

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Schedules depending on training hours

In this phase we are developing power on the base of strength we built in phase 1. Prioritize Leg strength training exercises and SAQ work.

A good schedule for Phase 2:

Day 1	Legs 1
Day 2	Upper 1 + Core Circuit 1
Day 3	SAQ 1 + Conditioning (optional)
Day 4	Upper 2
Day 5	Legs 2 + Core Circuit 2
Day 6	SAQ 2 + Conditioning
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 1
Day 2	Upper 1 + Core Circuit 1
Day 3	SAQ 1 + Conditioning (optional)
Day 4	Upper 2
Day 5	Legs 2 + Core Circuit 2

4 days/hours per week

Day 1	Legs 1
Day 2	Upper 1 + Core Circuit 1
Day 3	SAQ 1 + Conditioning (optional)
Day 4	Legs 2 + Core Circuit 2

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

Day 1	Legs 1 (Skip the Cs) + Core Circuit 1
Day 2	SAQ 1 + Conditioning (optional)
Day 3	Legs 2 + Core Circuit 2

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	SAQ 2 + Legs 2 + Core Circuit 2



week sets reps rest wt reps wt reps wt reps

A1. Squat Jump

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

1	3	(10-12)	120								
2	3	(10-12)	120								
3	2	(10-12)	120								
4	3	(10-12)	120								

- Use no more than 30% of your body weight. Start lighter.
- Maintain a neutral spine
- Keep the bar in contact with your back (it should not bounce)
- Minimize ground contact time as you explode up as high as possible.

A2. Snatch Grip Jump

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

1	3	(6-8)	120								
2	3	(6-8)	120								
3	2	(6-8)	120								
4	3	(6-8)	120								

- Grip is wide, elbows are locked out
- Depth is about a quarter squat before exploding upward
- Pause between reps enough to reset your stance
- Maintain a neutral spine

B1. Russian Step-up

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

1	3	(8-10)	90								
2	3	(7-9)	90								
3	2	(6-8)	90								
4	3	(8-10)	90								

- Find a rhythm, be explosive, drive the knee up!
- Use the foot on the bench to initiate and drive the movement. Do not "bounce" off the foot landing on the ground.

B2. DB Single Leg SLDL

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

1	3	(8-10)	90								
2	3	(7-9)	90								
3	2	(6-8)	90								
4	3	(8-10)	90								

- Keep shoulders hips and knee in a line as you push your hip back and lower your torso.
- Knee of working leg should be bent about 10 degrees
- Keep the hips level, shoulders back
- Try doing the whole set without allowing the other leg to touch the ground

C1. Walking Side Lunge

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

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

- Do not rest weight on thighs as you lunge
- Chest tall, hips back
- Keep hips and toes perpendicular to the direction of the lunge

C2. Supine Band Hip Flexion

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

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

- Keep the opposite leg on the ground.
- Get the working leg past parallel and hold it there.



week sets reps rest wt reps wt reps wt reps

A1. High Pull from Hang

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

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

- Shoulders over bar.
- Hips back (like in a Romanian deadlift)
- Triple extension of ankles knees hips
- Keep elbows high to avoid having the bar hit you in the face

A2. Reactive Squat

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

1	3	(8-10)	90								
2	3	(7-9)	90								
3	2	(6-8)	90								
4	3	(8-10)	90								

- Keep the weight light on these also
- From the squat stance, think about pulling your knees up as your feet come off the ground. Catch yourself in a full squat position and explode upward.
- Maintain a neutral spine and keep the bar in contact with your body.

B1. 1 & 1/4 RFESS

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

1	3	(8-10)	90								
2	3	(7-9)	90								
3	2	(6-8)	90								
4	3	(8-10)	90								

- Get front thigh to parallel
- Quarter rep is at bottom
- Keep shoulders back, chest tall

B2. Weighted Hip Thrust

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

1	3	(8-10)	90								
2	3	(7-9)	90								
3	2	(6-8)	90								
4	3	(5-7)	90								

- Weight rests approximately on hip flexors
- Place a sweatshirt or folded up yoga mat between your hips and the weight for added comfort
- Heels should be directly under the knees at the top position
- Focus on squeezing your glutes. Keep back straight, not arched.



Off-season - Phase 2 - Upper 1



week sets reps rest wt reps wt reps wt reps

A1. Push Press

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

1	3	(6-8)	90								
2	3	(5-7)	90								
3	2	(4-6)	90								
4	3	(8-10)	90								

- Use momentum from the hips to help you press more than you otherwise would.
- The bar starts resting high on your chest. Grip slightly wider than shoulder width.
- Dip into about a quarter squat and as you stand push the weight overhead.
- Legs should be straight at the end of the movement and arms should be locked out.
- Lower the weight in a controlled fashion back to the starting position.

A2. Supine Grip Pull-up

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

1	3	(8-10)	90								
2	3	(7-9)	90								
3	2	(6-8)	90								
4	3	(8-10)	90								

- Do not pull your elbows behind your torso. Even with the torso is good.

B1. Incline DB Bench with Iso Hold

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

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

- Hold one dumbbell as you press the other.
- Keep tension in the pectoral of the side you are holding.

B2. RRR Press

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

1	3	(7-9)	60								
2	3	(8-10)	60								
3	3	(9-11)	90								
4	3	(10-12)	60								

- Retract, Row, Rotate, Press
- Retract the shoulders at the beginning of each rep.
- Each part of retract, row, rotate, press should be a distinct movement.
- During the press, the arms should be parallel to the torso. Do not let them drop.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Flat Barbell Bench

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

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

- Shoulders flat on the bench.
- Keep shoulders retracted

A2. Lying Medicine ball Toss

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

1	3	6	90						
2	3	6	90						
3	2	6	90						
4	3	6	90						

- Like a basketball chest pass.
- If you do not have a partner, you can throw a med ball against the wall. For best results, use a ball that bounces back so you get the eccentric portion of exercise.

A3. Paused DB Row

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

1	3	(8-10)	120						
2	3	(7-9)	120						
3	2	(6-8)	120						
4	3	(8-10)	120						

- Keep shoulders parallel to the floor
- Drop hips to create an incline

B1. Stability Ball Incline DB Fly

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

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

- Shoulders on stability ball
- Drop hips to create an incline
- Keep spine neutral, core engaged

B2. 1 & 1/4 Supine Grip Inverse Row

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

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

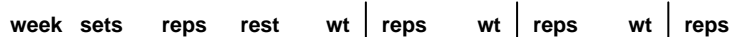
- Get chest up to the bar
- This exercise can be done with the feet on the floor to lessen the difficulty

C. Plate Drop

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

1	3	(6-8)	60						
2	3	(7-9)	60						
3	2	(8-10)	60						
4	3	(9-11)	60						

- Drop and catch the weight



Timing (E-Is-C-IC): 2 counts in each position

1	3	(6-8)	0						
2	3	(7-9)	0						
3	3	(8-10)	0						
4	3	(9-11)	0						

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

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

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

1	3	(7-9)	0						
2	3	(8-10)	0						
3	3	(9-11)	0						
4	3	(10-12)	0						

- *Engage the lower core to keep hips stable.*
- *Check for hip motion in the lowering leg by placing your hand above the hip bone.*
- *Lower only as far as there is no movement of the hip.*
- *If you cannot do this exercise as shown, start with the non working leg propped against*
- *something (a doorframe works well) to keep it upright.*



Off-season - Phase 2 - Core 2



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

A1. Kneeling Overhead Pallof Press

Timing (E-Is-C-IC): 10-1-2-1

1	3	10s	0								
2	3	12s	0								
3	3	15s	0								
4	3	18s	0								

- Knee closest to the cable column is bent
- Attempt to hold the cable handle straight above your head without leaning in either
- direction.

A2. Kneeling Reverse Half Chop

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

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

- Knee closest to the cable column is bent
- Look at the weight as you pull it across your body

A3. One Arm One Leg Cable Row

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

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

- Keep hips level.
- Resist rotation of the torso and hips as you pull.
- This exercise may not feel difficult. You won't "feel the burn." That's ok. It's a total core
- exercise working on balance and core coordination.



Off-season - Phase 2
Conditioning



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. Run!

1	15-20	30s	30s	0
2	15-20	30s	30s	0
3	15-20	30s	30s	0
4	15-20	30s	30s	0

Rest before next superset: 0



Off-season - Phase 2 - SAQ 1



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Box Jump

1	2	120	4	0
2	2	120	4	0
3	2	120	4	0
4	2	120	4	0

Rest before next superset: 120

- Knee angle at takeoff should be approximately the same as knee angle upon landing. If knee angle is less than 90 degrees, your box is definitely too high.
- Practice landing quietly

B. Low Squat to Scissor Jump

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

- Knees should be close to 90 degrees in the low squat jumps.
- Get as high as possible in the scissor jumps with minimal ground contact times between jumps.

C. Single Leg Bench Hop

1	2 each leg	120	5 each leg	0
2	2 each leg	120	5 each leg	0
3	2 each leg	120	5 each leg	0
4	2 each leg	120	5 each leg	0

Rest before next superset: 180

- Slam the working leg onto the bench and push yourself as high into the air as possible.
- You should move slightly forward with each jump to ensure maximal hip extension.

D1. Lean/Fall/Run

1	2	0	10m	0
2	2	0	15m	0
3	2	0	20m	0
4	2	0	25m	0

Rest before next superset: 60

- Get up on the balls of your feet and lean forward.
- Let yourself lean as far as you can before falling out into a sprint.
- Some of these will be more coordinated than others. No worries. Your body will learn the most forward leaning position it can handle through trial and error.

D2. 3-Point Start

1	1 start each leg	0	10m	0
2	1 start each leg	0	15m	0
3	1 start each leg	0	20m	0
4	1 start each leg	0	25m	0

Rest before next superset: n/a

- Hips up. Feet should be closer to hands than you might think.
- Lean over the hand on the ground. You should feel that you are close to falling over.
- You should feel some tension in the hamstrings like you are a spring ready to bounce.
- Accelerate as explosively as possible out of the starting position.



Off-season - Phase 2 - SAQ 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Counter-movement Lateral Hop

1	3	90	3 each direction	0
2	3	90	3 each direction	0
3	3	90	3 each direction	0
4	3	90	3 each direction	0

Rest before next superset: 120

- Use your arms to generate height.
- Land softly between the cones.

B. 5-10-5 Pro-lateral Drill

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

Rest before next superset: 120

- Alternate starting directions each set.
- First five yards, hips should remain mostly forward.
- Second ten yards turn the hips but open early to change directions with maximal efficiency. Same thing for the last turn.

C. Lateral Shuffle to Sprint

1	2 each direction	120	20m	0
2	2 each direction	120	20m	0
3	2 each direction	120	25m	0
4	2 each direction	120	25m	0

Rest before next superset: 0

- Alternate directions each rep,
- Stay low in the shuffle,
- Use a crossover step to turn your hips and orient yourself quickly in the direction of sprinting.