

Name: Training Template

Program: Escalating Velocity BCT

Phase:

Accumulation 1

Date: Aug 04, 2015

Workout: Full Body 1

Workout

0:22:56 - 0:25:48

A1 Squat - Front

Opt Barbell

Opt

Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	4-6	5-0-1-0	10	weight:									
					reps:									
2	4	4-6	5-0-1-0	10	weight:									
					reps:									
3	3	4-6	5-0-1-0	10	weight:									
					reps:									
4	4	4-6	5-0-1-0	10	weight:									
					reps:									
5	4	4-6	5-0-1-0	10	weight:									
					reps:									
6	3	4-6	5-0-1-0	10	weight:									
					reps:									

A2 Squat - Heels Elevated

Opt Barbell

Opt

Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	8-10	3-0-1-0	10	weight:									
					reps:									
2	4	8-10	3-0-1-0	10	weight:									
					reps:									
3	3	8-10	3-0-1-0	10	weight:									
					reps:									
4	4	8-10	3-0-1-0	10	weight:									
					reps:									
5	4	8-10	3-0-1-0	10	weight:									
					reps:									
6	3	8-10	3-0-1-0	10	weight:									
					reps:									

A3 Squat - Jump

Opt Barbell

Opt

Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	12-15	1-0-X-0	90	weight:									
					reps:									
2	4	12-15	1-0-X-0	90	weight:									
					reps:									
3	3	12-15	1-0-X-0	90	weight:									
					reps:									
4	4	12-15	1-0-X-0	90	weight:									
					reps:									
5	4	12-15	1-0-X-0	90	weight:									
					reps:									
6	3	12-15	1-0-X-0	90	weight:									
					reps:									

A4 Chin-up - Medium Grip					Opt					Opt				
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	4-6	5-0-1-0	10	weight:									
					reps:									
2	4	4-6	5-0-1-0	10	weight:									
					reps:									
3	3	4-6	5-0-1-0	10	weight:									
					reps:									
4	4	4-6	5-0-1-0	10	weight:									
					reps:									
5	4	4-6	5-0-1-0	10	weight:									
					reps:									
6	3	4-6	5-0-1-0	10	weight:									
					reps:									

A5 Pulldown - Lean 45° - Wide Grip - Pronated					Opt					Opt				
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	8-10	2-0-1-1	10	weight:									
					reps:									
2	4	8-10	2-0-1-1	10	weight:									
					reps:									
3	3	8-10	2-0-1-1	10	weight:									
					reps:									
4	4	8-10	2-0-1-1	10	weight:									
					reps:									
5	4	8-10	2-0-1-1	10	weight:									
					reps:									
6	3	8-10	2-0-1-1	10	weight:									
					reps:									

A6 Sled - Face Pull					Opt					Opt				
Session	Sets	Reps	Tempo	Rest	s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	15-20	0-0-X-0	90	weight:									
					reps:									
2	4	15-20	0-0-X-0	90	weight:									
					reps:									
3	3	15-20	0-0-X-0	90	weight:									
					reps:									
4	4	15-20	0-0-X-0	90	weight:									
					reps:									
5	4	15-20	0-0-X-0	90	weight:									
					reps:									
6	3	15-20	0-0-X-0	90	weight:									
					reps:									