	Day 1- Acceleration Compliment			Day 2- MaxV Compliment			Day 3 - Replacement of Gen Circuit	t	
	Exercise	Set Reps Weight	Notes	Exercise	Set Reps Weight	Notes	Exercise	Set Reps Weight	Notes
	A1 Trap Bar Deadlift	4 6		A1 Barbell Step-Up	4 6/6	18" Box Height	Dumbbell Split Squat	3 10/10	1:30 R' b/t sets / Increase load each set
	A2 Seated Box Jump	4 3	18" Seat Height / Max Box Height	A2 Altitude Drop	4 3	12" Box - Squatted Landing	Dumbbell Bench Press	3 10/10	1:30 R' b/t sets / Increase load each set
	B1 Barbell RDL	4 6		B1 Leg Press	4 6		Single Leg DB RDLs	3 10/10	1:30 R' b/t sets / Increase load each set
Week 1	B2 Broad Jump	4 3	3 Consecutive Jumps	B2 Counter movement Jump (CMJ)	4 3	Max Height - 10s rest between sets	Dumbbell Tripod Row	3 10/10	1:30 R' b/t sets / Increase load each set
	A1 Hack Squat	4 6		A1 Barbell Step-Up	4 6/6	18" Box Height	Dumbbell Split Squat	3 10/10	1:30 R' b/t sets / Increase load each set
	A2 Seated Box Jump	4 3	18" Seat Height / Max Box Height	A2 Power Step Up	4 3	12" Box - Max Height Off Box	Dumbbell Seated Shoulder Press	3 10/10	1:30 R' b/t sets / Increase load each set
Week 2	B1 Barbell RDL	4 6		B1 Leg Press	4 6		Dumbbell RDL	3 10/10	1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4 3	3 Consecutive Jumps	B2 Depth Jump	4 3	12' Box - Reactive off the ground	Dumbbell Upright Row	3 10/10	1:30 R' b/t sets / Increase load each set
	A1 Trap Bar Deadlift	4 6		A1 Barbell Step-Up	4 6/6	18" Box Height	Dumbbell Split Squat	3 10/10	1:30 R' b/t sets / Increase load each set
	A2 Single Leg Seated Box Jump	4 3/3	18" Seat Height / Max Box Height	A2 Power Step Up	4 3	12" Box - Max Height Off Box	Dumbbell Seated Shoulder Press	3 10/10	1:30 R' b/t sets / Increase load each set
Week 3	B1 Barbell RDL	4 6	18 Seat Height / Max Box Height	B1 SL Leg Press	4 6/6	12 Box - Max Height Off Box	Dumbbell RDL	3 10/10	
week 3	B2 Broad Jump	4 6	3 Consecutive Jumps	B1 SL Leg Press B2 SL Depth Jump	4 3/3	12' Box - Reactive off the ground	Dumbbell Upright Row	3 10/10	1:30 R' b/t sets / Increase load each set 1:30 R' b/t sets / Increase load each set
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Week 4 Recovery Weel									
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	A1 Trap Bar Deadlift	4 6		A1 Barbell Step-Up	4 6/6	18" Box Height	Dumbbell Split Squat	3 10/10	1:30 R' b/t sets / Increase load each set
	A2 Seated Box Jump	4 3	18" Seat Height / Max Box Height	A2 SL Altitude Drop	4 3/3	12" Box - Squatted Landing	Dumbbell Bench Press	3 10/10	1:30 R' b/t sets / Increase load each set
Week 5	B1 Barbell RDL	4 6		B1 Leg Press	4 6		Single Leg DB RDLs	3 10/10	1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4 3	3 Consecutive Jumps	B2 Counter movement Jump (CMJ)	4 3	Max Height - 10s rest between sets	Dumbbell Tripod Row	3 10/10	1:30 R' b/t sets / Increase load each set
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	A1 Hack Squat	4 6		A1 Barbell Step-Up	4 6/6	18" Box Height	Dumbbell Split Squat	3 10/10	1:30 R' b/t sets / Increase load each set
	A2 Seated Box Jump	4 3	18" Seat Height / Max Box Height	A2 Power Step Up	4 3/3	12" Box - Max Height Off Box	Dumbbell Seated Shoulder Press	3 10/10	1:30 R' b/t sets / Increase load each set
Week 6	B1 Barbell RDL	4 6		B1 Leg Press	4 6		Dumbbell RDL	3 10/10	1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4 3	3 Consecutive Jumps	B2 Depth Jump	4 3	12' Box - Reactive off the ground	Dumbbell Upright Row	3 10/10	1:30 R' b/t sets / Increase load each set
	A1 Trap Bar Deadlift	4 6		A1 Barbell Step-Up	4 6/6	18" Box Height	Dumbbell Split Squat	3 10/10	1:30 R' b/t sets / Increase load each set
	A2 Single Leg Seated Box Jump	4 3/3	18" Seat Height / Max Box Height	A2 Power Step Up	4 3/3	12" Box - Max Height Off Box	Dumbbell Seated Shoulder Press	3 10/10	1:30 R' b/t sets / Increase load each set
Week 7	B1 Barbell RDL	4 6		B1 SL Leg Press	4 6/6		Dumbbell RDL	3 10/10	1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4 3	3 Consecutive Jumps	B2 SL Depth Jump	4 3/3	12' Box - Reactive off the ground	Dumbbell Upright Row	3 10/10	1:30 R' b/t sets / Increase load each set
	OFF			OFF			OFF		
Week 8 Recovery Wee				O. I			511		