

2 Exercises

pH YouTube

Increasing The Deficit

- Olympic Lifting Variations
 - Below Knee Hang Snatch/Clean
 - Extended Eccentric
 - Week 1 - 6x1 (5/X/X/2)/82% 1RM Bar
 - Week 2 - 6x1 (5/X/X/2)/85% 1RM Bar
 - Week 3 - 6x1 (5/X/X/2)/87% 1RM Bar
 - Week 4 - 6x1 (5/X/X/2)/90% 1RM Bar
 - Rhythm Hang Snatch/Clean 2-3 (RDL)+1-2 (Snatch/Clean)
 - Week 1 - 3x3+1 (X/X/X/2)/72% 1RM Bar
 - Week 2 - 3x3+1 (X/X/X/2)/75% 1RM Bar
 - Week 3 - 3x3+1 (X/X/X/2)/77% 1RM Bar
 - Week 4 - 3x3+1 (X/X/X/2)/80% 1RM Bar

Increasing The Deficit

- Weight Release Hooks
 - Change Concentric Bias
 - Overloaded Eccentric Portion
 - Submaximal Method
 - Week 1 - 6x1 (5/0/X/0)/60% 1RM Bar, 40% Weight Release Hooks
 - Week 2 - 6x1 (5/0/X/0)/70% 1RM Bar, 30% Weight Release Hooks
 - Week 3 - 6x1 (5/0/X/0)/80% 1RM Bar, 20% Weight Release Hooks
 - Week 4 - 6x1 (5/0/X/0)/90% 1RM Bar, 10% Weight Release Hook
 - Supramaximal Method
 - Week 1 - 3x1 (10/0/X/0)/70% 1RM Bar, 20% Weight Release Hooks
 - Week 2 - 3x1 (10/0/X/0)/70% 1RM Bar, 25% Weight Release Hooks
 - Week 3 - 3x1 (10/0/X/0)/70% 1RM Bar, 30% Weight Release Hooks
 - Week 4 - 3x1 (10/0/X/0)/70% 1RM Bar, 35% Weight Release Hooks

Increasing The Deficit

- Extended Eccentrics
 - Change Concentric Bias
 - Overloaded Eccentric Portion
 - Submaximal Method
 - Week 1 - 5x2-3 (8/0/X/0)/82% 1RM
 - Week 2 - 5x2-3 (8/0/X/0)/85% 1RM
 - Week 3 - 5x2-3 (8/0/X/0)/87% 1RM
 - Week 4 - 5x2-3 (8/0/X/0)/90% 1RM
 - Supramaximal Method
 - Week 1 - 10x1 (10/0/0/0)/90% 1RM
 - Week 2 - 10x1 (10/0/0/0)/95% 1RM
 - Week 3 - 10x1 (10/0/0/0)/100% 1RM
 - Week 4 - 10x1 (10/0/0/0)/100% 1RM

Increasing The Deficit

- Yielding Isometrics
 - Titin Formation
 - Overloaded Yielding Isometric
 - 3 Position Yielding Iso
 - Week 1 - 3x2-3 (2/5+5+5/X/0)/77% 1RM
 - Week 2 - 3x2-3 (2/5+5+5/X/0)/80% 1RM
 - Week 3 - 3x2-3 (2/5+5+5/X/0)/82% 1RM
 - Week 4 - 3x2-3 (2/5+5+5/X/0)/82% 1RM
 - End Range Yielding Iso
 - Week 1 - 5x2-3 (3/8/X/0)/77% 1RM
 - Week 2 - 5x2-3 (3/8/X/0)/80% 1RM
 - Week 3 - 5x2-3 (3/8/X/0)/82% 1RM
 - Week 4 - 5x2-3 (3/8/X/0)/85% 1RM

Increasing The Deficit

- End Range Partial
 - Longitudinal Hypertrophy
 - Overloaded End Range
 - 1 & ¼ (End Range)
 - Week 1 - 4x2-3 (4/2+2/X/0)/77% 1RM
 - Week 2 - 4x2-3 (4/2+2/X/0)/80% 1RM
 - Week 3 - 4x2-3 (4/2+2/X/0)/82% 1RM
 - Week 4 - 4x2-3 (4/2+2/X/0)/85% 1RM

Increasing The Deficit

- Complexes
 - Post Activation Potentiation
 - Increase RSI and SSC Function
 - Submaximal Compound Exercise + Plyometric
 - Week 1 - 4x2-3 (5/0/X/0)/77% 1RM + 4x4-5
 - Week 2 - 4x2-3 (5/0/X/0)/80% 1RM + 4x4-5
 - Week 3 - 4x2-3 (5/0/X/0)/82% 1RM + 4x4-5
 - Week 4 - 4x2-3 (5/0/X/0)/85% 1RM + 4x4-5

Increasing The Deficit

- Flywheel
 - Overloaded Eccentric
 - Decelerative Strength
 - Intent Focus
 - Week 1 - 5x15sec (X/0/X/0)/Quality Based
 - Week 2 - 5x20sec (X/0/X/0)/Same Weight As Week 1
 - Week 3 - 5x25sec (X/0/X/0)/Same Weight As Week 1
 - Week 4 - 5x30sec (X/0/X/0)/Same Weight As Week 1

Increasing The Deficit

- Oscillating Bar (Bamboo/Tsunami)
 - Overloaded Eccentric
 - Decelerative Strength
 - Extended Sets
 - Week 1 - 5x10 (X/0/X/0)/Quality Based
 - Week 2 - 5x10 (X/0/X/0)/Same Weight As Week 1
 - Week 3 - 5x10 (X/0/X/0)/Same Weight As Week 1
 - Week 4 - 5x10 (X/0/X/0)/Same Weight As Week 1

Decreasing The Deficit

- Olympic Lifting Variations
 - High Block (Mid Thigh/Knee/Below Knee) Snatch/Clean
 - Week 1 - 10x2 (0/0/X/2)/82% 1RM Bar
 - Week 2 - 10x2 (0/0/X/2)/85% 1RM Bar
 - Week 3 - 10x2 (0/0/X/2)/87% 1RM Bar
 - Week 4 - 10x2 (0/0/X/2)/90% 1RM Bar
 - Overloaded Pulls 2-3 + Snatch/Clean 1-2
 - Week 1 - 4x3+1 (0/0/X/2)/92% + 82% 1RM Bar
 - Week 2 - 4x3+1 (0/0/X/2)/95% + 85% 1RM Bar
 - Week 3 - 4x3+1 (0/0/X/2)/97% + 87% 1RM Bar
 - Week 4 - 4x3+1 (0/0/X/2)/100% +90% 1RM Bar

Decreasing The Deficit

- Accommodating Resistance
 - Overloaded Concentric
 - Rate of Force Development
 - Dynamic Effort - Speed Strength 1-1.3m/s
 - Week 1 - 10x2-3 (X/0/X/0)/32%
 - Week 2 - 10x2-3 (X/0/X/0)/35%
 - Week 3 - 10x2-3 (X/0/X/0)/37%
 - Week 4 - 10x2-3 (X/0/X/0)/40%
 - Dynamic Effort - Absolute Strength >.5m/s
 - Week 1 - 8x1-2 (2/0/X/0)/82%
 - Week 2 - 8x1-2 (2/0/X/0)/85%
 - Week 3 - 8x1-2 (2/0/X/0)/87%
 - Week 4 - 8x1-2 (2/0/X/0)/90%

Decreasing The Deficit

- Partialals
 - Overloaded Concentric
 - Rate of Force Development
 - Inertial (From Static Position) - Accelerative Strength .5-.75m/s
 - Week 1 - 6x5-6 (2/0/X/0)/72%
 - Week 2 - 6x5-6 (2/0/X/0)/75%
 - Week 3 - 6x5-6 (2/0/X/0)/75%
 - Week 4 - 6x5-6 (2/0/X/0)/77%
 - Full Speed Device - Strength Speed .75-.1m/s
 - Week 1 - 6x2-3 (2/0/X/0)/52%+10%
 - Week 2 - 6x2-3 (2/0/X/0)/55%+10%
 - Week 3 - 6x2-3 (2/0/X/0)/57%+10%
 - Week 4 - 6x2-3 (2/0/X/0)/60%+10%

Decreasing The Deficit

- Partial
 - Accomodate Strength Curve
 - Rate of Force Development
 - Inertial Work (From Static Position) - Accelerative Strength .5-.75m/s
 - Week 1 - 6x5-6 (2/0/X/0)/72%
 - Week 2 - 6x5-6 (2/0/X/0)/75%
 - Week 3 - 6x5-6 (2/0/X/0)/75%
 - Week 4 - 6x5-6 (2/0/X/0)/77%
 - Isometronics
 - Concentric End Range Position to Partial (2-3" Movement) x6 w/ 2/0/1/0
 - + End Range Position to Isometric Partial (2-3" Movement) x1 w/ 0/8/0/0
 - + Concentric End Range Position to Partial (2-3" Movement) x1 w/ 2/0/1/0
 - Week 1 - 3x6+1+1 (2/0/X/0)/77%, 80%, 82%
 - Week 2 - 3x6+1+1 (2/0/X/0)/80%, 82%, 85%
 - Week 3 - 3x6+1+1 (2/0/X/0)/82%, 85%, 87%
 - Week 4 - 3x6+1+1 (2/0/X/0)/85%, 87%, 90%

Increasing The Deficit

- Overcoming Isometrics
 - Positional Strength
 - Overloaded Overcoming Isometric
 - 3 Position Overcoming Iso
 - Week 1 - 3x2-3 (2/5+5+5/X/0)/72% 1RM
 - Week 2 - 3x2-3 (2/5+5+5/X/0)/75% 1RM
 - Week 3 - 3x2-3 (2/5+5+5/X/0)/77% 1RM
 - Week 4 - 3x2-3 (2/5+5+5/X/0)/80% 1RM

Increasing The Deficit

- Strongman
 - Carry/Pull/Push
 - Concentric Fitness
 - Governor Based
 - Grip Intensive
 - Time Based
 - Pacer
 - High Threshold
 - Remove Governors
 - Heavier Loads
 - Competitive
 - Think Bioenergetics
 - 30-60sec Glycolytic Power/Capacity
 - 60-180sec Oxidative Power/Capacity