



SUPER-SHOCK



*All exercises below are to be performed with max intent for impulse and shock 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	Split Squat Drop Jump, Trap Bar Drop Squat Jump, RFE Drop Jump, Squat Drop Jump	15-35%	2-3ea (single leg) 3-5 (double leg)
2	Upper Body Pull	Chest Supported Drop Catch (DC) Row, SA DC Row, Landmine DC Row, Pull Up DC, Chin Up DC	25-45%	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	Hip Thrust Stomp, Trap Bar RDL Drop Catch	15-35%	2-3ea (single leg) 3-5 (double leg)
5	Upper Body Push	Bench Press DC, Close Grip BP DC, Drop Clap Push Up, Landmine DC Press	25-45%	3-5
6	Ankle	Depth Drop Pogo, Depth Drop SL Pogo	N/A	6-8

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