
















GYM 2 - WEEK 1-3

BEST CMJ: AVG, MAX AND SPEED TO:		LOAD:	EXPLANATION
DAY 1			
5 X (2 REP REP 1/4 SQUAT + PLIOMETRIC HURDLES BOX COMBO (8 JUMPS) + 4 REP 1/2 SQUAT 6 REP (MAX POWER)) WEEK 1 1!4 SQUAT 200% BW +1/2 SQUAT 100% BW CHECK THE HIGH WEEK 2 1!4 SQUAT 200% BW +1/2 SQUAT 100% BW CHECK THE HIGH		 	
5 X 3 COMPLEX CLEAN: 6 X 3 (Power, Full WEEK 1 CHECK WEEK 2 MORE			
3 X 8 REP HAMNSTRING YO-YO MACHINE + 8 REP LONG CALF SMITH MACHINE SAME BOTH WEEKS			
DAY 2			
4 X8 REP BULGARIAN DEATH LIFT 90KG) WEEK 1 140% BW WEEK 2 160% BW			
4 X (10 SEG ISO SWITCH OPTIMAL ANGLE (SKIPPING) + 6 JUMPS SIT 30% BW + 10 SEG ISO SWITCH OPTIMAL ANGLE (SKIPPING) + 8 REP JUMPS SIT 30% BW) WEEK 1 30% BW JUMPS WEEK 2 20% BW JUMPS			
6 X PUSH SLED WEEK 1 100% 90% 80% BW WEEK 2 80% 70% 60% BW RIGTH MOTION, FULL EXTENSIOIN LEG AND HIP.			

GYM 2 - WEEK2-4

BEST CMJ: AVG, MAX AND SPEED TO:	LOAD:	EXPLANATION	
DAY 3			
5 X 6 REP 1/2 SQUAT one leg SMITH MACHINE REVERSE LUNGE TO A HIGH KNEE POSITION) + 6 REP JUMP TO A BOX SINGLE LEG, LANDING WITH 2 WEEK 1 - (60% B.W) + cm (MAX) WEEK 2- (75% B.W) + + cm15 CM			
5 X 3 COMPLEX CLEAN: 6 X 3 (Power, Full WEEK 1 CHECK WEEK 2 MORE			
3 X (ISOMETRIC BACK EXTENSION 40 SEC + 8 REP MEDICIN BALL BACK 6 KG + 20 SEC RUNNING HAMNSTRING OVER BOSU)			
DAY 4			
4 X 8 REP (HIP EXTENSION CEA) 100KG + PSOAS PULLING HARD WEIGH 8 REP + HANGING ON THE BAR 20 SEG MAX VELO ELEVATE YOUR LEGS WEEK 1- 120% BW WEEK 2- 150% BW			
4 X (8 STEPS WALK HIGH + 8 PUSH PRESS COMPLEX + 15 SEC HIGH KNESS VERY REACTIVE + 8 PUSH PRESS COMPLEX WEEK 1: 40% BW WEEK 2- 50% BW			
5 X 3 COMPLEX CLEAN: 6 X 3 (Power, Full WEEK 1 CHECK WEEK 2 MORE	