

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Preparation Phase

Core Circuit

Circuit A

sets **reps** **E-ls-C-lc** **rest** **wt** **reps** **wt** **reps** **wt** **reps**

A1 Plank

Notes: Shoulders, hips, and ankles in a line.

Week 1 3 25 s **x-x-x-x**

Week 2 3 30 s **x-x-x-x**

Week 3 3 35 s **x-x-x-x**

bw		bw		bw	
bw		bw		bw	
bw		bw		bw	

A2 Oblique Bridge

Notes: Initiate movement from the obliques. Keep shoulders, hips, and ankles in the same plane.

Week 1 3 (8-10) **1-0-1-0**

Week 2 3 (10-12) **1-0-1-0**

Week 3 3 (12-14) **1-0-1-0**

bw		bw		bw	
bw		bw		bw	
bw		bw		bw	

A3 Rowboat

Notes: Move slowly and with control.

Week 1 3 (8-10) **2-1-2-1**

Week 2 3 (10-12) **2-1-2-1**

Week 3 3 (12-14) **2-1-2-1**

bw		bw		bw	
bw		bw		bw	
bw		bw		bw	

Circuit B

sets **reps** **E-ls-C-lc** **rest** **wt** **reps** **wt** **reps** **wt** **reps**

B1 1 ¼ Wood Chop

Notes: Quarter repetition at the end of the movement.

Week 1 3 (8-10) **x-1-2-0**

Week 2 3 (9-11) **x-1-2-0**

Week 3 3 (10-12) **x-1-2-0**

B2 Stability Ball Pull-in

Notes: Return to a good plank position between each rep.

Week 1 3 (8-10) **1-1-1-1**

Week 2 3 (8-10) **1-1-1-1**

Week 3 3 (10-12) **1-1-1-1**

B3 Plank Row

Notes: Use light weight and maintain perfect side plank position.

Week 1 3 (8-10) **1-3-2-0**

Week 2 3 (8-10) **1-3-2-0**

Week 3 3 (10-12) **1-3-2-0**
