

Block 3 - Power - Conjugate Style - Sample Week				
Day 1 - ME Lower	Day 2 - ME Upper	Day 3 - Off	Day 4 - DE Lower	Day 5 - DE Upper
DB Snatch Heavy 3	SA Split Jerk Heavy 3		Box Squat 5x4 @ 60% - Every 45s	Speed Bench Press 9x3 @ 60% - Every 45s
Box Squat 3RM	Swiss Bar Floor Press 3RM		SL RDL - 4x10	1/2 Kneeling OHP - 3x12ea arm
RDL 3x10-12	DB Rows 3x8ea arm		RFE Split Squat 4x10ea leg	Pull-Ups 3xAMRAP
Cross Over Step-Up 4x8ea leg	Cuban press 3x15		Landmine Rotations 3x10 ea side	Push-Ups 3xAMRAP
Glute Ham Raise 3x8-10	Low Row 3x15		Nordic Curls 3x5 -3XX1 tempo	Lat PD 3x10

Block 3 - Movement				
Linear	Multi-Directional	Day 3 - Off	Linear	Multi-Directional
Jumping Mechanics	Jumping Mechanics		Jumping Mechanics	Jumping Mechanics
Vertica jumping Integration	Lateral jumping integration		Linear jumping Integration	Rotational jumping Integration
Sprinting Mechanics	Shuffling mechanics		Max Velocity Mechanics	Crossover Mechanics
Sprinting Integration	Shuffling integration		Max Velocity Integration	Crossover Integration
Sprinting Application	Shuffling Application		Max Velocity Application	Crossover Application