

T H E HIGH PERFORMANCE H A N D B O O K

Monday

A1) Anterior-Loaded Barbell Bulgarian Split Squat

*push through mid-foot; keep front shin vertical; don't lean forward excessively or arch lower back

Date	Week	Sets	Reps	Rest	Tempo
	1	4	6/side		
	2	4	6/side		
	3	4	6/side		
	4	3	6/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Prone 1-arm Trap Raise off Table

*don't arch lower back; glutes tight; should only feel this on inside of shoulder blade, not top of shoulder or biceps

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B) Conventional Deadlift for Speed

*go barefoot/minimalist; make double chin; don't round lower back at bottom; push through heels; finish with glutes; don't hyperextend lower back at top

Week	Sets	Reps	Rest	Load
1	6	2	60s	70%
2	6	2	60s	73%
3	6	2	60s	76%
4	3	2	60s	79%

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

*your last set in week 3 can be a heavy set of two, if you're feeling good.

C1) Barbell Supine Bridge

*engage core; don't arch lower back excessively; push through heels, finish with glutes

Week	Sets	Reps	Rest	Tempo
1	3	8		
2	3	8		
3	3	8		
4	3	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Wide-Stance Anti-Rotation Chop w/Rope

*go wide enough to feel a stretch in your groin; brace your core; make sure rotation occurs through upper body only

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) 1-arm KB Front Squat

*keep wrist in neutral; initiate by pushing hips back; squat between legs, not "over" them

Week	Sets	Reps	Rest	Tempo
1	3	6/side		
2	3	6/side		
3	3	6/side		
4	3	6/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) Reverse Crunch

*lower back should stay flat throughout the movement; keep elbows just short of lockout; keep heels to butt; the lighter the weight, the harder it'll be

Week	Sets	Reps	Rest	Tempo
1	3	8		
2	3	8		
3	3	8		
4	3	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D3) Supine External Rotation

*just rotate the ball in the socket; don't just crank shoulder blade into depression; glutes tight; don't arch the lower back

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

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Tuesday

A1) Paused Bench Press

*get a hand-off; pause at bottom; keep shoulder blades locked in place under you; upper arms at 45-degree angle to body; think of pushing yourself away from bar

Date	Week	Sets	Reps	Rest	Tempo
	1	4	4		
	2	4	4		
	3	4	4		
	4	3	4		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) 1-arm DB Row

*don't excessively arch lower back; make double chin; move shoulder blade on rib cage; don't let arm go too far past body

Week	Sets	Reps	Rest	Tempo
1	4	6/side		1s iso
2	4	6/side		hold at
3	4	6/side		top of
4	3	6/side		each rep

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) Half-Kneeling 1-arm Landmine Press

*activate back leg glutes; engage core; don't arch lower back; protract and shrug up slightly at the top of each rep

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) Suspension Trainer Y

*activate glutes; don't arch lower back; make double chin; arms should be at 135 degree angle to body

Week	Sets	Reps	Rest	Tempo
1	3	8		
2	3	8		
3	3	8		
4	3	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Half-Kneeling Cable External Rotation at 90 degrees, scapular plane

*activate back leg glutes; engage core; don't arch lower back; turn slightly away from cable toward working arm; rotate ball on socket; scapula shouldn't move

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Yoga Push-up

*make double chin; don't arch lower back; don't let elbows pass body; protract and shrug up at top; think of pushing hips to sky

Week	Sets	Reps	Rest	Tempo
1	2	10		
2	2	10		
3	2	10		
4	2	10		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Bear Crawl

*right leg works with left arm, and vice versa; exhale fully on each step and let ribs come down; don't let hips shift side to side

Week	Sets	Reps	Rest	Tempo
1	3	10/side		
2	3	10/side		
3	3	10/side		
4	3	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) Standing DB Curl

*activate glutes; don't arch lower back; make double chin; don't let elbows drift behind the body

Week	Sets	Reps	Rest	Tempo
1	2	10		
2	2	10		
3	2	10		
4	2	10		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

T H E HIGH PERFORMANCE H A N D B O O K

Thursday

A1) Trap Bar Deadlift

*go barefoot/minimalist; make double chin; don't round lower back at bottom; push through heels; finish with glutes; don't hyperextend lower back at top

Date	Week	Sets	Reps	Rest	Tempo
	1	4	4		
	2	4	4		
	3	4	4		
	4	3	4		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Bench T-Spine Mobilization

*use a palms up grip; don't let lower back arch, stretch lats and triceps at bottom position, exhale fully at bottom position and let ribs come down

Week	Sets	Reps	Rest	Tempo
1	3	8		
2	3	8		
3	3	8		
4	3	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) DB Slideboard Reverse Lunge

*push through mid-foot; keep front shin vertical; don't lean forward much

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) Cable Anti-Extension Overhead Lift w/Shrug

*activate glutes; don't let cable rotate you or push you into extension; start subtle shrug when hands get to shoulder height

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Half-Kneeling Cable Chop

*outside knee down, activate back leg glute, don't let the weight cause you to arch or rotate at the core; exhale fully at bottom position

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Counterbalanced 1-leg Squat to Bench

*sit back into hip; push through midfoot; don't let knee cave in

Week	Sets	Reps	Rest	Tempo
1	2	8/side		
2	2	8/side		
3	3	8/side		
4	2	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Dead Bug - arms and legs

*don't let lower back arch; exhale fully at fully lengthened position

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) DB Goblet Lateral Lunge

*sit back into hips; don't let knee cave in; make stride long enough to get good groin stretch; make double chin; use DB as counterbalance

Week	Sets	Reps	Rest	Tempo
1	2	8/side		
2	2	8/side		
3	2	8/side		
4	2	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

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Friday

A1) 1-arm KB Turkish Get-up

*keep wrist neutral; use firm grip, break movement down into individual components rather than just standing up

Date	Week	Sets	Reps	Rest	Tempo
	1	4	3/side		
	2	4	3/side		
	3	4	3/side		
	4	3	3/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) DB Pullover

*engage core so that lower back won't arch; let lats and triceps stretch in overhead position, but stop short of being fully overhead; make double chin

Week	Sets	Reps	Rest	Tempo
1	4	6		
2	4	6		
3	4	6		
4	3	6		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) Standing 1-arm Cable Row

*don't excessively arch back; don't let elbow pass the body; think of shoulder blade moving on the rib cage

Week	Sets	Reps	Rest	Tempo
1	4	10/side		
2	4	10/side		
3	4	10/side		
4	3	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) 1-arm Low Incline DB Press

*engage core to resist rotation and prevent lower back arching; upper arm at 45-degree angle to body; think of pushing yourself away from DB

Week	Sets	Reps	Rest	Tempo
1	3	6/side		
2	3	6/side		
3	4	6/side		
4	3	6/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) 1-arm Bottoms-up KB Carry

*engage core; don't arch lower back; grip tightly; upper arm should be about parallel with floor; keep biceps (front of shoulder) out of movement

Week	Sets	Reps	Rest	Tempo
1	3	30yds/side		
2	3	30yds/side		
3	3	30yds/side		
4	2	30yds/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Suspension Trainer Fallout Extension

*engage core and activate glutes to prevent lower back from arching; make double chin; move strap further down to increase difficulty

Week	Sets	Reps	Rest	Tempo
1	3	8		
2	3	8		
3	3	8		
4	3	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Prone Plate Switch

*engage core and activate glutes to prevent lower back from arching; set feet up wider to reduce difficulty

Week	Sets	Reps	Rest	Tempo
1	3	2x5/side		
2	3	2x5/side		
3	3	2x5/side		
4	3	2x5/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) Supine Band Pullapart on Roller

*engage core and activate glutes to keep lower back in contact with roller; move arms; don't just pull shoulder blades together

Week	Sets	Reps	Rest	Tempo
1	3	12		
2	3	12		
3	3	12		
4	3	12		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

THE HIGH PERFORMANCE HANDBOOK

Athletic Performance Option

Wednesday

Normal Dynamic Warm-up, then:
 Side Shuffle w/Overhead Reach (15yds/side)
 High Knee Skips (15yds)
 Lateral High Knee Skips (15yds/side)
 Carioca (15yds/side)
 Backpedals (15yds/side)
 Medial-Lateral Line Hops (12/side)
 Medial-Lateral Hurdle Hops w/Stick
 Power Skip Thirds
 30yd Side Starts

Week 1	Week 2	Week 3	Week 4
3x4/side/set	4x4/side/set	4x4/side/set	3x4/side/set
3x25yds	4x25yds	4x25yds	3x25yds
x4/side, 80% effort	x5/side, 90% effort	x5/side, 90% effort	x4/side, 100% effort

Saturday

Normal Dynamic Warm-up, then:
 Side Shuffle w/Overhead Reach (15yds/side)
 High Knee Skips (15yds)
 Lateral High Knee Skips (15yds/side)
 Carioca (15yds/side)
 Backpedals (15yds/side)
 Medial-Lateral Line Hops (12/side)
 Heidens
 Band-Resisted Broad Jumps
 10yd Rollover Get-up and Go Starts
 60yd Build-ups

Week 1	Week 2	Week 3	Week 4
3x5/side	4x5/side	4x5/side	3x5/side
3x5	4x5	4x5	3x5
x3/side, 80% effort	x4/side, 90% effort	x4/side, 100% effort	x3/side, 100% effort
x5, 80% effort	x6, 90% effort	x8, 90% effort	x6, 100% effort

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Fat Loss Option

Wednesday

Normal Dynamic Warm-up, then:

Airdyne (or other bike option) Intervals

15s hard: 45s easy for 15 minutes

Finish with 10 minutes low-intensity cool-down pedaling.

Saturday

Normal Dynamic Warm-up, then:

Incline Treadmill Sprints (or outdoor hill sprints, if you have access to one)

45s hard: 75s easy for 15 minutes

Finish with 10 minutes low-intensity cool-down walking.

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Strength Option

Wednesday

Repeat Dynamic Warm-up four times through
with no rest between sets.

Saturday

Normal Dynamic Warm-up, then:
Low Incline Treadmill (or Outside) Walking
Nice and easy, 20 minutes

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<i>Foam Rolling:</i>		
-Quads		
-Hip Flexors		
-IT Band/Tensor Fasciae Latae		
-Adductors		
-Hamstrings		
-Upper Back		
-Thoracic Extension		
-Lats		
-Pecs		
-Arches of Feet (ball)		
-Calves and peroneals (ball)		
-Glutes (ball)		
-Adductor Insertion (ball)		
-Back of Shoulder (ball)		
-Pec Rolling on Wall (ball)		
-Adductor Rolling on Table (Med Ball)		
<i>Warm-ups (preferably barefoot):</i>		
Deep Squat Breathing w/Lat Stretch	5 breaths	*feet close together; ribs and abs against quads; exhale fully
Hips Flexed Hip Rocking	6/side	*hip at more than 90 degrees flexion; rock side to side
Side-Lying Windmill	6/side	*support top knee; move through upper back, not just shoulder
Supine Bridge w/Reach	6/side	*engage core; activate glutes; move through upper back
Knee-Break Ankle Mobilization	1x8	*don't let knees cave in or feet turn out
Left-Stance Toe Touch w/Toe Lift & Med Ball	1x8	*push hips back while "sucking" left hip back into socket
Back to Wall Shoulder Flexion	1x8	*back flat to wall; double chin; exhale fully with arms overhead
Forearm Wall Slide at 135 degrees	1x8	*engage core; right leg forward; tip shoulder blades back on rib cage
Alternating Lateral Lunge Walk w/Overhead Reach	5/side	*engage core; make double chin; don't allow lower back to arch on overhead reach
Pull-Back Butt-kick to Overhead Lunge Walk	5/side	*engage core; make double chin; don't allow lower back to arch on overhead reach