

PROVE THEM WRONG E-BOOK: CONJUGATE TEMPLATE FOR COLLEGE AND HIGHSCHOOL ATHLETES



MAINE ATHLETIC PERFORMANCE

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Acknowledgments

None of what we have learned would have been possible without the help we have received personally from the following list of people:

Dustin Branch

Nick Showman

Nate Harvey

Jared Bidne

Brandon Byrd

Brad Dayman

Anthony Oliveira

Connor Karwowski

Rob Golabek

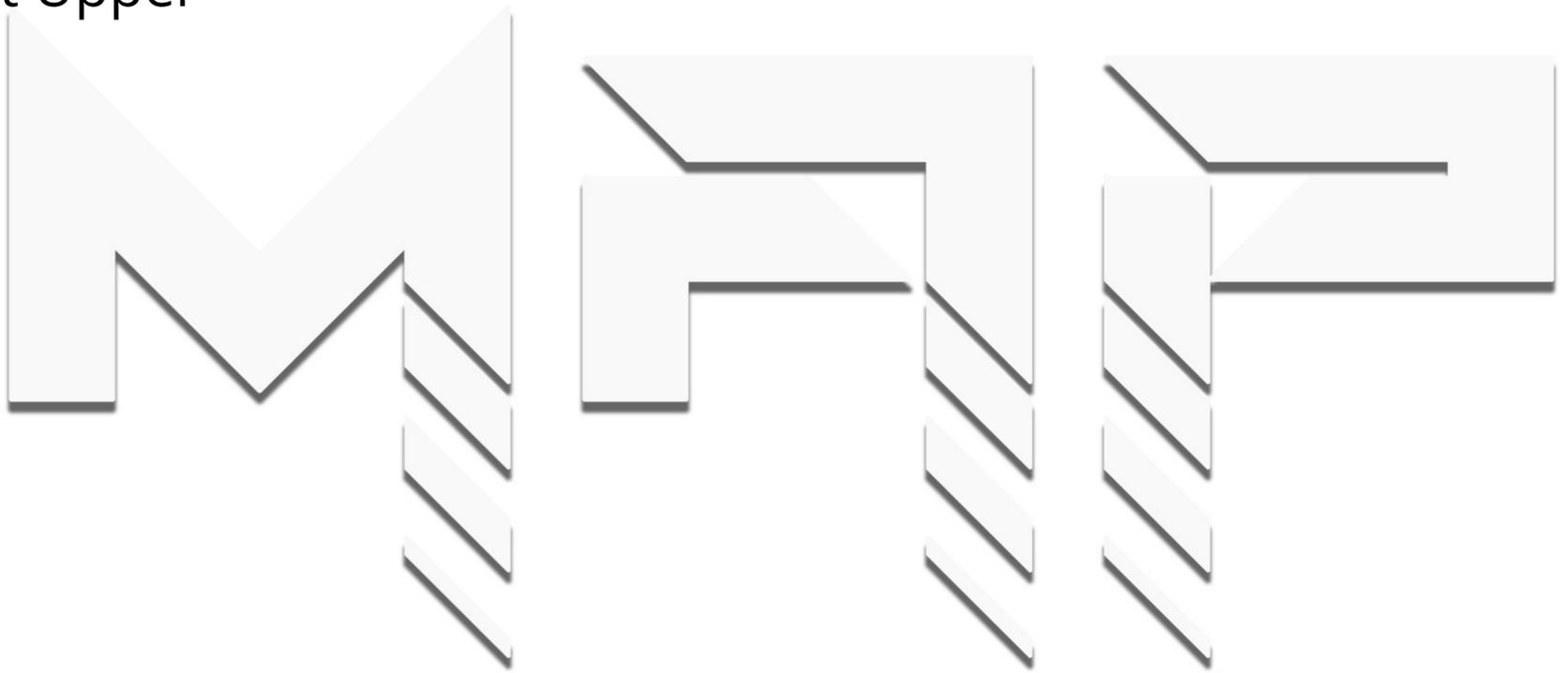
Law Greiner

Each of these guys have played a huge role in constantly helping us refine our approach in utilizing the conjugate system with athletes.

This template will feature a 4 day a week layout standard to the typical Westside Barbell style conjugate training.

With the standard 4 day a week layout, athletes will want to plan workouts in the following order.

Max Effort Lower - Dynamic Effort Upper - Dynamic Effort Lower - Max Effort Upper



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We have found it best for our athletes to separate Max Effort workouts as far as possible for both testing and retesting reasons and to stay as fresh as possible for games.

4 Days a Week Layout

Day 1: Max Effort Lower

Warm-Up Options

Pick 1 Item From Each List and Perform 2-3 Rounds

Goal: Get a slight pump, increase strength of weak areas, hone in technique

Brace: Static Pillar x 30 seconds

Side Pillar x 30 seconds

Single Arm Farmer Carry x 40 feet each arm

Face Up Hold in Glute Ham x 20 seconds

Face Down Hold in Glute Ham x 20 seconds

Pattern: Box Squat Drop Drill x 12 reps

Low Box Squat x 15 reps

Belt Squat x 20 reps

Goblet Squat x 20 reps

Banded Goodmorning x 20 reps

Hamstrings: Hamstring Curl Machine x 25 reps

Banded Seated Hamstring Curl x 25 reps

Single Leg Banded Seated Hamstring Curl x 25 reps

Standing Single Leg Banded Hamstring Curl x 25 reps

Hamstring Slider Curls x 25 reps

One of the biggest things we have seen with our population of athletes (junior high through college) is the struggle to sit back while box squatting. Many athletes simply don't have strong enough hips or hamstrings to sit back naturally. By spending time working on this in warmups twice a week, you essentially have 104 "extra workouts" a week aimed at fixing this issue.

4 Days a Week Layout

Day 1: Max Effort Lower Sprinting

Quick Tips: If your sport requires you to be fast, which most do, we highly advise you to sprint on your Max Effort Days. These are your most taxing days, so we recommend taking a high CNS approach as given by Charlie Francis on these days.

One of the biggest changes that will have to be made if you decide to sprint on your Max Effort Lower day is the reduction of jumps to compensate for the force experienced from sprinting. We typically recommend 40 jumps a session for our higher level athletes and 24-30 for our more novice and in-season athletes

When sprinting before your jumps on this day, simply reduce your jump volume by half. If you had planned on doing 40 jumps, you will now be doing 20 instead.

Sprinting Options: Limit your total volume to no more than 60 yards total. This could be anywhere from two-six 10 yard sprints or three 20 yard sprint attempts. Make sure to have somebody time your sprint attempts to set a record for retesting in the future. Pick at least 6 different types of sprints to set records with.

Record Options: Open step 10, 15, and 20 yards. Push up start 10, 15, and 20 yards. 2 point start 10, 15, and 20 yards. 3 point start 10, 15, and 20 yards. Half kneeling start 10, 15, and 20 yards. Set records and save them.

Why not just run 60 yards one time? We choose to stay under 20 yards due to the fact that after you pass 20 yards, chances of hamstringing injuries increase, and it becomes too taxing neurologically for most to be able to perform a Max Effort movement after.

Just remember that if you do decide to sprint on your Max Effort Lower day that you need to reduce your jumping volume in half. If you typically perform 30 jumps when you don't sprint, reduce the number of jumps to 15 jumps on the days you decide to sprint.

4 Days a Week Layout

Day 1: Max Effort Lower

Jumping

Quick Tips: If you have more than 2 years of year round training in the weight room, take 32-40 jumps in a session. If you have under 2 years of training, stick with 24-30 total jumps.

Jump Options: Seated Box Jump, Weighted Jumps, Seated Broad Jumps, Band Assisted Jump, Band Resisted Jump, Approach Jump, Single Leg Jump, Hurdle Hops, Shin Hops

Record Options: This system relies heavily on setting and breaking records. Make sure you are using your Mondays for record days. This could be any combination of the jumps above. Examples include; Seated Box Jump with 20lb DBs for height, Broad Jump with weight vest for distance, Shin Hop with barbell and weights on back for max weight, Vertical Jump to a mark on the wall, Seated Box Jump with no weights, Heiden Jump for distance, etc. Set a record with at least 6 different jump variations to test and retest.

Be creative. Find what works for you and stick with it.

4 Days a Week Layout

Day 1: Max Effort Lower

Max Effort Lift

We keep our max effort movements to box squat and deadlift patterns, eliminating the goodmorning option found in standard Westside Barbell programming.

Box Squat Options: Height adjustments- Above parallel, at parallel, below parallel. **Squat options-** Front squat, back squat, zercher squat, anderson squat, wide stance, close stance.

Deadlift Options: Bars- Trap bar, Straight bar. **Height Adjustments-** Standing on weights, bar sitting on weights, different pin heights in a rack.

Stance Options- Conventional, Sumo

Create variations from the options above and work up to a 1, 2, 3, or 5 rep max. Make sure to track the lift setting a record to beat months down the road. How does somebody go about working up to a 1 rep max? Take 3-4 sets of 2-3 reps getting heavier each set. By the time you get past set 3 or 4, the goal is for the weight to be heavy enough that you have to start doing sets of 1. Aim for 2-4 sets of 1 taking small jump in weight until you reach an all out max. It should be so hard that you almost don't get the weight up. If you have a belt, go ahead and put it on for your sets of 1. Working to a 2, 3, or 5 rep max will be done the same way essentially. Take 3-4 sets to build up then once it starts getting heavy, take 2-3 sets of however many reps you need for the max that day. If it's a 3 rep max, start doing hard sets of 3 at that point.

Max effort is NOT the end all be all. Think of Max Effort as your test for the day. You must attack the lifts following it even harder to build the max effort movement for the next week.

If you have not been consistently training in the weight room for 2+ years, spend more time taking 2 rep, 3 rep, and 5 rep maxes instead of 1 rep maxes. Save your ace card until you need it. The 2s, 3s, and 5s will teach you how to strain if you have a younger training age.

4 Days a Week Layout

Day 1: Max Effort Lower

Accessory Lifts

We will always take another lift option from the lifts listed in the max effort movement for our main accessory on the day. The main accessory should be anywhere from 2-4 sets of 3-6 reps. We need it to be hard. This is part of what will continue to make your maxes increase.

What we do slightly different than the standard Westside Barbell conjugate system is that we use triphasic principles with our main accessory lift.

Triphasic Main Accessory Sequence: For 2 weeks, take a 3-5 second count on the way down for each rep of the movement you choose from the Max Effort list. If doing sets of 5-6, use a 5 second count. If doing sets of 3-4, use a 3 second count on the way down. Make sure you make this lift tough.

For the next 2 weeks, you'll be changing the lift from a 3-5 second count on the way down, to a 3-5 second count at the bottom of the lift. Drop like a stack of bricks and hold it for 3-5 seconds.

Finally, on the next 2 weeks (weeks 5 & 6), go down and up as fast as humanly possible.

Accessory Lifts: Pick 2-3 movements and make it hurt. Anywhere from 8-20 reps should be used. **Options:** Any type of lunge or step up, glute hams, pull throughs with cable machine or bands, back extensions, hamstring curls, glute bridges, belt marches for time or 100 steps per set.

Trunk & Connective Tissue: Pick 1-2 of the following movements and make it hurt for 3-4 sets: Side bends, paloff press, weighted situps, farmer carries, medball to toes, hanging leg raise, straight leg situps, banded abs. Finish workout with 100-200 hamstring curls with a band or ankle weights. No less than 50 reps per set. Try to go fast.

Part 2: Dynamic Effort Upper



4 Days a Week Layout

Day 2: Dynamic Effort Upper

Warm-Up Options

Pick 1 Item From Each List and Perform 2-3 Rounds

Goal: Get a slight pump, increase strength of weak areas, hone in technique

Lower Back or Brace: Pillar x:30

Side Pillar x:30

Birddogs x:8/8

Crawl Variation x20 feet

Reverse Hypers x20-30 reps with 30% of squat max

Back Extensions xBurn (just go until it burns)

Upper Back: Face Pulls x25-50 reps

Band Pull Aparts x25-50 reps

Seated DB Power Clean x20 reps

Y/T/A Complex xBurn

Banded Delt Hell x15 each position

Plate Seal Press xBurn with no more than 5lbs in each hand

Pattern: DB Bench x25 reps

DB Floor Press x25 reps

Half-Kneeling DB Single Arm Press x20 reps each arm

Single Arm DB Bench x20 reps each arm

Pushup Off Barr xBurn

Yoga Pushup x12

Triceps: Banded Tricep Extension x25-50 reps

Banded Overhead Tricep Extension x25-50 reps

Reverse Grip Banded Tricep Extension x25-50 reps

Skull Crushers with Chains x20-30 reps

Banded Tate Press x25-50 reps

Incline DB Skull Crusher x15-20 reps

4 Days a Week Layout

Day 2: Dynamic Effort Upper Throws

When it comes to athletes instead of lifters, one of the biggest differences is the incorporation of medball work. As with every thing else, find ways to set and break records.

Quick Tips: If you are a rotational sport athlete and are currently in-season or just finished up with your season, opt for medball work that is NOT rotational based. Swinging and throwing is already giving you plenty of rotational training. Too much of anything is a bad thing.

Sets/Reps: Anywhere from 4-6 sets of 3-5 reps will be perfect.

Options: Medball slams, rotational slams, scoop toss, underhand throw, drop back rotational throws, running overhead throw, seated medball throw, medball chest pass, medball punch

4 Days a Week Layout

Day 2: Dynamic Effort Upper

Dynamic Effort Bench

Quick Tips: If you have a low training age, spend more time using the repetition effort than true dynamic effort work for your bench press. 2 years of year round training or less would be a good reference for using the repetition effort instead of dynamic effort. Dynamic Effort benching is to take the strength you have already built, and now make that strength be accessible in a quicker fashion. If you haven't yet built that strength, it would be more beneficial to spend time building the strength first.

Repetition Effort: Sets- 3-5 **Reps-** 5-9 reps per set. **Percentage:** 60-75% of your 1 rep max. The way we apply this is to simply give a rep range, and if the athlete can get more than 9 reps in this case, the weight is too light. If they cant get at least 5 reps, the weight is too heavy. I prefer this application over percentages since a 1 rep max can fluctuate on a day to day basis.

Dynamic Effort: Sets- 8-15 sets **Reps-** 3 reps per set **Percentage:** 30-40% of your max bench press + 25% of your max in bands or chains. You will simply increase your percentage of straight weight by 5% each week for 3 weeks. On week 1, use 30%, week 2 35%, and week 3 40%. After week 3, start over and either switch from a band to a chain or from no boards to 1 board or a floor press. Switch 1 variable every 3 weeks. We have found it best to start with a high number of sets to increase work capacity and reduce the number of sets each week to help then regulate total workload. For ex: week 1, 12 sets at 30%, week 2, 10 sets at 35%, and week 3, 8 sets at 40%.

4 Days a Week Layout

Day 2: Dynamic Effort Upper

Accessory Lifts

Main Accessory: We will always utilize Triphasic principles on our main accessory for the day. Simply pick a horizontal push or pull or a vertical push or pull as the main accessory movement. Switch it each upper day. Tuesday might be a vertical press while Friday is a horizontal pull.

For 2 weeks, use an eccentric on that lift, anywhere from 4-6 seconds on the way down for 3-5 sets of 5-8 reps. The next 2 weeks, use an isometric focus where you are dropping really fast and holding that position for 4 seconds for 3-5 sets of 5-8 reps. Finally on the last 2 weeks, you will go down and up as fast as possible for 3-5 sets of 5-8 reps

Accessories: Pick 3-4 of the following exercises and perform anywhere from 8-25 reps per set for 3-5 sets.

-DB Bench, DB Floor Press, Slight Incline DB Bench, Seated DB Z Press, Strict DB Press, Single Arm DB Pressing Variations.

-Supine Pullup, Chin Up, Pull Up, Bent Over Barbell or DB Row, Single Arm DB Row, Seated Cable or Band Row, Chest Supported Barbell or DB Row

-Pull Apart Variations, Face Pulls, Seated DB Clean, Incline Y/T/A, Backwards Rear Delt Sled Drag, DB Shrug, Banded Shrug

-Rolling Tricep Extensions, Tate Press, Skull Crushers, Close Grip Pushup off Bar, Banded Pushdowns, Cable Pushdowns, JM Press

-Curl of any variation

Connective Tissue: Pick 1 or 2. 100-200 reps with no less than 50 reps per set. Never skip the banded tricep work. Any type of banded tricep extension, any type of banded pull apart, any type of banded face pull

Trunk: Pick 1-2 of the following movements and make it hurt for 3-4 sets: Side bends, paloff press, weighted situps, farmer carries, medball to toes, hanging leg raise, straight leg situps, banded abs

Part 3: Dynamic Effort Lower



MAINE ATHLETIC PERFORMANCE

4 Days a Week Layout

Day 3: Dynamic Effort Lower

Warm-Up Options

Pick 1 Item From Each List and Perform 2-3 Rounds

Goal: Get a slight pump, increase strength of weak areas, hone in technique

Brace: Static Pillar x 30 seconds

Side Pillar x 30 seconds

Single Arm Farmer Carry x 40 feet each arm

Face Up Hold in Glute Ham x 20 seconds

Face Down Hold in Glute Ham x 20 seconds

Pattern: Box Squat Drop Drill x 12 reps

Low Box Squat x 15 reps

Belt Squat x 20 reps

Goblet Squat x 20 reps

Banded Goodmorning x 20 reps

Hamstrings: Hamstring Curl Machine x 25 reps

Banded Seated Hamstring Curl x 25 reps

Single Leg Banded Seated Hamstring Curl x 25 reps

Standing Single Leg Banded Hamstring Curl x 25 reps

Hamstring Slider Curls x 25 reps

4 Days a Week Layout

Day 3: Dynamic Effort Lower

Jumping

Quick Tips: If you have more than 2 years of year round training in the weight room, take 32-40 jumps in a session. If you have under 2 years of training, stick with 24-30 total jumps.

Jump Options: Seated Box Jump, Weighted Jumps, Seated Broad Jumps, Band Assisted Jump, Band Resisted Jump, Approach Jump, Single Leg Jump, Hurdle Hops, Shin Hops, Depth Jump Variations

Force Producing & Force Absorbing: The biggest change you will see on Dynamic Effort day compared to Max Effort day with our jumps is the addition of force absorbing jumping exercises.

We will take half of the jumps for the day with a force producing emphasis and the other half with a force absorbing emphasis.

For example: Force producing jump for the day, seated box jump 5 sets of 4 jumps trying to get up to a high box. Force absorbing jump for the day, seated band resisted jump with a paused landing 5 sets of 4.

Those two jumping variations together are a good combination as one is going to reduce the amount of force on the landing due to landing on a box. The other jump is going to be harder on the body due to the overspeed eccentric from the bands on the landing portion.

An easy way to think of the force absorbing exercise is to simply add a pause for 2-3 seconds on the landing portion of the exercise.

4 Days a Week Layout

Day 3: Dynamic Effort Lower

Repetition Effort Squat and Deadlift

Quick Tips: If you have a low training age, spend more time using the repetition effort than true dynamic effort work for your squat and deadlift. 2 years of year round training or less would be a good reference for using the repetition effort instead of dynamic effort. Dynamic Effort training is to take the strength you have already built, and now make that strength be accessible in a quicker fashion. If you haven't yet built that strength, it would be more beneficial to spend time building the strength first.

Repetition Effort Box Squat: Sets- 3-5 **Reps-** 5-9 reps per set.

Percentage: 60-75% of your 1 rep max. The way we apply this is to simply give a rep range, and if the athlete can get more than 9 reps in this case, the weight is too light. If they cant get at least 5 reps, the weight is too heavy. I prefer this application over percentages since a 1 rep max can fluctuate on a day to day basis. Each week, add 5-10lbs to the lift for 3 weeks. After 3 weeks, simply make one change and start over. You can change your box height by an inch, up the sets, or change the squat form a back squat on a box to a front squat on a box. The options are endless.

Repetition Effort Deadlift: Sets: 1-3 **Reps:** 2-5. Rather than taking high repetitions with a deadlift pattern, keep your sets anywhere in the 2-5 rep range. Going to failure on high rep deadlifts has a higher risk vs reward not only in terms of safety but also recoverability. The more sets you take on your squats for the day, the less sets you'll want on your deadlift for the day. Good rule of thumb is to take a weight that feels a little tough and to stick with it for your sets that day The next week, simply add 5-10lbs. Do this for 3 weeks in a row then start back over and either add a rep per set, do an extra set, or change the lift to a rack pull or from a sumo stance to a conventional stance.

Example cycle: Week 1: 3xAMAP (5-9 reps) Box Squat then 3x2 Sumo Deadlifts
Week 2: 3xAMAP 5lbs Heavier Box Squat then 3x2 Sumo Deadlift 5lbs heavier.
Week 3: 3xAMAP 5lbs Heavier Box Squats then 3x2 Sumo Deadlifts.
Week 4: 4xAMAP Box Squats then 2x2 Sumo Deadlifts

4 Days a Week Layout

Day 3: Dynamic Effort Lower

Dynamic Effort Squat and Deadlift

Quick Tips: If you have consistently been training for the past 2 years year round, dynamic effort will definitely be a great option. All dynamic effort training will be run on a timer. Rest no more than 60 seconds between each set and no less than 30 seconds per set. Pick a time for the upcoming 3 weeks and stick with it.

Dynamic Effort Box Squat: Sets- 5-12 **Reps-** 2-5 reps per set.

Percentage: 50-60% of your 1 rep max + 25% bands or chains.

Example Cycle: Week 1 12x2 box squat with 50% of 1rm + 25% of 1rm in bands and chains. Week 2: 12x2 Box Squat with 55% of 1rm + 25% in bands and chains. Week 3: 10x2 Box Squat with 60% of 1rm + 25% in bands and chains. Week 4: 12x2 Box Squat with 50% of 1rm + 25% in bands and chains on. a box 1 inch lower than you used the previous 3 weeks.

Tips: For 3 weeks, keep everything the same other than lowering the sets slightly on week 3. Once week 4 hits, change 1 thing, You can change the box height, from chains to bands, the type of squat, or the sets and reps. Refer to Prelipin's chart for more help on knowing how many reps/sets to use that day. Never exceed 30 total reps for the day.

Dynamic Effort Deadlift: Sets: 6-10 **Reps:** 1-2

Percentage: 50-60% of your 1 rep max + 25% bands or chains.

Example Cycle: Week 1 8x2 sumo deadlift with 50% of 1rm + 25% of 1rm in bands and chains. Week 2: 8x2 sumo deadlift with 55% of 1rm + 25% in bands and chains. Week 3: 6x2 sumo deadlift with 60% of 1rm + 25% in bands and chains. Week 4: 8x2 conventional stance rack pull with 50% of 1rm + 25% in bands and chains..

Tips: Keep the volume on your deadlifts a little lower than that of you squat for the day if you want to continue feeling good. Less is more when it comes to the deadlift.

4 Days a Week Layout

Day 3: Dynamic Effort Lower

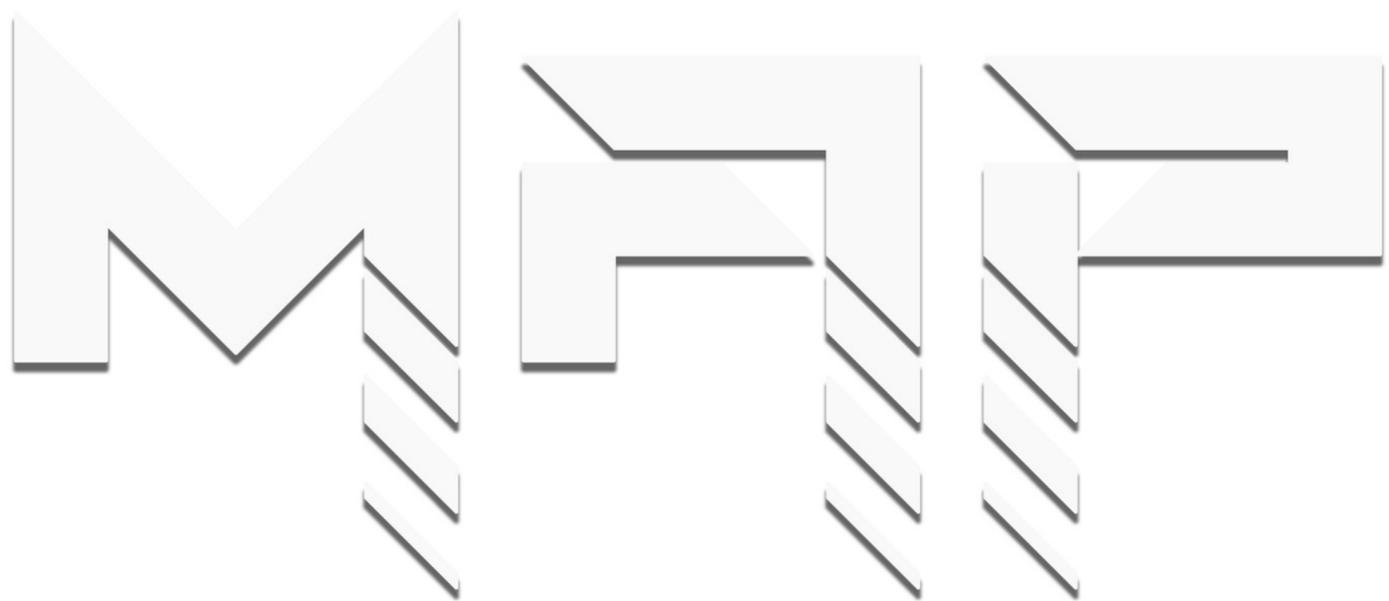
Accessory Lifts

Triphasic Main Accessory Sequence: For 2 weeks, take a 3 second count on the way down for each rep of the movement you choose from the accessory list. Use 3-4 sets of 5-8 reps with a 3 second count on the way down for the first 2 weeks. Make sure you make this lift tough. For the next 2 weeks, you'll be changing the lift from a 3 second count on the way down, to a 3 second count at the bottom of the lift. Drop like a stack of bricks and hold it for 3-5 seconds. Finally, on the next 2 weeks (weeks 5 & 6), go down and up as fast as humanly possible for 3-4 sets of 5-8 reps.

Accessory Lifts: Pick 2-3 movements and make it hurt. Anywhere from 12-25 reps should be used. **Options:** Any type of lunge or step up, glute hams, pull throughs with cable machine or bands, back extensions, hamstring curls, glute bridges, belt marches for time or 100 steps per set.

Trunk & Connective Tissue: Pick 1-2 of the following movements and make it hurt for 3-4 sets: Side bends, paloff press, weighted situps, farmer carries, medball to toes, hanging leg raise, straight leg situps, banded abs. Finish workout with 100-200 hamstring curls with a band or ankle weights. No less than 50 reps per set. Try to go fast.

Part 4: Max Effort Upper



MAINE ATHLETIC PERFORMANCE

4 Days a Week Layout

Day 4: Max Effort Upper

Warm-Up Options

Pick 1 Item From Each List and Perform 2-3 Rounds

Goal: Get a slight pump, increase strength of weak areas, hone in technique

Lower Back or Brace: Pillar x:30

Side Pillar x:30

Birddogs x:8/8

Crawl Variation x20 feet

Reverse Hypers x20-30 reps with 30% of squat max

Back Extensions xBurn (just go until it burns)

Upper Back: Face Pulls x25-50 reps

Band Pull Aparts x25-50 reps

Seated DB Power Clean x20 reps

Y/T/A Complex xBurn

Banded Delt Hell x15 each position

Plate Seal Press xBurn with no more than 5lbs in each hand

Pattern: DB Bench x25 reps

DB Floor Press x25 reps

Half-Kneeling DB Single Arm Press x20 reps each arm

Single Arm DB Bench x20 reps each arm

Pushup Off Barr xBurn

Yoga Pushup x12

Triceps: Banded Tricep Extension x25-50 reps

Banded Overhead Tricep Extension x25-50 reps

Reverse Grip Banded Tricep Extension x25-50 reps

Skull Crushers with Chains x20-30 reps

Banded Tate Press x25-50 reps

Incline DB Skull Crusher x15-20 reps

4 Days a Week Layout

Day 4: Max Effort Upper Throws

When it comes to athletes instead of lifters, one of the biggest differences is the incorporation of medball work. As with every thing else, find ways to set and break records.

Quick Tips: If you are a rotational sport athlete and are currently in-season or just finished up with your season, opt for medball work that is NOT rotational based. Swinging and throwing is already giving you plenty of rotational training. Too much of anything is a bad thing.

Sets/Reps: Anywhere from 4-6 sets of 3-5 reps will be perfect.

Options: Medball slams, rotational slams, scoop toss, underhand throw, drop back rotational throws, running overhead throw, seated medball throw, medball chest pass, medball punch

4 Days a Week Layout

Day 4: Max Effort Upper

Max Effort Lift

Bench Press Options: Grip adjustments- Close grip, wide grip, competition grip, Floor press. **Other adjustments-** .1, 2, and 3 boards. Different sized bands or chains.

Create variations from the options above and work up to a 1, 2, 3, or 5 rep max. Make sure to track the lift setting a record to beat months down the road. How does somebody go about working up to a 1 rep max? Take 3-4 sets of 2-3 reps getting heavier each set. By the time you get past set 3 or 4, the goal is for the weight to be heavy enough that you have to start doing sets of 1. Aim for 2-4 sets of 1 taking small jump in weight until you reach an all out max. It should be so hard that you almost don't get the weight up. If you have a belt, go ahead and put it on for your sets of 1. Working to a 2, 3, or 5 rep max will be done the same way essentially. Take 3-4 sets to build up then once it starts getting heavy, take 2-3 sets of however many reps you need for the max that day. If it's a 3 rep max, start doing hard sets of 3 at that point.

Max effort is NOT the end all be all. Think of Max Effort as your test for the day. You must attack the lifts following it even harder to build the max effort movement for the next week.

If you have not been consistently training in the weight room for 2+ years, spend more time taking 2 rep, 3 rep, and 5 rep maxes instead of 1 rep maxes. Save your ace card until you need it. The 2s, 3s, and 5s will teach you how to strain if you have a younger training age.

4 Days a Week Layout

Day 4: Max Effort Upper

Accessory Lifts

Main Accessory: We will always utilize Triphasic principles on our main accessory for the day. Simply pick a horizontal push or pull or a vertical push or pull as the main accessory movement. Switch it each upper day. Tuesday might be a vertical press while Friday is a horizontal pull.

For 2 weeks, use an eccentric on that lift, anywhere from 4-6 seconds on the way down. for 3-5 sets of 5-8 reps. The next 2 weeks, use an isometric focus where you are dropping really fast and holding that position for 4 seconds for 3-5 sets of 5-8 reps. Finally on the last 2 weeks, you will go down and up as fast as possible for 3-5 sets of 5-8 reps.

Accessories: Pick 3-4 of the following exercises and perform anywhere from 6-20 reps per set for 3-5 sets.

-DB Bench, DB Floor Press, Slight Incline DB Bench, Seated DB Z Press, Strict DB Press, Single Arm DB Pressing Variations.

-Supine Pullup, Chin Up, Pull Up, Bent Over Barbell or DB Row, Single Arm DB Row, Seated Cable or Band Row, Chest Supported Barbell or DB Row

-Pull Apart Variations, Face Pulls, Seated DB Clean, Incline Y/T/A, Backwards Rear Delt Sled Drag, DB Shrug, Banded Shrug

-Rolling Tricep Extensions, Tate Press, Skull Crushers, Close Grip Pushup off Bar, Banded Pushdowns, Cable Pushdowns, JM Press

-Curl of any variation

Connective Tissue: Pick 1 or 2. 100-200 reps with no less than 50 reps per set. Never skip the banded tricep work. Any type of banded tricep extension, any type of banded pull apart, any type of banded face pull

Trunk: Pick 1-2 of the following movements and make it hurt for 3-4 sets: Side bends, paloff press, weighted situps, farmer carries, medball to toes, hanging leg raise, straight leg situps, banded abs