



Max Sport Strength PHASE

Athletic Sport Strength Phase

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

Length Of Phase: 6 Weeks

How Many Times Per Week: 3x per week (you will be rotating through lifts "A" and "B")

How To Get The Most Out Of The Workout:

- **VERY IMPORTANT!!!! Warm up for Exercises 1 & 2** - Use 1-2 sets with lighter loads to warm up the muscles and prepare for the heavier loads and explosive movements.
- **Rest Between Sets:** 2 minute rest between every set. (Core exercises 30-60 seconds between sets)
- Exercises 1 & 2 - Focus on Explosion. Shouldn't be going to failure
- Exercise Series "3" - Each set should be to failure
- Plug in 1 RM's from the previous phase so you know what weights to start with.
- Adjust 1 RM's after week 3 using workouts from week 3
- Test on all standards and maxes during week 6 or shortly after.

Weeks 1 - 6 Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Workout A		Workout B		Workout A		
Week 2	Workout B		Workout A		Workout B		
Week 3	Workout A		Workout B		Workout A		
Week 4	Workout B		Workout A		Workout B		
Week 5	Workout A		Workout B		Workout A		
Week 6	Workout B		Workout A		Workout B		

Max Sport Strength Phase

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

<p>Speed & Agility Drills: (Pick one from list below)</p> <p><u>Figure 8 cone series</u></p> <ul style="list-style-type: none"> • Figure 8 around cones facing forward • Figure 8 around cones running • Figure 8 around cones with carioca • Figure 8 around cones with shuffle <p><u>Broad Jump Series</u></p> <ul style="list-style-type: none"> • Standing Broad Jump • Triple Broad Jump • Broad Jump/Burpee Combo <p><u>Lateral Skater Series</u></p> <ul style="list-style-type: none"> • Lateral Skater • Lateral Skater with 2 Hops • Lateral Skater with 3 Hops <p><u>Sprint Series</u></p> <ul style="list-style-type: none"> • Forward/Backwards Walk • Forward/Backward Sprint • Forward/Backward Sprint with 3 Jump Squats <p><u>Scramble to Balance Series</u></p> <ul style="list-style-type: none"> • Scramble to Balance • Scramble to Balance eyes closed • Scramble to Balance eyes closed touching your nose 	<p>Ladder Drills: (Perform the below series 3-4 times)</p> <p><u>Series #1</u></p> <ul style="list-style-type: none"> • Hopscotch Drill • In/Out Drill • Forward/Backwards Crab Walk • 2 Vertical Jumps in each ladder space • Single Forward • Double Forward <p><u>Series #2</u></p> <ul style="list-style-type: none"> • Lateral Feet Drill • Icky Shuffle • Simulated Tire Drill with Lateral High Steps In/Out of Ladder • Reverse Sprint • Skiing <p><u>Series #3</u></p> <ul style="list-style-type: none"> • Med Ball Simulated Tire Drill • Med Ball Single Leg Lateral Hops • Explosive Pushus between ladder spaces • 90 Degree Bounding • Tango Drill 	<p>Games: (Pick one from list below)</p> <ul style="list-style-type: none"> • 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 • Tag on One Foot with Aerobics • Relay Race with jumping and turning • Pushup Hockey • Pony Express w/5 burpees and 5 jump squats
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1 Rep Maxes Calculated

(From End of Last Phase)

	Document weight & reps for each set
Exercise	1 Rep Max
Squat	
Bench Press	
Deadlift	
Pull-ups	

Name: _____

Body Weight: _____

Date: _____

Week 1

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Mountain Climber		2 sets of 10 reps (ea side)
1	Deadlift		73%/5 (4 Sets)
2	Bench Press		73%/5 (4 Sets)
3a	Barbell Walking Lunge		2 sets of 10 reps (ea leg)
3b	Barbell Bent Over Row		2 sets of 10 reps
3c	Pistol Squat		2 sets of 10 reps (ea leg)
3d	Standing Barbell Press		2 sets of 10 reps

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Med Ball Chop		2 sets of 10 reps (ea side)
1	Squat		73%/5 (4 Sets)
2	Pull-up (weighted)		73%/5 (4 Sets)
3a	Single Leg RDL		2 sets of 10 reps (ea leg)
3b	Dips (weighted)		2 sets of 10 reps
3c	Dumbbell Split Squat		2 sets of 10 reps (ea leg)
3d	Upright Row		2 sets of 10 reps

Workout A			
Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Mountain Climber		2 sets of 10 reps (ea side)
1	Deadlift		73%/5 (4 Sets)
2	Bench Press		73%/5 (4 Sets)
3a	Barbell Walking Lunge		2 sets of 10 reps (ea leg)
3b	Barbell Bent Over Row		2 sets of 10 reps
3c	Pistol Squat		2 sets of 10 reps (ea leg)
3d	Standing Barbell Press		2 sets of 10 reps

Training Tip:

“Foam rolling is an excellent recovery activity to help you get jump-start your recuperation after training, practice or competition. It’s like giving yourself a deep-tissue massage. **HIGHLY RECOMMENDED!**”

Week 2

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Med Ball Chop		2 sets of 10 reps (ea side)
1	Squat		75%/5 (4 Sets)
2	Pull-up (weighted)		75%/5 (4 Sets)
3a	Single Leg RDL		3 sets of 10 reps (ea leg)
3b	Dips (weighted)		3 sets of 10 reps
3c	Dumbbell Split Squat		3 sets of 10 reps (ea leg)
3d	Upright Row		3 sets of 10 reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Mountain Climber		2 sets of 10 reps (ea side)
1	Deadlift		75%/5 (4 Sets)
2	Bench Press		75%/5 (4 Sets)
3a	Barbell Walking Lunge		3 sets of 10 reps (ea leg)
3b	Barbell Bent Over Row		3 sets of 10 reps
3c	Pistol Squat		3 sets of 10 reps (ea leg)
3d	Standing Barbell Press		3 sets of 10 reps

Workout B			
Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Med Ball Chop		2 sets of 10 reps (ea side)
1	Squat		75%/5 (4 Sets)
2	Pull-up (weighted)		75%/5 (4 Sets)
3a	Single Leg RDL		3 sets of 10 reps (ea leg)
3b	Dips (weighted)		3 sets of 10 reps
3c	Dumbbell Split Squat		3 sets of 10 reps (ea leg)
3d	Upright Row		3 sets of 10 reps

Training Tip:

“Periodization training is crucial for long-term athletic development. Periodization is basically creating a plan that forces your body to train through different phases that work together to build better athletes”

Week 3

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Mountain Climber		2 sets of 10 reps (ea side)
1	Deadlift		70%/2 (5 Sets)
2	Bench Press		70%/2 (5 Sets)
3a	Barbell Walking Lunge		1 sets of 10 reps (ea leg)
3b	Barbell Bent Over Row		1 sets of 10 reps
3c	Pistol Squat		1 sets of 10 reps (ea leg)
3d	Standing Barbell Press		1 sets of 10 reps

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Med Ball Chop		2 sets of 10 reps (ea side)
1	Squat		70%/2 (5 Sets)
2	Pull-up (weighted)		70%/2 (5 Sets)
3a	Single Leg RDL		1 sets of 10 reps (ea leg)
3b	Dips (weighted)		1 sets of 10 reps
3c	Dumbbell Split Squat		1 sets of 10 reps (ea leg)
3d	Upright Row		1 sets of 10 reps

Workout A			
Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Mountain Climber		2 sets of 10 reps (ea side)
1	Deadlift		70%/2 (5 Sets)
2	Bench Press		70%/2 (5 Sets)
3a	Barbell Walking Lunge		1 sets of 10 reps (ea leg)
3b	Barbell Bent Over Row		1 sets of 10 reps
3c	Pistol Squat		1 sets of 10 reps (ea leg)
3d	Standing Barbell Press		1 sets of 10 reps

Training Tip:

“Eat 1 gram of protein per pound of bodyweight if your goal is to gain muscular size for sports. You’ll also need to increase your carbohydrates to help deliver the protein to the muscle cells.”

1 Rep Maxes Calculated (From Last Two Workouts In Week 3)

	Document weight & reps for each set
Exercise	1 Rep Max
Squat	
Bench Press	
Deadlift	
Pull-ups	

Name: _____

Body Weight: _____

Date: _____

1 Rep Max Percentage Chart

(Weight Used) / (% That Correlates with # of Reps Complete) = 1 RM

Example: My max for an exercise was 90 lbs for 4 Reps

$90/.9=100$ (My 1RM for that exercise is 100 lbs.)

Reps	% of 1 RM
1	100%
2	95%
3	93%
4	90%
5	87%
6	85%
7	83%
8	80%
9	77%
10	75%
11	73%
12	70%

Or you can use this equation:

$(\text{Weight Lifted} \times .03339 \times \# \text{ of Reps}) + \text{Weight Lifted} = 1\text{RM}$

****Either is fine to use just to be sure to stick with one methods so the numbers are consistent.**

Week 4

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Med Ball Chop		2 sets of 10 reps (ea side)
1	Squat		77%/4 (3 Sets)
2	Pull-up (weighted)		77%/4 (3 Sets)
3a	Single Leg RDL		2 sets of 8 reps (ea leg)
3b	Dips (weighted)		2 sets of 8 reps
3c	Dumbbell Split Squat		2 sets of 8 reps (ea leg)
3d	Upright Row		2 sets of 8 reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Mountain Climber		2 sets of 10 reps (ea side)
1	Deadlift		77%/4 (3 Sets)
2	Bench Press		77%/4 (3 Sets)
3a	Barbell Walking Lunge		2 sets of 8 reps (ea leg)
3b	Barbell Bent Over Row		2 sets of 8 reps
3c	Pistol Squat		2 sets of 8 reps (ea leg)
3d	Standing Barbell Press		2 sets of 8 reps

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Med Ball Chop		2 sets of 10 reps (ea side)
1	Squat		77%/4 (3 Sets)
2	Pull-up (weighted)		77%/4 (3 Sets)
3a	Single Leg RDL		2 sets of 8 reps (ea leg)
3b	Dips (weighted)		2 sets of 8 reps
3c	Dumbbell Split Squat		2 sets of 8 reps (ea leg)
3d	Upright Row		2 sets of 8 reps

Training Tip:

“Be sure to perform dynamic stretches for the quadriceps, hips, and hip flexors before running, training or competing.

Dynamic stretches will wake your muscles up and prepare them to work at full capacity.”

Week 5

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Mountain Climber		2 sets of 10 reps (ea side)
1	Deadlift		80%/4 (4 Sets)
2	Bench Press		80%/4 (4 Sets)
3a	Barbell Walking Lunge		3 sets of 8 reps (ea leg)
3b	Barbell Bent Over Row		3 sets of 8 reps
3c	Pistol Squat		3 sets of 8 reps (ea leg)
3d	Standing Barbell Press		3 sets of 8 reps

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Med Ball Chop		2 sets of 10 reps (ea side)
1	Squat		80%/4 (4 Sets)
2	Pull-up		80%/4 (4 Sets)
3a	Single Leg RDL		3 sets of 8 reps (ea leg)
3b	Dips		3 sets of 8 reps
3c	Dumbbell Split Squat		3 sets of 8 reps (ea leg)
3d	Upright Row		3 sets of 8 reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Mountain Climber		2 sets of 10 reps (ea side)
1	Deadlift		80%/4 (4 Sets)
2	Bench Press		80%/4 (4 Sets)
3a	Barbell Walking Lunge		3 sets of 8 reps (ea leg)
3b	Barbell Bent Over Row		3 sets of 8 reps
3c	Pistol Squat		3 sets of 8 reps (ea leg)
3d	Standing Barbell Press		3 sets of 8 reps

Training Tip:

“One of the best ways to increase strength, speed, power and athleticism in athletes is to include training that has them perform a strength exercise followed immediately by a power and explosion exercise. This combination has been shown to increase the power capacity and improves athletic performance immediately and long-term.”

Week 6

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Med Ball Chop		2 sets of 10 reps (ea side)
1	Squat		75%/4 (2 Sets)
2	Pull-up (weighted)		75%/4 (2 Sets)
3a	Single Leg RDL		1 sets of 8 reps (ea leg)
3b	Dips (weighted)		1 sets of 8 reps
3c	Dumbbell Split Squat		1 sets of 8 reps (ea leg)
3d	Upright Row		1 sets of 8 reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Mountain Climber		2 sets of 10 reps (ea side)
1	Deadlift		75%/4 (2 Sets)
2	Bench Press		75%/4 (2 Sets)
3a	Barbell Walking Lunge		1 sets of 8 reps (ea leg)
3b	Barbell Bent Over Row		1 sets of 8 reps
3c	Pistol Squat		1 sets of 8 reps (ea leg)
3d	Standing Barbell Press		1 sets of 8 reps

Workout B			
Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Med Ball Chop		2 sets of 10 reps (ea side)
1	Squat		75%/4 (2 Sets)
2	Pull-up (weighted)		(2 Sets Max BW Reps)
3a	Single Leg RDL		1 sets of 8 reps (ea leg)
3b	Dips (weighted)		1 sets of 8 reps
3c	Dumbbell Split Squat		1 sets of 8 reps (ea leg)
3d	Upright Row		1 sets of 8 reps

Training Tip:

“Speed training should focus not only on running fast, but also on changing directions. Perform speed training drills before strength training while you are fresh and energetic. Drills that include change of direction while running are most effective for most athletes.”

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 Exercises

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)	
Squat (1 RM from Best 4 Rep Set)	
Bench Press (1 RM from Best 4 Rep Set)	
Deadlift (1 RM from Best 4 Rep Set)	

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

1 Rep Max Percentage Chart

(Weight Used) / (% That Correlates with # of Reps Complete) = 1 RM

Example: My max for an exercise was 90 lbs for 4 Reps

$90/.9=100$ (My 1RM for that exercise is 100 lbs.)

Reps	% of 1 RM
1	100%
2	95%
3	93%
4	90%
5	87%
6	85%
7	83%
8	80%
9	77%
10	75%
11	73%
12	70%

Or you can use this equation:

$(\text{Weight Lifted} \times .03339 \times \# \text{ of Reps}) + \text{Weight Lifted} = 1\text{RM}$

****Either is fine to use just to be sure to stick with one methods so the numbers are consistent.**

What's Next?

Your athletes have now completed the Max Sports Phase. Our next phase is the Power Performance Phase. In the first couple phases, you were building conditioning and muscle endurance. Then you got into building muscle and maximizing that muscle. This next phase will allow you to “turn on the switch” and turn that strength into power. Strength is moving weight. Power is moving it FAST. We want to build not only strong athletes, but stronger, more powerful athletes; and that’s what we want the next phase to do. Your athletes will be getting into more specific plyometrics movements as well as strength and conditioning movements combined into a simple (on paper) workout. It will incorporate one of my favorites concepts called PAP: post activation potentiation. It’s where we take a strength exercise and follow it with an explosive movement. You will see more athletic and sports skills related development during this next phase than any other phase yet!

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