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Big House Power Competitive Athletic Training Inc.

BIG HOUSE



GRATITUDE



POWER

Competitive Athletic Training

ABSORB,
MODIFY,
APPLY

HISTORY and EVOLUTION

1992

- Birth of the Tier System
- Boise State Women's Volleyball
- Presented TSST Material @ Rocky Mtn Clinic SLC, UT



1994

- Tier System Strength Training for FOOTBALL is born
- Boise State Football
- Summer of 1994 all BSU Sports are TSST Trained



1999

- Tier System Strength Training for ALL SPORTS
- University of Utah



2001

- Tier System Strength Training for FOOTBALL
- Arizona State University



2003

- Tier System Strength Training for ALL SPORTS
- Arizona State University



2008

- Tier System Strength Training for FOOTBALL
- University of Louisville



2010

- Tier System Strength Training for ALL SPORTS
- Big House Power Competitive Athletic Training
- Proehlific Park



2011

- Tier System Strength Training for FOOTBALL
- Carolina Panthers



HISTORY and EVOLUTION

1996

- Implementation of the DYNAMIC EFFORT METHOD as an alternative to the TIER 3 LIGHT VOLUME loading parameter

1997

- "Program Design for the Tier System"
- Published - NSCA Journal April 1997

1999

- Posterior Chain is added as an independent Tier

2002

- INTERMIXED Sequencing of the MAXIMAL, DYNAMIC, and REPETITIVE EFFORT METHODS as a alternative to the traditional HEAVY, MODERATE, LIGHT Principle

2003

- **THE COACH'S STRENGTH TRAINING PLAYBOOK**
- Published – Coaches Choice

2003

- BLOCK ZERO "REALITY" (Incoming Program)

2004

- TRAINING LEVELS Implemented

2005

- Jump Training as a TOTAL BODY Movement

2006

- Posterior Shoulder is added as an Independent Tier

2009

- Training Levels become TRAINING AGE "BLOCKS"
- The "QUADRENNIAL PLAN" is Born

2009

- Development of PREPARATION PROGRESSION Medley's

2011

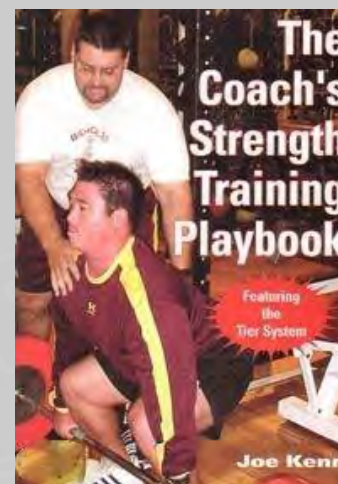
- Neck is added as an independent Tier
- Linking T4-T5-N-PC-PS as a Medley

2013

- Implementation of the 8R programming parameters

2014

- Root is added as an independent Tier



Standing the Test of Time

“All business’ goals are based on developing a model that is *REPEATABLE*. If it is **REPEATABLE, it will be *SUSTAINABLE*. If it is **SUSTAINABLE**, it will be *SUCCESSFUL*.”**

- Scott Auken, Senior Sports Director at Morrison Family YMCA

Tier System Strength
Training is an

ATHLETIC BASED STRENGTH TRAINING PROGRAM



Athletic Based Strength Training

**General Physical
Preparation**

Versus

**Specific Physical
Preparation**

Athletic Based Strength Training

Athlete
versus
“Strength”
Athlete



Athletic Based Strength Training

Program Derivatives

5 Major Bullet Points of Athletic Based Strength Training

Number 1

**Whole Body
Training
versus
Split System**



5 Major Bullet Points of Athletic Based Strength Training

Number 2

**Train Movements
versus
Body Part Specific**

5 Major Bullet Points of Athletic Based Strength Training

Number 3

**Explosive
Movements
versus
Non Explosive
Movements**

5 Major Bullet Points of Athletic Based Strength Training

Number 4

Variability of Movements

5 Major Bullet Points of Athletic Based Strength Training

Number 5

Density of Training

What is the Tier System really?

Simply Stated:

Tier System Strength Training is based on the daily rotation of exercises from 3 basic movement categories. *THAT'S IT!!!!!!*

Training Cycles DO NOT interfere with the integrity of the system.

OCCAM'S RAZOR

**"All things being equal,
the simplest explanation is the best one."**



What was the reasoning?

- ❑ Utilize a **WHOLE BODY** Training approach each session
- ❑ Prioritize the **Foundation Movements**
- ❑ **Athlete Development**
- ❑ **Holistic Approach** – Integrate the training methods and movements of the **major 3 Strength Disciplines**
(weightlifting, powerlifting, bodybuilding)

4 Functions of the Tier System

Function #1

**Rotate the order of
exercises based on
MOVEMENT (TLU)**

PRE 1998 based on strength developed ELU



4 Functions of the Tier System

Function #2

Implement a layering system into the exercise pool to build one movement into a more *complex/variable* movement

(mesocycle – LTAD)

Pre 1998 Implement a variety of exercises to develop the prime movers of the sport at numerous joint angles

Pre 2010 Implement a variety of exercises to train numerous planes of movements within a micro cycle



4 Functions of the Tier System

Function #3

Prioritize your “Money” movements and “Strength Mobility” movements and create a layering system when applicable

Pre 1998 Prioritize the exercises based on type of movement and strength developed and place them in order of importance

Pre 2010 Prioritize movements based on big movements and athletic movements



4 Functions of the Tier System

Function #4

Control Volume by Training Age and emphasis on specific strength being developed per Tier

(Prilepin Rules and Volume Accumulation Training VAT)

Pre 1998 Control Volume by regulating the number of work sets that can be performed based on the level of tier and type of exercise that coincides with it

Pre 2004 Control Volume by movement order and emphasis on specific strength being developed



**MOST IMPORTANT
FACTOR of PROGRAM**

**EXERCISE
POOL**

EXERCISE POOL DEVELOPMENT

MEAT AND POTATOES

MOVEMENT CHOICES CREATING YOUR EXERCISE POOLS

1. Create a list of all the Exercises "YOU"
 1. Can you teach it?
 2. Do you have the necessary equipment
2. Classify into 1 of 3 Major Movement Categories
3. Specify Movement per Category
 1. "YOUR" terminology will determine sub categories
4. Label Movement by Exercise Classification Rankings
5. Reduce down to Mini Pool based on Program needs and Training Age
6. Layer Exercise Progressions
7. Rank Your Mini Pool

EXERCISE POOL DEVELOPMENT

3 Major Movement Categories

☐ Total Body

☐ Lower Body

☐ Upper Body

EXERCISE POOL DEVELOPMENT

TOTAL Body Sub Categories:

☐ Full Pull and Catch – Pulling

- ☐ Bilateral Independent Limb

- ☐ Unilateral

☐ Extension – Pulling

- ☐ Bilateral Independent Limb

- ☐ Unilateral

☐ Extension – Bridging

- ☐ Unilateral

☐ Presses – Pushing

- ☐ Bilateral Independent Limb

- ☐ Unilateral

☐ Jerks – Pushing

- ☐ Bilateral Independent Limb

- ☐ Unilateral

☐ Hybrids

☐ Jumping (Block 3 +)

EXERCISE POOL DEVELOPMENT

LOWER Body Sub Categories:

- ☐ In Place
 - ☐ Bilateral
 - ☐ Unilateral
 - (unsupportive or supportive)
- ☐ Horizontal (Lunge Series)
 - ☐ Sagittal Plane
 - ☐ Frontal Plane
 - ☐ Transverse Plane
- ☐ Vertical (Step Up Series)
 - ☐ Sagittal Plane
 - ☐ Frontal Plane
 - ☐ Transverse Plane

- ☐ Posterior Chain
(bilateral – unilateral)
 - ☐ Knee Flexion
 - ☐ Hip Hinge
 - ☐ Bent Leg Hip Extension
 - ☐ Straight Leg Hip Extension
 - ☐ Hybrid Hip Extension – Knee Flexion
- ☐ Hip Flexion
- ☐ Knee Extension
- ☐ Adduction/Abduction
- ☐ Hybrids

EXERCISE POOL DEVELOPMENT

UPPER Body Sub Categories:

- ☐ Horizontal Push
 - ☐ Bilateral
 - ☐ Bilateral Independent Limb Action
 - ☐ Unilateral
- ☐ Horizontal Pull
 - ☐ Bilateral
 - ☐ Bilateral Independent Limb Action
 - ☐ Unilateral
- ☐ Vertical Push
 - ☐ Bilateral
 - ☐ Bilateral Independent Limb Action
 - ☐ Unilateral
- ☐ Vertical Pull
 - ☐ Bilateral
 - ☐ Bilateral Independent Limb Action
 - ☐ Unilateral

- ☐ Elbow Flexion
- ☐ Elbow Extension
- ☐ Shoulder Complex
 - ☐ Adduction/Abduction
 - ☐ Internal/External
 - ☐ Elevation/Depression
 - ☐ Protraction/Retraction
 - ☐ Flexion/Extension
 - ☐ Hybrids
- ☐ Hybrids

EXERCISE POOL DEVELOPMENT

MOVEMENT CHOICES

RANKING YOUR EXERCISE POOLS

☐ Rank your list based:

☐ Importance of Movement

☐ Exercise Classification System

EXERCISE POOL DEVELOPMENT

Exercise Classification Per Movement Category

- ☐ Foundation Exercises
 - ☐ Primary
 - ☐ Secondary
 - ☐ Sequential
- ☐ Supplemental Exercises
- ☐ Major Assistance
- ☐ Secondary Assistance

Exercise Pool Total Body "PULLS"

Notes:
Basic Extension - Push
Movements can be done in
a Sumo Stance or from a
designated block or rack
height

Notes:
Starting Position Options
HANG CLEAN
1 - "DROP & GO"
2 - Load to Knee
3 - High Pocket

Basic Extension "PUSH"

Octogan
High Handle
Deadlift

Clean Grip
Deadlift

Clean Grip
Deadlift
Safety Squat Bar

Advanced Extension-1 "PUSH JUMP"

Clean Grip
Shrug Pull
Deck

Clean Grip
Shrug Pull
Hang

Clean Grip
Shrug Pull
Block

Advanced Extension-2 "PUSH JUMP"

Clean Grip
Power Pull
Deck

Clean Grip
Power Pull
Hang

Clean Grip
Power Pull
Block

Pull and Catch "PUSH JUMP PUNCH"

Deck Clean

Hang Clean

Block Clean

Pull and Catch Specials "PUSH JUMP PUNCH"

Split Clean
Hang or Block

"Robles" Clean
Hang or Block

"3 Stage Clean"
Block

SNATCH Options

Clean Grip
Snatch
Hang

Snatch Grip
Shrug Pull
Deck or Block

Snatch Grip
Power Pull
Deck or Block

**Kettlebell
Alternative**

2 Arm Swing
*Low Hang -
Midline*

2 Arm Swing
Deck - Midline

1 Arm Swing
*Low Hang -
Midline*

1 Arm Swing
Deck - Midline

**1 Arm
Power Pull**
*Low Hang -
Midline*

**Dumbbell
Alternative**

**Clean
Hang**
[neutral]

**2 Arm
Power Pull**
Hang

**1 Arm
Power Pull**
Deck - Midline

**1 Arm
Snatch**
*Low Hang -
Midline*

**1 Arm
Snatch**
Deck

Exercise Pool Lower Body "SQUATS"

notes:
All movements have "To Box"
option
Leg Press [UCS]

notes:
All movements have
"Accommodating
Resistance" option

Bi-Lateral "The Big 3"

Back Squat
Barbell

Front Squat
Barbell

**"BIG EVIL"
SQUAT**
Safety Squat Bar

Bi-Lateral Supplemental

**Buffalo Bar
Squat**

**Cambered Bar
Squat**

**"Big Evil"
Front Squat**
Safety Squat Bar

Bi-Lateral Major Assistance

Front Squat
Dumbbell
Anterior Support

Free Hand Squat
Barbell

**"Big Evil"
Free Hand Squat**
Safety Squat Bar

Bi-Lateral Alternative

**Pendulum
Squat Pro**
Even Load
Rogers Athletics

**Pendulum
Squat Pro**
Low Load
Rogers Athletics

**Pendulum
Squat Pro**
High Load
Rogers Athletics

Bi-Lateral Alternative

Power Squat
Elite Fitness Systems

Belt Squat
waist or chest
support
Pit Shark

**"Big Evil"
Zercher Squat**
Safety Squat Bar

**Kettlebell
Alternative**

Goblet Squat

Sumo Squat

**Dumbbell
Alternative**

**Stability Ball
Hack Squat**
Anterior Load

**Stability Ball
Hack Squat**
Traditional Load

Exercise Pool Lower Body "SINGLE LEG"

note: Loading Parameters
Anterior
Posterior
Offset [opposing]
Overhead
Traditional [DB/KB]
Vest /Chain/Band

note:
Box Height - Low/Mod/High
Slide Board for Lunge Variation
Cadenced or Rythm Reps
Lunge to or from Height

**"True"
Single Leg
Squat**
[un supported]

**Pistol Squat
to Box**
[eccentric only]

**Pistol Squat
to Box**
counterbalance

**Pistol Squat
off Box**
counterbalance

**PISTOL SQUAT
Deck**

Single Leg Squat
[In Place Split Stance]
[supported]

Split Squat

**Rear Foot
Elevated Squat**

**Rear Foot
Elevated Squat**
w/Proprioception

Lateral Squat

Transverse Squat

**Horizontal+
Split Stance**
[step and replace]
[supported]

Reverse Lunge

Forward Lunge

45 Degree Lunge

Lateral Lunge

Transverse Lunge

**Vertical+
Split Stance**
[step and replace]
[supported]

**In Place
Step Up**
[High Knee]

**Alternate Leg
Step Up**
[High Knee]

**Lateral
Step Up**

**Cross Over
Step Up**

Major HYBRIDS

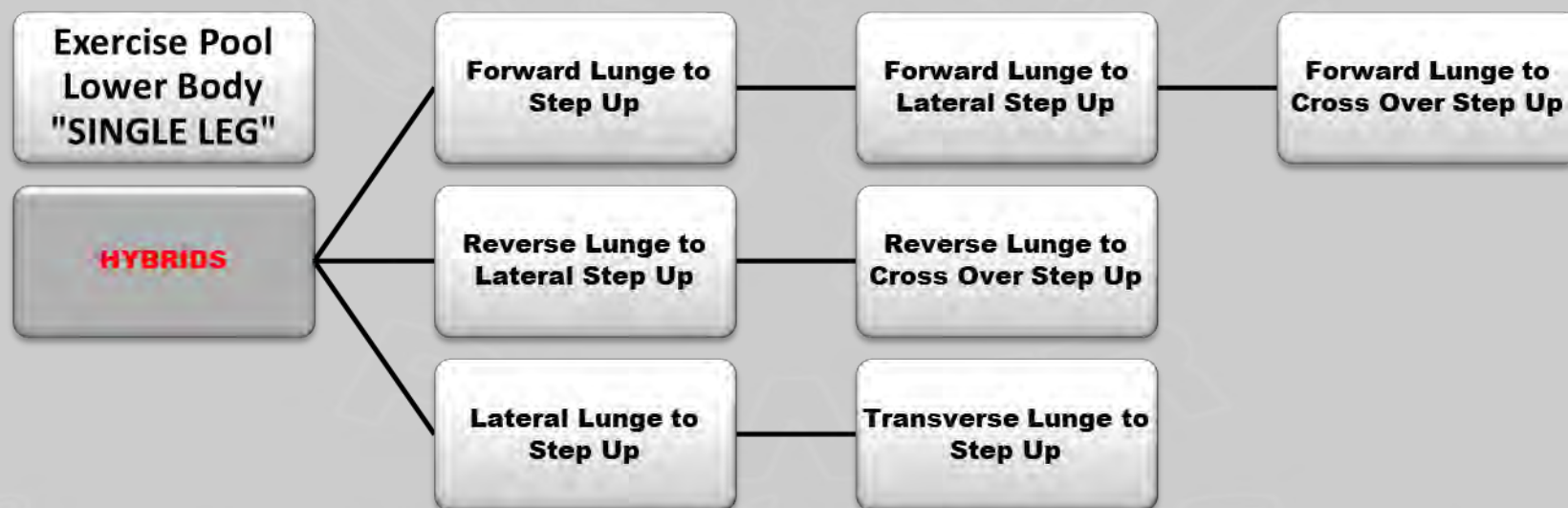
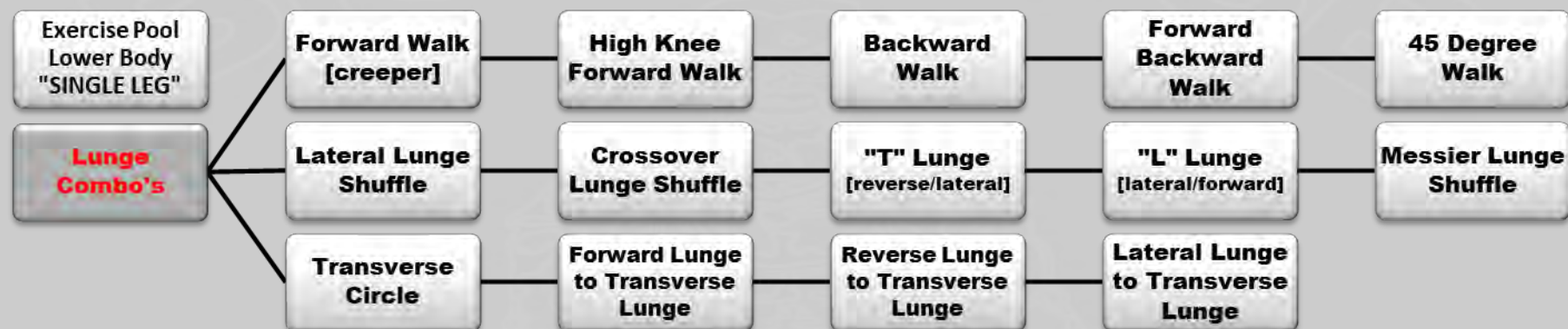
**Reverse Lunge to
Step Up**
[multiple steps]

**Lateral Lunge to
Lateral Step Up**

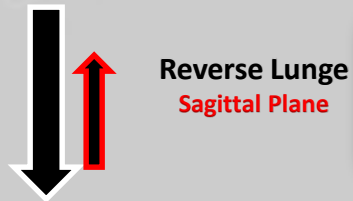
**Lateral Lunge to
Cross Over
Step Up**

**Transverse Lunge
to Lateral Step Up**

**Transverse Lunge
to Cross Over
Step Up**



Lunge Layering Series



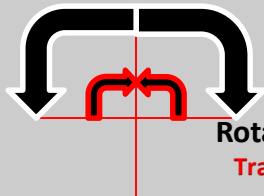
Reverse Lunge
Sagittal Plane



Forward Lunge
Sagittal Plane



Lateral Lunge
Frontal Plane



Rotational Lunge
Transverse Plane

**Continuous Movement Plus
Cycling**
[add in secondary movement]

**Continuous Movement
Cycling**

**Cadenced Movement
Power Steps**
[transfer of force production]

**In Place Movement
Power Steps**

**In Place Stabilization
Isometric Positions**

NOTES

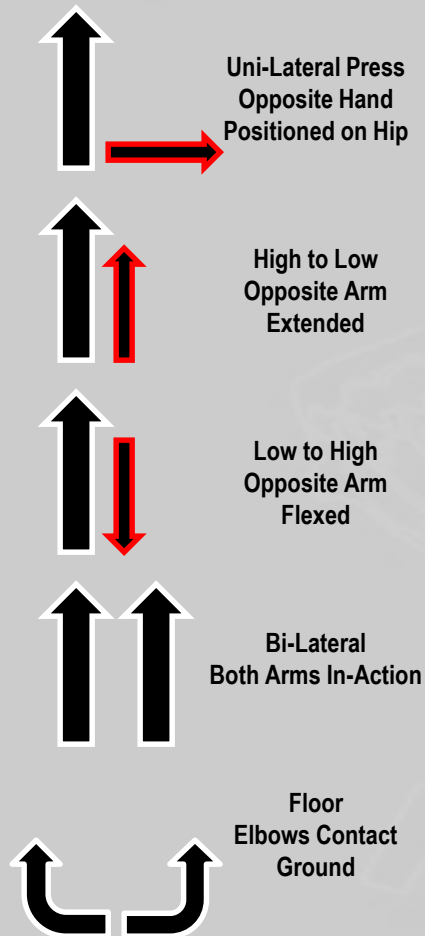
Force Production – Iso
Front Heel and Back
Ball of Foot [bottom of
toe]

Forward Lunge Strike –
Heel to Flat

Forward Lunge
Movement – Heel strike
transfer to Ball of Foot
to Drive

Dumbbell Upper Body Press

Layering Series



Uni-Lateral Press
Opposite Arm – Stable at Hip

Bi-Lateral Alternate Press
High to Low Stabilization

Bi-Lateral Alternate Press
Low to High Stabilization

Bi-Lateral Press
[Incline – Flat – 90 – Standing]

Bi-Lateral Floor Press
[padded – neutral grip – pause]

FILTRATION
SYSTEM – FILTER
IN WHAT IS GOOD,
FILTER OUT WHAT
IS BAD

YUSEF OMAR

Competitive Archery Training

DEVELOPING THE TRAINING TEMPLATE

Establishing the Major Movement Categories

Ranked in Order of ATHLETIC DEVELOPMENT

Number 1 – TOTAL BODY MOVEMENTS

Number 2 – LOWER BODY MOVEMENTS

Number 3 – UPPER BODY MOVEMENTS

**A Whole Body Training Session is defined as including at least one
exercise per MMC**

DEVELOPING THE TRAINING TEMPLATE

Program Keys

- ☐ Whole Body Training Sessions
- ☐ Structured Weekly Rotation of Movement Categories
- ☐ Structured Daily Rotation of Movement Categories
- ☐ Prioritize Movements per Category
 - ☐ LAYER! - LTAD
- ☐ Control Volume Based on Tier Level
 - ☐ Traditional
 - ☐ Intermixed Sequencing

DEVELOPING THE TRAINING TEMPLATE

What is a Tier?

A Ranked Exercise based on:

- ☐ Movement Category
- ☐ Session Rotation

Coding the Programs

- ☐ 3x3 primary program
- ☐ 3x5 primary program
- ☐ 3x7
- ☐ 2x3 (rotation)



SESSION 1	SESSION 2	SESSION 3
TOTAL BODY	LOWER BODY	UPPER BODY

Developing the Training Template
Establishing the Major Movement Categories into the
WEEKLY Rotation



SESSION 1	SESSION 2	SESSION 3
TOTAL BODY	LOWER BODY	UPPER BODY
LOWER BODY	UPPER BODY	TOTAL BODY
UPPER BODY	TOTAL BODY	LOWER BODY

Developing the Training Template
Establishing the Major Movement Categories into the
DAILY Rotation



EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	TOTAL BODY	LOWER BODY	UPPER BODY
TIER TWO MAJOR	LOWER BODY	UPPER BODY	TOTAL BODY
TIER THREE MINOR	UPPER BODY	TOTAL BODY	LOWER BODY

Developing the Training Template
Establishing the Emphasis of the Daily Session
into a Tiered Hierarchy



EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	TOTAL BODY	LOWER BODY	UPPER BODY
TIER TWO MAJOR	LOWER BODY	UPPER BODY	TOTAL BODY
TIER THREE MINOR	UPPER BODY	TOTAL BODY	LOWER BODY
TIER FOUR	TOTAL BODY	LOWER BODY	UPPER BODY
TIER FIVE	LOWER BODY	UPPER BODY	TOTAL BODY

Developing the Training Template

Tier 4 and 5 Daily Rotation Add On

CONVERT
Combative Athlete Training



EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	TOTAL BODY	LOWER BODY	UPPER BODY
TIER TWO MAJOR	LOWER BODY	UPPER BODY	TOTAL BODY
TIER THREE MINOR	UPPER BODY	TOTAL BODY	LOWER BODY
TIER FOUR	TOTAL BODY	LOWER BODY	UPPER BODY
TIER FIVE	LOWER BODY	UPPER BODY	TOTAL BODY
TIER SIX	UPPER BODY	TOTAL BODY	LOWER BODY
TIER SEVEN	TOTAL BODY	LOWER BODY	UPPER BODY

Developing the Training Template

Tier 6 and 7 Daily Rotation Add On



EMPHASIS		SESSION T		SESSION L		SESSION U
TIER ONE PRIORITY	T	FOUNDATION	L	FOUNDATION	U	FOUNDATION
TIER TWO MAJOR	L	SUPPLEMENTAL	U	SUPPLEMENTAL	T	SUPPLEMENTAL
TIER THREE MINOR	U	SUPPLEMENTAL Major Assistance	T	SUPPLEMENTAL Major Assistance	L	SUPPLEMENTAL Major Assistance
TIER FOUR	T	MAJOR ASSISTANCE	L	MAJOR ASSISTANCE	U	MAJOR ASSISTANCE
TIER FIVE	L	MAJOR ASSISTANCE	U	MAJOR ASSISTANCE	T	MAJOR ASSISTANCE
TIER SIX	U	SECONDARY ASSISTANCE	T	SECONDARY ASSISTANCE	L	SECONDARY ASSISTANCE
TIER SEVEN	T	SECONDARY ASSISTANCE	L	SECONDARY ASSISTANCE	U	SECONDARY ASSISTANCE

Developing the Training Template

Daily Rotation

Exercise Classification Beginner - Novice



EMPHASIS		SESSION T		SESSION L		SESSION U
TIER ONE PRIORITY	T	FOUNDATION <i>Sequential</i>	L	FOUNDATION <i>Sequential</i>	U	FOUNDATION <i>Sequential</i>
TIER TWO MAJOR	L	SUPPLEMENTAL <i>Foundation #2 Major Assistance</i>	U	SUPPLEMENTAL <i>Foundation #2 Major Assistance</i>	T	SUPPLEMENTAL <i>Foundation #2 Major Assistance</i>
TIER THREE MINOR	U	SUPPLEMENTAL Major Assistance	T	SUPPLEMENTAL Major Assistance	L	SUPPLEMENTAL Major Assistance
TIER FOUR	T	MAJOR ASSISTANCE	L	MAJOR ASSISTANCE	U	MAJOR ASSISTANCE
TIER FIVE	L	MAJOR ASSISTANCE	U	MAJOR ASSISTANCE	T	MAJOR ASSISTANCE
TIER SIX	U	SECONDARY ASSISTANCE	T	<i>MAJOR ASSISTANCE</i>	L	SECONDARY ASSISTANCE
TIER SEVEN	T	<i>MAJOR ASSISTANCE</i>	L	SECONDARY ASSISTANCE	U	SECONDARY ASSISTANCE

Developing the Training Template

Daily Rotation

Exercise Classification Advanced - Elite



EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	Total Body 1	Lower Body 1	Upper Body 1
TIER TWO MAJOR	Lower Body 2	Upper Body 2	Total Body 2
TIER THREE MINOR	Upper Body 3	Total Body 3	Lower Body 3
TIER FOUR	Total Body 4	Lower Body 4	Upper Body 4
TIER FIVE	Lower Body 5	Upper Body 5	Total Body 5
TIER SIX	Upper Body 6	Total Body 6	Lower Body 6
TIER SEVEN	Total Body 7	Lower Body 7	Upper Body 7

Developing the Training Template

Daily Rotation

RANKED MOVEMENTS



EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	TOTAL BODY	LOWER BODY	UPPER BODY
TIER TWO MAJOR	LOWER BODY	UPPER BODY	TOTAL BODY
TIER THREE MINOR	UPPER BODY	TOTAL BODY	LOWER BODY
TIER FOUR	TOTAL BODY	LOWER BODY	UPPER BODY
TIER FIVE	LOWER BODY	UPPER BODY	TOTAL BODY
POSTERIOR CHAIN			

Developing the Training Template

Posterior Chain Add On



EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	TOTAL BODY	LOWER BODY	UPPER BODY
TIER TWO MAJOR	LOWER BODY	UPPER BODY	TOTAL BODY
TIER THREE MINOR	UPPER BODY	TOTAL BODY	LOWER BODY
TIER FOUR	TOTAL BODY	LOWER BODY	UPPER BODY
TIER FIVE	LOWER BODY	UPPER BODY	TOTAL BODY
POSTERIOR CHAIN			
POSTERIOR SHOULDER			

Developing the Training Template

Posterior Shoulder Add On



EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	TOTAL BODY	LOWER BODY	UPPER BODY
TIER TWO MAJOR	LOWER BODY	UPPER BODY	TOTAL BODY
TIER THREE MINOR	UPPER BODY	TOTAL BODY	LOWER BODY
TIER FOUR	TOTAL BODY	LOWER BODY	UPPER BODY
TIER FIVE	LOWER BODY	UPPER BODY	TOTAL BODY
NECK			
POSTERIOR CHAIN			
POSTERIOR SHOULDER			

Developing the Training Template

Neck Add On



EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	TOTAL BODY	LOWER BODY	UPPER BODY
TIER TWO MAJOR	LOWER BODY	UPPER BODY	TOTAL BODY
TIER THREE MINOR	UPPER BODY	TOTAL BODY	LOWER BODY
TIER FOUR	TOTAL BODY	LOWER BODY	UPPER BODY
TIER FIVE	LOWER BODY	UPPER BODY	TOTAL BODY
NECK			
POSTERIOR CHAIN			
POSTERIOR SHOULDER			

ROOT

Developing the Training Template

ROOT Add On



Tier Level	Rotation	Classification	Movement
ONE	Total Body 1	Foundation	Foundation
TWO	Lower Body 2	Supplemental	In Place Double Leg
THREE	Upper Body 3	Supplemental Major Assistance	Horizontal or Vertical Movement
FOUR	Total Body 4	Supplemental Major Assistance	Bilateral Extension, Any Unilateral Movement, Hybrid
FIVE	Lower Body 5	Major Assistance	Horizontal, Vertical, Unilateral Hybrid
SIX	Upper Body 6	Secondary Assistance	Flexion or Extension of Elbow, Wrist
SEVEN	Total Body 7	Major Assistance	Any Unilateral DB Movement

Developing the Training Template

Daily Rotation Session T (beginner)

Exercise Classification with Movement Rotation



Tier Level	Rotation	Classification	Movement
ONE	Lower Body 1	Foundation	Foundation
TWO	Upper Body 2	Supplemental Major Assistance	Horizontal or Vertical Movement
THREE	Total Body 3	Supplemental Major Assistance	Any Overhead, Extension, or Hybrid
FOUR	Lower Body 4	Major Assistance	Horizontal, Vertical, Unilateral Hybrid
FIVE	Upper Body 5	Major Assistance	Horizontal or Vertical Movement
SIX	Total Body 6	Major Assistance	Any Unilateral DB Movement
SEVEN	Lower Body 7	Secondary Assistance	Flexion or Extension of Ankle Knee Hip

Developing the Training Template

Daily Rotation Session L (beginner)

Exercise Classification with Movement Rotation



Tier Level	Rotation	Classification	Movement
ONE	Upper Body 1	Foundation	Foundation
TWO	Total Body 2	Supplemental Major Assistance	Bilateral Full Pull and Catch, Jerk (uni option) Bilateral Extension
THREE	Lower Body 3	Supplemental Major Assistance	In Place Double or Single Leg, Vertical Horizontal
FOUR	Upper Body 4	Major Assistance	Horizontal or Vertical Movement
FIVE	Total Body 5	Major Assistance	Any Unilateral DB Movement
SIX	Lower Body 6	Secondary Assistance	Flexion or Extension of Ankle Knee Hip
SEVEN	Upper Body 7	Secondary Assistance	Shoulder Rotation

Developing the Training Template

Daily Rotation Session U (beginner)

Exercise Classification with Movement Rotation



EMPHASIS		SESSION T		SESSION L		SESSION U
TIER ONE PRIORITY	T	<i>Sequential Push Jump Punch Progression</i>	L	<i>Sequential Squat Variation Bilateral</i>	U	<i>Sequential Horizontal Push/Pull Variation Bilateral</i>
TIER TWO MAJOR	L	Squat Variation Bilateral or H/V Hybrid	U	Vertical Push/Pull Variation	T	Full Pull Catch Clean or Extension - Pulling
TIER THREE MINOR	U BWT	Horizontal Push/Pull Variation Bilateral Independent Limb or Unilateral	T	Jump Extension - Bridging	L	Unilateral Supportive or Unsupportive
TIER FOUR	T	Unilateral Extension Bridging	L	Horizontal or Hybrid	U	Vertical Pull
TIER FIVE	L	Vertical or Hybrid	U	Horizontal Pull	T	Unilateral Pull or Swing
Neck		Isometric or Rotation		Flexion - Extension		Lateral Flexion
POSTERIOR CHAIN		Hip Hinge (Bent Knee)		Knee Flexion or Hybrid		Hip Hinge (straight Leg)
POSTERIOR SHOULDER		ABD-ADD or Hybrid		Elevation/Depression Protraction/Retraction		Internal/External Rotation

Strength
Mobility

Developing the Training Template

Daily Rotation with Movement Rotation

My Basic Template – ELITE

Core Strength Training



Upper Body Movement Considerations

Pulls versus Pushes

- ❑ Horizontal versus Vertical
- ❑ Repetition Volume Push/Pull [+] 2 Rule
- ❑ Foundation/Tier 1 Considerations Block Zero
- ❑ 2 Movement Tier

EXTRAS

Volume Considerations

Daily Plan Considerations – Concentrated Efforts/Assimilated Efforts
Original Pre Activity Prep (PC,PZ,ISOLB, DYNLB, ISOUB, DYNUB) –
Session Specific Readiness - Medley Bottom Tiers

TIER FAQ's

- **Tier Rotation – Space Limitations**
- **Tier 1 A – Special Tier**
- **Repeat Tiers**
- **Session A**
- **Coupling**
- **Medley**
- **Extra Sessions – Blitz's**

ANKLE MOBILITY

TSST FOR LINEAR AND LATERAL SPEED

BIG HOUSE



XXXX XXXX

TSSST

TIER SYSTEM STRENGTH TRAINING



POWER

Competitive Athletic Training