

Sample Week

Hi/Lo System – Power Phase

Day 1 (Monday) – Hi Day	Day 2 (Wednesday) – Lo Day	Day 3 (Friday) – Hi Day
Pull-to-Knee	Complete 3 sets of 10 reps of each of the following with 1-minute rest between sets. Choose a weight that will cause a “buzz” in the working muscle(s)	Pull-to-Knee
3 x 5 (1 x 5 “down” set)		3 x 5 (1 x 5 “down” set)
Shrug Jump	1. Semi-Stiff Leg Deadlift – Single-Leg	Shrug Jump
3 x 5 (1 x 5 “down” set)	2. Lat Pull Down	3 x 5 (1 x 5 “down” set)
Back Squat	3. Calf Raise	Back Squat
4 sets – 8, 8, 6, 8	4. Dips	4 sets – 8, 8, 6, 8
Bench Press	5. Lateral Step-Up	Bench Press
4 sets – 8, 8, 6, 8	6. DB Row – Single Arm	4 sets – 8, 8, 6, 8
Incline DB Press	7. Overhead Press	Incline DB Press
2 x 15	8. Prone DB Lateral Raise	2 x 15
Flywheel Leg Press	9. Single-Leg Hip Bridge	Flywheel Leg Press
4 x 7	10. Side-Lying Hip Abduction	4 x 7
Flywheel Hamstring Curl (Eccentric Method)		Flywheel Hamstring Curl (Eccentric Method)
3 x 3 per leg Raise the weight with maximum effort using both legs and lower the weight with one leg		3 x 3 per leg Raise the weight with maximum effort using both legs and lower the weight with one leg