

# THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



## Schedules depending on training hours

In this phase we are building our base of strength. The lifting sessions are your priority.

### A good schedule for Phase 1:

Day 1	SAQ 1 + Core Circuit 1
Day 2	Legs
Day 3	Upper
Day 4	SAQ 2 + Conditioning 1
Day 5	Fully Body Lift
Day 6	Conditioning 2 + Core Circuit 2
Day 7	Active rest – do something! Go through one of the warmups if you don'ts know what to do. You can also do a very brief conditioning session for extra blood flow and recovery purposes.

Note: Switch day 4 and day 6 if you prefer.

### For those with time limitations:

#### 5 days/hours per week

Day 1	Legs
Day 2	Upper
Day 3	SAQ 1 + Core Circuit 1
Day 4	Full Body Lift
Day 5	Conditioning 1 + Core Circuit 2

#### 4 days/hours per week

Day 1	Legs
Day 2	Upper
Day 3	SAQ 1 + Core Circuit 1
Day 4	Full Body Lift

Note: if you can fit in 10 min of conditioning 1-2x/week, that would also be good.

#### 3 days/hours per week - Ideally this would be MWF or Tuesday, Thursday, Saturday

Day 1	Legs (Skip the Cs) + Core Circuit 1
Day 2	Upper 9skips the Cs) + Core Circuit 2
Day 3	SAQ 1 + Full Body (skip the Cs)

#### 2 days/hours per week - This is not going to get you far, but in case of emergency:

Day 1	Legs 1 (skip the Cs) + Core Circuit 1
Day 2	Full Body + Core Circuit 2



week sets reps rest wt | reps wt | reps wt | reps

## A1. Front foot Elevated Paused Split Squat

Timing (E-Is-C-IC): 3-2-2-0

1	3	(8-10)	30								
2	3	(7-9)	30								
3	3	(6-8)	30								
4	2	(5-7)	30								

- Push through the heel of your front foot
- Hips should move straight up and down
- Pause for 2 seconds at the bottom position
- Keep shoulders back and chest tall

## A2. Barbell Romanian Deadlift (RDL)

Timing (E-Is-C-IC): 3-0-1-0

1	3	(8-10)	30								
2	3	(8-10)	30								
3	3	(6-8)	30								
4	2	(5-7)	30								

- Knee angle should be about 10 degrees
- Lower the weight as mobility allows, keeping a neutral spine. You should feel a slight stretch in the hamstrings.
- Hips move back as you lower the weight. Your weight should be distributed more toward your heels
- Pushing the hips forwards with your glutes brings you to a standing position. Push your hips all the way through.

## B1. Front DB Box Squat with Ankle Extension

Timing (E-Is-C-IC): (not applicable)

1	3	(10-12)	30								
2	3	(10-12)	30								
3	3	(9-11)	30								
4	3	(8-10)	30								

- Reach your butt back and just tap the bench or box

## B2. Bosu Plantar Flexion Paused Hip Up

Timing (E-Is-C-IC): 2-0-2-2

1	3	(6-8)	30								
2	3	(7-9)	30								
3	3	(8-10)	30								
4	3	(9-11)	30								

- Keep your toes pointed down (that's plantar flexion)
- Use your butt. you may also feel it in your calves and hamstrings
- Keep abs in, spine neutral

## C1. Standing Calf Raise

Timing (E-Is-C-IC): (not applicable)

1	3	(15-25)	30								
2	3	(15-25)	30								
3	3	(15-25)	30								
4	3	(15-25)	30								

- Place your midfoot on a step or box. Hold onto something to help your balance.
- Get full range of motion on these and really squeeze your calves at the top for a full contraction
- Do these as quickly and explosively as possible without jumping.

## C2. Standing Hip Flexion

Timing (E-Is-C-IC): 1-1-1-3

1	3	(6-8)	30								
2	3	(6-8)	30								
3	3	(6-8)	30								
4	3	(6-8)	30								

- Place on foot on a box or bench that causes your knee to be close to 90 degrees.
- Keep your hips level for the duration of this exercise!
- Pull your leg straight up (it won't go very far) and hold for three seconds before lowering it back to the bench.



week sets reps rest wt | reps wt | reps wt | reps

## A1. Paused Incline DB Bench Press

Timing (E-Is-C-IC): 3-2-1-0

1	3	(8-10)	30								
2	3	(7-9)	30								
3	3	(6-8)	60								
4	3	(5-7)	60								

- During the pause at the bottom your pectorals should feel tension

## A2. Low Incline Paused DB Row

Timing (E-Is-C-IC): 3-0-1-2

1	3	(8-10)	30								
2	3	(7-9)	30								
3	3	(6-8)	60								
4	3	(5-7)	60								

- Really squeeze your shoulder blades together at the top as you hold for 2 counts

## B1. Pullover

Timing (E-Is-C-IC): 3-0-2-0

1	3	(10-12)	30								
2	3	(10-12)	30								
3	3	(8-10)	60								
4	3	(8-10)	60								

- Keep elbows at approximately the same angle throughout the movement
- As you lower the weight, you should feel a slight stretch in your lower pectoral muscles
- Squeeze your chest to initiate the movement and bring the weight above your face.
- Keep your hips up and core engaged for the duration of the set.
- At the end of your set, place the weight on the bench beside you or drop it to the floor after lowering it behind your head.

## B2. 1 & 1/4 Semi-supinated grip Pull-up

Timing (E-Is-C-IC): 3-0-1-1

1	3	(8-10)	30								
2	3	(7-9)	30								
3	3	(6-8)	30								
4	3	(5-7)	30								

- Grip the bar with palms facing one another
- If you do not have a bar that allows this, grip with palms facing toward you
- If you have no way to do assisted chinups, you can do lat pulldowns instead (though these are not quite as good)

## C1. Speed / Clap Push-up

Timing (E-Is-C-IC): (not applicable)

1	3	(15-25)	30								
2	3	(15-25)	30								
3	3	(15-25)	30								
4	3	(15-25)	30								

- Do as many push-ups as possible. Be explosive! Do not pace yourself, go fast.

## C2. Incline Y to T Raise

Timing (E-Is-C-IC): 1-1-1-1

1	3	(6-8)	30								
2	3	(6-8)	30								
3	3	(8-10)	30								
4	3	(8-10)	30								

- Initiate the movement at the shoulders. Thumbs face up to the Y position.
- Retract the shoulders fully and rotate to thumbs down as you bring the weight back to the T position.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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## A. Heel Elevated Back Squat

Timing (E-Is-C-IC): 4-0-1-0

1	3	(7-9)	120						
2	3	(7-9)	120						
3	2	(5-7)	150						
4	3	(5-7)	150						

- Use 25 pound plates to elevate the heels slightly
- Controlled and slow decent for 4 seconds. Be fast and explosive on the way up.
- Maintain neutral spine

## B1. Single Leg Hip Raise

Timing (E-Is-C-IC): 1-0-1-2

1	3	(5-7)	30						
2	3	(6-8)	30						
3	3	(7-9)	30						
4	3	(8-10)	30						

- Push through the heel of the bent leg on the ground.
- Squeeze the glutes and avoid arching the back.

## B2. Single Leg Quarter Squat

Timing (E-Is-C-IC): 3-0-1-0

1	3	(5-7)	30						
2	3	(6-8)	30						
3	3	(7-9)	30						
4	3	(8-10)	30						

- Use a box or step of 4-8 inches.
- Keep hips parallel to one another.
- Hips move back and forward not side to side.
- Keep foot dorsiflexed (toe up)
- Touch the heel to the ground close to the heel of the foot on the box/step
- Choose a height were you can control your own body weight without getting off balance.

## C1. Rotational Push-up

Timing (E-Is-C-IC): 2-0-1-0

1	3	(8-10)	30						
2	3	(7-9)	30						
3	2	(6-8)	30						
4	3	(8-10)	30						

- Maintain perfect plank position throughout the movement
- Use weights light enough that you can keep arms straight during rotation
- Add a quarter rep at the bottom of the push-up to increase difficulty

## C2. 1 & 1/4 Supine grip Seated Row

Timing (E-Is-C-IC): 3-0-1-1

1	3	(8-10)	30						
2	3	(7-9)	30						
3	2	(6-8)	30						
4	3	(8-10)	30						

- Palms up grip
- Pull the bar to the sternum
- Squeeze the shoulder blades together at the end of each rep and quarter rep

## C3. Band Internal Rotation

Timing (E-Is-C-IC): 2-0-1-0

1	3	(5-7)	30						
2	3	(6-8)	30						
3	2	(8-10)	30						
4	3	(8-10)	30						

- Keep elbow tight to the body.
- Keep shoulder retracted and chest up.
- Use a cable columns if you have no bands. Alternatively you can use a light dumbbell and lie on your back.



## Off-season - Phase 1 - Core 1



week sets reps rest wt | reps wt | reps wt | reps

### A1. Inchworm

Timing (E-Is-C-IC): 2-2-2-2

1	3	(4-6)	0								
2	3	(5-7)	0								
3	3	(6-8)	0								
4	3	(7-9)	0								

- Shoulders, hips, and ankles form a straight line at all times
- Walk your hands out, hold for two, walk back to a push-up position and hold for two.
- Put your feet against an immovable object as you perform this movement.

### A2. Side plank

Timing (E-Is-C-IC): (not applicable)

1	3	20s	0								
2	3	25s	0								
3	3	30s	0								
4	3	35s	0								

- Shoulders, hips, and ankles form a straight line
- Adjust the times given for this exercise depending on how hard it is for you. Stop early if your form gives out

### A3. Reverse Crunch

Timing (E-Is-C-IC): 1-0-1-2

1	3	(6-8)	0								
2	3	(8-10)	0								
3	3	(10-12)	0								
4	3	(12-14)	0								

- Initiate movement from the lower abs
- Aim hips and feet straight up, not over the head.



## Off-season - Phase 1 - Core 2



week sets reps rest wt | reps wt | reps wt | reps

### A1. Stir the pot

Timing (E-Is-C-IC): (not applicable)

1	3	6 each way	0
2	3	7 each way	0
3	3	8 each way	0
4	3	9 each way	0


- Maintain a good plank position with shoulders hips and ankles in a line.
- Place your feet wider apart to make the exercises slightly easier if necessary.
- With shoulders retracted and fingers interlaced, move the stability ball in small circles.

### A2. Stability Ball Pike

Timing (E-Is-C-IC): 1-2-1-2

1	3	(4-6)	30
2	3	(5-7)	30
3	3	(6-8)	30
4	3	(7-9)	30


- Start in a plank position with shoulders retracted.
- With the core engaged, initiate the movement of the ball with your lower abs.
- Bring the ball forward and hips up until your upper body is in a handstand position.

### A3. Stability Ball DB Russian Twist

Timing (E-Is-C-IC): 2-0-2-0

1	3	(8-10)	30
2	3	(6-8)	30
3	3	(8-10)	30
4	3	(6-8)	30


- Keeping your shoulders retracted and arms straight, rotate to one side and then the other for one rep.
- Core is engaged at all times.
- Look at the weight as you rotate.
- Keep hips up by squeezing the glutes.



## Off-season - Phase 1 Conditioning 1



week	sets	rest b/wn sets	rest b/wn reps
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### A. 80% Sprint

1	(3-5)	40s walking	110m	0
2	(4-6)	40s walking	110m	0
3	(4-6)	40s walking	110m	0
4	(4-6)	40s walking	110m	0

Rest before next superset: 60

### B. 160 Shuttle (4x 40m)

1	2	90	1	0
2	2	90	1	0
3	3	90	1	0
4	3	90	1	0

Rest before next superset: 120

### C. 80% Sprint

1	(3-5)	40s walking	110m	0
2	(4-6)	40s walking	110m	0
3	(4-6)	40s walking	110m	0
4	(4-6)	40s walking	110m	0

Rest before next superset: 0



## Off-season - Phase 1 Conditioning 2



week	sets	rest b/wn sets	rest b/wn reps	reps
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### A1. Skater Hop with cone touch

1	3	90s	30s	0
2	4	90s	30s	0
3	5	90s	30s	0
4	6	90s	30s	0

Rest before next superset: 0

- Should be at a challenging distance that you can maintain for thirty seconds

### A2. Shuffle

1	3	90s	30s	0
2	4	90s	30s	0
3	5	90s	30s	0
4	6	90s	30s	0

Rest before next superset: 0

- Distance: about 10m.

### A3. Short Shuttle

1	3	90s	30s	0
2	4	90s	30s	0
3	5	90s	30s	0
4	6	90s	30s	0

Rest before next superset: 0

- This can vary, try: 5m, 10m





## Off-season - Phase 1 - SAQ 1



week	sets	rest b/wn sets	reps	rest b/wn reps
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### A. Non-counter-movement Lateral Hop

1	3	60	3 each direction	0
2	3	60	3 each direction	0
3	3	60	3 each direction	0
4	3	60	3 each direction	0

Rest before next superset: 120

- Be sure to pause between each jump
- Aim for height and stick the landing between hurdles or cones

### B. Lateral Skip

1	4	60	15m each direction	0
2	4	60	15m each direction	0
3	4	60	15m each direction	0
4	4	60	15m each direction	0

Rest before next superset: 180

- Really push off the outside of the foot.
- Be explosive and aim for maximum lateral displacement

### C. Lateral Start

1	3 each direction	60	15m	0
2	3 each direction	60	15m	0
3	3 each direction	60	20m	0
4	3 each direction	60	20m	0

Rest before next superset: n/a

- Start hips facing perpendicular to the direction of sprinting
- Shift your weight in the direction you want to go and push off the inside foot
- Within three strides, hips should be completely facing the direction of sprinting



## Off-season - Phase 1 - SAQ 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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### A. Scissor Jump for Height

1	3	120	3 each leg	0
2	3	120	3 each leg	0
3	3	120	3 each leg	0
4	3	120	3 each leg	0

Rest before next superset: 120

- Aim for maximum height
- Feet should be shoulder width apart when landing.
- With minimal ground contact time, jump up again into the next scissor.

### B. Power Skip for Distance

1	3	120	3 each leg	0
2	3	120	3 each leg	0
3	3	120	3 each leg	0
4	3	120	3 each leg	0

Rest before next superset: 180

- Get full extension of the hip as you skip forward and up.
- Use your arms to add momentum

### C. Accelerate & Decelerate

1	2	240	4x 25m	120
2	2	240	4x 30m	120
3	2	240	4x 35m	120
4	2	240	4x 40m	120

Rest before next superset: 180

- Accelerate as quickly as possible to maximum speed.
- Decelerate to walking by the time you get to the end point
- Allow yourself to decelerate naturally. Do not force yourself to decelerate more quickly than you are capable.

### D. Low Squat Jump

1	3	40	10s	0
2	3	40	12s	0
3	3	40	14s	0
4	3	40	16s	0

Rest before next superset: 0

- Get your butt low but chest up, maintaining a neutral spine.
- Stay low, with knee angle near 90 degrees.
- Think of lifting your knees quickly to your chest.
- Bounce with minimal ground contact time for the duration.