

Name: Training Template

Program: Escalating Velocity BCT

Phase:

Accumulation 1

Date: Aug 04, 2015

Workout: Full Body 2

Workout

0:24:48 - 0:28:08

A1 Deadlift						Opt Barbell Opt									
Session	Sets	Reps	Tempo	Rest		s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	4-6	4-1-1-0	10	weight:										
					reps:										
2	4	4-6	4-1-1-0	10	weight:										
					reps:										
3	3	4-6	4-1-1-0	10	weight:										
					reps:										
4	4	4-6	4-1-1-0	10	weight:										
					reps:										
5	4	4-6	4-1-1-0	10	weight:										
					reps:										
6	3	4-6	4-1-1-0	10	weight:										
					reps:										

A2 Lunge - Step-up Combo						Opt Barbell Opt									
Session	Sets	Reps	Tempo	Rest		s1	s2	s3	s4	s5	s6	s7	s8	s9	s10
1	4	8-10	2-0-1-0	10	weight:										
					reps:										
2	4	8-10	2-0-1-0	10	weight:										
					reps:										
3	3	8-10	2-0-1-0	10	weight:										
					reps:										
4	4	8-10	2-0-1-0	10	weight:										
					reps:										
5	4	8-10	2-0-1-0	10	weight:										
					reps:										
6	3	8-10	2-0-1-0	10	weight:										
					reps:										

A3 Squat Jump - Snatch Grip						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 Shoulder Press - Seated - Neutral						Opt Thick Dumbbell					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 Dumbbell Press - 45° Incline - Neutral						Opt					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:										

A6 Med Ball - Supine Chest Pass						Opt					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:										