ELITE ATHLETE TRAINING

PHASE | **ISOMETRIC SPEED**

Blk.	No.	DAY 3: LOWER BODY	Week 1			Week 2			Week 3			NOTES
		EXERCISES	SETS	REPS/TIME	PERCENT	SETS	REPS/TIME	PERCENT	SETS	REPS/TIME	PERCENT	
1	1A	Trap Bar Pin Pull 5 sec isometric	4	1		4	1		4	1		
	1B	Banded Saftey Bar Box Squat	4	5 sec	40-50%	4	5 sec	40-50%	4	5 sec	40-50%	
	1C	Hurdle Hops	4	5		4	5		4	5		
	1D	10m Fly	4	1		4	1		4	1		
	1E	Trap Bar Drop Jump	4	5		4	5		4	5		
	1F	Split Stance Accelerated Band Jump	4	5 ea		4	5 ea		4	5 ea		
2	2A	Pit Shark Step Up w/ 10s isometric	3	1 ea	80-100%	3	1 ea	80-100%	3	1 ea	80-100%	
	2B	SL Accelerated Band Jump	3	5 ea		3	5 ea		3	5 ea		
	2C	SL Reverse Hyper w/ 10s isometric	3	1 ea	100%+	3	1 ea	100%+	3	1 ea	100%+	
	2D	Straight Leg Primetime 20m Fly	3	1		3	1		3	1		
	2E	Banded DL Glute Ham Kicks	3	10 sec		3	10 sec		3	10 sec		
	2F	Banded DL Psoas Kicks	3	10 sec		3	10 sec		3	10 sec		
3	3A	Split Stance Trap Bar RDL w/ 10s isometric	3	1 ea	80-100%	3	1 ea	80-100%	3	1 ea	80-100%	
	3B	Split Stance MB UH Hip Toss	3	5 ea		3	5 ea		3	5 ea		
	3C	SL GHR w/ 10s Isometric	3	1 ea	100%+	3	1 ea	100%+	3	1 ea	100%+	
	3D	Bent Knee Primetime 20m Fly	3	1		3	1		3	1		
	3E	Banded Standing Hamstring Kick	3	10 sec		3	10 sec		3	10 sec		
	3F	Banded Standing Quad Kick	3	10 sec		3	10 sec		3	10 sec		
4	4A	Banded Standing SL Groin Isometric	2	30 sec		2	30 sec		2	30 sec		
	4B	Banded Standing SL Glute isometric	2	30 sec		2	30 sec		2	30 sec		
	4	Bent Knee Calf Raise w/ 10s Isometric	4	1	100%+	4	1	100%+	4	1	100%+	

Blk.	No.	DAY 4: UPPER BODY	Week 1			Week 2			Week 3			NOTES
		EXERCISES	SETS	REPS/TIME	PERCENT	SETS	REPS/TIME	PERCENT	SETS	REPS/TIME	PERCENT	
1	1A	Bench Press Pin Press 5 sec isometric	4	1		4	1		4	1		
	1B	Banded Bench Press	4	5 sec	40-50%	4	5 sec	40-50%	4	5 sec	40-50%	
	1C	Drop Catch Push Up	4	5		4	5		4	5		
	1D	Band Accelerated Plyo Pushup	4	5		4	5		4	5		
	1E	Drop Catch BB Bench Press	4	5		4	5		4	5		
	1F	Split Stance MB Chest Pass	4	3 ea		4	3 ea		4	3 ea		
2	2A	SA Lat Pulldown w/ 10s isometric	3	1 ea	100%+	3	1 ea	100%+	3	1 ea	100%+	
	2B	SA Lat Pulldown OC	3	10 sec ea		3	10 sec ea		3	10 sec ea		
	2C	Dips w/ 10s isometric	3	1	100%+	3	1	100%+	3	1	100%+	
	2D	Banded Dips OC	3	10 sec		3	10 sec		3	10 sec		
	2E	2 DB Hammer Curl w/ 10s isometric	3	1	100%+	3	1	100%+	3	1	100%+	
	2F	2 DB Hammer Curl OC	3	10 sec		3	10 sec		3	10 sec		
3	3A	SA DB Shoulder Press w/ 10s isometric	3	1 ea	100%+	3	1 ea	100%+	3	1 ea	100%+	
	3B	SA DB Shoulder Press OC	3	10 sec ea		3	10 sec ea		3	10 sec ea		
	3C	SA DB Row w/ 10s isometric	3	1 ea	100%+	3	1 ea	100%+	3	1 ea	100%+	
	3D	SA DB Row OC	3	10 sec ea		3	10 sec ea		3	10 sec ea		
	3E	2 DB Skull Crucher w/ 10s isometric	3	1	100%+	3	1	100%+	3	1	100%+	
	3F	2 DB Skull Crusher OC	3	10 sec		3	10 sec		3	10 sec		
4	4A	Banded SA Front Raise isometric	1	30 sec ea		1	30 sec ea		1	30 sec ea		
	4B	Banded SA Lateral Raise isometric	1	30 sec ea		1	30 sec ea		1	30 sec ea		
	4C	Banded SA BO Front Raise isometric	1	30 sec ea		1	30 sec ea		1	30 sec ea		
	4D	Banded SA Reverse Fly isometric	1	30 sec ea		1	30 sec ea		1	30 sec ea		
	4	Gripper w/ 10s isometric	4	1	100%+	4	1	100%+	4	1	100%+	