *each leg* bosu ball pistol squats (you can use a resistance band for assistance) https://www.instagram.com/p/CBGrYObgDpV/ ☐ 4x20 resistance band leg curls (3sec eccentric) OR perform them on an exercise ball starting with your legs straight and bringing the ball closer to your butt ☐ 3x10-12 *each arm* angled landmine press https://www.instagram.com/p/CBEPGOmgDmd/ (2nd slide) ☐ 3x10 decline barbell bench press with a crunch up and military press https://www.instagram.com/p/CBEPGOmgDmd/ (3rd slide) ☐ 4x12 *each arm* single-arm landmine push ups https://www.instagram.com/p/CBEPGOmgDmd/ (1st slide)