

The Following is a sample e-mail of what you will receive on a daily basis when you sign up for any of Xlathlete.com On-line sport camps.

The workout is after the E-mail.

Notice you will have videos directly linked to the names on the workout sheet. Just click on the sheet and you will see the sports specific exercise. We have strength and speed camps.

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Sample E-mail Below!!!!

Complete your Dynamic Flexibility Warm up

<u>Exercise</u>	<u>Distance</u>	<u>Number</u>
Babe Skip / High Knee Skip	10yd / 10yd	1 Repetition
http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Baby%20Skips%20to%20High%20Knee%20Skips		
High Knee Run / Butt Kick Run	10yd / 10yd	1 Repetition
http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=High%20Knee%20Run%20To%20Butt%20Kick%20Run		
Frankenstein Skip / Frankenstein Run	10yd / 10yd	1 Repetition
http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Frankenstien%20Kick%20to%20Frankenstien%20Run		
Backward Run / Backwards Butt Kick	10yd / 10yd	1 Repetition
http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Backward%20Run%20to%20Backward%20Butt%20Kick%20Run		
Lunge with twist / backwards with twist	10yd / 10yd	1 Repetition
http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Forward%20Lunge%20with%20Twist%20to%20Backward%20Lunge%20With%20Twist		
Knee Hug Walk / Frankenstein Walk	10yd / 10yd	1 Repetition
http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Knee%20Hung%20Walk%20To%20Frankenstien%20Walk		
Sprint	10 yards	2 Repetitions
http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Sprint%20Starts		

3 cone drill 3 repetitions 45 seconds rest - 100% Effort

http://www.xlathlete.com/view_drill.jsp?drill_id=2070&browse_sport_program_id=69&drill_type=0

Complete Your Lifting Program which is listed below

Complete this Sprint Program

Set 1: 5 yards 4 reps 100% effort 5 seconds rest

Rest 1 minute

Set 2: 10 yards 4 reps 100% effort 5 seconds rest

Rest 1 minute

Set 3: 20 yards 4 reps 100% effort 10 seconds rest

Rest 3 minutes

Set 1: 5 yards 4 reps 100% effort 5 seconds rest

Rest 1 minute

Set 2: 10 yards 3 reps 100% effort 5 seconds rest

Rest 1 minute

Set 3: 20 yards 3 reps 100% effort 10 seconds rest

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Sample Strength Program for Pro athlete

WARM-UP
WARMUP23

STRENGTH PREP
Strength Prep Both 6

WARM-UP
Short Hurdle Workout

STRENGTH PREP

WARM-UP

STRENGTH PREP

Thomas Vanek

100%	MONDAY	100.0%				100.0%			
		19-Jul-10		26-Jul-10		2-Aug-10		9-Aug-10	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	BAL SNGL LG SQ	3		2	5:0:0:0	3		2	5:0:0:0
	Pair w/				No Rest				No Rest
	Triangle Terror	8		2	Each Leg	8		2	Each Leg
	Pair w/				No Rest				No Rest
	3 - WY Ham PRSS	6		2	Each Leg	6		2	Each Leg
500	Sport Back Squat	5	225 - 275	1		5	225 - 275	1	
					Rest 1:00				Rest 1:00
500	Sport Back Squat	3	295 - 325	1		3	295 - 325	1	
					Rest 1:00				Rest 1:00
500	Sport Back Squat	1	390 - 400	1		1	390 - 400	1	
500	Sport Back Squat	3	400 - 415	4	Push Feet	3	400 - 415	4	Push Feet
					No Rest				No Rest
	Drop Rebound Box	6		4	Speed	6		4	Speed
	Pair w/				No Rest				No Rest
	ALT Splt Lunge Jnr	10		4	Rest 2:30	10		4	Rest 2:30
200	Walking Lunge	6	130 - 140	3	Switch	6	130 - 140	3	Switch
					Rest 30				Rest 30
500	Glute Bar Lift	6	400 - 415	3		8	375 - 400	2	
	Pair w/				Rest 30				Rest 30
	4-WAY MANUAL NECK	10		3	Rest 1:30	10		3	Rest 1:30
	Ball BND LG Curls	8		2	Squeeze	8		2	Squeeze
	Pair w/				No Rest				No Rest
	90 90 Glute ISO Hold	15S		2	Each Leg	15S		2	Each Leg
	Pair w/				No Rest				No Rest
	90 90 Groin ISO Hold	15S		2	Each Leg	15S		2	Each Leg
	Wall Sits	120S		1	Be Tuff	120S		1	Be Tuff
					Rest 30				Rest 30
	Glute Ham Back Iso	120S		1	Be Tuff	120S		1	Be Tuff
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/				No Rest				No Rest
	LAYING WALL SHAKES	120S		1		120S		1	
	Pair w/				No Rest				No Rest
	Rollers Glutes & Hams								

MONDAY NOTES

100%	WENDESDAY	100.0%				100.0%			
		21-Jul-10		28-Jul-10		4-Aug-10		11-Aug-10	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Piston Squat Band	10		2	3:0:0:0	10		2	3:0:0:0
	Pair w/				No Rest				No Rest
500	Glute Bar Lift	8	375 - 400	2	Squeeze	8	375 - 400	2	Squeeze
	Pair w/				No Rest				No Rest
	3 - WY Ham PRSS	9		2	Each Leg	9		2	Each Leg
500	Back Squat	5	225 - 275	1		5	225 - 275	1	
	Pair w/				Rest 1:00				Rest 1:00
500	Back Squat	5	375 - 400	1		5	375 - 400	1	
	Pair w/				Rest 1:00				Rest 1:00
500	Back Squat	1	390 - 400	1		1	390 - 400	1	
500	Back Squat	2	440 - 465	4	Push Feet	2	440 - 465	4	Push Feet
	Pair w/				No Rest				No Rest
	Squat Drop Jump	5		4	Speed	5		4	Speed
	Pair w/				No Rest				No Rest
	ALT INC Power Ste	12		3	Rest 2:30	12		3	Rest 2:30
100	DB Step up	6	75 - 80	3	Alternating	6	75 - 80	3	Alternating
	Pair w/				Rest 30				Rest 30
	4-WAY MANUAL NECK	8		3		8		3	
	Pair w/				Rest 30				Rest 30
100	DB SL Calf Raise	12	65 - 70	3	band	12	65 - 70	3	band
	GH HYPR speed Drop	5		2		5		2	
	Pair w/				Rest 30				Rest 30
	Hip FLX BND Pulls	8		2	Each Leg	8		2	Each Leg
	Pair w/				Rest 30				Rest 30
	Iso Ball Grion Squeeze	10S		2		10S		2	
	Partner Squat OC	20		5	Rest 30	20		5	Rest 30
					Rest 45				Rest 45
	Isometric Lunge Hold	120S		1	Each Leg	120S		1	Each Leg
	Pair w/				Rest 45				Rest 45
	Glute Ham Back Cav Iso	120S		1		120S		1	
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/				No Rest				No Rest
	LAYING RELAXATION	120S		1		120S		1	
	Pair w/				No Rest				No Rest
	Rollers Quads & Back								

WENDESDAY NOTES

100%	FRIDAY	100.0%				100.0%			
		23-Jul-10		30-Jul-10		6-Aug-10		13-Aug-10	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	BAL SNGL LG SQ	6		2	Toes	6		2	Toes
	Pair w/				No Rest				No Rest
	Glute Bench Lifts	6		2	Squeeze	6		2	Squeeze
	Pair w/				No Rest				No Rest
	3 - WY Ham PRSS	6		2	Each Leg	6		2	Each Leg
225	Single Leg Squat	12	145 - 160	5	Each Leg	12	145 - 160	5	Each Leg
	Pair w/				Rest 1:00				Rest 30
	180 Box JMP	4		5	each way	8		5	each way
	Pair w/				Rest 1:00				Rest 30
	Speed Skater For Distance	5		5	Each leg	5		5	Each leg
200	DB Walking Lunge	12	130 - 140	3	Push Feet	12	130 - 140	3	Push Feet
					Rest 30				Rest 30
	Ball BND LG Curls	12		3	Speed	12		4	Speed
	Pair w/				Rest 30				Rest 30
	Calf Raises	15		3	Rest 2:30	15		3	Rest 2:30
	Hip FLX BND Pulls LAT	8		2	each leg	8		2	each leg
	Pair w/				Rest 30				Rest 30
	Assist Nordic Ham Curl	6		3		6		3	Each Leg
	Pair w/				Rest 30				Rest 30
	90 90 Groin ISO Hold	10S		2	Each Leg	10S		2	Each Leg
	Hindu Squat Iso	120S		1	Be Tuff	120S		1	Be Tuff
					Rest 45				Rest 45
	Glute Ham Back Iso	120S		1	Be tuff	120S		1	Be tuff
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/				No Rest				No Rest
	LAYING WALL SHAKES	120S		1		120S		1	
	Pair w/				No Rest				No Rest
	Rollers Glutes & Hams								

FRIDAY NOTES

Thomas Vanek

Athlete Notes



The following are a couple different aspects to understand in reading the sheet above.

When the exercise is the color blue with a line under it's a hyperlink, click on the exercise and you will be directed to a video clip that show the exercise.

	ISO CHEST HOLD	90S	1		120S	1
Pair w/						
	Shr Sho Bi Cav Iso	120S	1		120S	1

These numbers stand for seconds, here an athlete will perform the Iso Chest Hold for 90 seconds and the Shrug Shoulder Bicep Calf Iso for 120 seconds in 1 set

	ISO CHEST HOLD	90S	1		120S	1
Pair w/						
	Shr Sho Bi Cav Iso	120S	1		120S	1

Reps: Here you will find exactly how many times you should complete each exercise

100%	Day one	100.0%				100.0%			
		3-Jun-10		10-Jun-10				24-Jun-10	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
91	DB BENCH	8	75 - 70	2	Alternating	8	65 - 70	2	Alternating
	Pair w/								
	Piston Squat	6		2	Bands	6		2	Bands
	Pair w/								
	3 - WY Ham PRSS	9		2	Eyes Closed	9		2	Eyes Closed

Load: Here you will find what weight to use while completing each exercise.

100%	Day one	100.0%				100.0%			
		3-Jun-10		10-Jun-10				24-Jun-10	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
91	DB BENCH	8	75 - 70	2	Alternating	8	65 - 70	2	Alternating
	Pair w/								
	Piston Squat	6		2	Bands	6		2	Bands
	Pair w/								
	3 - WY Ham PRSS	9		2	Eyes Closed	9		2	Eyes Closed

Sets: Here you will find how many groups of reps you will do with one particular exercise.

100%	Day one	100.0%				100.0%			
		3-Jun-10		10-Jun-10		24-Jun-10			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
91	DB BENCH	8	75 - 70	2	Alternating	8	65 - 70	2	Alternating
	Pair w/								
	Piston Squat	6		2	Bands	6		2	Bands
	Pair w/								
	3 - WY Ham PRSS	9		2	Eyes Closed	9		2	Eyes Closed

Notes: Here you will find any extra information you need to complete your exercise.

100%	Day one	100.0%				100.0%			
		3-Jun-10		10-Jun-10		24-Jun-10			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
91	DB BENCH	8	75 - 70	2	Alternating	8	65 - 70	2	Alternating
	Pair w/								
	Piston Squat	6		2	Bands	6		2	Bands
	Pair w/								
	3 - WY Ham PRSS	9		2	Eyes Closed	9		2	Eyes Closed

MONDAY	5-Apr-10		12-Apr-10		19-Apr-10		26-Apr-10	
	REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
<u>Piston Squat</u>	6		2		6		2	
Pair w/								
<u>Bench Glute Lift</u>	12		2		12		2	
Pair w/								
<u>3 - WY Ham PRSS</u>	6		2		6		2	

For the box above you would complete 1 set of piston squats with 6 repetitions on each leg. Right after the piston squats you would complete 1 set of 12 bench glute lifts, and immediately follow that up with 1 set of 6 repetitions each leg of the 3 way hamstring press. After all 3 of the exercises listed in the box have been done one time you will return to the top and complete another set of each exercise. Repeat this process until you have finished all of the sets listed. For this example you would only need to complete 2 sets through these groupings of exercises.

	REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
<u>Single Leg Squat</u>	5	60 - 75	1		5	60 - 75	1	
<u>Single Leg Squat</u>	3	80 - 90	1		3	80 - 90	1	
<u>Single Leg Squat</u>	4	100 - 110	4		4	100 - 110	4	

For this box above you would complete one set of single leg squats with 5 reps on each leg with a load between 60 and 75 lbs. You would follow that with another set of single leg squats with 3 reps on each leg and a load between 80 and 90 lbs. Finally, you would end the box with 4 straight sets of single leg squats with 4 repetitions on each leg and a load between 100 and 110 lbs. Without the "Pair w/" in between exercises you complete all sets listed for a single exercise and then move on to the next exercise.

When Rest appears in this column you will rest that amount of time between exercises. Here you will rest 30 seconds between lunges and RDLs, then another 30 seconds after RDL before 4-way neck, then 1:30 before you begin the second sets of lunges.

100	Walking Lunge	6	55 - 60	4	Switch	6	55 - 60	4	Switch
					Rest 30				
100	DB RDL InLine	6	55 - 60	4	Each Leg	6	75 - 80	4	Each Leg
	Pair w/				Rest 30				
	4-WAY MANUAL NECK	10		4	Rest 1:30	10		4	Rest 1:30