

# THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



## Schedules depending on training hours

The focus of this phase is increasing your maximum strength. Let nothing else interfere with your heavy lifts.

### A good schedule for Phase 3:

Day 1	Legs 1
Day 2	Upper 1
Day 3	Core Circuit 1 + Conditioning (optional)
Day 4	Legs 2
Day 5	Upper 2 + Core Circuit 2
Day 6	SAQ + Conditioning (recovery)
Day 7	Active rest – do something! Go through one of the warmups if you don'ts know what to do.

### For those with time limitations:

#### 5 days/hours per week

Day 1	Legs 1
Day 2	Upper 1
Day 3	Core Circuit 1 + Conditioning
Day 4	Legs 2
Day 5	Upper 2

#### 4 days/hours per week

Day 1	Legs 1
Day 2	Upper 1
Day 3	Legs 2
Day 4	Upper 2

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

Day 1	Legs 1
Day 2	Upper 1
Day 3	Legs 2

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

Day 1	Legs 1, As and Bs + Legs 2, Bs
Day 2	Upper 1, A + Upper 2, A



## Off-season - Phase 3 - Lower 1



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

### A1. Lateral Bound and Stick

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

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

- Bound sideways as far as you can while still being able to stick the landing
- Bend your knees to absorb the landing and land quietly

### A2. Tuck Jump

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

1	2	5	90						
2	2	5	90						
3	2	5	90						
4	2	5	90						

- Bring knees UP to the chest, not the chest down to the knees.
- Use your arms to increase your jump height
- Land softly and minimize ground contact time
- Attempt to land in the same spot from which you took off.

### B. Squat

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

1	5	5,3,5,3,5	180												
2	5	5,3,5,3,5	180												
3	5	5,3,5,3,5	180												
4	3	5,3,3	180												

- Butt back, neutral spine, push through the heels
- Think about exploding out of the bottom of your squat

### C1. DB Single Leg Deadlift (SLDL)

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

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

- 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

### C2. Supine Band Hip Flexion

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

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

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

### D. Low Squat Jump

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

1	3	12s	60								
2	3	12s	60								
3	3	15s	60								
4	2	15s	60								

- 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.



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

## A1. Forward Frog Jumps

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

1	2	5	60				
2	2	5	60				
3	2	5	60				
4	2	5	60				

- The purpose of this drill is to get full extension of ankles, knees, and hips
- Propel yourself explosively upward and a little bit forward

## A2. Power Skips for Distance

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

1	2	3 per leg	60				
2	2	3 per leg	60				
3	2	3 per leg	60				
4	2	3 per leg	60				

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

## B. Deadlift

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

1	5	5,3,5,3,5	180								
2	5	5,3,5,3,5	180								
3	5	5,3,5,3,5	180								
4	3	5,3,3	180								

- Shoulders retracted.
- Spine neutral. Look at a spot on the floor about 5 feet in front of you.
- Get your hips back and chest over the bar
- Arms should be straight at the start of the lift
- Back remains flat as hips come forward and weight lifts up

## C1. Walking Lunges

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

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

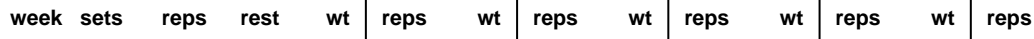
- Aim for 90 degree angle of the lunging knee but do not let your back knee touch the ground.
- Step directly into the next lunge without pausing at the top of the movement.
- Keep your shoulders locked back and chest up.

## C2. SL Stability Ball Hip Ext. to Lying Leg Curl

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						

- First raise your hips to parallel by squeezing your glutes.
- Maintain the tension in your glutes to keep your hip up as you bring the ball toward you
- Knees, hips, and shoulders should all be in a line at the top of the movement.
- Allow the ball to move away from you in a controlled fashion.
- Lower your hips again to complete the movement.



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

- "Semi supinated" means that your palms are facing one another. If you do not have a bar that allows for this, use a supinated grip (palms toward you).
- Keep your chest up. Squeeze shoulder blades together at the top of the movement.
- If you do not have an assisted chin-up machine, you can use a lat pulldown instead.

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

- *Do all reps on one side. Then the other.*
- *Do not hold any weight in the non working limb. Engage the core to resist rotation.*
- *Maintain tension in the pecs at the bottom or the movement.*

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

- Stand in a quarter squat position.
- Do all reps on one side, then the other.
- Engage the core to resist rotation.

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

- *Avoid shrugging the weight*
- *This should be done in one fluid movement*
- *Keep shoulders back but avoid flaring the ribcage*



## Off-season - Phase 3 - Upper 2



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

### A. Barbell Bench Press

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

1	5	5,3,5,3,5	180												
2	5	5,3,5,3,5	180												
3	5	5,3,5,3,5	180												
4	3	5,3,3	180												

- Retract your shoulders so that they are flat on the bench.
- Grip should be slightly wider than shoulder width.

### B1. Paused DB Row

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

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

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

### B2. Pullover

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

1	3	(8-10)	60								
2	3	(8-10)	60								
3	3	(6-8)	60								
4	2	(6-8)	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.~~

### C. W Raise

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

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

- Retract the shoulders and make a "W" with your arms
- You should feel this in your shoulders and upper back, not the lower back



## Off-season - Phase 3 - Core 1



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

### A1. Pre-stretch Crunch with DB

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

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

- Feel a slight stretch in the abs at the initiation of the movement
- Contract the abs until the back is flat
- Hold the weight directly above your eyes and aim up for the sky as you contract

### A2. SL Heel-elevated Hip Extension

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

1	3	(5-7)	0								
2	3	(6-8)	0								
3	3	(7-9)	0								
4	3	(8-10)	0								

- Engage the core to maintain a neutral spine.
- Squeeze your glutes and avoid arching your back

### A3. Up and Down Bosu Plank

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

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

- Maintain plank position with shoulders, hips, knees, and ankles in line.
- Move quickly for the specifies number of seconds.
- Alternate which arm goes down first each set or switch halfway through each set.



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

## A1. Deadbug Leg-only

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

1	3	(5-7)	0
2	3	(6-8)	0
3	3	(7-9)	0
4	3	(8-10)	0


- Keep core engaged
- Attempt to keep the hips completely stationary while legs move.

## A2. Plank Walk

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

1	3	4 each way	0
2	3	5 each way	0
3	3	5 each way	0
4	3	6 each way	0


- Keep shoulders, hips, and ankles in a line
- Walk ten yards sideways and back twice for a total of forty yards.
- One direction, lead with the hands (hand, foot, hand, foot). the other direction lead with the feet.

## A3. Side Plank with Hip Abduction

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

1	3	(5-7)	0
2	3	(6-8)	0
3	3	(7-9)	0
4	3	(8-10)	0


- Lift hips off the ground to come to a plank position
- Lift leg as high as is comfortable keeping toes pointed forward.
- Watch for internal or external rotation of the hips and avoid it.



## Off-season - Phase 3 Conditioning 1



week	sets	rest b/wn sets	reps	rest b/wn reps
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### A1. Backward Skip

1	3	180	40m	jog back
2	3	180	40m	jog back
3	4	180	40m	jog back
4	4	180	40m	jog back

Rest before next superset: 0

### A2. Low Intensity Shuffle

1	3	180	40m	walk back
2	3	180	40m	walk back
3	4	180	40m	walk back
4	4	180	40m	walk back

Rest before next superset: 0

### A3. Backward Run

1	3	180	40m	jog back
2	3	180	40m	jog back
3	4	180	40m	jog back
4	4	180	40m	jog back

Rest before next superset: 0

### A4. Diagonal Marking Approach

1	3	180	40m	jog back
2	3	180	40m	jog back
3	4	180	40m	jog back
4	4	180	40m	jog back

Rest before next superset: 0





## Off-season - Phase 3 Conditioning 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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### A. 70% Sprint

1	(19-24)	30s	30s	0
2	(20-25)	30s	30s	0
3	(20-25)	30s	30s	0
4	(21-26)	30s	30s	0

Rest before next superset: n/a

- *Sprint 30 seconds and then rest 30 seconds*



## Off-season - Phase 3 - SAQ



week	sets	rest b/wn sets	reps	rest b/wn reps
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### A. Wide Fast Foot

1	2	60	10s each foot	0
2	2	60	12s each foot	0
3	2	60	12s each foot	0
4	2	60	12s each foot	0

Rest before next superset: 120

- 15 seconds wide fast foot

### B. Jab Step Agility

1	3	90	10m	0
2	3	90	10m	0
3	3	90	15m	0
4	3	90	15m	0

Rest before next superset: 120

- Works on quick feet, hip action, and change of direction.
- Center of mass should remain at about the same height as the feet move underneath

### C. Waltz Agility

1	3	90	10m	0
2	3	90	10m	0
3	3	90	15m	0
4	3	90	15m	0

Rest before next superset: 120

- The goal is to be fast and light on your feet. Fast footwork supports a quick hip turn.
- You are cutting off the inside, rather than the outside foot.