

Block 1 - Hypertrophy - Tier Style					
Day	Day 1 - Lower	Day 2 - Linear Speed/Jumping	Day 3 - Upper	Day 4 - Lateral Speed/Jumping	Day 5 - Total
Sub-Max	Front Squat	Jumping Mechanics	DB Incline Bench Press	Jumping Mechanics	Clean Pull
Dynamic Effort	Medball throws	Vertical/Linear jumping Integration	Overhead Backwards Throws	Lateral/Rotational jumping integration	Box Jumps
Repetition Effort	Single Arm Snatch	Sprinting Mechanics	Goblet Squat	Shuffling/Crossover mechanics	Push-Ups
Repetition Effort	Split Squat	Sprinting Integration	Lateral Lunge	Shuffling/Crossover integration	Cross-Over Step-Up
Repetition Effort	Pull-Ups	Sprinting Application	Inverted Row	Shuffling/Crossover Application	DB Row
Repetition Effort	Glute Ham Raise		Reverse Hyper		SL RDL

Sets-Reps				
	Week 1	Week 2	Week 3	Week 4
Sub-Max	3x8	4x6	5x4	3x5
Dynamic Effort	6x3 @50%	6x3 @ 55%	6x3 @ 60%	4x3 @ 50%
Repetition Effort	4x8	4x10	4x12	4x8
Repetition Effort	4x8	4x10	4x12	4x8
Repetition Effort	4x8	4x10	4x12	4x8
Repetition Effort	4x8	4x10	4x12	4x8