



ATHLETIC Muscle-Building PHASE

Athletic Muscle Building 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. Print off the journal for each workout and keep them organized (preferably in a binder).
- Remember, the number of circuits, sets repetitions and percentages will typically change as the weeks progress, so be sure to keep track of each week.

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:

- For this phase it is important to use the weights that will take you to failure for each prescribed set.
- At the end of week six test the exercises listed and document your 1 Rep Maxes for the exercises listed. Calculate your 1 Rep Max using the numbers gathered from your week one workouts and the chart provided or the 1 Rep Max equation. You will use these 1 Rep Maxes in the next phase.



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		

VERY IMPORTANT!!!!

**Loads:
Every Set to Failure**

Athletic Muscle Building 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

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 3-4 times)

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
- Icky Shuffle
- Simulated Tire Drill with Lateral High Steps In/Out of Ladder
- Reverse Sprint
- Skiing

Series #3

- Med Ball Simulated Tire Drill
- Med Ball Single Leg Lateral Hops
- Explosive Pushus between ladder spaces
- 90 Degree Bounding
- Tango Drill

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
- Tag on One Foot with Aerobics
- Relay Race with jumping and turning
- Pushup Hockey
- Pony Express w/5 burpees and 5 jump squats

Week 1 - Rest Between Sets: 1 Minute

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Squat		2 sets of 12 reps
2	Bench Press		2 sets of 12 reps
3	Bent Over Row		2 sets of 12 reps
4	Pistol Squat Variation		2 sets of 12 reps
5	Stability Ball Crunch		2 sets of 12 reps
6	Single Arm Farmer's Walk		30 Ft. Each Side (2 sets)

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Deadlift		2 sets of 12 reps
2	Standing Barbell Press		2 sets of 12 reps
3	Barbell Step Up		2 sets of 12 reps (ea leg)
4	Dips (Weighted)		2 sets of 12 reps
5	Plank Up/Downs		40 Seconds
6	Pull-ups		2 sets of 12 reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Squat		2 sets of 12 reps
2	Bench Press		2 sets of 12 reps
3	Bent Over Row		2 sets of 12 reps
4	Pistol Squat Variation		2 sets of 12 reps
5	Stability Ball Crunch		2 sets of 12 reps
6	Single Arm Farmer's Walk		30 Ft. Each Side (2 sets)

Training Tip:

“Drink 2 big glasses of water every morning when you wake up. This helps flush the toxins from the body and keep the muscle cells full and ready for action. Keeping hydrated also helps prevent injuries such as muscle tears.”

Week 2 - Rest Between Sets: 1 Minute

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Deadlift		3 sets of 12 reps
2	Standing Barbell Press		3 sets of 12 reps
3	Barbell Step Up		3 sets of 12 reps (ea leg)
4	Dips (Weighted)		3 sets of 12 reps
5	Plank Up/Downs		60 Seconds
6	Pull-ups		3 sets of 12 reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Squat		3 sets of 12 reps
2	Bench Press		3 sets of 12 reps
3	Bent Over Row		3 sets of 12 reps
4	Pistol Squat Variation		3 sets of 12 reps
5	Stability Ball Crunch		3 sets of 12 reps
6	Single Arm Farmer's Walk		40 Ft. Each Side (2 sets)

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Deadlift		3 sets of 12 reps
2	Standing Barbell Press		3 sets of 12 reps
3	Barbell Step Up		3 sets of 12 reps (ea leg)
4	Dips (Weighted)		3 sets of 12 reps
5	Plank Up/Downs		60 Seconds
6	Pull-ups		3 sets of 12 reps

Training Tip:

“Always cool down after practice, training or competition by first allowing your heart rate to come down slowly. Jump up and down on the balls of your feet and let your arms hang down loosely by your side as you do this. It brings your heart rate down and relaxes the muscles after intense physical activity.”

Week 3 - Rest Between Sets: 2 Minute

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Squat		3 sets of 10 reps
2	Bench Press		3 sets of 10 reps
3	Bent Over Row		3 sets of 10 reps
4	Pistol Squat Variation		3 sets of 10 reps
5	Stability Ball Crunch		3 sets of 10 reps
6	Single Arm Farmer's Walk		50 Ft. Each Side (2 sets)

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Deadlift		3 sets of 10 reps
2	Standing Barbell Press		3 sets of 10 reps
3	Barbell Step Up		3 sets of 10 reps (ea leg)
4	Dips (Weighted)		3 sets of 10 reps
5	Plank Up/Downs		75 Seconds
6	Pull-ups		3 sets of 10 reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Squat		3 sets of 10 reps
2	Bench Press		3 sets of 10 reps
3	Bent Over Row		3 sets of 10 reps
4	Pistol Squat Variation		3 sets of 10 reps
5	Stability Ball Crunch		3 sets of 10 reps
6	Single Arm Farmer's Walk		50 Ft. Each Side (2 sets)

Training Tip:

“Consider supplementing with Creatine if and only if you are getting the right nutrition into your body. Creatine is a mineral that helps volumize muscle cells. The result in most people is a few pounds of weight gain and some additional strength. It’s a safe supplement when used as directed.”

Week 4 - Rest Between Sets: 2 Minutes

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Deadlift		2 sets of 8 reps
2	Standing Barbell Press		2 sets of 8 reps
3	Barbell Step Up		2 sets of 8 reps (ea leg)
4	Dips (Weighted)		2 sets of 8 reps
5	Plank Up/Downs		40 Seconds
6	Pull-ups		2 sets of 8 reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Squat		2 sets of 8 reps
2	Bench Press		2 sets of 8 reps
3	Bent Over Row		2 sets of 8 reps
4	Pistol Squat Variation		2 sets of 8 reps
5	Stability Ball Crunch		2 sets of 8 reps
6	Single Arm Farmer's Walk		30 Ft. Each Side (2 sets)

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Deadlift		2 sets of 8 reps
2	Standing Barbell Press		2 sets of 8 reps
3	Barbell Step Up		2 sets of 8 reps (ea leg)
4	Dips (Weighted)		2 sets of 8 reps
5	Plank Up/Downs		40 Seconds
6	Pull-ups		2 sets of 8 reps

Training Tip:

“Don’t ever forget your hamstrings. The hamstrings in the back of your thigh are made up of 3 muscles that act together to bend at the knee.

Strong hamstrings mean faster running. You need to train them to make them strong... but keep them flexible. You should stretch the hamstrings every day if you’re tight.”

Week 5 - Rest Between Sets: 3 Minutes

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Squat		3 sets of 6 reps
2	Bench Press		3 sets of 6 reps
3	Bent Over Row		3 sets of 6 reps
4	Pistol Squat Variation		3 sets of 6 reps
5	Stability Ball Crunch		3 sets of 6 reps
6	Single Arm Farmer's Walk		40 Ft. Each Side (2 sets)

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Deadlift		3 sets of 6 reps
2	Standing Barbell Press		3 sets of 6 reps
3	Barbell Step Up		3 sets of 6 reps (ea leg)
4	Dips (Weighted)		3 sets of 6 reps
5	Plank Up/Downs		60 Seconds
6	Pull-ups		3 sets of 6 reps

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Squat		3 sets of 6 reps
2	Bench Press		3 sets of 6 reps
3	Bent Over Row		3 sets of 6 reps
4	Pistol Squat Variation		3 sets of 6 reps
5	Stability Ball Crunch		3 sets of 6 reps
6	Single Arm Farmer's Walk		40 Ft. Each Side (2 sets)

Training Tip:

“Get strong on chin-ups, core exercises in all ranges of motion, 1-legged exercises and big, complex barbell exercises for ultimate athlete training. And don’t forget about pushups... they are crucial for all athletes to perform.”

Week 6 - Rest Between Sets: 3 Minutes

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Deadlift		3 sets of 5 reps
2	Standing Barbell Press		3 sets of 5 reps
3	Barbell Step Up		3 sets of 5 reps (ea leg)
4	Dips (Weighted)		3 sets of 5 reps
5	Plank Up/Downs		75 Seconds
6	Pull-ups		3 sets of 5 reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Squat		3 sets of 5 reps
2	Bench Press		3 sets of 5 reps
3	Bent Over Row		3 sets of 5 reps
4	Pistol Squat Variation		3 sets of 5 reps
5	Stability Ball Crunch		3 sets of 5 reps
6	Single Arm Farmer's Walk		60 Ft. Each Side (2 sets)

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
1	Deadlift		3 sets of 5 reps
2	Standing Barbell Press		3 sets of 5 reps
3	Barbell Step Up		3 sets of 5 reps (ea leg)
4	Dips (Weighted)		3 sets of 5 reps
5	Plank Up/Downs		75 Seconds
6	Pull-ups		3 sets of 5 reps

Training Tip:

“Try to have a recovery drink after strength training that includes a big scoop of whey protein in apple or grape juice. This will jump-start your recovery and help repair your muscles from your workout.”

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 5 Rep Set)	
Bench Press (1 RM from Best 5 Rep Set)	
Deadlift (1 RM from Best 5 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.**

Graduation Standards:

Need to pass all three standards to move to Max Sport Strength Phase

Bench Press:

- M - 1RM = their body weight. Up to 160 lbs
 - ◆ If they weigh over 160 and 1RM is 160 or more they pass
- F - 1RM is 60% of BW. Up to 90 lbs
 - ◆ If they weigh 150 lbs or more and 1RM is 90 lbs or more they pass

Deadlift:

- M - 1RM is 150% of body weight. Up to 250 lbs
 - ◆ If they weigh 160 or more and 1RM is 250 lbs or more they pass
- F - 1RM is equal to their BW. Up to 150 lbs.
 - ◆ If they weigh 150 or more and 1RM is 150 lbs or more they pass

Squat:

- M - 1RM is 125% of BW. Up to 200 lbs.
 - ◆ If they weigh 160 or more and 1RM is 200 lbs or more they pass
- F - 1RM is equal to 75% their BW. Up to 115 lbs.
 - ◆ If they weigh 150 or more and 1RM is 115 lbs or more they pass

Name: _____

Body Weight: _____

Date: _____

PASS

FAIL



What's Next?

The next step is that the athletes need to take and pass the graduation test. Then you are ready for the Max Sport Strength Phase. At this point, we are taking the muscle that you developed during this phase and “flipping the switch” to turn it on for more power and agility. This program needs to be done in the correct order so that you don’t get “the cart before the horse”. So, make sure you pass that test! If you don’t pass the test, it just means you need to continue to develop before your body is ready for the heavy loads presented in the Max Sport Strength Phase. You can repeat the Athletic Muscle Building Phase or even better go back to the the Athletic Prep Phase and work back through both phases. By doing this you ensure that you are laying the proper foundation for lifelong athleticism and drastically reducing your risk for preventable injuries.

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