



# SUPER-POWER



\*All exercises below are to be performed with max intent for rate of force development & power adaptations

\*Perform 3-5 Rounds of Exercises 1-6 (15-30 minutes total)

\*Rest 30-60 seconds b/w exercises

No.	Movement Type	Exercise Options	Intensity (Percent)	Duration (reps)
1	Lower Body Push	DB Split Squat Jump, Trap Bar Jump, Squat Jump, Speed Squat, DB Lunge Jump	25-55%	2-3ea (single leg) 3-5 (double leg)
2	Upper Body Pull	MB Slam, MB Rotational Slam, MB Down Chop, MB DC Slam	N/A	3-5
3	Shoulder Girdle/Arms	BO Reverse Fly Drop Catch, Lateral Raise Drop Catch, Front Raise Drop Catch, Curl Drop Catch	5-15LB	5-10
4	Lower Body Pull	MB Broad Jump, KB Swing, MB Granny Throw, MB OH Throw, MB Up Chop, Kneeling Jump	N/A	2-3ea (single leg) 3-5 (double leg)
5	Upper Body Push	Clapping Push Up, Speed Bench Press, Speed OH Press, MB Chest Pass	35-65%	3-5
6	Ankle	DB Ankle Hop, SL Ankle Hop, Ankle Hop	N/A	5-10

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