



WORKOUT TEMPLATE- THINK ON PAPER.

Legend:

(ES=Energy System)- Max 2 min between olympic movements, and 90 secs between power lifts

(GPR=Gross Posture Rebalancing)

(I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed)

(3D CORE= 3 dimensional Core Training- Rotational core and forward and reverse flexion)

Block Instructions

1. Objective of Block
2. Intensity Increase
3. Energy System Focus
4. Nutrition needs Reminder

Throws Work listed in Block

1. TCR Pillar focus/ Reps

Pre-Warm-up AIM

Active Warm-up- See Sheet

Workouts 1&2 -Days - ES

Lift 1 Special Prep Exercise/Olympic Lift

A.I.M - Target Dominant muscles used in Lift 1

Lift 2 Special Prep Exercise/Olympic Lift/movement

A.I.M - Target Dominant muscles used in Lift 2 _ As needed

Lift 3 General Strength Based/power Lift

*GPR Movement based whose goal is to improve posture and counter muscle dominance from major movement. **le posterior/Anterior - Medial/lateral***

Lift 4 Posterior Chain- GPR Lift/movement

Posterior Chain- GPR Lift//movement

A.I.M - Target Dominant muscles used in 3 & 4 as needed

Throwing Drills

3D Core

Rotational Movement 1

Rotational Movement 2

Throwing Rotational movement

GPR- Glutes and Hamstring focused

Cool Down: Appropriate to Phase