

## EFS Tier Method

<b>Monday</b>				
<b>Total</b>				
<b>Tier</b>	<b>Exercise Chain</b>	<b>Classification</b>	<b>Purpose</b>	<b>Rest</b>
<i>WU</i>	Total Warm-up			0:00
<b>1</b>	Total	Main (Foundational)	Strength/Power	2:00-5:00
<b>2</b>	Lower	Secondary Barbell (Supp.)	Strength/Hypertrophy	1:00-2:00
<b>3</b>	Total	Primary Assistance	Hypertrophy	1:30
<b>4</b>	Upper	Secondary Assistance	Hypertrophy/Muscular Cond	1:00
<b>5</b>	Lower	Secondary Assistance	Hypertrophy/Muscular Cond	1:00
<b>6</b>	Core (OS)/Total (IS)	Core/Power Conversion	Core/ Power Conversion	

<b>Wednesday</b>				
<b>Upper</b>				
<b>Tier</b>	<b>Exercise Chain</b>	<b>Classification</b>	<b>Purpose</b>	<b>Rest</b>
<i>WU</i>	Upper Warm-up			0:00
<b>1</b>	Upper	Main (Foundational)	Strength/Power	2:00-5:00
<b>2</b>	Total	Secondary Barbell (Supp.)	Strength/Hypertrophy	1:00-2:00
<b>3</b>	Upper	Primary Assistance	Hypertrophy	1:30
<b>4</b>	Lower	Secondary Assistance	Hypertrophy/Muscular Cond	1:00
<b>5</b>	Total	Secondary Assistance	Hypertrophy/Muscular Cond	1:00
<b>6</b>	Core (OS)/Total (IS)	Core/Power Conversion	Core/ Power Conversion	

<b>Friday</b>				
<b>Lower</b>				
<b>Tier</b>	<b>Exercise Chain</b>	<b>Classification</b>	<b>Purpose</b>	<b>Rest</b>
<i>WU</i>	Lower Warm-up			0:00
<b>1</b>	Lower	Main (Foundational)	Strength/Power	2:00-5:00
<b>2</b>	Upper	Secondary Barbell (Supp.)	Strength/Hypertrophy	1:00-2:00
<b>3</b>	Lower	Primary Assistance	Hypertrophy	1:30
<b>4</b>	Total	Secondary Assistance	Hypertrophy/Muscular Cond	1:00
<b>5</b>	Upper	Secondary Assistance	Hypertrophy/Muscular Cond	1:00
<b>6</b>	Core (OS)/Total (IS)	Core/Power Conversion	Core/ Power Conversion	

\*Primary Assistance can be a Supplemental Exercise or an Assistance Exercise

\*Secondary Assistance can be an Assistance Exercise or a Single Joint Flexion/Extension Exercise