

Day 2 Dynamic Day / Speed Workout 45 second rest periods

BB Box Squats:

- Lower the body slowly onto a box slightly lower than parallel
- rock back on the hips just slightly so to release the hip flexors
- rock forward slowly to start the acceleration process into the squat motion
- explode off the box back into a standing position

*If the athlete is slow off the box then he/she has weak hips and abs

**ACCELERATION is the key!

*The LOW BACK is the key to squatting

*Squat in flat soled shoes-no arch support

*If the toes travel in or out , this is indicative of weak hamstrings.

<u>Week #</u>	<u>%max</u>	<u>Sets&Reps</u>	<u>Description</u>
Week 1	50%	12x2	1st six sets no chains or bands 2nd six sets with chains and/or bands
Week 2	52%	12x2	1st six sets no chains or bands 2nd six sets with chains and/or bands
Week 3	54%	12x2	1st six sets no chains or bands 2nd six sets with chains and/or bands
Week 4	56%	10x2	1st five sets no chains or bands 2nd five sets with chains and/or bands
Week 5	58%	10x2	1st five sets no chains or bands 2nd five sets with chains and/or bands
Week 6	60%	10x2	1st five sets no chains or bands 2nd five sets with chains and/or bands

Mini-Cycle I

BB Standing Calf Raises	6x12
Arched Back Good Mornings (try to increase the workload 2.5% a week)	*work up to a "max-triple"
Glute-ham raises (this is the bulk of the hamstring workout)	6x10
{Upper and Lower Abdominal Work}	6x20
Reverse Hyperextensions	6x10

Mini-Cycle II

Belt Squats	6x10
Cable Pull-Throughs (this is the bulk of the hamstring workout)	6x10
{Upper and Lower Abdominal Work}	6x20
Reverse Hyperextensions	6x10

Mini-Cycle III

Glute-Ham Raises (with chains and bands)	6x10
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Partial Deadlifts on a Cable Machine (constant tension)
{Upper and Lower Abdominal Work}

6x10
6x20

Mini-Cycle Alternative Exercises:

**All these exercises should be worked up to a max-triple.

Seated Good Mornings off a Box Squat using a wide stance

Front Squats done with a squat harness on a box squat

Ultra Wide Sumo Deadlifts using the olympic collar on the inside of a the bar

Zercher Squats - this exercise can definitely help the deadlift

Safety Bar Squat on a box