



ATHLETIC Preparation PHASE

Athletic Preparation Phase - Novice/Experienced

Weekly Workout Logs

- Print these workouts and fill them in according to the actual number of repetitions you achieve on each exercise.
- You NEED to log each and every workout for ultimate success. Try to print off the workout for each workout and keep them organized.
- Remember, the number of circuits and/or repetitions changes as the weeks progress.

Guidelines for Novice & Experienced Athletes

Experienced - Athletes that have over a year of structured weightlifting experience and have passed the Foundation Graduation Test.

Length Of Phase: 4 Weeks

How Many Times Per Week: 3x per week

How to Use Workbook: Start at Week 5

Novice - Athletes that are new to weightlifting or less than a year of structured weight training experience and have passed the Foundation Graduation Test.

Length Of Phase: 8 weeks

How Many Times Per Week: 2x per week for first half of phase and 3x per week 2nd half of phase

How to Use Workbook: Go through weeks 1-8



Weeks 1 - 4 Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		Workout		Workout			
Week 2		Workout		Workout			
Week 3		Workout		Workout			
Week 4		Workout		Workout			

Athletic Preparation Phase - Novice/Experienced

Foam Rolling Routine (Optional)

Warm-up Routine

2-4 minute light jog, jumping jacks or jumping rope

Dynamic Stretching

Skip (Down & Back)

High Knees (Down)

Knee Pulls (Back)

Quad Pulls (Down & Back)

Crossovers (Down & Back)

High Kicks (Down)

Lunge w/ Twist (Back)

Inch Worm w/ Pushup (5 Reps)

Spiderman (10 Reps)

Squat to Stand (5 Reps)

Squat Jumps (5 Reps)

[Watch Demo Video Here](#)

Speed & Agility Tools

Pick 1-2 From The List Below and Perform Before Strength Portion of Workout

Speed & Agility Drills:

(Pick one from list below)

Figure 8 cone series

- Figure 8 around cones facing forward
- Figure 8 around cones running
- Figure 8 around cones with carioca
- Figure 8 around cones with shuffle

Broad Jump Series

- Standing Broad Jump
- Triple Broad Jump
- Broad Jump/Burpee Combo

Lateral Skater Series

- Lateral Skater
- Lateral Skater with 2 Hops
- Lateral Skater with 3 Hops

Sprint Series

- Forward/Backwards Walk
- Forward/Backward Sprint
- Forward/Backward Sprint with 3 Jump Squats

Scramble to Balance Series

- Scramble to Balance
- Scramble to Balance eyes closed
- Scramble to Balance eyes closed touching your nose

Ladder Drills:

(Perform the below series)

Series #1

- Hopscotch Drill
- In/Out Drill
- Forward/Backwards Crab Walk
- 2 Vertical Jumps in each ladder space
- Single Forward
- Double Forward

Series #2

- Lateral Feet Drill
- Tango Drill
- Horizontal Jumps/Diagonal Sprints
- Simulated Tire Drill with Lateral High Steps In/Out of Ladder
- Reverse Sprint
- Skiing

Games:

(Simple Tag)

- Simple Tag
- 4 Man Relay Race
- Arm Wrestling while lying on floor
- Pony Express
- Tag on One Foot
- Relay Race with change of direction
- One on One Tug of War
- Pony Express w/5 Burpees

Week 1

Loads: 2-3 reps before exhaustion in the prescribed # of reps	Rest Between Exercises: Novice - 60 seconds	Rest Between Circuits: Novice - 3 minutes
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Suggested Sets - 2 Circuits

Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank Shoulder Taps				45 seconds
2	DB/KB Goblet Squat				20 reps
3	DB Bench Press				20 reps
4	Dum. Walking Lunge				20 Reps each side
5	V-Ups				20 reps
6	Standing DB Shoulder Press				20 reps
7	Single Leg DB RDL				10 reps each side
8	Pullup Variation (Weighted)				20 reps
9	Side Plank w/ Reach Thru				10 reps each side
10	KB/DB Deadlift				20 reps
11	Inverted Row Variation				20 reps
12	Farmers Walk				20 Feet

Week 2

Loads: 2-3 reps before exhaustion in the prescribed # of reps	Rest Between Exercises: Novice - 60 seconds	Rest Between Circuits: Novice - 3 minutes
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Suggested Sets - 3 Circuits

Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank Shoulder Taps				45 seconds
2	DB/KB Goblet Squat				20 reps
3	DB Bench Press				20 reps
4	Dum. Walking Lunge				20 reps
5	V-Ups				20 reps
6	Standing DB Shoulder Press				20 reps
7	Single Leg DB RDL				10 reps each side
8	Pullup Variation (Weighted)				20 reps
9	Side Plank w/ Reach Thru				10 reps each side
10	KB/DB Deadlift				20 reps
11	Inverted Row Variation				20 reps
12	Farmers Walk				20 Feet

Week 3

Loads: 2-3 reps before exhaustion in the prescribed # of reps	Rest Between Exercises: Novice - 60 seconds	Rest Between Circuits: Novice - 3 minutes
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Suggested Sets - 2 Circuits

Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank Shoulder Taps				60 seconds
2	DB/KB Goblet Squat				15 reps
3	DB Bench Press				15 reps
4	Dum. Walking Lunge				15 reps
5	V-Ups				15 reps
6	Standing DB Shoulder Press				15 reps
7	Single Leg DB RDL				8 reps each side
8	Pullup Variation (Weighted)				15 reps
9	Side Plank w/ Reach Thru				8 reps each side
10	KB/DB Deadlift				15 reps
11	Inverted Row Variation				15 reps
12	Farmers Walk				20 Feet

Week 4

Loads: 2-3 reps before exhaustion in the prescribed # of reps	Rest Between Exercises: Novice - 60 seconds	Rest Between Circuits: Novice - 3 minutes
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Suggested Sets - 3 Circuits

Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank Shoulder Taps				60 seconds
2	DB/KB Goblet Squat				15 reps
3	DB Bench Press				15 reps
4	Dum. Walking Lunge				15 reps
5	V-Ups				15 reps
6	Standing DB Shoulder Press				15 reps
7	Single Leg DB RDL				8 reps each side
8	Pullup Variation (Weighted)				15 reps
9	Side Plank w/ Reach Thru				8 reps each side
10	KB/DB Deadlift				15 reps
11	Inverted Row Variation				15 reps
12	Farmers Walk				20 Feet

Weeks 5 - 8 Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Workout		Workout		Workout		
Week 2	Workout		Workout		Workout		
Week 3	Workout		Workout		Workout		
Week 4	Workout		Workout		Workout		

Week 5

Loads: 1 rep before exhaustion in the prescribed # of reps	Rest Between Exercises: Novice & Experienced 60 seconds	Rest Between Circuits: Novice & Experienced 2 minutes
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Suggested Sets - 2 Circuits

Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank Shoulder Taps				45 seconds
2	DB/KB Goblet Squat				12 reps
3	DB Bench Press				12 reps
4	Dum. Walking Lunge				12 reps
5	V-Ups				12 reps
6	Standing DB Shoulder Press				12 reps
7	Single Leg DB RDL				12 reps each side
8	Pullup Variation (Weighted)				12 reps
9	Side Plank w/ Reach Thru				20 reps each side
10	KB/DB Deadlift				12 reps
11	Inverted Row Variation				12 reps
12	Farmers Walk				30 Feet

Week 6

Loads: 1 rep before exhaustion in the prescribed # of reps	Rest Between Exercises: Novice & Experienced 60 seconds	Rest Between Circuits: Novice & Experienced 2 minutes
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Suggested Sets - 3 Circuits

Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank Shoulder Taps				60 seconds
2	DB/KB Goblet Squat				12 reps
3	DB Bench Press				12 reps
4	Dum. Walking Lunge				12 reps
5	V-Ups				12 reps
6	Standing DB Shoulder Press				12 reps
7	Single Leg DB RDL				12 reps each side
8	Pullup Variation (Weighted)				12 reps
9	Side Plank w/ Reach Thru				12 reps each side
10	KB/DB Deadlift				12 reps
11	Inverted Row Variation				12 reps
12	Farmers Walk				30 Feet

Week 7

Loads: 1 rep before exhaustion in the prescribed # of reps	Rest Between Exercises: Novice & Experienced 45 seconds	Rest Between Circuits: Novice & Experienced 1 minutes
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Suggested Sets - 3 Circuits

Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank Shoulder Taps				60 seconds
2	DB/KB Goblet Squat				10 reps
3	DB Bench Press				10 reps
4	Dum. Walking Lunge				10 reps
5	V-Ups				10 reps
6	Standing DB Shoulder Press				10 reps
7	Single Leg DB RDL				10 reps each side
8	Pullup Variation (Weighted)				10 reps
9	Side Plank w/ Reach Thru				15 reps each side
10	KB/DB Deadlift				10 reps
11	Inverted Row Variation				10 reps
12	Farmers Walk				30 Feet

Week 8

Loads: 1 rep before exhaustion in the prescribed # of reps	Rest Between Exercises: Novice & Experienced 30 seconds	Rest Between Circuits: Novice & Experienced 1 minutes
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Suggested Sets - 4 Circuits

Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank Shoulder Taps				60 seconds
2	DB/KB Goblet Squat				8 reps
3	DB Bench Press				8 reps
4	Dum. Walking Lunge				8 reps
5	V-Ups				8 reps
6	Standing DB Shoulder Press				8 reps
7	Single Leg DB RDL				8 reps each side
8	Pullup Variation (Weighted)				8 reps
9	Side Plank w/ Reach Thru				25 reps each side
10	KB/DB Deadlift				8 reps
11	Inverted Row Variation				8 reps
12	Farmers Walk				30 Feet

Cool Down Routine:

Bounce on toes

Arm/Leg Shake Outs

Wide Leg Hamstring Stretch

Quad Pull

Triceps/Shoulder Cross Body Reach

Triceps Behind Head Reach

Foam Rolling Routine (optional)

Test Maxes In The Following Body Weight Exercises (From Week 4 Workouts)

Exercise	Document Results
40 Yard Dash (Document Time)	
Shuttle Run (Document Time)	
Plank Hold (Document Time)	
Push Ups (How Many In 1 Min.)	
Pull Up (Max Number)	
Dips (Max Number)	
BW Squats (Max Number in 1 Min.)	
Broad Jump (Document Distance)	

Name: _____

Body Weight: _____

Date: _____

Work testing into last week of phase. Either take numbers from sets in workout or add testing after warm up or at end of session.
***This is VERY IMPORTANT for TRUE long term growth



What's Next?

You likely started with the Foundation Phase and graduated to the Athletic Preparation Phase. This phase has been about basic exercises in a circuit format and working to protect the joints from future injuries by giving just enough stimulus to the muscles to prepare it for what comes next. You are now ready to go into the Athletic Muscle Building Phase. In this next phase, you'll be adding a little bit of muscular size to jump start your athlete to better performances through speed and strength. Athletic Muscle Building Phase training is NOT body building. When you break up and isolate body parts to exercise one set of muscle group only, it can be counter-productive to building proper athletic development. In this next phase, we are giving just enough exercise and stimulus to stimulate not annihilate the muscle. Your athlete will get stronger during this phase and feel more dense and powerful as well as being ready to execute. This next phase should be done by both male and female athletes. It is NOT a "bulking up" phase, so you don't need to worry about becoming "The Hulk". The Athletic Muscle Building Phase will lay that extra lean muscle tissue on the body.

[CLICK HERE TO GO TO THE NEXT PHASE.](#)