	SPORT	4 OTB Blo	ock Elite Red		A R/A 6	CT	E		^EI	\	- D		`			STAGE		D	ev	eld	pi	me	nta	<u>al -</u>	3		٦
	Weekly Rotation MONDAY T WEDNESDAY U FRIDAY T				A MASTER GENERIC									PROGRAM Block 4 - Spring II			I Summer - Cycle 1				1						
	"The only place success comes before work is in the dictionary"				BEAT KENTUCKY								"Hard things are put in our way, not to stop us, but to call out our courage and strength"					yth"									
	PRE ACTIVITY PREPARATION	Neck - Traps	Extras				Neck -	Trap	s			Extr	as			PRE ACTIVITY PREPARATION		Neck	- Tra	ps				Extr	ras		
	Report to TRAGER	Roondogs x 10	Post Tue-Thur Team Run		Report to TRAGER		-		Seconds			·Thur	r Team I	lun		Chops from Lunge Position - Down x 6 ea		ndogs x						DESI			
	Group Run	Shrugs x 15	POWER CORE		Group Run				x 30 secs	-	R CORE					Chops from Lunge Position - Up x 6 ea		ugs x 15					LE PATR			v	
	Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit	Face Pulls x 15	CORRECTIVE MEASURES PILATES		Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit	Bent (Over Shi	rugs :	x 15	PILATE	ECTIVE N	MEASUR	RES			Overhead Squat to Box x 6 Lunge Matrix x 1 circle	Fac	e Pulls x	15			UPPER	R BODY	GET RIG	SHT		
	Blocks 3 - 4 Kenn and Verdon		FIERIES		Blocks 3 - 4 Kenn and Verdon					· ILAII	-0					Step Overs x 20 total											
	Dione o Trionii and Tordon	2 Circuits			Diodico Vitoliii ana Voluon		2 cir	cuits								Standing Fly x 10		2 C	ircuit	s							
	MONDAY	1-Jun-09 8-Jun-0	9 15-Jun-09 22-Jun-09		WEDNESDAY	3-Jı	ın-09	10-	Jun-09	17-	Jun-	09 2	24-Jun	-09		FRIDAY	5-,	Jun-09	12	-Jur	1-09	19	-Jun	-09	26-	Jun-0	9
	SESSION 1T	% GR WT % GR \	NT % GR WT % GR WT		SESSION U				GR WT							SESSION 2T	%	GR W	Г %	GR	WT	%	GR	WT	%	GR V	/Т
	Hang Clean	35.0% x5 105 36.5% x5 1	10 32.0% x5 95 38.0% x5 115		G2 Incline Press	35.0%	c5 110	38.0%	x5 115	36.5%	x5 ′	110 4	1.0% x5	125		Block 12 Clean		x5 10									
	riang Olean	 	40 41.6% x3-5 125 49.4% x3-5 150						x3-5 150							DIOOK 12 OICUIT		x3-5 138			- 		÷			b	
							 													. .	- 					-	
1	Set Stance - Athletic Position	56.0% x2-3 170 58.4% x2-3 1	75 51.2% x2-3 155 60.8% x2-3 180 -	_		56.0% x	2-3 170	60.8%	x2-3 185	58.4%	x2-3	180 6	5.6% x2-3	200 .	_	Week 1 - Block 10	56.0%	x2-3 170	60.8%	x2-3	180	58.4%	x2-3	175	65.6%	x2-3 19)5
ER	"PUSH" + "JUMP" + "PUNCH"	63.0% x1-2 190 65.7% x1-2 1	95 57.6% x1-2 175 68.4% x1-2 205 F	2		63.0% x	1-2 195	68.4%	x1-2 210	65.7%	x1-2	200 7	3.8% x1-2	225	띪	Week 2 - Block 7	63.0%	x1-2 190	68.4%	x1-2	205	65.7%	x1-2	195	73.8%	x1-2 2	20
Ħ		<u> </u>	220 64.0% x3 190 76.0% x3 230	Ë		i_		Li	x3 235	L	Li		i		_	Week 3 - Block 12	L	x3 21	L	<u>.i</u>	<u>.i</u>		<u> </u>	LL	1	<u>i</u>	
	Strength Speed Complex																L	<u> </u>			_i						
	x Vertical Jumps	L	220 64.0% x3 190 76.0% x3 230						x3 235		LL_		2.0% 3x2	255		Week 4 - Block 10	L	x3 21		. i	-L						
		70.0% x3 210 73.0% x3 2	220 64.0% x3 190 76.0% x3 230			70.0%	(3 215	76.0%	x3 235	73.0%	x3 2	225	5.0% x2	260			70.0%	x3 21	76.0%	x3	230	73.0%	x3	220	85.0%	x2 2	55
SPEED		L	220 64.0% x3 190 76.0% x3 230 E	FF					x3 235	L			8.0% x2	270 F	EFF		L	x3 21		. .							
OI EED		L								7 3.0 70	XO A		}					÷					χJ			<u>-</u>	
00		l	220 64.0% x3 190 76.0% x3 230 g	$\overline{}$					x3 235		<u> </u>	9	11.0% x2	280	90			x3 21		x3	230	1	<u> </u>	با ا	i.	x2 2	
3(Preparation Sets - as needed	70.0% x3 210 73.0% x3 2	220 64.0% x3 190 76.0% x3 230 3	ñ	Preparation Sets - as needed	70.0%	(3 215	76.0%	x3-10 235			9	^{14.0%} x2	290	3	Preparation Sets - as needed	70.0%	x3 21	0	1	į			, l	94.0%	x2 28	30
	Front Squat	40.0% x3 155 43.0% x3 1	65 40.0% x3 155 49.0% x3 190		Power Curl	0.0%	(5	0.0%	х5	0.0%	х5	0	.0% x5			Reverse Lunge to Step Up	49.0%	x5ea 11	0 55.0%	x5ea	125	52.0%	x6ea	115	61.0%	x5ea 1	35
~	1 TOILE Oquae	Li i iii	90 43.0% x3 165 55.0% x3 210 c	~.		0.0%		-	x5	0.0%			0.0% x5		7			x5ea 11		. 	.ļ			<u> </u>	 		
۲,																		ļ	<u> </u>	. ļ			xoea		 -	-	
Ē	to parallel aerex pad		210 46.0% x3 175 61.0% 2x3 235		Week 1 - 10 KG	0.0%	(5	0.0%	х5	0.0%	х5	0).0% x5		ш	Week 1 - Block 10-20	49.0%	x5ea 11	0 55.0%	x5ea	125	1	<u>i </u>		61.0%	x5ea 13	35
Ξ	Purple Band [+] 1 Chain	49.0% x3 190 55.0% x3 2	210 46.0% x3 175 61.0% 2x3 235 F	Ε	Week 2 - 15 KG	-								_ li	F	Week 2 - Block 7-23	52.0%	x5ea 11	58.0%	x5ea	130)			64.0%	x5ea 14	45
		49.0% x3 190 55.0% x3 2	210 46.0% x3 175 76.0% x1 295		Week 3 - 10 KG		1		-		t		<u> </u>			Week 3 - Block 17	52.0%	x5ea 11	5 58.0%	x5ea	130)			64.0%	x5ea 14	45
SPEED		l	210 46.0% x3 175 85.0% x1 325 V	/OI	Wook 4 - 20 KG			l 			 -		 		FEE	Week 4 - Block 17		 		 	ļ		 	 			
OF EED				OL	Week 4 - 20 NG			├ -			├ 			⊢	_	Week 4 - DIOCK 17		} -}		 	 -		 	r 			
385		49.0% x3 190 55.0% x3 2						ļļ			L				25			<u> </u>		ļ	ļ		<u> </u>	1			
3		49.0% x3 190 55.0% x3 2	210 101.0% x1 390			-								- 19	22	Encouraged to Press Load Up				1	1			.	ļ		
3	Upper Body Medley	0.0% PULL 0.0% PULL	0.0% PULL 0.0% PULL 5	13		40.0%	κ3	40.0%	х3	40.0%	х3	4	0.0% x3		13	Upper Body Medley	0.0%	х6	0.0%	x6		0.0%	x6	1	0.0%	x6	
EF.	.,,	0.0% x21 0.0% x24	0.0% x15 0.0% x30	TIER 3		45.0%		-	x3	45.0%		1	15.0% x3		TIER	.,,		IsoDyn		SME	-j		Dyn	·	0.0%	 -	
	DI D :							├ -								01:11 5 :		ļ		. }	- 				 -		
SPEED	Plyo Push Up	0.0% PUSH 0.0% PUSH		/OL		50.0% 4	ХЗ	50.0%	4x3	50.0%	4x3	5	0.0% 4x3	\	VOL	Chin Ups Regime	0.0%	x6ea	0.0%	x6ea	<u> </u>	0.0%	x6ea	,	0.0%	хбеа	
	Pull Up	0.0% x21 0.0% x24	0.0% x15 0.0% x30																	1	ļ			.			
	ALTERNATE - catch and release - to press															SA Bench Press	0.0%	3sets	0.0%	3sets	.[0.0%	3sets	, ,	0.0%	3sets	
4	Box Jump Progression	79.0% 5x5 85.0% 5x3	82.0% 3x3 M A X	4		-	1						1		4	Single Leg Progression		3 sets		3 sets			2 sets	\neg	一	3 sets	_
R	Dox dump i rogression	5557 JAJ						 			 - -							 		-	 		-} }	/ -	 		
TIER				TIER		<u></u> _		ļļ			ļļ				TIER	Hip Flexion x 15 seconds mini band		x6ea		x6ea	ļ		x6ea			x6ea	
T							İ													İ	<u>!</u>					i_	
5	Long Jump Progression	SL x3 stick SL x3 s	tick SL x3 stick SL x3 stick L	2		T					T	T			5			I		[T	П	П			
ER			tick Res x3 stick Res x3 stick			†-	 	 			<u> </u>				2		l			 	†	1	††	: -			
믣								} 	 		 		 		TIER		ļ	 		 -	 -	 	 	; -			
_			nax Free x3 max 3Hop x3 max F				l					_	į	_			Ļ	ᆫ	1	<u></u>	<u> </u>	Ļ	ليبا	_	لـ		
РСОМ	SL DB RDL	3x10 3x8	2x10 3x8	<u>δ</u>	Glute Ham Raise		se back end		raise back end		raise back	k end 3	3x6-10 raise ba		O	Single Leg Hip Lift - Stab Ball	Ė	(10 ea	_	x10			x10 €			10 ea	
	Prone "T" "Y" "A"	1 x 12 each 1 x 12 ea	ch Y only 2x12 1 x 12 each	PC	Vertical Horizontal Goal Post Pull Aparts	3	(12	3	3x12		2x12		3x1	<u> </u>	PC	Blast Strap "W" "T" "Row"	1 x	12 eacl	1 1 x	12 (ach	I T o	nly 2	x12	1 x 1	12 eac	;h
Notes			CHECK TE	= ^ '	M Funtional Movement S	croc	Corro	ctive	Moarc	۸۵۵	ianm	onto	and P	4- D-		rammina											
No			CHECK IE	_AI	M Funtional Movement S	oci eel	Corre	CLIVE	= iviearis	ASS	igiim	CIIIS	and B	ız Pr	ogi	anning											

	SPORT	4 OTB Bloc	ck Elite Red	A N/A	STER GE	MEDIC	STAGE	Develop	mental - 3		
	Weekly Rotation	MONDAY T WEDN	ESDAY U FRIDAY T	A IVIA	SIER GE	NEKIC	PROGRAM	Block 4 - Spring II Summer - Cycle			
	"The only place suc	cess comes before wor	rk is in the dictionary"	BE	AT KENTU	CKY	"Hard things are put in our way, not to stop us, but to call out our courage and stre				
	PRE ACTIVITY PREPARATION		Extras		Neck - Traps	Extras	PRE ACTIVITY PREPARATION		Extras		
	Report to TRAGER	Roondogs x 10	Post Tue-Thur Team Run POWER CORE	Report to TRAGER	Iso Bridge x max 60 Seconds	Post Tue-Thur Team Run POWER CORE	Chops from Lunge Position - Down x 6 ea	Roondogs x 10	SWOLE PATROL - GUN SHOW		
	Group Run Shrugs x 15 POWER CORE Linear - Lateral Speed Face Pulls x 15 CORRECTIVE MEASURES Blocks 0-1-2 - Dermody - Feit PILATES		Group Run Linear - Lateral Speed	Stg Lateral Iso Bridge x 30 secs Bent Over Shrugs x 15	CORRECTIVE MEASURES	Chops from Lunge Position - Up x 6 ea Overhead Squat to Box x 6	Shrugs x 15 Face Pulls x 15	SWOLE PATROL - GUN SHOW UPPER BODY GET RIGHT			
			Blocks 0-1-2 - Dermody - Feit	Denit Over Silings x 13	PILATES	Lunge Matrix x 1 circle	race rulis x 13	OFFER BODF GET RIGHT			
	Blocks 3 - 4 Kenn and Verdon			Blocks 3 - 4 Kenn and Verdon			Step Overs x 20 total				
		2 Circuits			2 circuits		Standing Fly x 10	2 Circuits			
	MONDAY		20-Jul-09 27-Jul-09	WEDNESDAY		22-Jul-09 29-Jul-09	FRIDAY		24-Jul-09 31-Jul-09		
	SESSION 1T		% GR WT % GR WT	SESSION U		% GR WT % GR WT	SESSION 2T	% GR WT % GR WT			
	Hang Clean	35.0% x5 105 38.0% x5 115	36.5% x5 110 41.0% x5 125	G2 Incline Press	38.0% x5 115 41.0% x5 125	39.5% x5 120 44.0% x5 135	Block 12 Clean	38.0% x5 115 41.0% x5 125	39.5% x5 120 44.0% x5 130		
	-	45.5% x3-5 135 49.4% x3-5 150) 47.5% x3-5 140 53.3% x3-5 160		49.4% x3-5 150 53.3% x3-5 165	51.4% x3-5 160 57.2% x3-5 175		49.4% x3-5 150 53.3% x3-5 160	51.4% x3-5 155 57.2% x3-5 170		
	Set Stance - Athletic Position	}) 58.4% x2-3 175 65.6% x2-3 195 _		L	63.2% x2-3 195 70.4% x2-3 215	Week 1 - Block 10		63.2% x2-3 190 70.4% x2-3 210		
7		ļiiii						 	}		
TER	"PUSH" + "JUMP" + "PUNCH"	L	5 65.7% x1-2 195 73.8% x1-2 220	1	L	71.1% x1-2 220 79.2% x1-2 245	Week 2 - Block 7	Liiii	71.1% x1-2 215 79.2% x1-2 240		
-	Strength Speed Complex	70.0% x2 210 76.0% x2 230) 73.0% x2 220 82.0% x2 245 F		76.0% x3 235 82.0% x2 255	79.0% x2 245 88.0% 3x2 270 F	Week 3 - Block 12	76.0% x3 230 82.0% x2 245	79.0% x2 235 88.0% 3 x2 265		
	Sets 1-3-5 x3 Repeitive Vertamax Jumps	70.0% x2 210 76.0% x2 230	73.0% x2 220 82.0% x2 245		76.0% x3 235 82.0% x2 255	79.0% x2 245 88.0% 2x2 270	Week 4 - Block 10	76.0% x3 230 82.0% x2 245	79.0% x2 235 88.0% 2x2 265		
	Sets 2-4-6 x1 Max Vert	70.0% x2 210 76.0% x2 230			76.0% x3 235 82.0% x2 255			76.0% x3 230 82.0% x2 245	l		
	Sels 2-4-0 X1 Wax Vert			-	L		-	L			
SPEE) 73.0% x2 220 82.0% x2 245 EF		76.0% x3 235 82.0% x2 255		<u>FF</u>	76.0% x3 230 82.0% x2 245			
0		70.0% x2 210 76.0% x2 230	73.0% x2 220 82.0% x2 245 a		76.0% x3 235 82.0% x2-10 255	79.0% x2 245 97.0% x2 300 g	∍	76.0% x3 230 82.0% x2 245	79.0% x2 235 97.0% x2 290		
300	Preparation Sets - as needed	70.0% x2 210 76.0% x2 230	73.0% x2 220 82.0% x2 245	Preparation Sets - as needed		101.0% x2 310	Preparation Sets - as needed		101.0% x2 305		
	Front Squat		5 40.0% x3 155 49.0% x3 190	,		AZ 5.0	Reverse Lunge to Step Up	55.0% vEac 125 61.0% vEac 125	58.0% x6ea 130 67.0% x5ea 150		
	Front Squat				 			- 	}		
2) 43.0% x3 165 55.0% x3 210					55.0% x5ea 125 61.0% x5ea 135	58.0% x6ea 130 67.0% x5ea 150		
旧出	to parallel aerex pad	49.0% x3 190 55.0% x3 210) 46.0% x3 175 61.0% 2x3 235	il			Week 1 - Block 10-20	55.0% x5ea 125 61.0% x5ea 135	67.0% x5ea 150		
TIER	Purple Band [+] 1 Chain	49.0% x3 190 55.0% x3 210	0 46.0% x3 175 61.0% 2x3 235 F				Week 2 - Block 7-23	58.0% x5ea 130 64.0% x5ea 145	70.0% x3ea 160		
	' '') 46.0% x3 175 76.0% x1 295			 	Week 3 - Block 17	58.0% x5ea 130 64.0% x5ea 145	70.0% x3ea 160		
		L				├ -		30.0% AJea 130 04.0% AJea 143	70.0 % ASEA 100		
SPEE		L) 46.0% x3 175 85.0% x1 325 vo	DL		E	FF Week 4 - Block 17	 			
385		49.0% x3 190 55.0% x3 210	94.0% x1 360				3				
38		49.0% x3 190 55.0% x3 210	101.0% x1 390			5	Encouraged to Press Load Up				
3	Upper Body Medley			>			I I Innor Pody Modley	0.0% x6 0.0% x6	0.0% x6 0.0% x6		
TIER 3	Sppor Body modicy	0.0% 24 0.0% x30	0.0% PULL 0.0% PULL 0.0% X15 0.0% X36	Í	╂╍╌┼╍╌╂╍╌╂╍╌┼╍╌┼╍╌		Spor Boay modicy	0.0% IsoDyn 0.0% SME	0.0% Dyn 0.0% WTD		
		} 			}				}		
SPEE	Plyo Push Up	0.0% PUSH 0.0% PUSH	0.0% PUSH 0.0% PUSH VC	<u> </u>		V	Chin Ups Regime	0.0% x6ea 0.0% x6ea	0.0% x6ea 0.0% x6ea		
	Pull Up	0.0% 24 0.0% x30	0.0% x15 0.0% x36								
	ALTERNATE - catch and release - to press						SA Bench Press	0.0% 3sets 0.0% 3sets	0.0% 3sets 0.0% 3sets		
4	Box Jump Progression	79.0% 5x5 85.0% 5x3	82.0% 3x3 M A X	+			t				
					 	ttttttt	2	 	 		
TIER		 		!	 		4	 	 		
<u> </u>				1			-				
5	3 Hop Progression										
12			<u> </u>	í			4				
TIER		 	 		 		=	 	 		
	CI DE EDI	3x10 3x8			 			3x10 ea 3x10 ea	2x10 ea 3x10 ea		
PCOM	SL DB RDL	*****		i			Single Leg Hip Lift - Stab Ball				
Ĕ	Prone "I" "Y" "A"	1 x 12 each 1 x 12 each	Y only 2x12 1 x 12 each				Blast Strap "W" "T" "Row"	1 x 12 each 1 x 12 each	i only 2x12 1 x 12 each		