



Athletic Performance

This program is designed to improve your athletic performance, primarily for performing well in sports that require explosive strength. There are 3 sessions per week however you can use it to train 4 or 5 days per week by repeating the cycle. Make sure you warm up to the weights on the first exercise. Build the weight up gradually until you reach your ideal working weight.

Session 1

Back Squat 3 x 5
Power Clean 4 x 3
Bench Press 3 x 5
Superset: Weighted Push Ups/ Bent over rows 3 x 10

Session 2

Push Press 3 x 5
Trap bar Jump 4 x 4
Weighted Lunges 100m
Aleknas 3 x 10
Single arm Farmer Carry 3 x 20m each side

Session 3

Front Squat 3 x 5
Deadlift 3 x 3
Press 3 x 5
Unilateral RDL 3 x 8 each leg
Weighted Plank 3 x 1 minute
Pallof Press 3 x 10 each side