


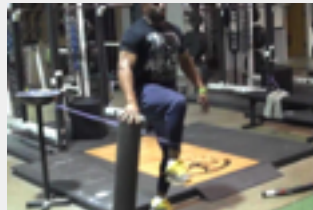





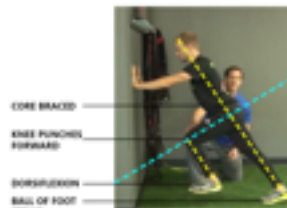













GYM 1 - WEEK 1

BEST CMJ: AVG, MAX AND SPEED TO:		LOAD:	EXPLANATION	
DAY 1				
6 X (40 SEC LEG PRESS ONE LEG (MOVING REALLY SLOW) + BULGARIAN SPLIT VERY DEEP DYNAMIC 8 REP) rec:3 min LEG PRESS ONE LEG 60%BW BULGARIAN 20% BW				
3X (10 REP SINGLE ROMANIAN DEATH LIFT + 10 REP HIP FLEXOR) DEATH LIFT 50% BW				
3 X (60 SEC SINGLE LEG HEEL RAISE OFF STEP SLOW MOTION)+ 8 LITTLE HURDLES ANKLE STIFFNESS) LONG CALF 50%BW				
DAY 2				
4 X 8 REP (SINGLE LEG HIP THRUST) HIP THRUST SINGLE LEG 30%BW				
3 x (6 REP SQUAT BOSU(UNBALANCE) CONTROL SPEED 4''+ 8 RE (NORDIC CURL GOING UP AND DOWN SLOW. TAKES 3 SECOND EACH MOVMENT. BOSU SQUAT 30% B.W				
5 X (2 X 5 SEG ISO WALL DRILL SKIPPING POSITION+ 8 MINI-HURDLES MAX REACTIVITY 2 X 5 SEG ISO WALL DRILL SKIPPING POSITION + 8 MINI HURDLES MAX REACTIVITY)				

BEST CMJ: AVG, MAX AND SPEED TO:	LOAD:	EXPLANATION	
DAY 3			
4 X (4 REP SQUAT 50% BW+ 4 JUMP + 4 REP SQUAT 50% BW + 4 MAXIMAL VERTICAL BOX JUMP)			
3 X (8 REP/EACH LEG SIDE LUNGES + 8 REP DUMBBELL JUMPING LUNGE) TELL ME THE WEIGHTH THAT YOU ARE USING			
3 X (ISOMETRIC BACK EXTENSION 40 SEC + 6 REP MEDICIN BALL BACK + 40 SEC ISOMETRIC EXTENSION + 6 REP MEDICIN BALL BACK MEDIN BALL WE WILL START WITH 4-5 KG			
DAY 4			
4 X 10 REP (LEG PRESS ONE LEG GOING DOWN - 2 GOING UP 60%BW + 6 REP EXPLOSIVE JUMP (CMJ))			
3 X (8 REP NORDIC CURL + 8 REP SEATED CLAF RAISED (HEAVY))			
3 X (12 REP WALKING LUNGES VERY DEEP 30%BW + 15 SEC HIGH KNEES VERY REACTIVE) 20%bw)		