

# THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



## Schedules depending on training hours

The explosive lifts on leg days and SAQ workouts are the most important part of this phase. Prioritize around them each week and make sure you are fully recovered in time to perform these workouts.

### A good schedule for Phase 4:

Day 1	Legs 1 + Conditioning Day 1
Day 2	Upper 1 + Core Circuit 1
Day 3	SAQ 1 + Conditioning Day 2
Day 4	Upper 2
Day 5	Legs 2 + Core Circuit 2
Day 6	SAQ 2
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 + Core Circuit 1
Day 3	SAQ 1 + Conditioning, if time
Day 4	Legs 2 + Core Circuit 2
Day 5	SAQ 2

#### 4 days/hours per week

Day 1	Legs 1
Day 2	Upper 1 + Core Circuit 1
Day 3	SAQ 2 + Conditioning, if time
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 2 + Conditioning, if time
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	SAQ 1 + Legs 1 (skip the Cs) + Core Circuit 1
Day 2	1/3 of SAQ 2 + Legs 2 + Core Circuit 2



week	sets	reps	rest	wt	reps	wt	reps	wt	reps	wt	reps	wt	reps
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## A. Rotational Scoop Toss

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

1	2	4 each	120										
2	2	4 each	120										
3	1	4 each	120										
4	2	4 each	120										

- Start with hips perpendicular to the wall.
- Throw the ball as hard as you can at the wall. Try to break the wall.
- After follow through, hips should be about square to the wall.

## B1. Snatch Progression

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

1	5	1	150																
2	5	1	150																
3	3	1	150																
4	5	1	150																

- All about the hips. Get hips back.
- "Jump" the weight up.
- Keep the weight close to your body. Should come straight up, not out away from your body.
- Lock out elbows in the catch.
- If you do not have the shoulder mobility required for this exercise or it is otherwise uncomfortable, try dumb bell snatches instead. (Do 6 reps - three in each hand)
- 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

## B2. Box Jump

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

1	5	4	150																
2	5	4	150																
3	3	4	150																
4	5	4	150																

## C1. Backward DB Lunge

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

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

- Step back with one leg. Do not let your knee touch the ground
- Explosively step forward again using primarily the front leg
- Keep the back foot off the ground when you stand up again if possible
- Do all reps on one leg first and then the other

## C2. Barbell Romanian Deadlift (RDL)

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

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

- 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.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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## A1. Frog Jumps

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

1	2	5	120						
2	2	5	120						
3	1	5	120						
4	2	5	120						

- Drop the hips and explode up as soon as your hands graze the floor.
- Drop the hips! Do not bend at the waist. Neutral spine, it's all in the hips.

## A2. High Pull from the Floor

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

1	3	(4-6)	150						
2	3	(4-6)	150						
3	2	(4-6)	150						
4	3	(4-6)	150						

- If mobility issues prevent you from easily getting in position, do these from a higher hang position.
- Lock elbows out at the start (to avoid jerking shoulders out of socket!)
- Hips back; weight starts close to your shins, chest over weight.
- Shoulders retracted. Neutral spine. All the usual good form stuff is crucial! Take your time, focus.
- Explode & cause the weight to come straight up. You should feel like you are "jumping" the weight up with your hips, not pulling with your arms. It is fine if your hips drop again as the weight comes up.

## B. Squat Jumps

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

1	3	(10-12)	150						
2	3	(10-12)	150						
3	2	(10-12)	150						
4	3	(10-12)	150						

- 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.

## C. Paused SL Heel-Elevated Hip Extension

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

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

- Elevate the foot of the working leg on a step
- Can be elevated on a Bosu ball for added difficulty.
- Nonworking leg remains straight
- Pause at the top of the movement



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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## 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	(6-8)	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. Semi-supinated grip Pull-up

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

1	3	(6-8)	120						
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- "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.

## A2. Semi-supinated grip Pull-up

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

2	3	(5-7)	120						
3	2	(4-6)	120						
4	3	(6-8)	120						

- "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.

## B1. Split Squat to Cable Row

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

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

- Pull with the opposite arm of the leg that is forward.
- Hips should move straight up and down
- Use full range of motion in the shoulder but do not lean forward or backwards in the rowing motion.

## B2. Alternating Iso Hold DB Bench

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	(8-10)	60						

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



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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## A. Speed / Clap Push-ups

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

1	3	AMRAP	120						
2	3	AMRAP	120						
3	2	AMRAP	120						
4	3	AMRAP	120						

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

## B1. One-Arm Semi-sup' Grip Incline DB Bench

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						

- Hold a dumbbell only in one hand while performing this exercise.
- Engage the core to resist rotation.

## B2. Prone Flat Elbow Out DB Row

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						

- Think about squeezing your shoulder blades together at the top (retract the shoulders)

## C1. 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	(8-10)	60						

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

## C2. Bow and Arrow

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

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

- If you imagine an archer, you will naturally do this exercise correctly.
- Stand up tall.
- Keep the elbow of the pulling arm up.
- Squeeze the shoulder blades together during the iso hold.

## C3. Cuban to Press

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

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

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



## Off-season - Phase 4 - Core 1



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

### A1. Overhead Medicine Ball Carry

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

1	3	40m	0								
2	3	40m	0								
3	3	40m	0								
4	3	40m	0								

- Bend side to side while walking and holding medicine ball overhead.
- Bend to the side of the forward foot.
- This can be done with a dumbbell if you have no medicine ball

### A2. One Arm Carry

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

1	3	40m	0								
2	3	40m	0								
3	3	40m	0								
4	3	40m	0								

- Use a heavy dumbbell
- Walk 20 yards and back

### A3. Prone Quadruped Bent Leg Lift

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

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

- Keep back as stationary as possible while lifting the one leg up and back.
- Heel should point to the sky
- Squeeze your glute, do not arch your back
- This exercise may not feel super hard. it does require focus to do it right. This exercise works at separating the hips and will prep you for things to come.



## Off-season - Phase 4 - 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	8 each way	0								
2	3	10 each way	0								
3	3	12 each way	0								
4	3	12 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. Alt Leg Stability Ball Pull-In

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

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

- Left, right, both equals one rep.
- Return to a flat plank position every rep. Do not let the hips sag.
- Do as many reps as possible with both feet if this variation is too difficult.

### A3. Stability Ball DB Russian Twist

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								

- 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 4 Conditioning 1



week	sets	rest b/wn sets	rest b/wn reps
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### A. 160 Shuttle (4x 40m)

1	2	90	4x 40m	0
2	3	90	4x 40m	0
3	3	90	4x 40m	0
4	4	90	4x 40m	0

Rest before next superset: 120

### B. 5-10-5, 5 Frog Jump

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

Rest before next superset: 0

- *Get your butt low. Touch the ground on the frog jumps if possible*





Off-season - Phase 4  
Conditioning 2



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

1	(10-12)	40s walking	20s	0
2	(11-13)	40s walking	20s	0
3	(12-14)	40s walking	20s	0
4	(13-15)	40s walking	20s	0

Rest before next superset: 0



## Off-season - Phase 4 - SAQ 1



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

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

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

Rest before next superset: 120

### B. Lateral Bound and Return

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

- Like the Bound and Stick, but with an extra bound back to the starting point.
- Stick the landing as with the bound and stick

Rest before next superset: 180

### C. 5-10-5 Pro-lateral Drill

1	2 starts each direction	120	1	0
2	2 starts each direction	120	1	0
3	2 starts each direction	120	1	0
4	2 starts each direction	120	1	0

- 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.

Rest before next superset: 0



## Off-season - Phase 4 - SAQ 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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### A. Gallop

1	3	120	20m each leg	0
2	3	120	20m each leg	0
3	3	120	20m each leg	0
4	3	120	20m each leg	0

Rest before next superset: 180

- Repeatedly leap off the same leg as high and as far as possible
- Use your arms for momentum

### B. 3-step Approach Jumps

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

Rest before next superset: 120

- Reach up with the arm opposite the leg pushing off the ground for maximum reach height (layup style)

### C. 5-10-5 Linear Drill

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

Rest before next superset: 180

- 5 yards sprint, 10 yards quick backpedal, 5 yards accelerate

### D. Accelerate & Decelerate

1	3	90	20m	0
2	3	90	20m	0
3	3	90	20m	0
4	3	90	20m	0

Rest before next superset: 0

- 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.