

Week 1 Preview (Explosive Athlete)

| Day One - Explosive | Day Two - Power | Day Three - Explosive | Day Four - Power |
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| <p>Workout (2 dunks in between sets, if no basketball hoop then do 2 single-leg vertical jumps each leg)</p> <ul style="list-style-type: none"> ☐ 3x3-5 Hang Cleans ☐ 3x3-5 Bulgarian Split Squat Jumps (additional weight & Resistance is optional) ☐ 3x3-5 ski jump into lateral med ball toss (Max Effort) <p>https://www.instagram.com/p/B_futn4ACTI/</p> <ul style="list-style-type: none"> ☐ 5x10-15sec Explosive Push Ups ☐ 3x3-5 Explosive Bench Press <p>Speed Workout</p> <ul style="list-style-type: none"> ☐ 4x10yd Single-Leg broad jumps ☐ 2x10yd resistance band single-leg broad jumps ☐ 4x20yd resistance band side shuffles ☐ 2x10yd resistance band falling sprints ☐ 2x10yd bodyweight | <p>Workout</p> <ul style="list-style-type: none"> ☐ 5x6-8 Barbell Back Squat ☐ 5x6-8 Barbell Reverse Lunges ☐ 3x15-20 Med ball push ups (optional: feet on exercise ball or bosu ball) <p>https://www.instagram.com/p/B_i6RYDAzuZ/</p> <ul style="list-style-type: none"> ☐ 3x8-10 push ups AS SLOW AS POSSIBLE ☐ 2xFailure Weighted Push Ups <p>Core</p> <ul style="list-style-type: none"> ☐ 3x10 side-arm planks with arm tuck (reach under your body and crunch with the arm in the air) *bosu ball optional* ☐ 3x15 suitcase crunches (controlled with a squeeze when crunching) *bosu ball optional* | <p>Workout (2 dunks in between sets, if no basketball hoop then do 2 single-leg vertical jumps each leg)</p> <ul style="list-style-type: none"> ☐ 5x3-5 Barbell Hip Thrusts ☐ 5x3-5 Power Cleans ☐ 3x3-5 single-arm barbell landmine row into single-arm opposite arm press <p>https://www.instagram.com/p/B_oGnjoA2jr/</p> <ul style="list-style-type: none"> ☐ 3x3-5 Barbell Push Press ☐ 3x8-10 Lateral explosive bosu ball push ups (Ball side of bosu ball on the ground, pick a spot on the ground, do push ups exploding off the ground side to side over that spot) <p>Speed Training</p> <ul style="list-style-type: none"> ☐ 5x15sec resistance banded high knees (start off with minimal resistance for the first 5 seconds, every 5 | <p>Workout</p> <ul style="list-style-type: none"> ☐ 5x6-8 Conventional Deadlift ☐ 5x6-8 Barbell Bench (6th additional set, lower the weight and rep it out until you can't anymore) ☐ 3x8-10 single-arm rows OR 5x5 Pull Ups (extra weight or resistance is optional) ☐ 3x8-10 incline single-arm dumbbell chest flies (3sec pause at the top) ☐ SUPERSET: 4x30 resistance band tricep pull downs into 30 resistance band curls <p>Core</p> <ul style="list-style-type: none"> ☐ 3x1min exercise ball balance (either on knees or standing up) <p>!!!! If no exercise ball, perform 3x10 Hanging knee raises !!!!</p> <ul style="list-style-type: none"> ☐ 3x8 *each leg* slow mountain climbers with feet on exercise ball and |

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| <p>falling sprints</p> <ul style="list-style-type: none">□ Ladder Drills (weighted vest optional)□ 5x20yd bodyweight sprints | | <p>seconds give more resistance and increase your effort)</p> <ul style="list-style-type: none">□ 4x10yd resistance banded sprints□ 5x20yd bodyweight sprints□ 10 total Max Effort | <p>hands on a bosu ball</p> <ul style="list-style-type: none">□ 3x6 *each leg* single-leg bosu ball balance with lateral med ball toss |
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