

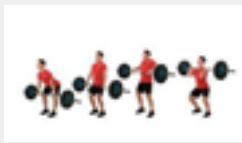








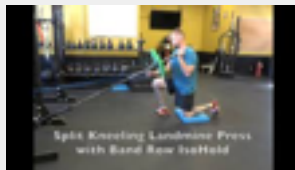





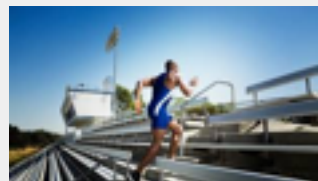



GYM 3 - WEEK 1

BEST CMJ: AVG, MAX AND SPEED TO:	LOAD:	EXPLANATION	
DAY 1			
5 X (3 1/4 SQUAT (MAX WEIGH) + 4 STANDING LONG JUMP(box to box) 4 JUMP (4 BOXES)	REC: 3		
6 X 5 REP OR MID THIGH PULL (SEEE TECHNIQUE) OR EVEN COMBINATION - 30 KG MOVE YOUR FEET FAST ALL DIRECTION			
4X (3 REP 1/2 SQUAT STATO DINAMICO 3SEC + (heavy)+6 REP 1/2 SQUAT STATO DYNAMIC (power + 6 VERTICAL JUMPS)	the heavy can be arond 1,5 your BW and power around you75%of BW		
DAY 2			
5X 30 MTS SLED PULLING + 80 MTS HIGH KNEES (NO WEIGHT) - WEIGTHS 40 % 1 WEEK 30% 2 WEEK			
6 X 15 MTS STEP (DOUBLE STEP - RUSIAN) 20 KG 6 X 100 MTS SLED PULLING RUN GOAL STRIDE. WITH 15% BW			
WEEK 1 6 X 8 HURDLES COMBO 5,5 STEPS // + 30m RUN WEEK 2 6 X 6 HURDLES MAX HEIGTH 5,5 STEPS // 60m (RUN-PENTA-RUN- PENTA-RUN)			

BEST CMJ: AVG, MAX AND SPEED TO:	LOAD:	EXPLANATION	
DAY 3			
4 X (6 REP DEATH LIFT + 10 ANKLE JUMPS + 4 SQUAT JUMP (JUMP ONE ,LAND WITH 2) SMITH MACHINE + 12 SEC (30KG) FAST FEET ALL DIRECTION.			
4 X (4 (X 2 REP STANCE SPLIT LAND MINE EXPLOSIVE+ 6 SEC HIGH KNEES HOLDING SPLIT JERK)			
3 X (8 REP HIP TRUST + 6 JUMP ONE LEG TO A BOX + JUMP PLYO OVER THE BOX			
3 x 8 REP LONG CALF			
DAY 4			
STAIRS WEEK 1:- 4 REP ONE LEG- 4 REP DIAGONALS 4 REP BOTH LEGS WEEK 2:- 6 REP DIAGONAL 6 RUNNING ONE STEP			
HORIZONTAL JUMPS COMBINATION. CONES A LITTLE HURDLES. WEEK1- 8 X COMBO LEARN WEEK 2- 8 X COMBO DISTANCE			
PULLING LIGHT WEIGHT 15% BW WEEK 1: 6 X 60 MTS (MEASURE) WEEK 2: 8 X 60 MTS (MEASURE)		