

SUMMER 2009 TOTAL BODY EXERCISE POOL

Block I Cardinal	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
<i>Tier 1</i>	Deadlift	Deadlift	Deadlift	Deadlift		Deck Clean	Deck Clean	Deck Clean	Deck Clean
<i>Tier 2</i>	Deck Clean	Deck Clean	Deck Clean	Deck Clean		Hang Clean	Hang Clean	Hang Clean	Hang Clean
<i>Tier 3</i>	Hang Clean to Push Press	Hang Clean to Push Press	Hang Clean to Push Press	Hang Clean to Push Press		CG Power Pull Deck	CG Power Pull Deck	CG Power Pull Deck	CG Power Pull Deck
<i>Tier 4</i>	CG Power Pull Deck	CG Power Pull Deck	CG Power Pull Deck	CG Power Pull Deck		Push Press	Push Press	Push Press	Push Press
<i>Tier 5</i>	DB SA Snatch	DB SA Snatch	DB SA Snatch	DB SA Snatch		DB SA Snatch	DB SA Snatch	DB SA Snatch	DB SA Snatch

Block II Black	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
<i>Tier 1</i>	Deck Clean	Deck Clean	Deck Clean	Deck Clean		Deck Clean	Deck Clean	Deck Clean	Deck Clean
<i>Tier 2</i>	Hang Clean	Hang Clean	Hang Clean	Hang Clean		Hang Clean	Hang Clean	Hang Clean	Hang Clean
<i>Tier 3</i>	Block 7 Clean to Push Press	Block 7 Clean to Push Press	Block 7 Clean to Push Press	Block 7 Clean to Push Press		Block 7 Clean to Push Press	Block 7 Clean to Push Press	Block 7 Clean to Push Press	Block 7 Clean to Push Press
<i>Tier 4</i>	Hex Bar Deadlift	Hex Bar Deadlift	Hex Bar Deadlift	Hex Bar Deadlift		Block 7 SG Power Pull	Block 7 SG Power Pull	Block 7 SG Power Pull	Block 7 SG Power Pull
<i>Tier 5</i>	DB SA Snatch	DB SA Snatch	DB SA Snatch	DB SA Snatch		DB SA Snatch	DB SA Snatch	DB SA Snatch	DB SA Snatch
BLOCK III Front 7	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4

SUMMER 2009 TOTAL BODY EXERCISE POOL

Tier 1	Deck Clean	Deck Clean	Deck Clean	Deck Clean		Deck Clean	Deck Clean	Deck Clean	Deck Clean
Tier 2	Hang Clean	Hang Clean	Hang Clean	Hang Clean		Hang Clean	Hang Clean	Hang Clean	Hang Clean
Tier 3	Hex Bar Deadlift	Hex Bar Deadlift	Hex Bar Deadlift	Hex Bar Deadlift		Box Jump Progression	Box Jump Progression	Box Jump Progression	Box Jump Progression
Tier 4	Jump Medley	Jump Medley	Jump Medley	Jump Medley		Long/Vertical Jump	Long/Vertical Jump	Long/Vertical Jump	Long/Vertical Jump
Tier 5	Landmine Kettlebell	Landmine Kettlebell	Landmine Kettlebell	Landmine Kettlebell		Landmine Kettlebell	Landmine Kettlebell	Landmine Kettlebell	Landmine Kettlebell

Block IV Front 7	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
Tier 1 - T1	Hang Clean	Hang Clean	Hang Clean	Hang Clean		Hang Clean	Hang Clean	Hang Clean	Hang Clean
Tier 1 - T2	Block 10	Block 7	Block 12	Block 10		Block 10	Block 7	Block 12	Block 10
Tier 2	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley		Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley
Tier 4									
Tier 5									
Block III Outside the Box	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
Tier 1	Block 12 Clean	Block 12 Clean	Block 12 Clean	Block 12 Clean		Hang Clean	Hang Clean	Hang Clean	Hang Clean

SUMMER 2009 LOWER BODY EXERCISE POOL

Block I Cardinal	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
<i>Tier 1</i>	Front Squat	Front Squat	Front Squat	Front Squat		Front Squat	Front Squat	Front Squat	Front Squat
<i>Tier 2</i>	Back Squat	Back Squat	Back Squat	Back Squat		Back Squat	Back Squat	Back Squat	Back Squat
<i>Tier 3</i>	Front Squat Box	Front Squat Box	Front Squat Box	Front Squat Box		Front Squat Box	Front Squat Box	Front Squat Box	Front Squat Box
<i>Tier 4</i>	Standard Lateral Lunge	Standard Lateral Lunge	Standard Lateral Lunge	Standard Lateral Lunge		Standard Lateral Lunge	Standard Lateral Lunge	Standard Lateral Lunge	Standard Lateral Lunge
<i>Tier 5</i>	Standard Lateral Step Up	Standard Lateral Step Up	Standard Lateral Step Up	Standard Lateral Step Up		Standard Lateral Step Up	Standard Lateral Step Up	Standard Lateral Step Up	Standard Lateral Step Up

Block II Black	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
<i>Tier 1</i>	Back Squat	Back Squat	Back Squat	Back Squat		Back Squat	Back Squat	Back Squat	Back Squat
<i>Tier 2</i>	Back Squat Box	Back Squat Box	Back Squat Box	Back Squat Box		Back Squat Box	Back Squat Box	Back Squat Box	Back Squat Box
<i>Tier 3</i>	Front Squat Pause	Front Squat Pause	Front Squat Pause	Front Squat Pause		Front Squat Pause	Front Squat Pause	Front Squat Pause	Front Squat Pause
<i>Tier 4</i>	Standard Lateral Lunge	Standard Lateral Lunge	Standard Lateral Lunge	Standard Lateral Lunge		Standard Lateral Lunge	Standard Lateral Lunge	Standard Lateral Lunge	Standard Lateral Lunge
<i>Tier 5</i>	Standard Lateral Step Up	Standard Lateral Step Up	Standard Lateral Step Up	Standard Lateral Step Up		Standard Lateral Step Up	Standard Lateral Step Up	Standard Lateral Step Up	Standard Lateral Step Up
BLOCK III Front 7	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4

SUMMER 2009 LOWER BODY EXERCISE POOL

Tier 1	Front Squat Box 2 Chains	Front Squat Box 1 Chain	Front Squat Box 3 Chains	Front Squat		Back Squat	Back Squat	Back Squat	Back Squat
Tier 2	Back Squat Box	Back Squat Box	Back Squat Box	Back Squat Box		Back Squat Box	Back Squat Box	Back Squat Box	Back Squat Box
Tier 3	Split Squat Elevated	Pistols to Box	Pistols to Box	Counterbalance SL Squat of Box		Split Squat Elevated	Pistols to Box	Pistols to Box	Counterbalance SL Squat of Box
Tier 4	Versa Slide Combo Lunge	Versa Slide Combo Lunge	Versa Slide Combo Lunge	Versa Slide Combo Lunge		Versa Slide Combo Lunge	Versa Slide Combo Lunge	Versa Slide Combo Lunge	Versa Slide Combo Lunge
Tier 5	Versa Slide Lateral Lunge	Versa Slide Lateral Lunge	Versa Slide Lateral Lunge	Versa Slide Lateral Lunge		Versa Slide Lateral Lunge	Versa Slide Lateral Lunge	Versa Slide Lateral Lunge	Versa Slide Lateral Lunge

Block IV Front 7	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
Tier 1 - T1	Safety Bar Squat Box	Safety Bar Squat Box	Safety Bar Squat Box	Safety Bar Squat Box		Safety Bar Squat Box	Safety Bar Squat Box	Safety Bar Squat Box	Safety Bar Squat Box
Tier 1 - T2	Front Squat Box	Front Squat Box	Front Squat Box	Front Squat Box		Back Squat	Back Squat	Back Squat	Back Squat
Tier 3	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley		Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley	Total Body/Lower Body Metabolic Medley
Tier 4	Split Squat back foot elevated	Split Squat back foot elevated	Pistol Squat Box	Counterbalance Single Leg Squat		Split Squat back foot elevated	Pistol Squat Box	Pistol Squat Box	Counterbalance Single Leg Squat
Tier 5									
Block III Outside the Box	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
Tier 1	Front Squat	Front Squat	Front Squat	Front Squat		Front Squat	Front Squat	Front Squat	Front Squat

SUMMER 2009 UPPER BODY EXERCISE POOL

Block I Cardinal	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
<i>Tier 1</i>	G2 OH Press w/ Chin Up	G2 OH Press w/ Chin Up	G2 OH Press w/ Chin Up	G2 OH Press w/ Chin Up		G2 OH Press w/ Chin Up	G2 OH Press w/ Chin Up	G2 OH Press w/ Chin Up	G2 OH Press w/ Chin Up
<i>Tier 2</i>	G2 Bench Press	G2 Bench Press	G2 Bench Press	G2 Bench Press		G2 Bench Press	G2 Bench Press	G2 Bench Press	G2 Bench Press
<i>Tier 3</i>	Sumo Supinated Row	Sumo Supinated Row	Sumo Supinated Row	Sumo Supinated Row		Sumo Supinated Row	Sumo Supinated Row	Sumo Supinated Row	Sumo Supinated Row
<i>Tier 4</i>	DB SA Row w/ DB Incline Press	DB SA Row w/ DB Incline Press	DB SA Row w/ DB Incline Press	DB SA Row w/ DB Incline Press		DB SA Row w/ DB Incline Press	DB SA Row w/ DB Incline Press	DB SA Row w/ DB Incline Press	DB SA Row w/ DB Incline Press
<i>Tier 5</i>	Inverted Row	Inverted Row	Inverted Row	Inverted Row		Inverted Row	Inverted Row	Inverted Row	Inverted Row

Block II Black	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
<i>Tier 1</i>	G2 Bench Press	G2 Bench Press	G2 Bench Press	G2 Bench Press		G2 Bench Press	G2 Bench Press	G2 Bench Press	G2 Bench Press
<i>Tier 2</i>	G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext		G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext
<i>Tier 3</i>	Chin Ups w/Pronated Row	Chin Ups w/Pronated Row	Chin Ups w/Pronated Row	Chin Ups w/Pronated Row		Chin Ups w/Pronated Row	Chin Ups w/Pronated Row	Chin Ups w/Pronated Row	Chin Ups w/Pronated Row
<i>Tier 4</i>	DB SA Row w/ DB AA Incline Press	DB SA Row w/ DB AA Incline Press	DB SA Row w/ DB AA Incline Press	DB SA Row w/ DB AA Incline Press		DB SA Row w/ DB AA Incline Press	DB SA Row w/ DB AA Incline Press	DB SA Row w/ DB AA Incline Press	DB SA Row w/ DB AA Incline Press
<i>Tier 5</i>	Inverted Row w/G2 OH Press	Inverted Row w/G2 OH Press	Inverted Row w/G2 OH Press	Inverted Row w/G2 OH Press		Inverted Row w/G2 OH Press	Inverted Row w/G2 OH Press	Inverted Row w/G2 OH Press	Inverted Row w/G2 OH Press
BLOCK III Front 7	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4

SUMMER 2009 UPPER BODY EXERCISE POOL

Tier 1	G2 Incline Press 2 Chains	G2 Incline Press 1 Chains	G2 Incline Press 3 Chains	G2 Incline Press		G2 Bench Press 2 Chains	G2 Bench Press 1 Chains	G2 Bench Press 3 Chains	G2 Bench Press
Tier 2	G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext		G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext
Tier 3	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP		Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP
Tier 4	Dead Stop Rows	Dead Stop Rows	Dead Stop Rows	Dead Stop Rows		Dead Stop Rows	Dead Stop Rows	Dead Stop Rows	Dead Stop Rows
Tier 5	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press		Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press

Block IV Front 7	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
Tier 1	G2 Incline Press	G2 Incline Press	G2 Incline Press	G2 Incline Press		G2 Bench Press	G2 Bench Press	G2 Bench Press	G2 Bench Press
Tier 3 - T1	Axle Floor Press	Axle Floor Press	Axle Floor Press	Axle Floor Press		Axle Floor Press	Axle Floor Press	Axle Floor Press	Axle Floor Press
Tier 3 - T2	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP		Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP
Tier 4	Upper Body Metabolic Medley	Upper Body Metabolic Medley	Upper Body Metabolic Medley	Upper Body Metabolic Medley		Upper Body Metabolic Medley	Upper Body Metabolic Medley	Upper Body Metabolic Medley	Upper Body Metabolic Medley
Tier 5	DB Triceps Extension	DB Triceps Extension	DB Triceps Extension	DB Triceps Extension		DB Triceps Extension	DB Triceps Extension	DB Triceps Extension	DB Triceps Extension
BLOCK III Outside the Box	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
Tier 1	G2 Incline Press	G2 Incline Press	G2 Incline Press	G2 Incline Press		G2 Bench Press	G2 Bench Press	G2 Bench Press	G2 Bench Press

Block I Cardinal Cycle 1	Monday Session T Traditional	Wednesday Session U Traditional	Friday Session L Traditional
Tier 1	Deadlift	G2 Overhead Press w/Chin Up	Front Squat
Tier 2	Back Squat	Deck Clean	G2 Bench Press
Tier 3	Sumo Supinated Barbell Row	Front Squat to Box	Hang Clean to Push Press
Tier 4	CG Power Pull Deck	DB SA Row w/ DB Incline Press	Standard Lateral Lunge
Tier 5	Standard Lateral Step Up	DB SA Snatch	Inverted Row
Post Chain Post Shldr	RDL "T" Raise	Back Ext to Glute Ham Raise "Y" Raise	Partner Leg Curl "A" Raise

Block I Cardinal Cycle 2	Monday Session T Traditional	Wednesday Session U Traditional	Friday Session L Traditional
Tier 1	Deck Clean	G2 Overhead Press w/Chin Up	Front Squat
Tier 2	Back Squat	Hang Clean	G2 Bench Press
Tier 3	Sumo Supinated Row	Front Squat to Box	CG Power Pull Deck
Tier 4	Push Press	DB SA Row w/ DB Incline Press	Standard Lateral Lunge
Tier 5	Standard Lateral Step Up	DB SA Snatch	Inverted Row
Post Chain Post Shldr	RDL "T" Raise	Back Ext to Glute Ham Raise "Y" Raise	Partner Leg Curl "A" Raise

Block II Black Cycle 1	Monday Session T Concurrent	Wednesday Session U Concurrent	Friday Session L Concurrent
Tier 1	Deck Clean	G2 Bench Press	Back Squat
Tier 2	Back Squat to Box	Hang Clean	G4 Bench Press 2a-Barbell Ext
Tier 3	Chin Ups w/Pronated Barbell Row	Front Squat w/Pause	Block 7 Clean to Push Press
Tier 4	Hex Bar Deadlit	DB SA Row w/ DB Alt Arm Incline Press	Standard Lateral Lunge
Tier 5	Standard Lateral Step Up	DB SA Snatch	Inverted Row w/G2 OH Press
Post Chain Post Shldr	RDL "T" "Y" "A" Raise	Glute Ham Raise "L" "W" "M" Raise	Single Leg Back Extension Vertical Horizontal Goal Post Pull Aparts

Block II Black Cycle 2	Monday Session T Traditional	Wednesday Session U Traditional	Friday Session L Traditional
Tier 1	Deck Clean	G2 Bench Press	Back Squat
Tier 2	Back Squat to Box	Hang Clean	G4 Bench Press 2a-Barbell Ext
Tier 3	Chin Ups w/Pronated Barbell Row	Front Squat w/Pause	Block 7 Clean to Push Press
Tier 4	Block 7 Snatch Grip Power Pull	DB SA Row w/ DB Alt Arm Incline Press	Standard Lateral Lunge
Tier 5	Standard Lateral Step Up	DB SA Snatch	Inverted Row w/G2 OH Press
Post Chain Post Shldr	RDL "T" "Y" "A" Raise	Glute Ham Raise "L" "W" "M" Raise	Single Leg Back Extension Vertical Horizontal Goal Post Pull Aparts

BLOCK III Front 7 Cycle 1	Monday Session T <i>Daily Concurrent</i>	Wednesday Session U <i>Daily Concurrent</i>	Friday Session L <i>Daily Concurrent</i>
Tier 1	Deck Clean	G2 Incline Press 4 wk ACC RES Variation	Front Squat to Box 4 wk ACC RES Variation
Tier 2	Back Squat to Box	Hang Clean	G4 Bench Press 2a-DB Extension
Tier 3	Inverted Row w/ DB SA Row w/ DB SA Bench Press	Single Leg Squat Progression	Hex Bar Deadlift
Tier 4	Jump Medley	Dead Stop Rows	Versa Slide Combo Lunge
Tier 5	Versa Slide Lateral Lunge	Landmine Kettlebell Medley	Chin Ups w/Supine Pulldowns w/ DB Press
Post Chain Post Shldr	RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

BLOCK III Front 7 Cycle 2	Monday Session T <i>Daily Concurrent</i>	Wednesday Session U <i>Daily Concurrent</i>	Friday Session L <i>Daily Concurrent</i>
Tier 1	Deck Clean	G2 Bench Press 4 wk ACC RES Variation	Back Squat
Tier 2	Back Squat to Box	Hang Clean	G4 Bench Press 2a-DB Extension
Tier 3	Inverted Row w/ DB SA Row w/ DB SA Incline Press	Single Leg Squat Progression	Box Jump
Tier 4	Long/Vertical Jump	Dead Stop Rows	Versa Slide Combo Lunge
Tier 5	Versa Slide Lateral Lunge	Landmine Kettlebell Medley	Chin Ups w/Supine Pulldowns w/ DB Press
Post Chain Post Shldr	RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

BLOCK III Outside the Box Cycle 1	Monday Session T <i>Daily Concurrent</i>	Wednesday Session U <i>Daily Concurrent</i>	Friday Session L <i>Daily Concurrent</i>
Tier 1	Block 12 Clean	G2 Incline Press	Front Squat
Tier 2	Front Squat to Box	Hang Clean	Inverted Row w/ DB Bench Press
Tier 3	Chin Ups w/ Seated Row w/ WTD Push Up	Reverse Lunge to Step Up	Box Jump Progression
Tier 4	Vertical Jump Progression	Pull Ups w/ Supine Puldown w/ DB Shoulder Press	Single Leg Squat Progression w/ Hip Flexion
Tier 5	Slide Board/Versa Slide	Long Jump Progression	Barbell Extension w/ Fat Bar Curl
Post Chain Post Shldr	SL DB RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

BLOCK III Outside the Box Cycle 2	Monday Session T <i>Daily Concurrent</i>	Wednesday Session U <i>Daily Concurrent</i>	Friday Session L <i>Daily Concurrent</i>
Tier 1	Block 12 Clean	G2 Bench Press	Front Squat
Tier 2	Front Squat to Box	Hang Clean	Inverted Row w/ DB Incline Press w/Dips
Tier 3	Chin Ups w/ Seated Row w/ WTD Push Up	Reverse Lunge to Step Up	Box Jump Progression
Tier 4	Vertical Jump Progression	Pull Ups w/ Supine Pulldown w/ DB Shoulder	Single Leg Squat Progression w/ Hip Flexion
Tier 5	Slide Board/Versa Slide	Long Jump Progression	Barbell Extension w/ Fat Bar Curl
Post Chain Post Shldr	SL DB RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

BLOCK IV Front 7 Cycle 1	Monday Session T <i>Weekly Concurrent</i>	Wednesday Session U <i>Weekly Concurrent</i>	Friday Session T <i>Weekly Concurrent</i>
Tier 1	Strength Speed Complex Hang Clean - Vertical Jump	G2 Incline Press 4 wk ACC RES Variation	Block Clean Rotation
Tier 2	Speed Strength Speed Complex Long Jump - SSB Box Squat - Box Jump	Combo Total Body/Lower Body Metabolic Medley	Front Squat to Box 4 wk ACC RES Variation
Tier 3	Speed Strength Complex OH Med Ball Throw - Axle Floor Press		Chin Ups w/Dead Stop Rows w/SA Bench Press
Tier 4	DB Triceps Extension	Upper Body Metabolic Circuit	Single Leg Progression
Tier 5			
Post Chain Post Shldr	RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

BLOCK IV Front 7 Cycle 2	Monday Session T <i>Weekly Concurrent</i>	Wednesday Session U <i>Weekly Concurrent</i>	Friday Session T <i>Weekly Concurrent</i>
Tier 1	Strength Speed Complex Hang Clean - Vertical Jump	G2 Incline Press 4 wk ACC RES Variation	Block Clean Rotation
Tier 2	Speed Strength Speed Complex Long Jump - Box Squat - Box Jump	Combo Total Body/Lower Body Metabolic Medley	Front Squat to Box 4 wk ACC RES Variation
Tier 3	Speed Strength Complex OH Med Ball Throw - Axle Floor Press		Chin Ups w/Dead Stop Rows w/SA Bench Press
Tier 4	DB Triceps Extension	Upper Body Metabolic Circuit	Single Leg Progression
Tier 5			
Post Chain Post Shldr	RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

BLOCK IV Outside the Box Cycle 1	Monday Session T <i>Weekly Concurrent</i>	Wednesday Session U <i>Weekly Concurrent</i>	Friday Session T <i>Weekly Concurrent</i>
Tier 1	Strength Speed Complex Hang Clean - Vertical Jump	G2 Incline Press	Block Clean Rotation
Tier 2	Front Squat to Box	Power Curl	Reverse Lunge to Step Up Progression
Tier 3	Plyo Push Up w/ Pull Up [alt catch and release/to press]	Lower Body Metabolic Medley	Chin Up Regime w/ SA DB Bench Press
Tier 4	Box Jump Progression	Upper Body Metabolic Medley	Single Leg Progression
Tier 5	Long Jump Progression		
Post Chain Post Shldr	SL DB RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

BLOCK IV Outside the Box Cycle 4	Monday Session T <i>Weekly Concurrent</i>	Wednesday Session U <i>Weekly Concurrent</i>	Friday Session T <i>Weekly Concurrent</i>
Tier 1	Strength Speed Complex Hang Clean - Vertical Jump	G2 Incline Press	Block Clean Rotation
Tier 2	Front Squat to Box	Power Curl	Reverse Lunge to Step Up Progression
Tier 3	Plyo Push Up w/ Pull Up [alt catch and release/to press]	Lower Body Metabolic Medley	Chin Up Regime w/ SA DB Bench Press w/Dips
Tier 4	Box Jump Progression	Upper Body Metabolic Medley	Single Leg Progression w/Hip Flexion
Tier 5	Long Jump Progression		
Post Chain Post Shldr	SL DB RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row