

## How to Perform the Program

It is important to follow the program correctly In order to make sure you are receiving the right stimulus to increase performance as an athlete.

Here is a simple guide to make sure you are performing correctly.

### Step 1: Dynamic Warm-up

Make sure the Dynamic Warm-up from the video is performed before every training session. (You can locate this video in the Exercise Database)

### Step 2: Mobilization and Activation Drills

Muscle imbalances are the leading cause of injury in elite athletes. Each athlete must complete the Mobilization and Activation Drills provided for them after the Dynamic Warm-Up, which is found in the videos. Each day will prescribe a set of particular movements that will aid in the particular lifts and drills they will perform for that day.

### Step 3: Power Movements Key Points

- Warm up Sets - At this point you should be fully warm and ready to compete in every rep. This means every rep is of the highest quality and intensity.
- Intensity - When performing any form of measured jump such as a box jump always make sure to progress to a technical 1 rep max. This means you are maximally performing the drill but not sacrificing any technique.
- Sets & Reps - The sets and reps are given so make sure to record your bests for that particular day if they can be measured.
- Rest - The rest for each plyometric drill is very intuitive. Choose the amount of rest where you can perform each drill with 100% quality. The muscles should not be fatigued unless I have noted otherwise.
- Recording - Track your progress from week to week for the drills that can be measured.

## Step 4: Lifting Key Points

- Warm up Sets - I usually advise 2 warm-up sets when performing the main compound movement for strength or power and then lead into the instructed working sets in the table.
- Load - Make sure that you choose a weight that you can not perform more than the number of reps given but can complete the full amount of reps with. Typically I suggest building up to your technical max lift. For instance if it calls for a 2 rep max the prior 4 sets should be a consistent build up. So say you ended at a 300lb 2RM. It should look something like this Set 1 - 250, Set 2 - 265, Set 3 - 275, set 4 - 285, Set 5 - 300 (2RM)

Eccentric Phase and Isometric Phase - Make sure to stay at 85% of your 1 rep max. Most of the parameters are set so that you will not exceed this percentage. If you happen to perform well that day feel free to exceed slightly as your strength increases but always hold form.

- Sets & Reps - The amount of sets and reps is given in each table to show the athlete what they must perform for each movement on each and everyday.
- Tempo - The tempo for each particular rep will be displayed with a bracket. (Example: [3|X|X]) Where the first number is the Eccentric tempo or portion where you will lower the weight for the given seconds. ([3|X|X] in this case 3 seconds). The next number is the Isometric pause and finally the Concentric is the last. The letter X represents “explode” as in you will produce force as fast as possible in this phase of the lift.
- Rest - sets of reps >5 = 2 - 3 minutes rest between sets. Sets of reps <5 = 60 - 90 seconds rest between sets. The exception to this is when the program calls for a superset.
- Super Set - When a series of movements has a sub-letter next to them i.e. 2a,2b,2c, these movements will be performed one after the other in order until complete. For instance: Day 1 has 1 arm row, incline bench, and chin-ups, these will be done in order and right after each other. Then when the chin-ups are done the athlete will rest and start back over with rows until all the sets are complete.
- Recording - Make sure to write down the weight that you performed the lift with in the table to keep track of progress.