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Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
500	RDL SL Rack	T	325 - 350	5	2 up-1 down
	PW / 45 rest/BB/RT	EF			7:0:0:0:7:10
	Cuban PRSS INC F8	T	#N/A .. #N/A	5	7:0:0:0:7:10
	PW / 45 rest/BB/RT	EU	Set - Hr	110	Each Leg
	Ankle Band Work	T		5	7:0:0:0:7:10

[Single Leg RDL Eccentric](#)

[Cuban Press Inc Figure 8](#)

[Ankle Band Work](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
350	Glute Ham Bar Lift	T	230 - 245	5	7:0:0:0:7:10
	PW / 45 rest/BB/RT	EU			
225	Psoas SL SQ	T	145 - 160	5	7:0:0:0:7:10
	PW / 45 rest/BB/RT	ED	Set - Hr	110	
	Bench Abd Groin ECC	T		5	7:0:0:0:7:10

[Glute Ham Bar Lift Eccentric](#)

[Eccentric DB Psoas Single Leg Squat](#)

[Bench Abd Groin ECC](#)

Post Workout Recovery

	Hip Traction	300S		1	Belly Breath
	Pair w/				No Rest
	Partner Leg Walks				
	Pair w/				No Rest
	GH HANG	60S		1	Relax Mouth

[Hip Traction](#)

[Partner Leg Walks](#)

[GH HANG](#)

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## Day 2 of Week 1

### Warm up Sets

		REPS	LOAD	SETS	NOTES
200	BENCH PRESS	5,3	100 - 135	1,1	P/w-2 Neck
	Pair w/				
200	BENCH PRESS	1	155 - 180	1	P/w-2 Neck

[BENCH PRESS](#)

[BENCH PRESS](#)

### Contrast Sets

		REPS	LOAD	SETS	NOTES
200	BENCH PRESS	T	170 - 175	4	7:0:0:0:7:10
200	BENCH PRESS	T	40 - 50	4	5 reps AFSM
	Pair w/Rest HR 104	ED			
60	DB INCLINE BENCH	T	30 - 35	4	5 Reps AFSM
	Pair w/Rest HR 104	ED			
10/6	Rack Band Push Up	T		4	5 Reps

[BENCH PRESS ECCENTRIC](#)

[BENCH PRESS REACTIVE](#)

[Dumbbell Incline Bench Press](#)

[Rack Band Push Up](#)

### Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
	EXT Rotation BND	T	1N/A .. 1N/A	5	7:0:0:0:7:10
	Pair w/Rest HR 104	ED			
120	Pull up	T	95 - 100	5	7:0:0:0:7:10
	Pair w/Rest HR 104	EU			Partner pull
	Cpress stnd Band	T		5	7:0:0:0:7:10

[External Rotation Band](#)

[Pull Up Eccentric](#)

[Cuban Press Standing Band](#)

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Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
160	Dips	T	130 - 135	5	7:0:0:0:7:10
	Pair w/Rest HR 104	EU			Partner pull
120	Chin up	T	95 - 100	5	7:0:0:0:7:10
	Pair w/Rest HR 104	EU			Bottom half
50	DB Shoulder Press	T	40 - 45	5	3:0:0:0:7:10

[Dips](#)

[Chin Up Eccentric](#)

[DB Shoulder Press](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
64	JM DB Press	T	55 - 55	4	7:0:0:0:7:10
	Pair w/Rest HR 107	EU			
80	BAR CURL	T	70 - 70	4	7:0:0:0:7:10
	Pair w/Rest HR 107	ED			
	Wrist Flexion	T		4	7:0:0:0:7:10

[JM DB Press](#)

[Straight Bar Curl Eccentric](#)

[Wrist Flexion](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
	Wrist Extension	T	\$N/A - \$N/A	3	7:0:0:0:7:10
	Pair w/Rest HR 107	EU			
	Pike SWB Abs	T	\$N/A - \$N/A	3	7:0:0:0:7:10
	Pair w/Rest HR 107	ED			
	SWB Down TW	T		3	0:0:0:0:7:10

[Wrist Extension](#)

[Pike SWB Abs](#)

[SWB Down TW](#)

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## Day 3 week 1

Warn up Sets

		REPS	LOAD	SETS	NOTES
500	Back Squat	5	225 - 275	1	
	Pair w/	ED			
500	Back Squat	3	295 - 325	1	
	Pair w/	EU			
500	Back Squat	1	390 - 400	1	

[BACK SQUAT](#)

[BACK SQUAT](#)

[BACK SQUAT](#)

8 five second max effort sets

		REPS	LOAD	SETS	NOTES
500	Back Squat	T	450 - 465	4	0:0:0:0:5:10
	Pair w/				
500	Back Squat	T	450 - 465	4	0:0:0:0:5:10

[BACK SQUAT](#)

[BACK SQUAT](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
375	SL Leg Press	T	320 - 340	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	OC			Single Leg
250	RDL SL DB	T	200 - 215	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	OC			Same Leg
	Hip Flex Prone oc	T		3	0:0:0:0:5:10

[SL Leg Press](#)

[OC DB Single Leg RDL](#)

[Hip Flexor Prone OC Contralateral](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
250	STEP UP	T	215 - 225	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	EP			Bottom 1/2
	GH HYPR	T	\$N/A .. \$N/A	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	OC	Set - Hr	105	
	Bench Add Groin	T		3	0:0:0:0:5:10

[Dumbbell STEP Up](#)

[Glute Ham OC-A](#)

[Bench Add Groin](#)

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Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
350	Glute Ham Bar Lift	T	315 - 335	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT				
225	Psoas SL SQ	T	205 - 215	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	OC	Set - Hr	105	OC-D
	Bench Abd Glute	T		3	0:0:0:0:5:10
	PRTNR Abs	T		3	0:5:0:0:5:10

[Glute Ham Bar Lift](#)

[Bench Abd Glute](#)

[PRTNR Abs](#)

Recovery Sets

	Hip Traction	180s		1	belly Breath
	GH HANG	120S		1	Relax Mouth

[Hip Traction](#)

[GH HANG](#)

## Day 4 week 1

Warm up

		REPS	LOAD	SETS	NOTES
200	BENCH PRESS	5	90 - 110	1	P/w-2 Neck
	Pair w/no Rest				
200	BENCH PRESS	3	120 - 130	1	P/w-2 Neck

[BENCH PRESS](#)

[BENCH PRESS](#)

Contrast Sets

		REPS	LOAD	SETS	NOTES
200	BENCH PRESS	1	155 - 160	1	P/w-2 Neck
200	BENCH PRESS	1,1	170 - 175	4	0:0:0:20:5:10
	Pair w/ Rest 30	ED			
	Med Ball Chest Pass	T	8N/A - 8N/A	4	one arm
	Pw/ Rest 30/ SR 180	EU			0:0:0:0:5:10
	Delt BO Lat Reb Drop	T		4	0:0:0:0:5:10

[BENCH PRESS](#)

[BENCH PRESS](#)

[Med Ball Pass One Arm](#)

[Delt Bent Over Lateral Reactive Drop](#)

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Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
60	DB INCLINE BENCH	T	50 - 50	3	0:0:0:0:5:10
	Pair w/ Rest 45	ED			OC+1/UL
70	DB BO Row	T	55 - 60	3	0:0:0:0:5:10
	Pw/ Rest 30/ SR 180	EU		OC	OC/UL
50	DB Shoulder Press	T	40 - 45	3	0:0:0:0:5:10

[Dumbbell Incline Press Oscillatory](#)

[Dumbbell Bentover Row OC](#)

[DB Shoulder Press Oscillatory](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
160	Close Grip Bench	T	145 - 150	3	0:0:0:0:5:10
	Pair w/ Rest 45	EU			3 Board
120	Chin up	T	110 - 115	3	0:0:0:0:5:10
	Pw/ Rest 30/ SR 180	ED			Bottom 1/2
	Stiff Leg Ankle Hops	T		3	0:0:0:0:5:10

[Close Grip Board Bench Press](#)

[Chin up](#)

[Stiff Leg Ankle Hops](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
160	Dips	T	145 - 150	3	0:0:0:0:5:10
	Pair w/ Rest 45	EU			Oc + 1
80	BAR CURL	T	70 - 75	3	Oc + 1
	Pw/ Rest 30/ SR 180	ED			0:0:0:0:5:10
120	Gripper	T	110 - 115	3	0:0:0:0:5:10

[Dips OC Disadvantage](#)

[BAR CURL](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
	Plate Pincher	T		3	0:0:0:0:5:10
					One Hand
		T	90% - 95%	3	
					each side
	SWB Up TW	T		3	0:0:0:0:5:10

[Plate Pinchers](#)

[SWB Up TW](#)

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## Day 5 of Week 1

### Warm up Sets

		REPS	LOAD	SETS	NOTES
416	SL Safety Squat	5	185 - 230	1	
	Pair w/	ED			
416	SL Safety Squat	3	245 - 270	1	
	Pair w/	EU			
416	SL Safety Squat	1	325 - 335	1	
416	SL Safety Squat	1	375 - 395	1	

[Safety Bar Split Squat](#)

[Safety Bar Split Squat](#)

[Safety Bar Split Squat](#)

[Safety Bar Split Squat](#)

### Work sets

		REPS	LOAD	SETS	NOTES
416	SL Safety Squat	T	455 - 500	4	10:0:0:10:10:0
					1 Cluster Reps
416	Hurdle Hop	4	\$N/A .. \$N/A	4	Height
	PW / no Rest				Pause
416	USSR Plyo Box	4	\$N/A .. \$N/A	4	Pause
	PW / no Rest				Rest
416	Acc Band Jump Pause	4		4	Rest HR 110
416	Bench Add Groin	T	\$N/A .. \$N/A	4	3:0:0:0:10:10
	PW / 35 rest/BB/RT				
416	Cuban PRSS	T	\$N/A .. \$N/A	4	10:0:0:0:10:10
	PW / 35 rest/BB/RT		Set - Hr	115	
416	Ankle Band Work	T		4	0:0:0:0:10:10

[Safety Bar Eccentric Split Squat](#)

[Hurdle Hop](#)

[USSR Plyo Box](#)

[Acc Band Jump Pause](#)

[Bench Add Groin](#)

[Cuban Press](#)

[Ankle Band Work](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
500	RDL SL Rack	T	400 - 425	5	4:0:0:0:10:10
	PW / 35 rest/BB/RT				
225	Psoas SL SQ	T	180 - 190	5	3:0:0:0:10:30
	PW / 35 rest/BB/RT		Set - Hr	115	
750	Leg Press	T	600 - 640	5	4:0:0:0:10:10

[Single Leg RDL Eccentric](#)

[Eccentric DB Psoas Single Leg Squat](#)

[Leg Press](#)

Next exercise grouping for workouts

		REPS	LOAD	SETS	NOTES
300	BENCH PRESS	EccF	240 - 255	3	4:0:0:0:10:10
	120 rest/BB/RT				
75	DB Shoulder Press	EccF	60 - 65	3	3:0:0:0:10:10
	120 rest/BB/RT				Bottom Half
150	TRI PUSH DOWN	EccF	120 - 130	3	3:0:0:0:10:10

[Bench Press Eccentric](#)

[Dumbbell Shoulder Press Eccentric](#)

[Rev Grip Tri Push](#)

Recovery

	GH HANG	120S		1	Relax Mouth
	Pair w/				
	Partner Leg Walks	120S		1	
	Pair w/				
	Hip Traction	300S		1	Belly Breath

[GH HANG](#)

[Partner Leg Walks](#)

[Hip Traction](#)