

MAXIMAL STRENGTH BLOCK

Week 1 of 4 (Light Week)

BACK SQUAT (Lower Body Push)					
Estimated 1RM					120
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Back Squat	1 x 5	2011	1	50	
Back Squat	1 x 5	2011	1	55	
Back Squat	1 x 3	2011	1	60	
Working Sets					
Back Squat	1 x 5	2011	3-5	80	
Back Squat	1 x 5	2011	3-5	80	
Back Squat	1 x 5	2011	3-5	90	
Back Squat	1 x 5	2011	3-5	90	
Back Squat	1 x 5 om	2011	3-5	102.5	
Potentiation (Superset following working set rest)					
Depth Jumps	4 x 6		1-2	24"-36"	
Supplementary / Accessory Exercises (Circuit format optional)					
Power Snatch	4 x 10		1		
Push Press	4 x 10		1		
Single Arm KB Clean	4 x 10		1		
Single-Leg KB Deadlift	4 x 10		1		
Paloff Press	4 x 10		1	Band	
Assault Bike (Optional)	4		1	20 cal	

WEIGHTED PULLUPS (Upper Body Vertical Pull)					
Estimated 1RM (Bodyweight + Plate weights)					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Pullups	1 x 5	3111	1	BW	
Pullups	1 x 5	3111	1	BW	
Pullups	1 x 3	3111	1	BW	
Working Sets					
Weighted Pullups	1 x 5	2011	3-5	22.5	
Weighted Pullups	1 x 5	2011	3-5	22.5	
Weighted Pullups	1 x 5	2011	3-5	25	
Weighted Pullups	1 x 5	2011	3-5	25	
Weighted Pullups	1 x 5 om	2011	3-5	27.5	
Potentiation (Superset following working set rest)					
Banded Vertical Jump	4 x 6		1-2		
Supplementary / Accessory Exercises (Circuit format optional)					
Close Grip Pulldown	4 x 10		1		
Upright Row	4 x 10		1		
Tricep Cable Pushdowns	4 x 10		1		
EZ Bar Bicep Curls	4 x 10		1		
Cable Crunches	4 x 20		1		
Sled Pull (Optional)	4		1	20 m	

DEADLIFT (Lower Body Pull)					
Estimated 1RM					150
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Deadlift	1 x 5	3011	1	60	
Deadlift	1 x 5	3011	1	67.5	
Deadlift	1 x 3	3011	1	75	
Working Sets					
Deadlift	1 x 5	2011	3-5	97.5	
Deadlift	1 x 5	2011	3-5	97.5	
Deadlift	1 x 5	2011	3-5	112.5	
Deadlift	1 x 5	2011	3-5	112.5	
Deadlift	1 x 5 om	2011	3-5	127.5	
Potentiation (Superset following working set rest)					
Lying BB Hip Thrust	4 x 6		1-2	40-60	
Supplementary / Accessory Exercises (Circuit format optional)					
Overhead Squat	4 x 10		1		
Torsonator Rotation	4 x 10		1		
OH Walking Lunges	4 x 10		1		
GHD Hamstring Raise	4 x 10		1		
Hanging Oblique Raises	4 x 20		1	BW	
Battling Ropes (Optional)	4		1	60 sec	

BENCH PRESS (Upper Body Horizontal Push)					
Estimated 1RM					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Bench Press	1 x 5	3011	1	40	
Bench Press	1 x 5	3011	1	45	
Bench Press	1 x 3	3011	1	50	
Working Sets					
Bench Press	1 x 5	2011	3-5	65	
Bench Press	1 x 5	2011	3-5	65	
Bench Press	1 x 5	2011	3-5	75	
Bench Press	1 x 5	2011	3-5	75	
Bench Press	1 x 5 om	2011	3-5	85	
Potentiation (Superset following working set rest)					
BB Bench Push	4 x 6		1-2	30-40	
Supplementary / Accessory Exercises (Circuit format optional)					
Incline BB Press	4 x 10		1		
Seated Wide Grip Row	4 x 10		1		
Decline Pushups	4 x 25		1	BW	
Pullups	4 x 10		1	BW	
GHD Anti-flexion/ext.	4		1	60 sec	
Ski-Erg (Optional)	4		1	500 m	

Week 2 of 4 (Medium Week)

BACK SQUAT (Lower Body Push)					
Estimated 1RM					120
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Back Squat	1 x 5	3011	1	50	
Back Squat	1 x 5	3011	1	55	
Back Squat	1 x 3	3011	1	60	
Working Sets					
Back Squat	1 x 3	2011	3-5	85	
Back Squat	1 x 3	2011	3-5	85	
Back Squat	1 x 3	2011	3-5	97.5	
Back Squat	1 x 3	2011	3-5	97.5	
Back Squat	1 x 3 om	2011	3-5	110	
Potentiation (Superset following working set rest)					
Depth Jumps	4 x 6		1-2	BW	
Supplementary / Accessory Exercises (Circuit format optional)					
Power Snatch	4 x 10		1		
Push Press	4 x 10		1		
Single Arm KB Clean	4 x 10		1		
Single-Leg KB Deadlift	4 x 10		1		
Paloff Press	4 x 10		1	Band	
Assault Bike (Optional)	4		1	20 cal	

WEIGHTED PULLUPS (Upper Body Vertical Pull)					
Estimated 1RM (Bodyweight + Plate weights)					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Pullups	1 x 5	3111	1	BW	
Pullups	1 x 5	3111	1	BW	
Pullups	1 x 3	3111	1	BW	
Working Sets					
Weighted Pullups	1 x 3	2011	3-5	30	
Weighted Pullups	1 x 3	2011	3-5	30	
Weighted Pullups	1 x 3	2011	3-5	32.5	
Weighted Pullups	1 x 3	2011	3-5	32.5	
Weighted Pullups	1 x 3 om	2011	3-5	35	
Potentiation (Superset following working set rest)					
Banded Vertical Jump	4 x 6		1-2		
Supplementary / Accessory Exercises (Circuit format optional)					
Close Grip Pulldown	4 x 10		1		
Upright Row	4 x 10		1		
Tricep Cable Pushdowns	4 x 10		1		
EZ Bar Bicep Curls	4 x 10		1		
Cable Crunches	4 x 20		1		
Sled Pull (Optional)	4		1	20 m	

DEADLIFT (Lower Body Pull)					
Estimated 1RM					150
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Deadlift	1 x 5	3011	1	60	
Deadlift	1 x 5	3011	1	67.5	
Deadlift	1 x 3	3011	1	75	
Working Sets					
Deadlift	1 x 3	2011	3-5	105	
Deadlift	1 x 3	2011	3-5	105	
Deadlift	1 x 3	2011	3-5	120	
Deadlift	1 x 3	2011	3-5	120	
Deadlift	1 x 3 om	2011	3-5	135	
Potentiation (Superset following working set rest)					
Lying BB Hip Thrust	4 x 6		1-2	40-60	
Supplementary / Accessory Exercises (Circuit format optional)					
Overhead Squat	4 x 10		1		
Torsonator Rotation	4 x 10		1		
OH Walking Lunges	4 x 10		1		
GHD Hamstring Raise	4 x 10		1		
Hanging Oblique Raises	4 x 20		1	BW	
Battling Ropes (Optional)	4		1	60 sec	

BENCH PRESS (Upper Body Horizontal Push)					
Estimated 1RM					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Bench Press	1 x 5	3011	1	40	
Bench Press	1 x 5	3011	1	45	
Bench Press	1 x 3	3011	1	50	
Working Sets					
Bench Press	1 x 3	2011	3-5	70	
Bench Press	1 x 3	2011	3-5	70	
Bench Press	1 x 3	2011	3-5	80	
Bench Press	1 x 3	2011	3-5	80	
Bench Press	1 x 3 om	2011	3-5	90	
Potentiation (Superset following working set rest)					
BB Bench Push	4 x 6		1-2	30-40	
Supplementary / Accessory Exercises (Circuit format optional)					
Incline BB Press	4 x 10		1		
Seated Wide Grip Row	4 x 10		1		
Decline Pushups	4 x 25		1	BW	
Pullups	4 x 10		1	BW	
GHD Anti-flexion/ext.	4		1	60 sec	
Ski-Erg (Optional)	4		1	500 m	

Week 3 of 4 (Heavy Week)

BACK SQUAT (Lower Body Push)					
Estimated 1RM					120
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Back Squat	1 x 5	3011	1	50	
Back Squat	1 x 5	3011	1	55	
Back Squat	1 x 3	3011	1	60	
Working Sets					
Back Squat	1 x 5	2011	3-5	90	
Back Squat	1 x 5	2011	3-5	90	
Back Squat	1 x 3	2011	3-5	102.5	
Back Squat	1 x 3	2011	3-5	102.5	
Back Squat	1 x 1 om	2011	3-5	115	
Potentiation (Superset following working set rest)					
Depth Jumps	4 x 6		1-2	BW	
Supplementary / Accessory Exercises (Circuit format optional)					
Power Snatch	4 x 10		1		
Push Press	4 x 10		1		
Single Arm KB Clean	4 x 10		1		
Single-Leg KB Deadlift	4 x 10		1		
Paloff Press	4 x 10		1	Band	
Assault Bike (Optional)	4		1	20 cal	

WEIGHTED PULLUPS (Upper Body Vertical Pull)					
Estimated 1RM (Bodyweight + Plate weights)					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Pullups	1 x 5	3111	1	BW	
Pullups	1 x 5	3111	1	BW	
Pullups	1 x 3	3111	1	BW	
Working Sets					
Weighted Pullups	1 x 5	2011	3-5	30	
Weighted Pullups	1 x 5	2011	3-5	30	
Weighted Pullups	1 x 3	2011	3-5	35	
Weighted Pullups	1 x 3	2011	3-5	35	
Weighted Pullups	1 x 1 om	2011	3-5	40	
Potentiation (Superset following working set rest)					
Banded Vertical Jump	4 x 6		1-2		
Supplementary / Accessory Exercises (Circuit format optional)					
Close Grip Pulldown	4 x 10		1		
Upright Row	4 x 10		1		
Tricep Cable Pushdowns	4 x 10		1		
EZ Bar Bicep Curls	4 x 10		1		
Cable Crunches	4 x 20		1		
Sled Pull (Optional)	4		1	20 m	

DEADLIFT (Lower Body Pull)					
Estimated 1RM					150
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Deadlift	1 x 5	3011	1	60	
Deadlift	1 x 5	3011	1	67.5	
Deadlift	1 x 3	3011	1	75	
Working Sets					
Deadlift	1 x 5	2011	3-5	112.5	
Deadlift	1 x 5	2011	3-5	112.5	
Deadlift	1 x 3	2011	3-5	127.5	
Deadlift	1 x 3	2011	3-5	127.5	
Deadlift	1 x 1 om	2011	3-5	142.5	
Potentiation (Superset following working set rest)					
Lying BB Hip Thrust	4 x 6		1-2	40-60	
Supplementary / Accessory Exercises (Circuit format optional)					
Overhead Squat	4 x 10		1		
Torsonator Rotation	4 x 10		1		
OH Walking Lunges	4 x 10		1		
GHD Hamstring Raise	4 x 10		1		
Hanging Oblique Raises	4 x 20		1	BW	
Battling Ropes (Optional)	4		1	60 sec	

BENCH PRESS (Upper Body Horizontal Push)					
Estimated 1RM					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Bench Press	1 x 5	3011	1	40	
Bench Press	1 x 5	3011	1	45	
Bench Press	1 x 3	3011	1	50	
Working Sets					
Bench Press	1 x 5	2011	3-5	75	
Bench Press	1 x 5	2011	3-5	75	
Bench Press	1 x 3	2011	3-5	85	
Bench Press	1 x 3	2011	3-5	85	
Bench Press	1 x 1 om	2011	3-5	95	
Potentiation (Superset following working set rest)					
BB Bench Push	4 x 6		1-2	30-40	
Supplementary / Accessory Exercises (Circuit format optional)					
Incline BB Press	4 x 10		1		
Seated Wide Grip Row	4 x 10		1		
Decline Pushups	4 x 25		1	BW	
Pullups	4 x 10		1	BW	
GHD Anti-flexion/ext.	4		1	60 sec	
Ski-Erg (Optional)	4		1	500 m	

Week 4 of 4 (De-load Week)

BACK SQUAT (Lower Body Push)					
Estimated 1RM					120
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Working Sets					
Back Squat	1 x 5	2011	3-5	50	
Back Squat	1 x 5	2011	3-5	50	
Back Squat	1 x 5	2011	3-5	60	
Back Squat	1 x 5	2011	3-5	60	
Back Squat	1 x 5	2011	3-5	72.5	
Supplementary / Accessory Exercises (Circuit format optional)					
Power Snatch	4 x 10		1		
Push Press	4 x 10		1		
Single Arm KB Clean	4 x 10		1		
Single-Leg KB Deadlift	4 x 10		1		
Paloff Press	4 x 10		1	Band	
Assault Bike (Optional)	4		1	20 cal	

WEIGHTED PULLUPS (Upper Body Vertical Pull)					
Estimated 1RM (Bodyweight + Plate weights)					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Working Sets					
Pullups	1 x 5	2011	3-5	BW	
Pullups	1 x 5	2011	3-5	BW	
Pullups	1 x 5	2011	3-5	BW	
Pullups	1 x 5	2011	3-5	BW	
Pullups	1 x 5	2011	3-5	BW	
Supplementary / Accessory Exercises (Circuit format optional)					
Close Grip Pulldown	4 x 10		1		
Upright Row	4 x 10		1		
Tricep Cable Pushdowns	4 x 10		1		
EZ Bar Bicep Curls	4 x 10		1		
Cable Crunches	4 x 20		1		
Sled Pull (Optional)	4		1	20 m	

DEADLIFT (Lower Body Pull)					
Estimated 1RM					150
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Working Sets					
Deadlift	1 x 5	2011	3-5	60	
Deadlift	1 x 5	2011	3-5	60	
Deadlift	1 x 5	2011	3-5		