

## PHASE 1: ISOMETRIC STRENGTH

Day 1 Upper		SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Hand Realease Clap Push Up	3x5					
	Renegade Row w/ 1s pause at top	3x5ea					
2A	Bench Press w/ 6 iso	4x2					
	Push Up Depth Drop	4x5	60-70%	65-75%	70-80%	75%+	
3A	Split Stance LM Press w/ 3 iso at top	4x5ea					
3B	Lnamdine Row (straddle) w/ 3 iso at top	4x5					
	<a href="https://www.youtube.com/watch?v=e-c4gMcadyw">https://www.youtube.com/watch?v=e-c4gMcadyw</a>						
3C	DB Skull Crusher w/ 3 iso at bottom	4x5					
4A	Band STRaight Arm Pulldown	1x50					
4B	Band Face Pull	1x50					
DAY 2 Lower		SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	BB Jump Squat (full Puase at bottom)	3x5ea					
	2 DB FFE Reverse Lunge w/ 1s at bottom	3x5ea					
2A	Front Squat w/ 3s iso up and down	4x2					
	Box Depth Drop	4x5	60-70%	65-75%	70-80%	75%+	
3A	BB Split Stance Goodmorning w/ 3 iso	4x4ea					
3B	2 DB RFE Squat w/ 3 iso	4x4ea					
4A	Split Squat Right	1x60s		1x90s	1x120s		
	*back heel on wall						
4B	HS Curl Iso	1x60s		1x90s	1x120s		
	*ill explain on phone						
4C	Split Squat Left	1x60s		1x90s	1x120s		
	*back heel on wall						
DAY 3 Total		SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Banded Russian KB Swing	3x5					
	2 DB Death March	3x5ea					
2A	BB DL w/ 3 iso at knee (up & down)	4x2					
	KB Drop Catch RDL	4x5					
3A	BB 2 Press w/ 3 iso up and down foreheat	4x2					
	Pull Up w/ 3 iso up and down	4x2					
4A	Dip w/ 3 iso at bottom	4x5					
4B	DB Goblet Squat w/ 3 iso	4x5					
4C	2 DB High Pull w/ 3 iso at top	4x5					
4D	BB Hip Thrust w/ 3 iso at top	4x5					