

# POWER TRAINING PROGRAM

WITH DR. CRAIG SLAUNWHITE



Dr. Craig Slaunwhite, from Halifax, Nova Scotia, is the Director of Fitness for the Winnipeg Jets, a professional team in the National Hockey League. In addition to previously working with several other athletes, including players for the Florida Panthers, Dr. Slaunwhite himself is also an accomplished athlete, competing as a member of the Canadian national track and field team and winning a bronze medal in decathlon at the 2008 Canadian Olympic trials. Among his many accomplishments, Dr. Slaunwhite holds a doctorate of chiropractic from the Canadian Memorial Chiropractic College and a bachelor of science in kinesiology from Dalhousie University.



Enhancing your athletic performance doesn't have to be a guessing game or something left only to elite athletes. Whether you play a team sport like volleyball, hockey, or soccer – or you focus your skills on individual sports like swimming, boxing, or skiing – the fundamental components that make you a winning athlete are the same. Power is essential for scoring goals and is equally as important in field events like shot put, discus and javelin – where results are purely based on distance. Make your kicks, throws, jumps, or spikes more explosive – and more effective – by improving your power. Power. One word with so much meaning in the world of sport. This athletic weight training work-out will target all your muscle groups to help you build your power and take your performance to the next level. Just imagine, winning time and time again.



## THE WORKOUT

Perform the designated number of reps for each exercise in each compound set with no rest between exercises. Once finished, rest 2-3 minutes. Complete each compound set 4 times before moving on to the next compound set.

### COMPOUND SET 1 - (4 SETS)

EXERCISES	REPS	WEIGHT/DISTANCE
Barbell Jump Squat	8	1/3 bodyweight
Single-leg Lateral Box	8	Each Side
Alternating Lunge Jump	8	Each Side

### COMPOUND SET 2 - (4 SETS)

EXERCISES	REPS	WEIGHT/DISTANCE
Bosu Power Push Up	8	Bodyweight
Horizontal Speed Pull Up	8	Bodyweight
Barbell Roll Over	8	Each Side



# COMPOUND **SET**

1

**(4 SETS)**



# BARBELL JUMP SQUAT

! **Tip:** Flex your knees while in the air to reduce landing impact.

Set yourself up underneath a barbell in a squat position. Use a lighter weight than you would for a traditional squat. Jump up into the air by pressing your feet as hard as you can into the ground and extending your legs explosively.

Tip: To help with landing accuracy, keep your eyesight focused on a spot on the top of the box.



# SINGLE-LEG LATERAL BOX JUMP



Position your body into a speed skater's stance. Ensure your weight is on the leg farthest from the box. Bend forward from your hips, keep your back straight and flex your legs. Jump towards the box by explosively extending your working leg. You will land on the opposite foot.



**Tip:** Keep your head up to help with balance. Start by using slow reps to develop a feel for the exercise before quickening the pace of the jumps.



## ALTERNATING LUNGE JUMP

Set yourself up in a skater's mid-stride position, keeping your legs bent, back straight and arms in a high athletic flex. Jump into the air, bringing your back leg forward and your front leg backward. Repeat the movement, alternating legs.



# COMPOUND SET

9

(4 SETS)



**Tip:** For less impact when landing, flex your arms slightly while in the air.

# BOSU POWER PUSH-UP



Begin in a push-up start position, with your chest directly above the Bosu ball and your hands gripping the Bosu ball on its bottom edges with a neutral grip. Press hard into the ball, extending your arms fully and springing upward into the air.



## HORIZONTAL SPEED PULL-UPS

Begin in a bench press position, but lying face-up on the floor underneath a racked bar. Using an overhand grip, pull yourself up until your lower pecs touch the bar. Because of the speed component to this exercise, do not pause at the top. Lower yourself immediately and repeat the movement.

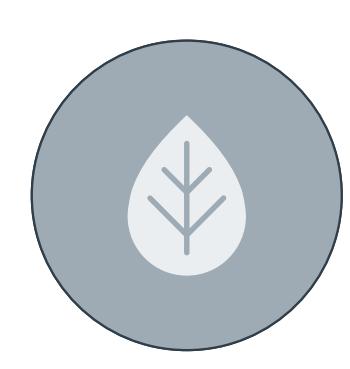


! **Tip:** Use your legs to initiate the movement.

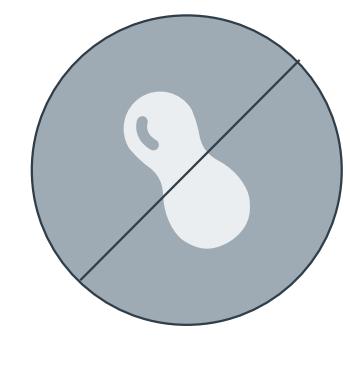
Stand with your legs wide and a slight knee bend. Grasp the end of a barbell with both hands using a neutral grip and having a slight bend in your arms. Roll the bar wide in an arcing movement over to one side. Repeat the motion in the other direction.



To enhance your performance and make every workout count, Dr. Slaunwhite recommends taking Bodylogix® Natural Pre-Workout™. This energizing formula features 1,500 milligrams of Beta-Alanine, 1,000 milligrams of Taurine, 150 milligrams of caffeine, and 1,000 milligrams of Creatine Monohydrate. You'll find this blend incredibly smooth, yet powerfully effective. Bodylogix® products are certified by NSF, a world leader in third party testing, to ensure the highest quality standards.



No Artificial Colors, Flavors, or Sweeteners



Made in a Peanut Free Facility



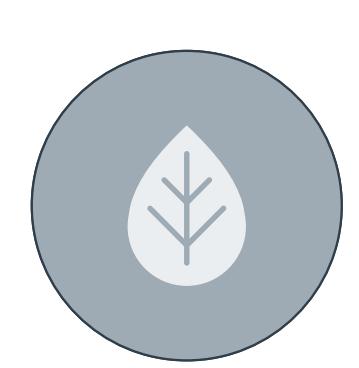
Mixes Easily



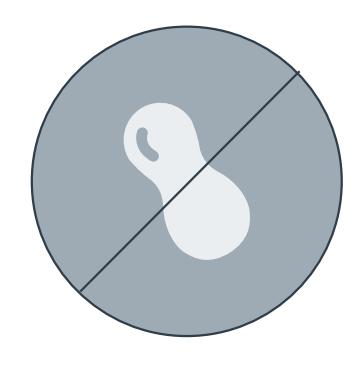
Contents Tested & Certified



To help you make continuous strength, power, and speed gains, Dr. Slaunwhite recommends taking Bodylogix® Micronized Creatine™ for its clean vegan composition. Creatine draws water into your muscle cells and allows for improved contractile strength; your muscles cells will not only be stronger, but also larger. Dr. Slaunwhite believes that the most efficient fitness supplements are the ones that are not weighed down with fillers, additives, and preservatives, but are clean products that provide only the ingredient on the front of the label, so you can be sure about what you're putting in your body.



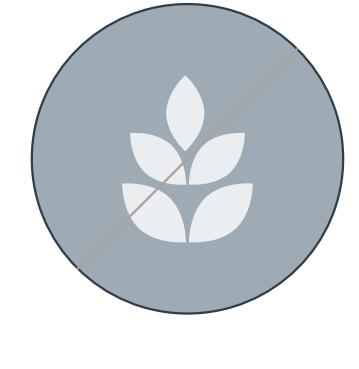
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Mixes Easily



Gluten Free



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According to Dr. Slaunwhite, recovery is one of the most important aspects involved in optimizing your performance. The more intense your training, the more you require protein to meet your fitness goals. Make sure you are getting enough by supplementing with Bodylogix® Natural Isolate™ or Natural Whey™ Protein. Post-workout, these supplements will help to saturate your muscles with important amino acids to build and recover.

- No Artificial Colors, Flavors, or Sweeteners
- Sourced From Grass-fed Cows
- Cold Processed Cross-flow Microfiltration
- Made in a Peanut Free Facility
- Gluten Free



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