

Week 9 - Concentric [High Force|High Velocity]

Day 1

Dynamic Warm Up
Mobilization/Activation
1. Banded Hip Flexor Stretch - 2 x 25 seconds each side
2. Reverse Hyperextension - 2 x 20
Power
1. Depth Jump - 10 x 1
2. Rebound Vertical Jump - 6 x 2
Strength
1. Back Squat - 5 x 4 (1 X X)
2. Dimmel Deadlift - 4 x 10
3. Bulgarian Split Squat - 4 x 6 ea. leg (1 X X)
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
Core
1.A. Plank - 2 x 30 sec.
1.B. Side Plank - 2 x 30 sec. ea. side
1.C. Prone Cobra - 2 x 30 sec.

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Day 2

Dynamic Warm Up
Mobilization/Activation
1.A. Back Pack Stretch - 2 x 25 seconds ea. side
1.B. Seated External Rotation - 2 x 15
Power
1. Power Bounds - 3 x 15 yards
2. Lying Med Ball Chest Pass - 5 x 10
Strength
1. Power or Split Jerk - 5 x 4 (X X X)
2.A. Barbell Row - 4 x 10 (1 X X)
2.B. Close Grip Bench Press - 4 x 10 (X X X)
3.A. Scarecrows - 4 x 10
3.B. Alternating DB Curl - 4 x 10 ea. arm
Recovery
1. Foam Roll - Piriformis - 1 x 1 minute ea. side
2. Foam Roll - IT Band - 1 x 1 minute ea. side
3. Foam Roll - Hamstrings - 1 x 1 minute ea. side

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Day 3

Dynamic Warm Up
Mobilization/Activation
1.A. Elevated Piriformis Stretch - 2 x 25 sec. ea. side
1.B. Downward Groin Stretch - 2 x 15 sec.
Power
1. BB Pogo Jumps - 6 x 10
2. Low Stance Lunge Switch - 6 x 3 ea. side
3. Box Jump - 6 x 1
Strength
1. Hang Clean - 5 x 4 (1 X X)
2. BB Step Ups - 4 x 6 ea. leg (1 X X)
3. Swiss Ball Hip Thrust to Curl - 4 x 10
4.A. Plantar Flexion - 2 x 20
4.B. Dorsi Flexion - 2 x 20
Core
1.A. Med Ball Side Toss to Wall - 3 x 10 ea. side
1.B. Med Ball Slam - 3 x 10

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Day 4

Dynamic Warm Up
Mobilization/Activation
1. Core Hold Raises - 2 x 10 ea. arm
2. Plank Bird Dog - 2 x 20
Power
1. Med Ball Backwards Toss - 12 x 1
2. Behind the Neck Snatch Jerk - 6 x 4
Strength
1. Bench Press - 5 x 4 (1 X X)
2. Wide Grip Chin Ups - 4 x 10
3. Single Arm Overhead DB Press - 4 x 8 ea. arm
4.A. Skull Crushers - 3 x 12
4.B. Hyperextensions - 3 x 12
Recovery
1. Foam Roll - QLO - 1 x 20 sec. ea. side
2. Foam Roll - Hip Flexors - 1 x 20 sec. ea. side
3. Foam Roll - Quads - 1 x 20 sec. ea. side
4. Foam Roll - Adductors - 1 x 20 sec. ea. side