

## Soccer Strength Program

- 12 Weeks: 4 3-week Phases

### Phase 1 - General Physical Preparation Phase

- This phase has a strength and muscle-building emphasis. It is a preview of how your body adapts to an external load.
- Number of repetitions increases throughout this phase. A consistent weight will be used. The goal is to volumize (increase repetitions).
- This phase is comprised of basic movements that *generally* resemble movements from your sport. Those movements include Squat, Row, Overhead Press, Incline Press, Lunge, Curl.

### Phase 2 - Sport-specific Preparation Phase

- The movements will closely mimic movement demands of the sport. Those movements include Hip Extension/Flexion, Lunging, Single-leg Squatting (Knee Flexion + Hip Extension), Heterolateral (Alternating) Rowing, Jumping.
- You will intensify in this phase (decrease reps, increase weight). The goal is to get stronger and more explosive at performing the movements your sport requires.
- The GPP circuit in the final week will increase circulation, aid in recovery (waste product transport), increase mitochondrial density, and help optimize hormones.

### Phase 3 - Restoration Phase

- Exercises in this phase will focus on building muscle in the areas of the body that receive the most stress from repetitive use in the sport. The focal points are knee stability (low tempo), neck strength, shoulder stability, eccentric hamstring strength, and ankle eversion/inversion protection.
- As in the previous phase, the final week recycles GPP exercises.

### Phase 4 - Transformation/Peaking Phase

- This phase utilizes sport-specific exercises performed at game pace with rest periods resembling game demands.
- Volume is high in this phase, and the work-to-rest ratio reaches its maximum level.



Current phase and emphasis for the day.

Theme for the 3-week cycle.

Theme for weekly cycle.

Describes in general terms how often you are working (compared to last cycle).

Rest periods and speed of movements.

Describes the purpose of the current volume level. Volume is a measure of the total workload of the session.

This is how long you will rest between sets.

<i>Phase 3 -Lower</i>	<i>Restoration</i>	<i>Joint Support</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Decreasing Speed</i>	<i>Stabilization (Volume is Average of Last 2 Phases)=141 reps</i>		
<b>Week 7</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
DB Skater Squats	<input type="checkbox"/>		4	6 (Each Leg)	24(2)	1:30	
DB TKEs	<input type="checkbox"/>		3	8 (Each Leg)	24(2)	1:00	
DB Stiff-legged Deadlift	<input type="checkbox"/>		3	8	24	1:00	
Leg Extension	<input type="checkbox"/>		2	10	20	1:00	
Leg Curl	<input type="checkbox"/>		2	10	20	1:00	
3-point Calf Raises	<input type="checkbox"/>		2	15 (5 Each Way)	30	1:00	
<b>Total</b>			16		142	6.5	WRR=21.85

Check the box as you finish each exercise.

Record the weight you use here.

Number of sets per each exercise.

Number of times you will perform the movement per set. Single-side exercises will be performed on each side for the same number of reps.

Work-to-rest Ratio: A measure of how often you are lifting to how often you are resting. The higher the ratio, the higher the training density, the greater the energy demands. Conditioning and endurance work have a high WRR, strength and power work have a lower WRR.



<i>Phase 1 - Lower Split</i>	<i>GPP</i>	<i>General Strength, Hypertrophy</i>	<i>Base Density</i>	<i>Individually Stable Speed</i>	<i>Accumulation</i>		
<b>Week 1</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Goblet Squat	<input type="checkbox"/>		6	6	36	1:30	
DB Romanian DL	<input type="checkbox"/>		4	8	32	1:00	
DB Split Squats	<input type="checkbox"/>		4	8	32	1:00	
Lunge	<input type="checkbox"/>		10	30	30	1:00	
Crunches	<input type="checkbox"/>		1	20	20	0:45	
<b>Total</b>					150	5.25	WRR=28.57

<i>Phase 1 - Upper Split</i>	<i>GPP</i>	<i>General Strength, Hypertrophy</i>	<i>Base Density</i>	<i>Individually Stable Speed</i>	<i>Accumulation</i>		
<b>Week 1</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Standing Military	<input type="checkbox"/>		6	6	36	1:30	
DB Incline Press	<input type="checkbox"/>		6	6	36	1:30	
DB Front Raises	<input type="checkbox"/>		3	10	30	1:00	
Lying DB Pull-over	<input type="checkbox"/>		3	10	30	1:00	
Triceps Extension	<input type="checkbox"/>		2	15	30	0:45	
<b>Total</b>					162	5.75	WRR=28.17

<i>Phase 1 - Total Split</i>	<i>GPP</i>	<i>General Strength, Hypertrophy</i>	<i>Base Density</i>	<i>Individually Stable Speed</i>	<i>Accumulation</i>		
<b>Week 1</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Sumo Deadlift	<input type="checkbox"/>		6	6	36	1:30	
BB Bent-over Row	<input type="checkbox"/>		3	10	30	1:00	
DB Reverse-grip Row	<input type="checkbox"/>		3	10	30	1:00	
Chin-up OR Heavy Pull-down	<input type="checkbox"/>		3	10	30	1:00	
DB Curl	<input type="checkbox"/>		2	15	30	1:00	
Reverse Crunches	<input type="checkbox"/>		1	20	20	-	
<b>Total</b>					176	5.5	WRR=32

<i>Phase 1 - Total</i>	<i>GPP</i>	<i>General Strength, Hypertrophy</i>	<i>Base Density</i>	<i>Individually Stable Speed</i>	<i>Accumulation</i>		
<b>Week 2</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Front Squat	<input type="checkbox"/>		6	6	36	1:30	
DB Incline Press	<input type="checkbox"/>		6	6	36	1:30	
DB Bent-over Row	<input type="checkbox"/>		3	10	30	1:00	
DB Asterisk Lunge	<input type="checkbox"/>		3	10	30	1:00	
Lying Leg Raises (Bottoms Up)	<input type="checkbox"/>		1	20	20	-	
<b>Total</b>					152	5	WRR=30.4

<i>Phase 1 - Total</i>	<i>GPP</i>	<i>General Strength</i>	<i>Base Density</i>	<i>Individually Stable Speed</i>	<i>Accumulation</i>		
<b>Week 2</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Standing Military	<input type="checkbox"/>		6	6	36	1:30	
1 Arm DB Row	<input type="checkbox"/>		3	10 (Each Arm)	30(2)	1:00	
DB Split Squat	<input type="checkbox"/>		4	8 (Each Leg)	32(2)	1:00	
Triceps Kickbacks	<input type="checkbox"/>		2	15	30	1:00	
3/4 Sit-ups	<input type="checkbox"/>		1	20	20	-	
<b>Total</b>					148	4.5	WRR=32.89

<i>Phase 1 - Total</i>	<i>GPP</i>	<i>General Strength, Hypertrophy</i>	<i>Base Density</i>	<i>Individually Stable Speed</i>	<i>Accumulation</i>		
<b>Week 2</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Sumo Deadlift	<input type="checkbox"/>		6	6	36	1:30	
DB Goblet Squat	<input type="checkbox"/>		3	10	30	1:00	
DB Incline Crusher Press	<input type="checkbox"/>		4	8	32	1:00	
Chin-up OR Heavy Pull-down	<input type="checkbox"/>		2	15	30	1:00	
Reverse Crunches	<input type="checkbox"/>		1	20	20	-	
<b>Total</b>					148	4.5	WRR=32.89

<i>Phase 1 - Total</i>	<i>GPP</i>	<i>General Strength, Hypertrophy</i>	<i>Base Density</i>	<i>Individually Stable Speed</i>	<i>Accumulation</i>		
<b>Week 3</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Front Squat	<input type="checkbox"/>		6	6	36	1:30	
DB Incline Press	<input type="checkbox"/>		6	6	36	1:00	
DB Bent-over Row	<input type="checkbox"/>		3	10	30	1:00	
DB Asterisk Lunge	<input type="checkbox"/>		3	10	30	1:00	
Lying Leg Raises (Bottoms Up)	<input type="checkbox"/>		1	20	20	-	
<b>Total</b>					152	4.5	WRR=33.78

<i>Phase 1 - Total</i>	<i>GPP</i>	<i>General Strength, Hypertrophy</i>	<i>Base Density</i>	<i>Individually Stable Speed</i>	<i>Accumulation</i>		
<b>Week 3</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Standing Military	<input type="checkbox"/>	1	6	6	36	1:30	
1 Arm DB Row	<input type="checkbox"/>	3	3	10 (Each Arm)	30(2)	1:00	
DB Split Squat	<input type="checkbox"/>	2	4	8 (Each Leg)	32(2)	1:00	
DB Overhead Triceps Extension	<input type="checkbox"/>	4	2	15	30	1:00	
3/4 Sit-ups	<input type="checkbox"/>	5	1	20	20	-	
<b>Total</b>					148	4.5	WR=32.89

<i>Phase 1 -Total</i>	<i>GPP</i>	<i>General Strength, Hypertrophy</i>	<i>Base Density</i>	<i>Individually Stable Speed</i>	<i>Accumulation</i>		
<b>Week 3</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Sumo Deadlift	<input type="checkbox"/>		6	6	36	1:30	
DB RDL	<input type="checkbox"/>		4	8	32	1:00	
DB Arnold Press	<input type="checkbox"/>		4	8	32	1:00	
Chin-ups	<input type="checkbox"/>		3	10	30	1:00	
Hanging Knee Raise	<input type="checkbox"/>		1	20	20	-	
<b>Total</b>					150	4.5	WRR=33.3

<i>Phase 2 - Lower</i>	<i>SPP</i>	<i>Specificity - Power, Functional Strength</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Speed</i>	<i>Intensification</i>		
<b>Week 4</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
Box Jump	<input type="checkbox"/>		7	3	21	3:00	
DB Bulgarian Split Squat	<input type="checkbox"/>		6	4	24	1:30	
DB Step-ups	<input type="checkbox"/>		4	8	32	1:30	
DB Reverse Lunges	<input type="checkbox"/>		3	10	30	1:00	
Med Ball Overhead Bicycles	<input type="checkbox"/>		2	20	40	0:45	
<b>Total</b>					147	7.75	WRR=18.97

<i>Phase 2 - Upper</i>	<i>SPP</i>	<i>Specificity - Power, Functional Strength</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Speed</i>	<i>Intensification</i>		
<b>Week 4</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
Med Ball Overhead Throws	<input type="checkbox"/>		7	3	21	3:00	
DB Neutral Grip Split Press	<input type="checkbox"/>		6	4	24	1:30	
DB Arc Press	<input type="checkbox"/>		4	8 (Each Way)	32	1:30	
Single Leg Decline Push-ups	<input type="checkbox"/>		3	10 (Each Leg)	30	1:00	
DB Press Sit-ups	<input type="checkbox"/>		2	20	40	0:45	
<b>Total</b>					147	7.75	WRR=18.97

<i>Phase 2 - Total</i>	<i>SPP</i>	<i>Specificity - Power, Functional Strength</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Speed</i>	<i>Intensification</i>		
<b>Week 4</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
1 Arm DB Split Clean	<input type="checkbox"/>		7	3 (Each Arm)	21	3:00	
Kettlebell Swings	<input type="checkbox"/>		6	4	24	1:30	
DB Alternating Row	<input type="checkbox"/>		3	10 (Each Arm)	30	1:30	
Speed Hammer Curls	<input type="checkbox"/>		2	15	30	1:00	
Band Plank Rows	<input type="checkbox"/>		2	20	40	0:45	
<b>Total</b>					145	7.75	WRR=18.71

<i>Phase 2 - Lower</i>	<i>SPP</i>	<i>Specificity - Unilateral Emphasis</i>	<i>Increasing Density</i>	<i>Decreasing Rest, Stable Speed</i>	<i>Intensification</i>		
<b>Week 5</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
Lateral Box Jumps	<input type="checkbox"/>		8	2 (Each Side)	16(2)	2:00	
DB Bulgarian Split Squat 5+5's	<input type="checkbox"/>		2	10 (Each Leg)	20(2)	1:30	
DB Lateral Cross-over Step-ups	<input type="checkbox"/>		6	4 (Each Leg)	24(2)	1:00	
DB Reverse Elevated Lunges (10" Box)	<input type="checkbox"/>		4	8	32	1:00	
Med Ball Overhead Bicycles	<input type="checkbox"/>		2	20 (Each Leg)	40(2)	0:45	
<b>Total</b>					132	6.25	WRR=21.12



<i>Phase 2 - Upper</i>	<i>SPP</i>	<i>Specificity - Unilateral Emphasis</i>	<i>Increasing Density</i>	<i>Decreasing Rest, Stable Speed</i>	<i>Intensification (per side)</i>		
<b>Week 5</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
1 Leg Med Ball Overhead Throws	<input type="checkbox"/>		8	2 (Each Leg)	16	2:00	
DB 1 Arm Split Jerk	<input type="checkbox"/>		7	3 (Each Arm)	21(2)	1:00	
DB Upper Cuts	<input type="checkbox"/>		6	4 (Each Arm)	24(2)	1:00	
Incline Push-up	<input type="checkbox"/>		2	15	30	1:00	
Press Sit-up	<input type="checkbox"/>		2	20	40	0:45	
<b>Total</b>					131	5.75	WRR=22.78

<i>Phase 2 - Total</i>	<i>SPP</i>	<i>Specificity - Power, Functional Strength</i>	<i>Increasing Density</i>	<i>Decreasing Rest, Stable Speed</i>	<i>Intensification (per side)</i>		
<b>Week 5</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Split Snatch	<input type="checkbox"/>		8	2 (Each Leg)	16	2:00	
1 Arm KB Swing	<input type="checkbox"/>		7	3 (Each Arm)	21	1:00	
DB Bent-over Single Leg Rows	<input type="checkbox"/>		6	4 (Each Arm)	24	1:00	
DB Split Hammer Curls	<input type="checkbox"/>		2	15	30	1:00	
Hanging Knee Raises	<input type="checkbox"/>		2	20 (Each Leg)	40	0:45	
<b>Total</b>					131	5.75	WRR=22.78

<i>Phase 2 - Total Circuit A</i>	<i>GH Boost/Hormonal Reset</i>	<i>Strength-Endurance</i>	<i>Increasing Density</i>	<i>Decreasing Rest, Stable Speed</i>	<i>Volume Drops=~120 reps</i>	
<b>Week 6 - GPP Recycle Circuit</b>	<b>Day 1</b>	<b>Rank</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>
DB Goblet Squat	<input type="checkbox"/>		3	8	24	0:15
DB Bent-over Row	<input type="checkbox"/>		3	8	24	0:15
DB Sumo Deadlift	<input type="checkbox"/>		3	8	24	0:15
DB Romanian Deadlift	<input type="checkbox"/>		3	8	24	0:15
DB Curl	<input type="checkbox"/>		3	8	24	1:30
<b>Total</b>					120	2.5   WRR=48

<i>Phase 2 - Total Circuit B</i>	<i>GH Boost/Hormonal Reset</i>	<i>Strength-Endurance</i>	<i>Increasing Density</i>	<i>Decreasing Rest, Stable Speed</i>	<i>Intensification (Volume Drops)=~120 reps</i>	
<b>Week 6 - GPP Recycle Circuit</b>	<b>Day 2</b>	<b>Rank</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>
DB Front Squat	<input type="checkbox"/>		3	8	24	0:15
DB Reverse-grip Row	<input type="checkbox"/>		3	8	24	0:15
DB Split Clean	<input type="checkbox"/>		3	8 (1 Side)	24	0:15
DB Split Squats	<input type="checkbox"/>		3	8	24	0:15
DB Overhead Triceps Extension	<input type="checkbox"/>		3	8	24	1:30
<b>Total</b>					120	2.5   WRR=48

<i>Phase 2 - Total Circuit C</i>	<i>GH Boost/Hormonal Reset</i>	<i>Strength-Endurance</i>	<i>Increasing Density</i>	<i>Decreasing Rest, Stable Speed</i>	<i>Intensification (Volume Drops)=~120 reps</i>	
<b>Week 6 - GPP Recycle</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>
DB Side Squat	<input type="checkbox"/>		3	8 (Each Side)	24	0:15
DB Standing Military	<input type="checkbox"/>		3	8	24	0:15
DB High Pull	<input type="checkbox"/>		3	8	24	0:15
DB Lunge	<input type="checkbox"/>		3	8 (Each Side)	24	0:15
DB Hammer Curl	<input type="checkbox"/>		3	8	24	1:30
<b>Total</b>					120	2.5   WRR=48

<i>Phase 3 -Lower</i>	<i>Restoration</i>	<i>Joint Support</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Decreasing Speed</i>	<i>Stabilization (Volume is Average of Last 2 Phases)=141 reps</i>	
<b>Week 7</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>
DB Skater Squats	<input type="checkbox"/>		4	6 (Each Leg)	24(2)	1:30
DB TKEs	<input type="checkbox"/>		3	8 (Each Leg)	24(2)	1:00
DB Stiff-legged Deadlift	<input type="checkbox"/>		3	8	24	1:00
Leg Extension	<input type="checkbox"/>		2	10	20	1:00
Leg Curl	<input type="checkbox"/>		2	10	20	1:00
3-point Calf Raises	<input type="checkbox"/>		2	15 (5 Each Way)	30	1:00
<b>Total</b>			16		142	6.5   WRR=21.85

<i>Phase 3 -Upper</i>	<i>Restoration</i>	<i>Joint Support</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Decreasing Speed</i>	<i>Stabilization (Volume is Average of Last 2 Phases)=141 reps</i>		
<b>Week 7</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
DB Alternating Incline Press	<input type="checkbox"/>		4	6 (Each Arm)	24(2)	1:30	
DB Cuban Press	<input type="checkbox"/>		3	8	24	1:00	
DB Posterior Flies	<input type="checkbox"/>		3	8	24	1:00	
DB Soda Can Dumps	<input type="checkbox"/>		2	10	20	1:00	
DB Karwoski Rows	<input type="checkbox"/>		2	10	20	1:00	
Neck Circuit*	<input type="checkbox"/>	-	2	15 (5 Each Way)	30	1:00	
<b>Total</b>			16		142	6.5	WRR=21.85

<i>Phase 3 -Total</i>	<i>Restoration</i>	<i>Joint Support</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Decreasing Speed</i>	<i>Stabilization (Volume is Average of Last 2 Phases)=141 reps</i>		
<b>Week 7</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB High Pull	<input type="checkbox"/>		4	6	24	1:30	
Band Kick-backs (No Support)	<input type="checkbox"/>		3	8 (Each Leg)	24	1:00	
DB Waiter Bows OR Back Extension	<input type="checkbox"/>		3	8	24	1:00	
Australian Pull-up	<input type="checkbox"/>		2	10	20	1:00	
Standing EZ Bar Curl	<input type="checkbox"/>		2	10	20	1:00	
Band Resisted/Assisted Leg Lifts	<input type="checkbox"/>		2	15	30	1:00	
<b>Total</b>					142	6.5	WRR=21.85

<i>Phase 3 -Lower 2</i>	<i>Restoration</i>	<i>Joint Support</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Decreasing Speed</i>	<i>Stabilization (Volume is Average of Last 2 Phases)=141 reps</i>		
<b>Week 8</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
DB Skater Squats	<input type="checkbox"/>		4	6 (Each Leg)	24(2)	1:30	
DB TKEs	<input type="checkbox"/>		3	8 (Each Leg)	24(2)	1:00	
DB Stiff-legged Deadlift	<input type="checkbox"/>		3	8	24	1:00	
Leg Extension	<input type="checkbox"/>		2	10	20	1:00	
Leg Curl	<input type="checkbox"/>		2	10	20	1:00	
3-point Calf Raises	<input type="checkbox"/>		2	15 (5 Each Way)	30	1:00	
<b>Total</b>			16		142	6.5	
							WRR=21.85

<i>Phase 3 -Upper 2</i>	<i>Restoration</i>	<i>Joint Support</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Decreasing Speed</i>	<i>Stabilization (Volume is Average of Last 2 Phases)=141 reps</i>		
<b>Week 8</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
DB Alternating Incline Press	<input type="checkbox"/>		4	6 (Each Arm)	24(2)	1:30	
DB Cuban Press	<input type="checkbox"/>		3	8	24	1:00	
DB Posterior Flies	<input type="checkbox"/>		3	8	24	1:00	
DB Soda Can Dumps	<input type="checkbox"/>		2	10	20	1:00	
DB Karwoski Rows	<input type="checkbox"/>		2	10	20	1:00	
Neck Circuit*	<input type="checkbox"/>	-	2	15 (5 Each Way)	30	1:00	
<b>Total</b>			16		142	6.5	
							WRR=21.85

<i>Phase 3 -Total 2</i>	<i>Restoration</i>	<i>Joint Support</i>	<i>Decreasing Density</i>	<i>Increasing Rest, Decreasing Speed</i>	<i>Stabilization (Volume is Average of Last 2 Phases)=141 reps</i>		
<b>Week 8</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB High Pull	<input type="checkbox"/>		4	6	24	1:30	
Band Kick-backs (No Support)	<input type="checkbox"/>		3	8 (Each Leg)	24	1:00	
DB Waiter Bows OR Back Extension	<input type="checkbox"/>		3	8	24	1:00	
Australian Pull-up	<input type="checkbox"/>		2	10	20	1:00	
Standing EZ Bar Curl	<input type="checkbox"/>		2	10	20	1:00	
Band Resisted/Assisted Leg Lifts	<input type="checkbox"/>		2	15	30	1:00	
<b>Total</b>					142	6.5	WRR=21.85

<i>Phase 3 - Upper Circuit</i>	<i>GH Boost/Hormonal Reset</i>	<i>Strength-Endurance</i>	<i>Increasing Density</i>	<i>Decreasing Rest, Stable Speed</i>	<i>Intensification (Volume Drops)=~120 reps</i>		
<b>Week 9 - GPP Recycle</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Standing Military	<input type="checkbox"/>		3	8	24	0:15	
DB Bent-over Row	<input type="checkbox"/>		3	8	24	0:15	
DB Front Raises	<input type="checkbox"/>		3	8	24	0:15	
DB Upright Row	<input type="checkbox"/>		3	8	24	0:15	
DB Hammer Curls	<input type="checkbox"/>		3	8	24	1:30	
<b>Total</b>					120	2.5	WRR=48

<i>Phase 3</i>	<i>GH Boost/Hormonal Reset</i>	<i>Strength- Endurance</i>	<i>Increasing Density</i>	<i>Decreasing Rest, Stable Speed</i>	<i>Intensification (Volume Drops)=~120 reps</i>	
<b>Week 9 - GPP Recycle</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>
DB Front Squat	<input type="checkbox"/>		3	8	24	0:15
DB Lunge	<input type="checkbox"/>		3	8	24	0:15
DB Split Squat	<input type="checkbox"/>		3	8	24	0:15
DB Stiff-legged Deadlift	<input type="checkbox"/>		3	8	24	0:15
DB	<input type="checkbox"/>		3	8	24	1:30
<b>Total</b>					120	2.5   WRR=48

<i>Phase 3</i>	<i>GH Boost/Hormonal Reset</i>	<i>Strength- Endurance</i>	<i>Increasing Density</i>	<i>Decreasing Rest, Stable Speed</i>	<i>Intensification (Volume Drops)=~120 reps</i>	
<b>Week 9 - GPP Recycle</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>
DB Jump Shrug	<input type="checkbox"/>		3	8	24	0:15
DB Sumo Deadlift	<input type="checkbox"/>		3	8	24	0:15
DB High Pull	<input type="checkbox"/>		3	8	24	0:15
DB Thruster	<input type="checkbox"/>		3	8	24	0:15
DB Big Swing	<input type="checkbox"/>		3	8	24	1:30
<b>Total</b>					120	2.5   WRR=48

<i>Phase 4 - Lower</i>	<i>SPP</i>	<i>Speed, Strength, Strength-Endurance</i>	<i>Increasing Volume</i>	<i>Decreasing Rest, Increasing Density</i>	<i>Peak/ESD</i>		
<b>Week 10</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
Box Jump	<input type="checkbox"/>		5	6	30(2)	2:00	
DB Bulgarian Split Squat 5+5's	<input type="checkbox"/>		4	10	40	1:00	
DB Step-ups	<input type="checkbox"/>		3	8 (Each Leg)	24(2)	0:00	
DB Reverse Lunges	<input type="checkbox"/>		3	8 (Each Leg)	24(2)	1:00	
Leg Extension	<input type="checkbox"/>		3	16	48	0:00	
Goblet Monster Walks	<input type="checkbox"/>		3	8 (Each Leg)	24(2)	1:00	
Med Ball Overhead Bicycles	<input type="checkbox"/>		2	0:45 - AMAP	-	0:45	
<b>Total</b>					190	5.75	WRR=33

<i>Phase 4 - Upper</i>	<i>SPP</i>	<i>Toenails to Fingernails</i>	<i>Increasing Volume</i>	<i>Decreasing Rest, Increasing Density</i>	<i>Peak/ESD</i>		
<b>Week 10</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
1 Leg Med Ball Overhead Throws	<input type="checkbox"/>		5	6 (Each Leg)	30(2)	2:00	
DB 1 Arm Split Jerk	<input type="checkbox"/>		4	10	40	1:00	
DB Upper Cuts	<input type="checkbox"/>		3	8 (Each Arm)	24(2)	0:00	
1 Legged Push-ups	<input type="checkbox"/>		3	8 (Each Leg)	24(2)	1:00	
DB Alternating Hammer Front Raises	<input type="checkbox"/>		3	8 (Each Arm)	24(2)	0:00	
DB Cuban Press	<input type="checkbox"/>		3	16	48	1:00	
Press Sit-up	<input type="checkbox"/>		2	0:45 - AMAP	-	0:45	
<b>Total</b>					190	5.75	WRR=33



<i>Phase 4 - Total</i>	<i>SPP</i>	<i>Toenails to Fingernails</i>	<i>Increasing Volume</i>	<i>Decreasing Rest, Increasing Density</i>	<i>Peak/ESD</i>		
<b>Week 10</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Jump Shrug	<input type="checkbox"/>		5	6	30	2:00	
1 Arm KB Swing	<input type="checkbox"/>		4	10 (Each Arm)	40(2)	1:00	
DB Bent-over Single Leg Rows	<input type="checkbox"/>		3	8 (Each Leg)	24(2)	0:00	
DB Split Hammer Curls	<input type="checkbox"/>		3	16	48	1:00	
1 Arm Barbell Row	<input type="checkbox"/>		3	8 (Each Arm)	24	0:00	
Band High Row	<input type="checkbox"/>		3	16	48	1:00	
DB Sky Reach Hold	<input type="checkbox"/>		2	0:45 (Each Arm)	-	0:45	
<b>Total</b>					214	5.75	WRR=37.22

<i>Phase 4 - Lower</i>	<i>SPP</i>	<i>Toenails to Fingernails</i>	<i>Increasing Volume</i>	<i>Decreasing Rest, Increasing Density</i>	<i>Peak/ESD</i>		
<b>Week 11</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
Box Jump	<input type="checkbox"/>		5	6	30	2:00	
DB Bulgarian Split Squat 5+5's	<input type="checkbox"/>		4	10 (Each Leg)	40(2)	1:00	
DB Step-ups	<input type="checkbox"/>		3	12 (Each Leg)	36(2)	0:00	
DB Reverse Lunges	<input type="checkbox"/>		3	12 (Each Leg)	36(2)	1:00	
Leg Extension	<input type="checkbox"/>		3	24	72	0:00	
Goblet Monster Walks	<input type="checkbox"/>		3	12 (Each Leg)	36(2)	1:00	
Med Ball Overhead Bicycles	<input type="checkbox"/>		2	1:00 - AMAP	-	0:45	
<b>Total</b>					190	5.75	WRR=33

<i>Phase 4 - Upper</i>	<i>SPP</i>	<i>Toenails to Fingernails</i>	<i>High Volume</i>	<i>Decreasing Rest, Increasing Density</i>	<i>Peak/ESD</i>		
<b>Week 11</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
1 Leg Med Ball Overhead Throws	<input type="checkbox"/>		5	6 (Each Leg)	30(2)	2:00	
DB 1 Arm Split Jerk	<input type="checkbox"/>		4	10 (Each Arm)	40(2)	1:00	
DB Upper Cuts	<input type="checkbox"/>		3	8 (Each Arm)	24(2)	0:00	
1 Legged Push-ups	<input type="checkbox"/>		3	8 (Each Leg)	2	1:00	
DB Alternating Hammer Front Raises	<input type="checkbox"/>		3	8 (Each Arm)	24(2)	0:00	
DB Cuban Press	<input type="checkbox"/>		3	16	48	1:00	
Press Sit-up	<input type="checkbox"/>		2	20	40	0:45	
<b>Total</b>					254	5.75	WRR=44.17

<i>Phase 4 - Total</i>	<i>SPP</i>	<i>Toenails to Fingernails</i>	<i>High Volume</i>	<i>Decreasing Rest, Increasing Density</i>	<i>Peak/ESD</i>		
<b>Week 11</b>	<b>Day 3</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>	
DB Jump Shrug	Heavy		5	6	30	2:00	
1 Arm KB Swing	<input type="checkbox"/>		4	10 (Each Arm)	40(2)	1:00	
DB Bent-over Single Leg Rows	<input type="checkbox"/>		3	8 (Each Leg)	24(2)	0:00	
DB Split Hammer Curls	<input type="checkbox"/>		3	8	24	1:00	
1 Arm Barbell Row	<input type="checkbox"/>		3	8 (Each Arm)	24(2)	0:00	
Band High Row	<input type="checkbox"/>		3	16	48	1:00	
DB Sky Reach Hold	<input type="checkbox"/>		2	1:00 (Each Arm)	-	0:45	
<b>Total</b>	<input type="checkbox"/>				190	5.75	WRR=33

<i>Phase 4C - SPP Recycle</i>	<i>SPP Recycle</i>	<i>Strength- Endurance</i>	<i>Stabilizing Volume</i>	<i>Decreasing Rest, Increasing Density</i>	<i>Peak/ESD</i>	
<b>Week 12 - SPP Recycle Circuit</b>	<b>Day 1</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume (Work)</b>	<b>Rest</b>
DB Bulgarian Split Squat	<input type="checkbox"/>		2	1) 8 (Each Leg) 2) 10 (Each Leg)	18	0:15
DB Upper Cuts	<input type="checkbox"/>		2	1) 8 (Each Arm) 2) 10 (Each Arm)	18	0:15
DB Bent-over Single Leg Rows	<input type="checkbox"/>		2	1) 8 (Each Leg) 2) 10 (Each Leg)	18	0:15
DB Reverse Lunges	<input type="checkbox"/>		2	1) 8 (Each Leg) 2) 10 (Each Leg)	18	0:15
DB Hammer Front Raises - Alternating	<input type="checkbox"/>		2	1) 8 (Each Arm) 2) 10 (Each Arm)	18	0:15
DB Split Hammer Curls	<input type="checkbox"/>		2	1) 8 (Each Leg) 2) 10 (Each Leg)	18	1:30
<b>Total</b>					108	2.75   WRR=39.27

<i>Phase 4C -SPP Recycle</i>	<i>SPP Recycle</i>	<i>Strength-Endurance</i>	<i>Stabilizing Volume</i>	<i>Decreasing Rest, Increasing Density</i>	<i>Peak/ESD</i>		
<b>Week 12 - SPP Recycle Circuit</b>	<b>Day 2</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Volume</b>	<b>Rest</b>	
DB Bulgarian Split Squat	<input type="checkbox"/>		2	10 (Each Leg)	20	0:15	
DB Upper Cuts	<input type="checkbox"/>		2	10 (Each Arm)	20	0:15	
DB Bent-over Single Leg Rows	<input type="checkbox"/>		2	10 (Each Leg)	20	0:15	
DB Reverse Lunges	<input type="checkbox"/>		2	10 (Each Leg)	20	0:15	
DB Hammer Front Raises - Alternating	<input type="checkbox"/>		2	10 (Each Arm)	20	0:15	
DB Split Hammer Curls	<input type="checkbox"/>		2	10 (Each Leg)	20	1:30	
<b>Total</b>					120	2.75	WRR=43.64