

BIG HOUSE

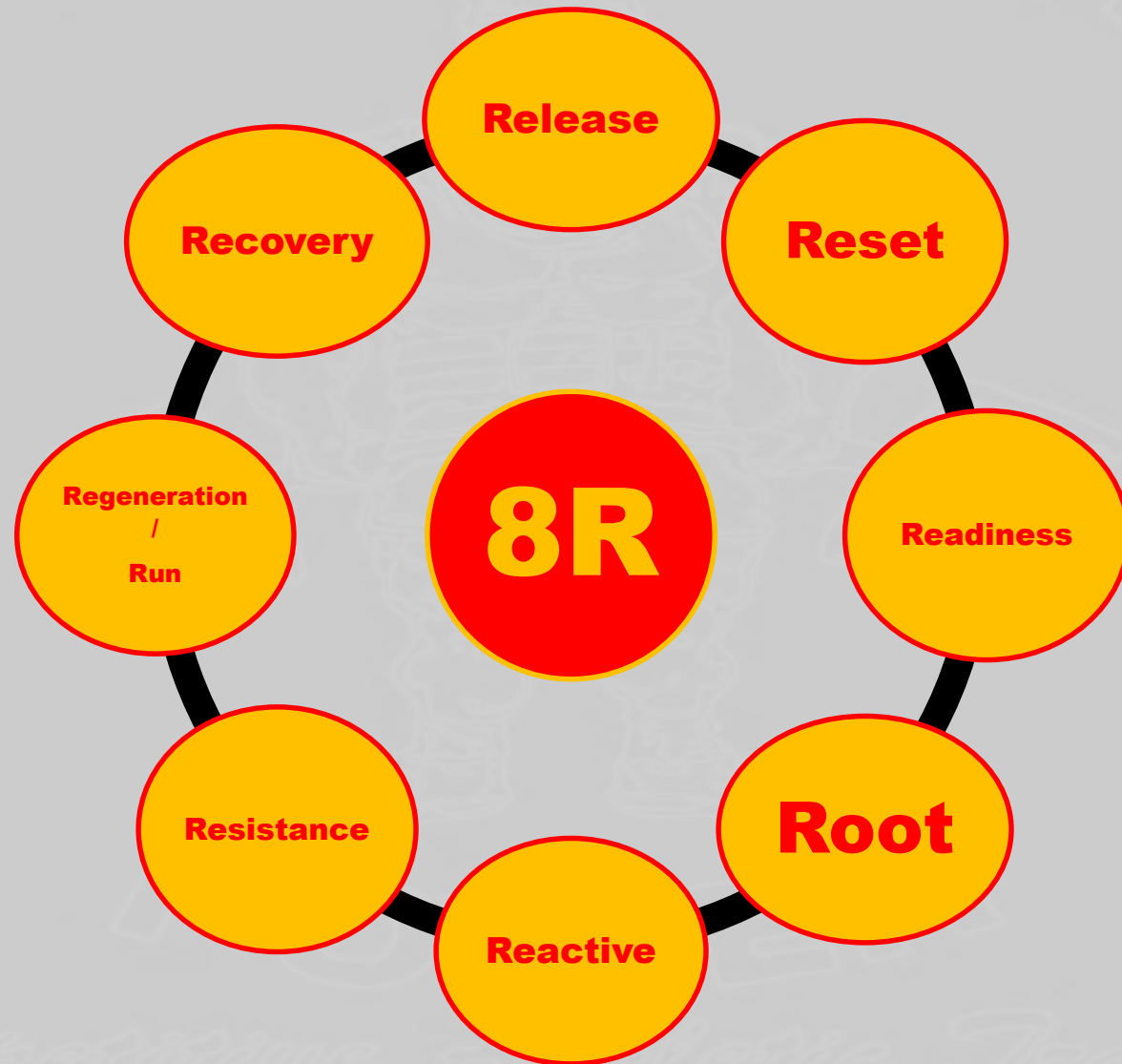


ASSIMILATION OF EFFORTS UTILIZING 8R PROGRAMMING

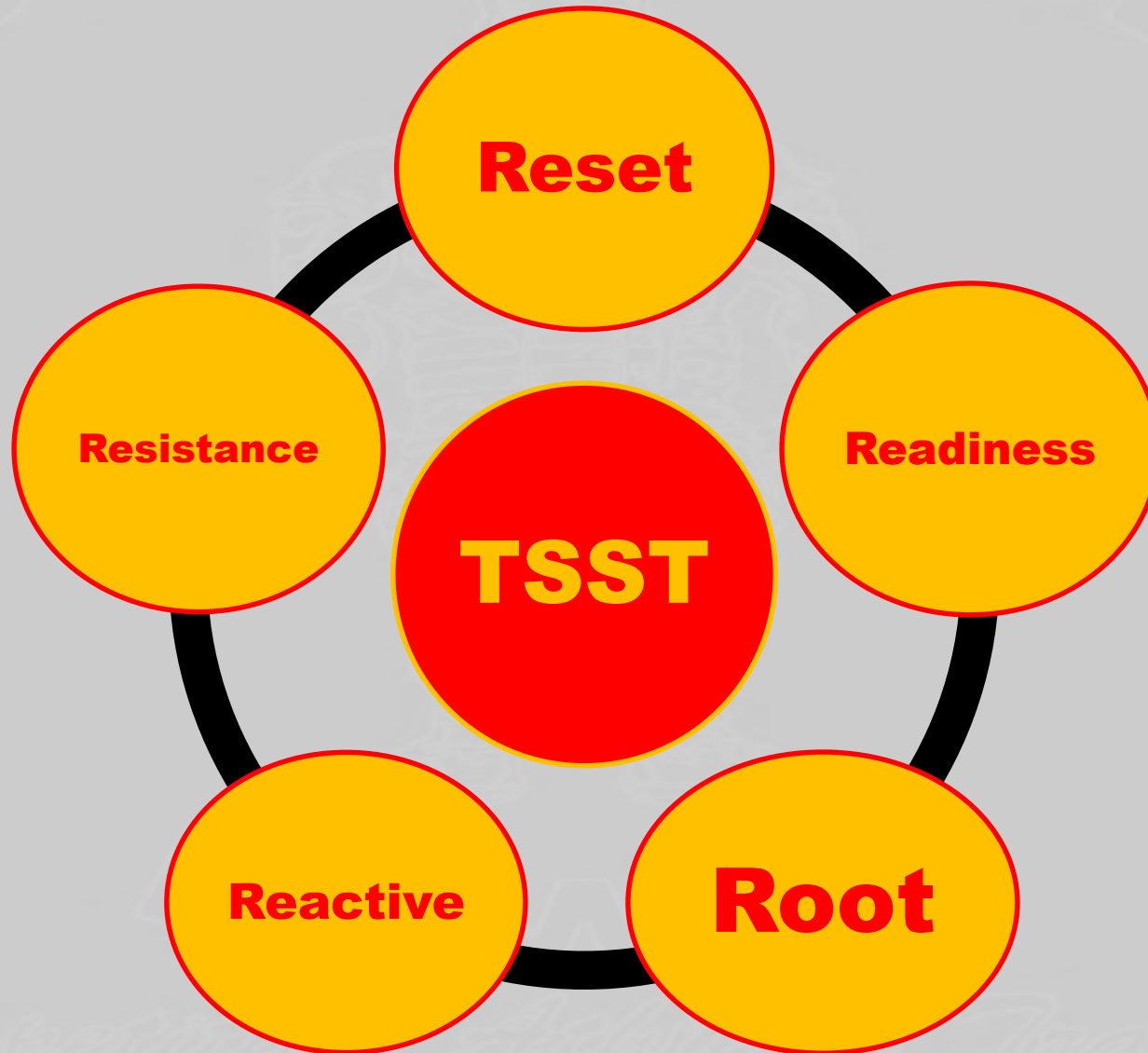
POWER

Competitive Athletic Training

8R Programming and the Tier System



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Preparation Progression

PREPARATION PROGRESSION SETS				
Set	Training Percent	Rep Range	Training Percent	Rep Range
Prep 1	50.0%	5 to 8	55.0%	5 to 8
Prep 2	65.0%	3 to 5	70.0%	3 to 5
Prep 3	80.0%	2 to 3	85.0%	2 to 3
Prep 4	90.0%	1 to 3	92.5%	1 to 3
Work Set 1	100.0%	prescribed	100.0%	prescribed

Based on Philippi Progression

Rules

1. ROOT

2. RESET

1. General
2. Strength
3. Specific

3. RESISTANCE

- To Be Done as a Medley
 - Prep Sets 1to3 Tier 1
 - Prep Sets 1to2[3] Tier 2
 - Prep Sets 1to2 Tier 3

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Work Sets

%	GR	WT
35.2%	x5-8	
44.8%	x3-5	
54.4%	x2-3	
59.2%	x1-2	
64.0%	x4	
64.0%	x4	
64.0%	x4	
64.0%	x4	
64.0%	x4	

Rules

1. Strength Speed Complex

1. RESISTANCE
2. REACTIVE

2. Speed Strength Complex

1. REACTIVE
2. RESISTANCE

Upper Body Tiers

- Resistance 1
- Resistance 2
 - » Preceded by or Followed by Reactive

8R Programming and the Tier System

Session T Tier 1 Rules

Session T Tier 1

T1T	TB "SEQUENTIAL"	
ROOT	CHOP	
RESET	FLEXION	
REACT	VERTICAL	

	Clean Grip Power Pull	40.2%	#N/A	
ROOT	Diagonal Chop - Athletic Position	VAT 6810	51.1%	x3-5
RESET	Prone Plank Str Leg Hip Ext	VAT 6810	62.1%	x2-3
REACT	Box Jump	MAX3	67.5%	x1-2
	Reset - Short Red/Black Band		73.0%	x3
	React - Loaded Start Position		73.0%	x3
	React - Done with Work Sets Only		73.0%	x3
			73.0%	x3

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Session T Tier 2 Rules

Session T Tier 2

T2L	LB - VARIETY	
ROOT	ANTI LATERAL FLEXION	:30
RESET	INT/EXT ERNAL ROTATION	VAT 6810
REACT	HORIZONTAL	1NA

	Single Leg Squat - RFE	39.5%	#N/A	
ROOT	Iso Diagonal Lift - Athletic Position	:30	51.4%	x5
RESET	Lying STR Leg ABD/ADD	VAT 6810	63.2%	x5
REACT	Seated Long Jump to Box 18"	x3	71.1%	x5
	Reset - Orange Band		79.0%	x5
	React - 2 Prep Sets			
	Resist - Big Evil			

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Session T Tier 3 Rules

Session T Tier 3

T3U	UB PULL HORIZONTAL	
RESIST	UB PUSH HORIZONTAL	
ROOT	LATERAL FLEXION	
RESET	INT/EXT ERNAL ROTATION	

	DB Incline Press		0.0%	x8	
RESIST	KB Single Arm Row	VAT 81012	0.0%	x8	
ROOT		1/NA 1NA	0.0%	x8	
RESET		ABD/ADD 90 101215			INCLINE LOW HIGH Progression
	Row - Athletic Position				

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Session L Tier 1 Rules

Session L Tier 1

T1L	LB "SEQUENTIAL"	
ROOT	ANTI EXTENSION (Plank)	
RESET	ABDUCTION/ADDUCTION	
REACT	HORIZONTAL	

	Buffalo Bar Squat	0.0%	#N/A	135
ROOT	Plank 90	:60	0.0%	x3 185
RESET	STD Bent Knee ABD/ADD	VAT 6810	0.0%	x2 225
REACT	Long Jump to Box 18"	x3	0.0%	x1 245
	Plank - Weighted 55-100#	0.0%	x5[0]	275
	Reset ABD - Orange Band	0.0%	x5[2]	
	Reset ADD - Grey Band	0.0%	x5[3]	
	React - Loaded Start Position 6-12-6 Hurdle	0.0%	x5[4]	
	React - Prep Progression	0.0%	x5[5]	
	Resist - Maximum Chain	0.0%	x5[6]	

8R Programming and the Tier System

Session L Tier 2 Rules

Session L Tier 2

T2U	UB PULL VERTICAL	
RESIST	UB PUSH VERTICAL	
ROOT	SHLDR to KNEE FLEX EXT	
RESET	ELEVATION/DEPRESSION	
REACT	VERTICAL (Overhead)	

Log Bar Press					
RESIST	Hammer Pulldown	VAT 6810			
ROOT	1/NA	1NA	63.2%	x5	
RESET	Scapula Dip	VAT 101215	71.1%	x5	
REACT	1N/A	1NA	79.0%	x5	
	Reset - Pit Shark Dip				
	Resist Pull - Neutral Grip				

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Session L Tier 3 Rules

Session L Tier 3

T3T	TB BRIDGE/JUMP	
ROOT	ROTATION	
RESET	STRAIGHT LEG HIP EXT	

	Romanian Deadlift	40.0%	x5	
ROOT	Paloff Press w/Rotation - Athletic Position	VAT 568	45.0%	x5
RESET	Good Morning SL	VAT 568	#N/A	#N/A #N/A
	Reset - Orange		#N/A	#N/A #N/A
	Resist - KB Traditional Load - Single Leg		#N/A	#N/A #N/A

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Session U Tier 1 Rules

Session U Tier 1

T1U	UB "SEQUENTIAL"	
RESIST	UB PULL HORIZONTAL	
ROOT	KNEE to SHLDR FLEX EXT	
RESET	PRO/RE TRACTION	
REACT	HORIZONTAL	

	Log Bar 8" Bench Press	35.0%	#N/A	
RESIST	Pronated Row	GEN	45.5%	x5[2]
		5x8		
ROOT	1/NA	1NA	56.0%	x5[2]
RESET	Scapula Push Up - Vertical	VAT	63.0%	x5[2]
		101215		
REACT	Intensive Chest Launch	x5	70.0%	x5[2]
	Reset - Banded Forearms short Orange		OTS	x5[2] #VALUE!
	React - Launch to Wall		OTS	x5[2] #VALUE!
	Resist Row - Chest Supported - Fat Gripz			
	React - 1st 3 Sets			

8R Programming and the Tier System

Session U Tier 2 Rules

Session U Tier 2

T2T	TB - FPC/EXT	
ROOT	LIFT	
RESET	BENT KNEE HIP EXT	
REACT	VERTICAL	

	Hang Clean	55.0%	#N/A	
ROOT	Diagonal Lift - Athletic Position	VAT 568	64.0%	x3
RESET	Stg Bent Knee Hip Flex	VAT 568	70.0%	x3
REACT	Vertical Jump	MAX3	70.0%	x3
	Loaded Start		70.0%	x3
	Alternative - Power Pull			
	Reset - Choked Mini Monster Mini to Box			
	React - MAX Height Every Set			

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Session U Tier 3 Rules

Session U Tier 3

T3L	LB - UNILATERAL	
ROOT	ANTI FLEXION (Ext)	
RESET	VMO/QUAD	

	Single Leg Squat - RFE	40.0%	x5	
ROOT	Iso Diagonal Chop - Athletic Position	:30	45.0%	x5
RESET		TKE	VAT	#N/A #N/A #N/A
		101215		
	Reset - Blue Band		#N/A	#N/A #N/A
	Resist - Traditional Load - Balance Beam		#N/A	#N/A #N/A

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Session Specific Readiness

WHY?

SESSION SPECIFIC READINESS - UPPER BODY					
FRONT 7 INTERIOR					
T4	Horizontal Pull Aparts	VAT 81012	x8 Mini	x10 Mini	x12 Mini
T5	Single Arm Kettlebell Swing	VAT 568	x5 each KB	x6 each KB	x8 each KB
N	Posture Neck	VAT 6810	x6 Orange	x8 Orange	x10 Orange
PC	Slide Board Leg Curl	VAT 101215	x8	x10	x12 Mini
PS	TRX Stg Fly	VAT 151820	x15	x18	x20
FRONT 7 II - OUTSIDE THE BOX					
T4	Horizontal Pull Aparts	VAT 81012	x8 Mini	x10 Mini	x12 Mini
T5	Single Arm Kettlebell Swing	VAT 568	x5 each KB	x6 each KB	x8 each KB
N	Posture Neck	VAT 6810	x6 Monster Mini	x8 Monster Mini	x10 Monster Mini
PC	Single Leg Slide Board Leg Curl	VAT 101215	x8 each	x10 each	x12 each
PS	TRX Stg Fly	VAT 151820	x15	x18	x20

1. Similar Movements to PAP
2. T4/T5 – Strength Mobility Tiers
3. Supplement Correlating Strength Resets with T4/T5
4. N PC PS – Aid in Daily Prep
5. EFFICIENCY OF TIME
6. MADE SENSE
7. CONTINUE TO EVOLVE

8R Programming and the Tier System

SESSION SPECIFIC READINESS - UPPER BODY					
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T4	Horizontal Pull Aparts	VAT 81012	x8 Mini	x10 Mini	x12 Mini
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FRONT 7 II - OUTSIDE THE BOX					
T4	Horizontal Pull Aparts	VAT 81012	x8 Mini	x10 Mini	x12 Mini
T5	Single Arm Kettlebell Swing	VAT 568	x5 each KB	x6 each KB	x8 each KB
N	Posture Neck	VAT 6810	x6 Monster Mini	x8 Monster Mini	x10 Monster Mini
PC	Single Leg Slide Board Leg Curl	VAT 101215	x8 each	x10 each	x12 each
PS	TRX Stg Fly	VAT 151820	x15	x18	x20