

BP CONJUGATE FOOTBALL BLOCK 1



	DAY 1 MAX EFFORT LOWER	DAY 2 GPP	DAY 3 MAX EFFORT UPPER	DAY 4 ACTIVE RECOVERY (OPTIONAL)	DAY 5 DE LOWER	DAY 6 DE UPPER
WEEK ONE	<ol style="list-style-type: none"> 1) Rack Deadlift just below the knees: 1RM. Rest 3-4:00. Use heavy chains if possible. 2) Front Box Squat: 4 x 5. Rest 90s. *Use a moderate weight for all 4 sets. 15" Box. 3) Sledpull Powerwalk: 6 x 60 yards @AHAP. Rest 60s. 4) Reverse Hyper: 3 x 15-20. Rest 90s. 5) Side Plank: 4 x 15s. each. Rest 60s. *Squeeze hard. 	<ol style="list-style-type: none"> 1) Heavy Prowler Push: 5 x 100 ft. Rest 90s. 2) Farmer Carry: 5 x 100 ft. Rest 90s. 3) Half-Kneeling Low to High Banded Woodchop: 4 x 10 ea. Rest 60s. 	<ol style="list-style-type: none"> 1) Shoulder Press: 10-8-6-2. Rest 2:00 *Build to a challenging set. 2) Barbell JM Presses: 4 x 10. Rest 60s. 3a) Seated V-Handle Rows: 3 x 12-15. Rest 45s. 3b) Banded Pushdowns: 3 x 15. Rest 45s. 4a) Alternating DB Curls: 3 x 10 ea. Rest 45s. 4b) Seated DB Cleans: 3 x 15. Rest 45s. 5) Banded Plank Rows: 4 x 10 ea. Rest 60s. 	<ol style="list-style-type: none"> 1) At a conversational pace: Row for 10 minutes Bike for 10 minutes Walk with a weighted vest for 10 minutes *Heart-rate should be between 130-150 BPM 	<ol style="list-style-type: none"> 1) Wide Stance Box Squat: 8 x 3 @50% + 25% band tension, every 45-60s. or 60% w. straight weight. Use a 15" Box. 2) Sumo Deadlift off 2" mats: 8 x 1 @50% + 30% band tension, every 30s. Use 70% if use just straight weight. 3) Seated Dynamic Box Jumps: Accumulate 25 Jumps to a challenging height. Rest 60s. 4) Walking DB Lunges: 3 x 20 steps. Rest 60s. 5) Reverse Hyper 3 x 25 @50% of Back Squat 1RM. Rest 90s. 	<ol style="list-style-type: none"> 1) Speed Grip Bench Press: 9 x 3 @50% + band tension or 60% straight weight. Every 45s. *Change grip every 3 sets ie. close, medium, wide grip. 2) Single arm DB Push Press: 4 x 6 ea. Rest 60s. *Neutral Grip 3) Chest Supported DB Rows: 4 x 8-10. AHAP. Rest 60s. 4a) Incline DB Tate Presses: 3 x 15. Rest 60s. 4b) Barbell Reverse Curls: 3 x 10. Rest 60s. 5) Banded Pallof Press: 4 x 10 ea. Rest 60s. *1 ct hold one each rep.
FINISHER	2 Rounds of: 50 Banded Leg Curls Each Leg 50 Banded Face pull-aparts		2 Rounds of: 50 Banded Pushdowns 50 Banded Pull-aparts	100-150 Prone Leg Curls with ankle weights *In between sets complete 10s in each direction of Stir the Pot on a physioball	2 Rounds of: 50 Double Leg Banded Leg Curls 25 Glute Bridge (Bodyweight) (band over knees)	2 Rounds of: 30 1/4 Banded Pushdowns 30 Bent-over Rear Delt Raises
WEEK TWO	<ol style="list-style-type: none"> 1) Anderson Zercher Squat: Work up to a 3RM. Rest 3:00 *Set pins so you start below parallel. 2) Sledpull Powerwalk: 8 x 60 yards. @AHAP. Rest 60s. 3) Rear Foot Elevated Split Squats: 3 x 8 ea. Rest 60s. 4) 45 Degree Back Extensions: 3 x 12-15. Rest 60s. 5) Landmine Rotations: 3 x 30 (total). Rest 60s. 	<ol style="list-style-type: none"> 1) Heavy Prowler Push: 6 x 100 ft. Rest 90s. 2) Farmer Carry: 6 x 100 ft. Rest 90s. 3) Half-Kneeling Low to High Banded Woodchop: 4 x 10 ea. Rest 60s. 	<ol style="list-style-type: none"> 1) Floor Press: Heavy 3, then 3 Attempts at a 1RM. Rest 2:00 2) Barbell JM Presses: 5 x 10. Rest 60s. 3) Barbell Rows: 4 x 6-8. AHAP. Rest 60s. 4a) DB Pull-overs: 3 x 10-12. Rest 45s. 4b) Seated DB Cleans: 3 x 15. Rest 45s. 5) Banded Plank Rows: 4 x 10 ea. Rest 60s. 	<ol style="list-style-type: none"> 1) At a conversational pace: Row for 10 minutes Bike for 10 minutes Walk with a weighted vest for 10 minutes *Heart-rate should be between 130-150 BPM 	<ol style="list-style-type: none"> 1) Wide Stance Box Squat: 8 x 3 @55% + 25% band tension, every 45-60s or 65% w. straight weight. Use a 15" Box. 2) Sumo Deadlift off 2" mats: 8 x 1 @55% + 30% band tension, every 30s. Use 75% if use just straight weight. 3) Seated Dynamic Box Jumps: Accumulate 25 Jumps to a challenging height. Rest 60s. 4) Walking DB Lunges: 3 x 20 steps. Rest 60s. 5) Reverse Hyper 3 x 25 @50% of Back Squat 1RM. Rest 90s. 	<ol style="list-style-type: none"> 1) Speed Grip Bench Press: 9 x 3 @50% + band tension or 60% straight weight. Every 45s. *Change grip every 3 sets ie. close, medium, wide grip. 2) Single arm DB Push Press: 4 x 5 ea. Rest 60s. 3) Chest Supported DB Rows: 4 x 10. AHAP. Rest 60s. 4a) Incline DB Tate Presses: 3 x 15. Rest 45s. 4b) Zottaman Curls: 3 x 10. Rest 45s. 5) Banded Pallof Press: 4 x 10 ea. Rest 60s. *1 ct hold one each rep.
FINISHER	2 Rounds of: 50 Banded Leg Curls Each Leg 50 Banded Face pull-aparts		2 Rounds of: 50 Banded Pushdowns 50 Banded Pull-aparts	100-150 Prone Leg Curls with ankle weights *In between sets complete 10s in each direction of Stir the Pot on a physioball	2 Rounds of: 50 Double Leg Banded Leg Curls 25 Glute Bridge (Bodyweight) (band over knees)	2 Rounds of: 50 1/4 Banded Pushdowns 50 Bent-over Rear Delt Raises
WEEK THREE	<ol style="list-style-type: none"> 1) Sumo Deadlift against bands w. plates elevated 2" off the Floor: 1RM. Rest 3-4:00 2) Sledpull Powerwalk: 10 x 60 yards, at AHAP. Rest 60s. 3) Goblet Squat: 3 x 12-15. Rest 60s. 4) Deadlift Hold against Bands: 2 x 30s. Rest 90s. *Use 50% of your Max against band tension. This is a test of grip strength and should be a hard 30s. 5) Side Plank: 4 x 15s. each. Rest 60s. *Squeeze hard. 	<ol style="list-style-type: none"> 1) Sled Sprints w. empty Prowler: 8 x 15s. Rest 2:00 2) Single Arm Farmer Carry: 8 x 50 ft. Each. Rest 90s. 3) Deadbug + Reverse Crunch: 4 x 10. Rest 60s. 	<ol style="list-style-type: none"> 1) Neutral Grip Chin-up: Accumulate 25 challenging reps. Rest 2:00 2) Board Press: Heavy 3 then 3 Attempts at a 1RM. Rest 2:00 *Choice of height 3) Rollback Tricep Extensions: 5 x 10. Rest 45s. 4) Seated Rope Rows to chin: 4 x 12-15. Rest 45s. 5) Bottoms-up KB Carry: 4 x 50 ft. Each. Rest 45s. 	<ol style="list-style-type: none"> 1) At a conversational pace: Row 8 Minutes Bike 8 Minutes Light Jog 8 Minutes *Heart-rate should be between 130-150 BPM 	<ol style="list-style-type: none"> 1) Wide Stance Box Squat: 6 x 3 @60% + 25% band tension, every 45-60s or 70% w. straight weight. Use a 15" Box. 2) Sumo Deadlift off 2" mats: 6 x 1 @60% + 30% band tension, every 30s. Use 80% if use just straight weight. 3) Seated Dynamic Box Jumps: 20 Jumps. Rest 60s. 4) Barbell Split Squats: 4 x 6-8 ea. Rest 60s. 5) RKC Elbow Plank: 4 x 15s. Rest 60s 	<ol style="list-style-type: none"> 1) Speed Bench Press: 9 x 3 @50% + band tension or 60% straight weight. Every 60s. 2) 1- Arm DB Rows: 5 x 10 ea. Rest 60s. 3a) DB Incline Bench Press: 3 x 12-15. Rest 45s. 3b) Banded Pulldowns: 3 x 15. Rest 45s. 4) KB Hammer Curls: 4 x 10. Rest 60s. 5) Landmine Rotations: 3 x 30. Rest 60s.
FINISHER	Accumulate 125 Banded Leg Curls on each leg.		6 Rounds alternating of 20s work/10s rest: 1a) Barbell Curls (light) 1b) Hollow Rocks	150 Prone Leg Curls with ankle weights *In between sets complete 10 banded rotations one each side	Accumulate Max Distance Farmer Carry in 4:00. Try to beat last weeks distance.	Sledpull Facepulls + Rows: Accumulate Max Reps in 4:00
WEEK FOUR	<ol style="list-style-type: none"> 1) Low Front Box Squat: Heavy 3 + 1RM. Rest 2:00. 13" Box. 2) Glute Ham Raises: 4 x 6-8. Rest 60s. 3) Tail Kneeling to Standing: 4 x 4 ea. Rest 90s. 4) Fat Grip Pull-ups: 4 x 5. Rest 60s. 5) Sledpull Powerwalk: 10 Minutes x Max Distance @light. No rest. 	<ol style="list-style-type: none"> 1) Sled Sprints w. Empty Prowler: 8 x 15s. Rest 2:00 2) Single Arm Farmer Carry: 8 x 50 ft. Each. Rest 90s. 3) Deadbug + Reverse Crunch: 4 x 10. Rest 60s. 	<ol style="list-style-type: none"> 1) Medium Grip Bench Press off pins: Heavy 3 + 1RM. *Set pins so you start 4" over chest. 2) T-Bar Rows: 4 x 6-10. Rest 60s. 3) Rollback Tricep Extensions: 5 x 10. Rest 60s. 4) Seated Rope Rows to chin: 3 x 12-15. Rest 45s. 5) Seated Zottaman Curls: 3 x 6-8. Rest 45s. 6) Bottoms-up KB Carry: 3 x 50 ft. Each. Rest 45s. 	<ol style="list-style-type: none"> 1) At a conversational pace: Row 8 Minutes Bike 8 Minutes Light Jog 8 Minutes *Heart-rate should be between 130-150 BPM 	<ol style="list-style-type: none"> 1) Speed Front Squats: 9 x 2 @70%, every 45s. 2) Conventional Deadlift against a band: 8 x 1 @60%, every 30s. 3) Kneeling Jumps + Vertical Jump: Accumulate 15 Jumps. Rest 60s. 4) Barbell Split Squats: 4 x 6-8 ea. Rest 60s. 5) RKC Elbow Plank: 4 x 10-15s. Rest 60s 	<ol style="list-style-type: none"> 1) DB Bench Press: 3 x 30s Max Reps. Rest 2:00 2) 1- Arm Landmine Rows: 4 x 10 ea. Rest 60s. 3a) Landmine Single Arm Presses: 3 x 15 ea. Rest 45s. 3b) Wide Grip Pull-ups: 3 x 8-12. Rest 45s. 4) Trap 3 Raises: 3 x 15 ea. Rest 60s. 5) Landmine Rotations: 3 x 30. Rest 60s.
FINISHER	Accumulate 100 Banded Leg Curls each		3 Rounds of: 50 Banded Pushdowns 50 Banded Pull-aparts	150 Prone Leg Curls with ankle weights *In between sets complete 10 banded rotations one each side Curls with ankle weights	Accumulate Max Distance Farmer Carry in 4:00. Try to beat last weeks distance.	Sledpull Facepulls + Rows: Accumulate Max Reps in 4:00